

Lancaster Cycling Club

OPEN Hill Climb – Sunday 1st of September 2019

Conder Bottoms @ 10:00am

Jubilee Towers @ Mid-day

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

Event Organiser: Bob Muir, 28 Derwent Road, Freehold, Lancaster, LA1 3ES
tel: 01524 62250 / 07734 906 598

Timekeepers: Finish – Margaret Belk ----- Start – Bob Muir
**Event Headquarters – Bowling Green Pavilion halfway between the start points of the two
hill climb events.**

L825 Conder Bottoms 0.5miles **Course Record (club event): Jack Pullar 1:37.2**

START on Wyresdale Road Quernmore approximately two miles south-east of Lancaster at a point in line with the Scotforth-Lancaster sign and approx. 10 yards on Lancaster side of bridge over the River Condor (GR SD509595).

Proceed in a north-westerly direction to ascend hill- caution cross roads after steepest section- to FINISH approx. 150 yards past these cross-roads in line with the centre of a field gate on left hand side. (Approximately 850 yards)

Note: there is a reverse S-bend immediately after the start and great care should be taken exiting the final section as it is easy to swing out across the road. The next right-hand bend has good visibility but the final left-hand bend also has poor visibility and care should be taken.

L820 Jubilee Tower 1.75 miles **Course Record: Tejvan Pettinger (Sri Chinmoy CT) 6:57.0**

START on Wyresdale Road, Quernmore, 2 yards east of its junction with Bay Horse Road (south) and Rigg Lane (north). Proceed eastwards up hill (towards Trough of Bowland) to FINISH at a point 10 yards before the entrance to the Car Park at Jubilee Tower. Distance approx. 1.75 miles.

(For directions to the course, see overleaf)

Sheep roam free over the last 0.7 miles and can be a danger when you're descending at speed - and you will be. (If the sheep are a problem on the way uphill, you're in the wrong race.)

The sheep's boundary is the **cattle grid** - in a dark, damp, dip in the road. This can be tricky in either direction, especially in the wet.

.....and if it's **not** wet, there will be early Sunday drivers entering and leaving the car park at the Finish and heading for the Church just down the road from the start, so watch out for Local Reg No 6 below when you're turning.

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

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

Local Reg No 15: riders must keep to the left hand side of the road except when overtaking. Failure to comply with this may lead to disqualification..

In addition:

Riders must give their numbers 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.

Riders must read the Risk Assessment and then Must Sign-On AND Sign-off for each individual event and return their number however if you are riding both events you may keep your number until you sign off after the Jubilee towers event.

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET which meets an internationally accepted safety standard. For Junior & Juvenile riders the wearing of these helmets is compulsory.

CTT 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.

Note. There is only limited parking in the area of the the start and either side of the crossroads before the finish. There is parking at the event HQ where competitors' numbers, the signing-on sheet, risk assessment and Results board will be located.

PLEASE RETURN NUMBERS TO THE HQ
RIDERS COMPETING IN BOTH EVENTS HAVE THE SAME NUMBER FOR EACH

	<u>Prize List (for each event)</u>	
1 st	£40	
2 nd	£30	
Fastest Vet		£20
Fastest Espoir		£20
Fastest Juvenile		£20
Fastest woman		£20

(Normal one rider/one prize convention applies for each event.)

Directions to the course: For those arriving by the M6, the **simplest** approach to the course is to leave at Junction 33 (Lancaster South). At the end of the slip road lies the Hampson Green roundabout: take the **first** exit (A6 south towards Preston). Turn **left** almost immediately (forty yards south of the roundabout) onto Hampson Lane. After heading east for about half a mile you will hit a T-junction. Turn **right** (signposted to Dolphinholme and Abbeystead), heading south east for half a mile till you come to a crossroads. This is Five Lane Ends - you'll see why. Turn **sharp left** here (signposted to Quernmore and Caton) and proceed northwards along Bay Horse Road. In just over 4 miles you will come to a **Stop** sign. That is Wyresdale Road and the intersection at which the L820 starts heading East (uphill). The event headquarters is a short distance West from the crossroads on the right-hand side and the start of the L828 Conder bottoms course is a short distance further West from the headquarters.



