

Lincoln Wheelers Charity 10

and National Youth Championship - Lincolnshire DC Heat

Saturday 7th August at 2.01 pm

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

This is a charity event, with all proceeds of the event, split between **Myeloma UK** and **Lincs & Notts Air Ambulance**. After the event there will be a raffle, so please buy generously. You are more than welcome to also donate a prize for the raffle too.

Organiser: Neil Winter 14, Sunbeam Avenue, North Hykeham, Lincoln, LN6 9SG.

Telephone: 07914 596880

EVENT HQ: Ingham Village Hall, The Green, Ingham, LN1 2XT, and will be open from 1.00pm.

Parking: There is ample parking at the HQ, and around the Green.

Note There is no parking at Start or Finish

To get to the Start: Leave "The Green" onto the High St, then turn Right onto Lincoln Rd, When leaving the village, turn Left up Cow Hill, and at the top of the Hill the start is 300 yards to the Left. To warm up go straight on at the top of the hill, and then take the road to the right.

Course: START at the footpath sign 50 yards south of Windmill Inn on B1398 Proceed north on B1398 to the Harpswell roundabout (B1398/A631) (4.56miles). Encircle the roundabout and retrace back along B1398, go past the start (9.1 miles), and down the hill to FINISH, just before the Cammeringham Village sign

Start Timekeeper: Neil Winter **Finish Timekeepers:** Steve Walker and Dave Capps

Sign Erector: John Woolley **Number Caller:** Les Davies

HQ Helpers: Sarah Freeman,

Turn Marshalls: Derek Bell John Lindley Ian Johnson

I hope that you all have a safe and speedy ride,

Riders Instructions

- Cycling Time Trials and the event promoters strongly advise the wearing of a hard-shell helmet that meets an internationally accepted safety standard
- The start should be approached without performing a U Turn!
- No warming up is allowed on the course once the event is in progress.
- Watch your speed going down the hill to the finish, ride within your ability
- After finishing carry on for at least 300 yards, before turning round (with care!) to ride back to the HQ.

