



**Witham Wheelers**  
**Proudly promotes the**  
**LRRR 30 mile TT**  
**Championship**  
Promoted under the Rules and  
Regulations of Cycling Time Trials

Date :	Sunday 1st September 2019 at 8.00 am
Course:	C30/3
Event HQ:	Osbournby Village Hall, London Road, Osbournby, NG34 0DQ
Event Secretary:	Gillian Cocker 214 Bridge End Rd, Grantham, Lincs NG31 7HD (07806 805148) email: <a href="mailto:gill_simoncocker@hotmail.com">gill_simoncocker@hotmail.com</a>
Timekeepers:	Gary Bentley (Spalding CC) and Brian Mallett (Witham Wheelers CC)

### Course Description

- Start at the give way sign at the end of the lane to Scott Willoughby and enter the A52 eastbound carriageway. Proceed east along A52 to A52/A15 roundabout 1.1 miles (Osbournby) and take 1<sup>st</sup> exit onto A15 Northbound.
- Proceed north on A15 to roundabout at junction with A153 6.7 miles (Quarrington).
- Encircle roundabout and retrace southbound on A15 through Osbournby to A52/A15 roundabout 12.2 miles.
- Take 1<sup>st</sup> exit direction Spalding & Boston over railway bridge at Donington to turn at A52/A152 roundabout 20.5 miles at foot of railway bridge.
- Retrace along A52 to Osbournby roundabout 28.8 miles taking 2<sup>nd</sup> exit onto A52 westbound to finish opposite the start, next to footpath 30.2 miles.

### IMPORTANT NOTES:

**START TIME** This has been moved forward to 8.00 am to minimise the clash with the Bourne GP also on the same day.

**PARKING** Competitors please do not park in front of the HQ, there is adequate parking on the High Street and in the village square in Osbournby, a short walk up the High Street. Also please be aware of not annoying local residents when selecting somewhere to warm up at this early hour on a Sunday morning, closing car doors etc.

**TO THE START:** From HQ turn RIGHT, walk with bike on footpath for 20 metres, DO NOT GO ONTO COURSE - turn right onto High Street, follow road around sharp left bend through Scott Willoughby. Allow 20 minutes to get to the start. Parking in Start and Finish areas is restricted to Official vehicles only.

**NUMBERS:** Issued when signing on and don't forget to sign out as well, exchanging your number for a free drink.

**LRRR Awards:** To be made by the Association

**Open Awards:** £15 1<sup>st</sup>, £10 2<sup>nd</sup> and £10 Vet on Standard (one rider one prize)

### Safety Instructions for Riders:

1. Cycling Time Trials and the event promoters 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. No "U" turns on the A52 or A15 roads, this could lead to disqualification if in sight of the Timekeepers
4. No warming up on the course once the event is in progress.
5. Riders are to approach the start via Osbournby High Street and follow road around sharp left bend through Scott Willoughby.
6. After the finish continue along the A52 for 0.7 miles then turn left towards Newton, turn around and re-join the A52 eastbound and then left at Scott Willoughby to return to HQ.
7. **AWARENESS OF SURROUNDINGS** No head/earphones permitted except hearing aids (Reg 19)
8. **SLEEVELESS TOPS** Are not permitted. (Regulation 16)