

ROSSENDALE ROAD CLUB

www.rossendaleroadclub.com

Promoted by the Rossendale Road Club.
for and on behalf of Cycling Time Trials under their rules and regulations.

Event Headquarters

Ingleton Community Centre
Ingleton, North Yorkshire
LA6 3HG

Please **sign on** and collect your number at the headquarters from 07:30am where a copy of the course risk assessment will be available.

First competitor off at 08:31 am

Please do not forget to pay and display in the car park.

The Circuit of the Dales is pleased to be associated with the NLTTA Sporting Courses competition.

Welcome to the 2021 start sheet for the Circuit of the Dales. For all those of you who have ridden the course before, **please note**; this year's course is a new one, with a **different start and finish**. Please **do not** ride along the A65 towards Settle from Ingleton to get to the start. The new course now starts at the Country Harvester (this used to be the first turn), and is slightly shorter at exactly 50 miles (previous course was 50.7m). Similarly, the finish is now much closer to Ingleton, so when you get to the old finish, keep going!

TIME KEEPERS:

START: CHRIS SMEDLEY FINISH: PETER BRISCOE

PUSHER OFFER: JOHN LEACH

HELMETS:

ALL COMPETITORS MUST wear a **HELMET** of **HARD/SOFT SHELL** construction that conforms to a recognised Standard (See Regulation 15).

CTT Regulation 14 Competitors Machine – FRONT WHITE LIGHT & REAR RED LIGHT.

NO COMPETITOR shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine **A WORKING FRONT WHITE LIGHT**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

A WORKING REAR RED LIGHT must be affixed to the rear of the machine, that is illuminated and in a position that is clearly visible to other road

COURSE DETAILS

Start on A687 approximately 50 yards after junction with A65 by the Country Harvester outlet north of Ingleton at west end of field gate on south side of road. Proceed west on A687 through Burton-in-Lonsdale to Greta Bridge and junction with A683 where straight on (Care) to junction with A65 main Kendal road.

Fork left down the hill then turn right (**Care**) on to A683 main Sedbergh road (8.73 miles /160ft). Proceed through Casterton and Middleton to join the A684 main Hawes road (18.52 miles/370 ft).

Fork right onto A684 and proceed to Sedbergh Main Street, where **sharp right** to mini roundabout (**Care**). Left at roundabout onto Back lane; take the right turn beyond the village along the A684 through Garsdale to the Moorcock Inn (29.40 miles/ 802ft).

After a further 4 miles, KEEP RIGHT over Yore Bridge through Appersett to the top end of Hawes village (34.56 miles/802ft). Turn sharp right (**Care**) up the hill on to B6255 Ingleton road and proceed via Newby Head (40.58 miles/ 1421ft) and Ribbleshead (44.70 miles /980ft) to FINISH at signpost 'bend' and '12%' gradient and adjacent to 'SLOW' sign on road at start of descent into Ingleton. (50m).

Note – take care immediately after the finish; slow down to safely take the corner and descent back to the HQ.

Some of the roads used by the event are rural and somewhat rough, as a result please take care all around the course, especially if wet.

In total there is about 3600 feet of climbing, and a bottom gear of around 57” is recommended. Please take every care at all points on the course and in particular at the following:

- **Junction at Greta Bridge**; give way as you join the main road.
- Take extreme care as you turn **left onto the A65** at Kirby Lonsdale and then after 200 yards **right onto the A683** Sedbergh road (traffic). Do not cut the corner.
- **Sedbergh village** (20m) road narrows just before the high street just before the turn sharp right
- At the two blind, right angled, bends around **Garsdale** churchyard. (25m)
- The fast descent through **Chapel-le-dale**. (46m)

Local Regulations

- Riders must call their numbers at the finish and elsewhere on the course if requested.
- Riders must not stand in the road at the start or the finish as this constitutes obstruction and 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.
- In all events, competitors, prior to starting are not permitted to ride past the finish time keeper for the duration of the event.
- Riders must not ride with their head down.
- Riders must keep to the left hand side of the road when overtaking. Failure to comply with the above may lead to disqualification.

Signing on Sheet and Signing Out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing on sheet when collecting their number.

(b) In open (Type A) events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must

(i) return their number and, ii) sign the official signing out sheet.

Directions to the start



HQ Post Code: LA6 3HG

have a safe ride!

I would like to thank all our marshals/time-keepers and helpers that make this event possible.

*Linda & Paul Rossendale Road Club
13 Lawnswood, Rochdale, OL11 3HB 07932 806399*

Prize List

ONE RIDER ONE PRIZE

1 st Fastest	£50
2 nd Fastest	£40
3 rd Fastest	£30
4 th Fastest	£20
5 th Fastest	£10
1 st Fastest Vet 40	£20
1 st Fastest Vet 50	£20
1 st Fastest Vet 60	£20
1 st Fastest Lady	£30
2 nd Fastest Lady	£20
3 rd Fastest Lady	£10
1 st Juvenile/Junior	£10
Fastest team of 3	£15 each
1 st Fastest on handicap	£20
2 nd Fastest on handicap	£15

(**Note:** prizes will be awarded by bank transfer)