

KENT VALLEY ROAD CLUB

Sunday 16th June 2019 at 0730hrs

EDWIN HOWSON MEMORIAL 25. Course L2524.

Promoted for and on behalf of Cycling Time Trials Ltd. under its rules and regulations.

A counting event for the NLTTA Points Series 2017.

Event Secretary: Richard Bryan, 1 Low Chambers, Brigsteer, Kendal, Cumbria, LA8 8DP. Tel. 01539 568067. Email: the21bbryans@btinternet.com

TIMEKEEPERS. Margaret Belk and Peter Briscoe

COURSE L2524. START at large sign (Levens Village/Grange/Newby Bridge) at west end of lay-by on the A590 which is immediately east of Force Lane near the junction with the A6 road to Levens Bridge. Proceed in a westerly direction along the A590 to Meathop Roundabout (5.57 miles). Take the first exit onto the B5277 to Lindale Village. Encircle the Mini-Roundabout (6.86 miles). Retrace along the B5277 to Meathop Roundabout (8.08 miles) and take the 2nd exit along the A590. Continue in an easterly direction along the A590 (the overhead bridge near the Levens turn off is half distance). Continue on the A590 to the large roundabout near Sedgwick (14.18 miles). Encircle the roundabout, taking the 4th exit back onto the A590 heading west, to pass through the starting point (14.62 miles). Continue in a westerly direction to Meathop Roundabout (20.26 miles) where on this second occasion, encircle and retrace along the A590 in an easterly direction. FINISH at the white line, 15yds past 'A6' sign on the slip road to the A6 road approximately 140yds south west of the Levens Bridge to Levens Village road. (25 miles).

PLEASE READ THE COURSE DESCRIPTION CAREFULLY IF YOU ARE NOT FAMILIAR WITH THIS COURSE. IN PARTICULAR NOTE CAREFULLY THE SEQUENCE OF ROUNDABOUTS FOR EACH LAP.

EVENT HQ, is on the old road, sign posted 'Sizergh Castle' from the A590, approx 150 yds south west of the roundabout junction with the A591. Numbers and result board will be here. **Please do not forget to sign on before collecting your number. There are no toilet facilities at HQ.**

PLEASE NOTE that this event may be subject to a doping control. You **MUST** return to HQ after finishing **TO RETURN YOUR NUMBER** and sign off, in case you are required to report to doping control.

The Risk Assessment for this event will be available at HQ. Please note that there are 9 medium risk locations. You need to be aware of traffic turning left in front of you, entering the A 590 from the left and to take care on the Meathop, Lindale and Sizergh roundabouts.

HAVE A SAFE RIDE. KEEP YOUR HEAD UP. To get to the start you **MUST** encircle the Sizergh roundabout and NOT cross the dual carriageway at the Sizergh Castle road exit onto the A590.

PARKING. Please park on the Sizergh Castle road but not in front of the Strickland Arms Pub. Please do not park in lay-bys on the A590 or old A6.

This event is a **CHARITY** event. There will be no prizes. All profits will go to the NW Air Ambulance.

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 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 6. Any competitor making a U-turn in the vicinity of the start or finish will be disqualified from the event.
- Local Reg 10. Warming up on the course is not permitted during the duration of the event.
- Local Reg 12. No parking on the car park or frontage of the Strickland Arms.
- Local Reg 15. Riders must keep to the left-hand side of the road except when overtaking.

Failure to apply with the above may lead to disqualification.

In addition:-

Riders must call their numbers at the finish and elsewhere on the course if requested.

Riders and spectators **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 head down.

HELMETS. All competitors under the age of 18 and/or JUNIORS must wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (Regulation 15). Cycling Time Trials strongly recommends ALL competitors wear such a helmet.

COMPETITORS MACHINE – LIGHTS. 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.

Have a good ride

Richard Bryan

Event Secretary - 07539275771

