



Lincolnshire RRA 10 mile

Saturday 21st May 2021 starting at 14.01pm

Promoted for the Lincolnshire RRA by Lincoln Wheelers CC and Gainsborough Aegir

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

Organiser: Neil Winter, 14, Sunbeam Avenue, North Hykeham, LN6 9SG. Tel 07914 596880

EVENT HQ: Ingham Village Hall, The Green, Ingham, LN1 2XT.

The event HQ 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 and Finish

Warm up: The Warm up area, is 300 yards before the Start, and is 1¼ miles from the HQ. Follow the road away from the Green, then turn right onto Lincoln Road, and turn left when leaving the village, ride up the hill (*Watch out for riders racing down the hill*), and at the top of the hill take the Right fork, and then take the road to the Right to warm up.

Do not proceed to the start unless you are within 5 minutes of your starting time.

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 the FINISH, which is just before the Cammeringham Village sign.

Start Timekeeper: Paul Reynolds

Start Official: John Woolley

Finish Timekeeper: Steve Walker

Number Caller: Les Davies

Sign Erector: John Woolley

HQ & Refreshments: Clare Ella

Members of Lincoln Wheelers

Turn Marshalls: Ian Johnson

Members of Aegir CC

L.R.R.A. Middlemarker Awards, riders will be eligible for these awards, if they ride for a LRRRA affiliated club, and have a Personal Best (since Jan 2019) 10 mile time, slower than 22.00.

L.R.R.A. Longmarker Awards, as above but slower than 24.00.

Open Prizes Fastest, and Vet on Std, awards will be given according to the number of riders who are not eligible for LRRRA Middle markers awards, these will be displayed at the signing on

Race regulations

- You must wear a hard-shell helmet that meets an internationally accepted safety standard, whilst competing, and have a working Front & Rear light (either flashing or constant), fitted in a position visible to road users and is active whilst competing.
- No warming up on the course once the event is in progress.
- The start should be approached without performing a U Turn!
- Watch your speed going down the hill to the finish, and ride within your ability.
- Call out your number, when finishing!
- Competitors must not stop at the finish, after finishing carry on for at least 300 yards, before turning round (with care!) and riding back to the HQ.

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