



Date:	Sunday 8 th September 2019
Course:	C25/2
Event HQ:	Frithville Village Hall PE22 7EX
Event Secretary:	Dan Carr, 27 St Bedes Drive, Boston. Lincolnshire PE219QH Mob. 07432725999
Timekeepers:	Sharron Fensom, Nicky Ellis & Stephen Walker

Course description:

Start on B1183, 0.4 miles north of Cowbridge Business Park, on Lush’s Bridge.
 Proceed north through Frithville, take care on sharp right at junction of roads (1.6 miles), continuing on the B1183 to Revesby (8.4 miles).
 Turn left onto A155, through Mareham le Fen, to Tumbly roundabout (12.5 miles).
 Turn left onto A153 to Gibbet Nook (13.1 miles), where take left onto B1192.
 Proceed south to Langrick, turn left (20 miles) onto B1184, proceed with care at Gipsey Bridge (21.4 miles) - over the bridge, and after right hand bend, continue straight on towards Antons Gowt (on minor road).
 When approaching Antons Gowt (at 22.6 miles) GIVE WAY to approaching traffic on bridge. In Antons Gowt turn left (23.1 miles), proceed with care over bridge (23.4 miles), through to Frith Bank. Finish at 2nd entrance to Farm, 0.25 miles before the junction with B1183.

Open Awards: 1st Scratch £15, 2nd Scratch £10, 3rd Scratch £5, 1st VOS £10, 1st Woman £10

Open Awards are one per rider.

LRRR Results : Subject to LRRR Rules & Regulations.

Numbers and signing on will be at headquarters from 8.00am. Start is approx. ½ mile from HQ so leave sufficient time to get to the start. It is compulsory that you sign on before riding and sign off when returning your number after your ride.

Safety Notes: In the interests of your own safety:

1	Cycling Time Trials and the event promoters strongly advise the wearing of a hard shell helmet that meets an internationally accepted safety standard. (Competitors Under 18 MUST wear a helmet).
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 at start. Warm up on B1183 south of the start, or minor road running parallel to B1183 between Cowbridge and Frithville
4	Take care on sharp right bend, junction in Frithville, (1.6m)
5	Slow down to turn left safely towards Langrick, keeping to left carriageway (20.0m)
6	Take care at Gipsey Bridge – tight bend and narrow road, (21.4m)
7	Take care at Bridge before Antons Gowt, narrow road – Give Way to oncoming traffic, (22.6m)
8	Take care at Bridge in Antons Gowt, where road narrows, oncoming traffic should Give Way, (23.4m)
9	Riders returning to the HQ in Frithville, once the event has started, and also before the last rider has started, must not use the course itself, i.e. the B1183. Riders must use the minor road running parallel to B1183 between Cowbridge and Frithville.

Have a Safe and Enjoyable Ride.