



Lincolnshire RRA Championship 10 mile

Saturday 12th October 2019 starting at 14.11pm

Promoted for the Lincolnshire RRA by Lincoln Wheelers Cycling Club
Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

EVENT SECRETARY: Neil Winter, 14, Sunbeam Avenue, North Hykeham, Lincoln, LN6 9SG.

TELEPHONE: 07914596880

EVENT HQ: Sleaford New Life Centre, 25, Mareham Lane, Sleaford NG34 7JP.

PARKING: There is ample parking at the HQ.

NOTE: The Lincoln Whs Tricycle and Tandem 10 mile TT will be starting before this event.

TO THE START: Allow sufficient time to reach the Start, which is approximately 2 miles from the HQ. From the HQ, go Right and over traffic lights towards Grantham. At the Quarrington roundabout, take the 1st exit on to A15, the start is in approximately quarter of a mile. The parking in Start and Finish areas is restricted to Official vehicles only

COURSE: START on A15 Sleaford By Pass 0.25 miles South of Quarrington Roundabout near field entrance with large tarmac entrance both sides of A15. Proceed South on A15 to Osbournby Roundabout (A15/A52). Encircle Roundabout and retrace along A15 to **FINISH** approximately 80 yards before Lay-by sign, approximately a 1/3 mile short of the Start.

TIMEKEEPERS: Sharon Fensom (Spalding CC), Steve Walker **RECORDER:** Lou Hanslow

START MARSHALLS: Andy Newham, Les Young

MARSHALLS: Dave Capps, John Woolley, Rod Oglesby

HQ HELPERS: Sarah Freeman, Mary Hardy, John Fielding, Jo Johnson

INSTRUCTIONS TO RIDERS:

1. Cycling Time Trials strongly advise the wearing of a hard-shell helmet that meets an internationally accepted safety standard
2. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active while the machine is in use
3. The start should be approached without performing a U Turn!
4. On finishing call out your number and continue along A15 without performing a U Turn!
5. No warming up on the course once the event is in progress

L.R.R.A. Prizes: will be awarded at L.R.R.A. dinner

Open Prizes: (One prize per rider) Fastest rider 1st £25, 2nd £20, 3rd £15, 1st Lady £15,
Vet on Std 1st £20, 2nd £15, 3rd £10

Have a good and safe ride