

Peter Knott Memorial Spoco



FOUNDED 1928

KENT VALLEY ROAD CLUB

Wednesday, July 14th, 2021, at 18:45

NLTTA Spoco Series event promoted for and on behalf of Cycling Time Trials Ltd. under its rules and regulations. It is a charity event with no prizes. All surplus cash goes to NW Air Ambulance.

EVENT HQ: Capenwray Diving Centre (scuba diving site and training centre), near the village of Over Kellet, Carnforth LA6 1AD. 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 centre (turn right out of the car park, then left when you reach Borwick Road approx. 1 mile later)

COVID RESTRICTIONS: Come changed and maintain social-distancing at all times, especially when signing on and collecting your race number. When you sign out, just put your number straight in the box beneath the signing on/off table. If you don't have your own pen then use the one provided and the hand gel on the table when your done. No more than five riders at a time are allowed to queue for start line. There will be no pusher-off and no finishing times posted at the event. Results will be available on both the CTT and KVRC websites later.

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 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 to complete 1 lap (7.86m). Proceed past the start and via Springfield (9.87m), Arkholme (11.73m) and Docker Park on 2nd lap to finish on Keer Holme Lane at field gate on crest of hill approx. 130 yards before Pheasant Field junction with Borwick Road (15.1m).

REGULATIONS:

- All riders must have a working rear red light, either flashing or constant, on their bike that is clear to see from behind. **No light – 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 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 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

The CTT state that helmets are Mandatory for all riders under the age of 18. In fact, Cycling Time Trials strongly **recommends ALL** competitors wear such a helmet.

Timekeepers: Richard Taylor and Margaret Belk

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