

KENT VALLEY ROAD CLUB

Wednesday, May 24th 2016, at 1901hrs

Open 15 Mile Time Trial

This is a counting event for the Lakes and Lancs Spoco Series and is promoted for and on behalf of Cycling Time Trials Ltd. under its rules and regulations.

Event secretary:

Tim Bennett
105a North Road
Carnforth
Lancs
LA59LX

Tel. 07523 864986 or email timb7006@gmail.com

COURSE L154

Start on A6 approximately 80m south of Milnthorpe sign at south end of layby and 2m south of the central of 3 trees on east side of road. Proceed south to roundabout (5.4 miles) where first left onto A6070. Proceed north on A6070 through Burton-in-Kendal to roundabout at J36 Auction Mart (extreme care) (11.7 miles). Take the second exit to join the A65 and proceed to Crooklands Hotel (12.57 miles) where left onto the B6385. Continue past Westmorland County Showfield and over West Coast Main Line to finish adjacent to the east entrance to Kirkgate Lane (15 miles).

THE EVENT HQ IS THE CROSS KEYS HOTEL MILNTHORPE (1 Park Rd, Milnthorpe LA7 7AB). The Cross Keys is on the junction of the A6 and the B6385. The HQ will be open from 18.00 hours. Body numbers and the signing on sheet (everyone must sign on) will be available in the entrance at the back of the hotel accessed from the hotel car park. Numbers must be returned afterwards. Please remember to sign on return as well as collecting number.

Limited car parking is available at the Cross Keys or in any of the public car parks in and around Milnthorpe but please be aware of any height restrictions.

Local regulations:

- * Any competitor making a U-turn in the vicinity of the start or finish will be disqualified from the event.
- * In ALL events, competitors prior to starting are not permitted to ride past the finish time-keeper during the duration of the event.
- * Riders must not stand in the road at the start or finish (this constitutes obstruction, and is a breach of regulations).
- * Riders must NOT ride 'head down'.
- * Riders must shout their number at the finish and elsewhere on the course if requested.
- * Times will be not be given to competitors or supporters at the finish.

In the interests of your own safety, the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted standard. JUNIOR/JUVENILE RIDERS MUST WEAR SUCH A HELMET.

AWARDS

Note: There will be no monetary prizes for this event. Instead all competitors and officials are entitled to free food in the Cross Keys after the finish. Guests are also welcome to join us but I suggest they make a small donation. If you intend to bring along a guest could you please let me know so that we can advise the Cross Keys of the total number of people to cater for.

Head Timekeeper: Bruce Barnes

Assistant: Cynthia Rodway

Marshals: Tony Dixon, Keith McMath, Graeme Mckee, Albert Holding, Frank Kilburn