

# Peter Knott Memorial Spoco



FOUNDED 1928

## KENT VALLEY ROAD CLUB

Wednesday, July 12th, 2023, at 18:45

An NLTTA Spoco Series time trial promoted for and on behalf of Cycling Time Trials Ltd. under its rules and regulations. This is a charity event with no prizes and is in aid of NW Air Ambulance.

**EVENT HQ:** Capenwray Diving Centre (scuba diving site and training centre) LA6 1AD, near the village of Over Kellet, Carnforth, and Jct 34 of M6. The centre has a café and toilets. The cafe is open until 9pm so **if you've missed your tea please do grab a bite and a cuppa** there. The event start is just 1.3 miles North of the diving centre (turn right out of the car park, then left when you reach Borwick Road (after approx. 1 mile) and you will be able to see the start area close to Keer Bridge.

**SIGNING ON AND NUMBERS:** Sign on and collect your race number from our club Gazebo, turn left when entering the diving centre car park and we are at that end of the parking area. When you sign out, just put your number straight in the box beneath the signing on/off table. The Peter Knott Memorial Trophy will be presented to the winner.

**L156 COURSE DETAILS:** Start at East end of field gateway on Borwick Road, 50 yards South of Keer Bridge and approx. 1 mile East of Borwick. Proceed South East up the hill to Springfield, junction with B6254 (2m). Turn left (care) onto B6254 and proceed North East to Arkholme (3.87m) where left (again care) up unclassified lane towards Docker Park. This is a narrow, twisting lane with occasional potholes so do look ahead. Keep left at marshalled fork in road (5M) towards Borwick to join Keer Holme Lane. At Pheasant Field junction with Borwick Road (5.78m) turn sharp left (extreme care) and cross Keer Holme bridge (again with care) to complete 1 lap (7.86m). Proceed past the start and via Springfield (9.87m), Arkholme (11.73m) and Docker Park on 2<sup>nd</sup> lap to finish on Keer Holme Lane at field gate at crest of rise approx. 130 yards before Pheasant Field junction with Borwick Road (15.1m).

### REGULATIONS:

- All riders must ensure they have a working front light (white beam) and working (red beam) rear light, either flashing or constant, on their bike and that both are clear to see. **No lights – no ride.**
- Competitors must sign official Signing-on Sheet when collecting their number and be aware of any late instructions.
- Riders must return numbers to the HQ and sign the official Signing-Out Sheet.
- Competitors must not ride past the timekeepers, except when competing.
- Warming up on the course is forbidden once the event has started.
- Any competitor making a U-turn at the start or finish will be disqualified.
- Riders must keep to the left-hand side of the road except when overtaking.
- Riders must call out their number at the finish and elsewhere if requested.
- Riders must not obstruct the road by standing in it at the start or finish.
- Riders must NOT ride with their heads down.

### HELMETS

Helmets are now mandatory for all riders.

**Timekeepers: Margaret Belk (start) and Tom Wall (finish).**

**Event Organiser: Richard Belk, tel. 079296 05815, email rbelk59105@aol.com**