

COURSE DETAILS: L143 – Paracyclists/Women & Vets/Juniors (1 lap):

START in Greystoke village at grate in road beside the entrance to Greystoke castle and at end of slip road. Proceed north on unclassified road bearing left at Poplin Dub; continue through Johnby to junction at Thanet Well. Left at junction, past Newsham and over Newsham Bridge to next junction where left and continue to Murrah crossroads. Turn left onto Hutton Roof-Berrier road. Through Berrier (alt 350 metres) to the Sportsman Inn Junction where left and after 1 mile join B5288. Continue along B5288 through Motherby to FINISH at the Greystoke sign. (Distance approx 14 MILES). Course record – 00:32:57 by Peter Nicholls on 28th May 2017.

COURSE DETAILS: L143 x 2 laps – Men/Espoirs (2 laps):

As above, but continue past Greystoke sign into the village and turn left to pass the start point and repeat lap 1, to FINISH at the Greystoke sign. (Distance approx 28 MILES). Course record – 01:04:44 by Philip Graves on 1st May 2016.

The start is in the centre of the village, near the entrance to Greystoke Castle and near the Boot & Shoe pub. There is a moderately large car park adjacent to the hall – please park with consideration and do not take up space with gazebos, rollers etc. Overspill parking can be found around the village, but do not impinge on private property.

Please do not warm up on the course whilst the event is in progress. Use the B5288 east of the village, or the unclassified Berrier Road. Also please note that the start area is in a residential village, so please do not cause any unnecessary disturbance.

A copy of the CTT Risk Assessment will be displayed at the event HQ. Please check for late information. The course is predominantly on unclassified country roads with some rough/broken surfaces following winter storms. Take particular care on the narrow twisty section between Thanet Well and Newsham bridge.

Local regulations: The following local regulations have been approved by the CTT National Committee in accordance with Regulation 38. Any breaches may lead to disciplinary action being taken -

Local regulation No. 5: In all events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event.

Local regulation No. 6: Any competitor making a ‘U’ turn in the vicinity of the start or finish will be disqualified from the event.

IN ADDITION TO THE ABOVE

Riders must give their number at the finish and elsewhere on the course if requested. 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 with their heads down.

Both body & arm numbers will be used for this event. Please ensure that the body number is clearly visible from behind and fixed in accordance with Regulation 16. Arm numbers must be fitted to the upper arm, facing forward.

Cycling Time Trials and the event promoters strongly advise all riders to wear a HARD SHELL HELMET which meets an internationally accepted safety standard. In accordance with Regulation 15, all Junior competitors MUST wear such a helmet. Cycling Time Trials also recommends that a WORKING REAR LIGHT, either flashing or constant is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.



BORDER CITY WHEELERS CC

SIGMA SPORTS CLASSIC TIME TRIAL SERIES

CIRCUIT OF GREYSTOKE FOREST

14 & 28 miles Open Time Trials

Promoted for and on behalf of Cycling Time Trials under their rules & regulations

Sunday 26th May 2019 – First rider off at 9.01am

Event Secretary: Dougi Hall, Rose Cottage, Crackenthorpe, Appleby, Cumbria CA16 6AF 'phone: 07802 238694

Timekeepers: Keith Bickley & Richard Abram

CTT representative: Gavin Russell

Event HQ: Greystoke Village Hall, postcode CA11 0TP. Located on the left when entering Greystoke from the east on B5288. Greystoke is approx. 5 miles west of Penrith on the B5288. See the hall's website for [Directions](#) Numbers/signing-on and course risk assessment will be located at the HQ. **Please note that competitors are required to personally sign the signing-out sheet when returning numbers. Failure to do so will result in the competitor being recorded as DNF.** Refreshments will be provided and there will be a prize presentation as soon as possible after the Veterans event has finished.

The HQ will be open from 7.30am

AWARDS (One rider, one prize)

Men/Espoirs:	1 st £30	2 nd £20	3 rd £10
Vets actual:	1 st £25	2 nd £15	3 rd £10
Vets vs target:	1 st £25	2 nd £15	3 rd £10
Women:	1 st £25	2 nd £15	3 rd £10
Juvenile/Juniors	1 st £15	2 nd £10	
Paracyclists	1 st £15		

Note: the above prizes are in addition to those awarded by Cycling Time Trials – see cover pamphlet.