

BORDER CITY WHEELERS CYCLING CLUB
OPEN 28 MILE HILLY TIME TRIAL - SUNDAY 15TH MAY 2022.

This is a Lakes & Lancs SpoCo Counting Event
Promoted for & on behalf of Cycling Time Trials under their rules & regulations

Organiser; Lee Foster, 13 Solway View, Kirkbampton, Carlisle, CA5 6HR
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Timekeepers Keith Bickley & Richard Abram

COVID-19: Although the measures have been relaxed nationally only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID- 19 you must not attend.

An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind". You should not start (DNS) and leave immediately

Important, Minor Alteration to the Course:

Explanation: The alteration is in the interests of safety by reducing the risks. The change eliminates the need for riders having to take a left at "Street" onto, and ride a section of, the busy A595.

The new left turn is taken a few hundred meters earlier than "Street" (at 9.1 miles, Signposted "Church Hill 1 Mile"). (Direction arrows and Marshal)

The unclassified lane rejoins the original course (Brockle Bank) at a T junction (10.7 miles). The lane has a superb road surface with good vision. All riders please read the full course description below.

FIRST RIDER OFF AT 11.03 (Course L283 Formerly L291)

START at southern end of Dalston village on the B5299, approximately 0.25 mile south of village centre.

Proceed south along B5299 to leave Dalston village and through Welton to Goose Green crossroads (4.7 miles) where turn right (with CARE) along B5305.

Continue along the B5305 until reaching the lane signposted Church Hill 1 Mile (9.1 miles) where turn left. Continue along the lane until reaching the T junction (10.7 miles) where left on to the unclassified road for Caldbeck. Continue up Brocklebank.

At the top of Brocklebank continue across crossroads (CARE-give way) onto B5299 & descend into Caldbeck (16.0 miles).

Keep left through Caldbeck joining unclassified road to Heskett Newmarket, where turn left down a steep twisting descent to Newlands Bridge (CARE-very narrow bridge**) & continue to junction with B5305 at Sour Nook (20.0 miles). Left (CARE-keep in) onto B5305 & after one mile descend into Sebergham to cross bridge (right hand bend coming off the bridge with an adverse camber). Continue up Doctors Brow (17% gradient 300 yds) & on to Goose Green crossroads (22.4 miles), where right (great CARE) on to the B5299.

Follow B5299 through Welton to FINISH approximately 0.4 mile past the first 30 MPH on entering Dalston village from the south (27.1 miles). The finish is directly opposite the start at the southern end of Dalston village. *(all distances approximate)*

****NB: Important - Descent out of Heskett Newmarket.**

Reminder: This is a short, steep, descent with bends with a rough road surface. **Make Sure you slow down when you see the red flag!** There is a sharp right turn at the bottom of the hill onto a very narrow bridge. You must be in control of your bike. If there is a car on the bridge you **Will HAVE TO BE ABLE TO STOP SAFELY.**

Event Headquarters: Victory Hall Dalston Village

The Victory Hall is located approximately 50 yards away (south) from the Cooperative Supermarket and on the same side of the road (B5299).

The start: is approximately 300 yards south of the HQ on the B5299.

Car Parking: Do not park on the main road B5299 or the Supermarket car park (behind store). Also try to avoid using the car park in the centre of the village. There is a car park opposite the Supermarket (next to a field) and to the right of the Supermarket on the corner which are the preferred area to park and should provide ample parking.

Numbers & signing on will be at the HQ. Signing on will be from 10.00 hrs., please remember all competitors are required to personally "sign in" and "sign out" on completion of their ride.

Failure to do so will result in the competitor being recorded as DNF.

Toilets are available and refreshments will be available after the event.

In the interests of General Safety:

- Riders must **not ride with their head down**.
- Riders must keep to the left hand side of the road except when overtaking, failure to comply may lead to disqualification. Please consider you're own & other road users safety.
- Riders must call their numbers at the Finish & elsewhere on the course as requested.
- Riders **must not stand in the road at the start or finish** (this constitutes an obstruction & is a breach of regulations)
- **Any competitor making a 'U' Turn in the vicinity of the start or finish will be disqualified from the event**
- **Helmets:** The CTT state that helmets are **Mandatory for all riders**. Helmet must be hard/soft shell construction to a recognised standard (see regulation 15).
- **Lights:** The CTT requires that a working **white front** light and **red rear** light (either flashing or constant) are fitted to the machine in a position visible to other road users & is active while the machine is in use.
- Competitors, prior to starting, are not permitted to ride past the finish timekeeper for the duration of the event. **Warming Up:** Please avoid warming up on the course once the race is in progress.)

Please take extra care, especially on descents, especially if there are wet or damp conditions. The course is primarily on country roads/lanes therefore be careful as in certain areas the road surface is breaking up. There are a few pot holes so "Keep Your Head Up". Please follow any instruction given on the day at "sign-on".

All events are subject to unannounced doping control. You must comply with the requirements if you are selected.

AWARDS: (one rider, one prize) payment arranged after the event.

1 st Male	£16
1 st Female	£16
1 st Senior	£16
1 st Vet 40-49	£16
1 st Vet 50-59	£16
1 st Vet 60+	£16

Stay safe and have a **SAFE** and enjoyable ride