

Blackburn & District Cyclists Touring Club

100 miles within 9 hours Standard Ride - Sunday 15th May 2016

Important Notes

We are required to point out to participants of this event that the event is not a race and riders should at all times observe all rules of the road and conduct themselves in a safe manner, to themselves, to other participants and above all to other road users.

This Event is for experienced cyclists who will be aware of the following procedures:

Whenever possible, familiarization with the route before the event.

Ensuring competence and fitness to complete the course, roadworthiness of the machine and possession of adequate cycle-repair equipment, spares and skills.

During the event, riding safely, according to the rules of the road and personal capabilities and taking responsibility for personal feeding, warm clothing and rest periods.

As with any journey on public roads being aware of and allowing for highway design and maintenance, other users (especially horses), busy traffic conditions, the state of disrepair of the surface (potholes, trenches, ironwork etc.), debris and obstructions of all kinds.

As some roads could be high and exposed, with hills that could be steep and strenuous, carrying adequate food, drink, clothing and equipment for any conditions; preparing the machine and rider and carrying spares and tools - and knowing how to use them.

In the event of bad weather, making a personal decision over starting or continuing; also being equipped to deal with bad conditions.

Making private arrangements if back-up or rescue facilities are wanted, although if this is the case undertaking this ride at all should be reconsidered.

As with all C.T.C. rides you are on a private excursion on the public highway, so ensure that you are fully capable and self-sufficient.

Extra Care

Extra Care is required at the following points on the course:

- **On crossing the A671 at Clitheroe Golf Club: beware of heavy traffic.**
- **On joining the A59 at the end of 'Puncture Alley': beware of heavy & fast moving traffic.**
- **On joining the A65 at the end of Settle Flats in the morning: beware of heavy & fast moving traffic.**
- **During any use of the A65, A59 and A683: beware of heavy & fast moving traffic.**
- **The B6480 is closed near Low Bentham – please follow the signed diversion between High Bentham and Wennington**
- **Beware of the steep, narrow and twisty descent from the top of Barbondale into Dentdale**
- **Take care on the steep climb at Dent Head**
- **On using the A65 after leaving Settle in the afternoon: beware of heavy & fast moving traffic. Due to heavy traffic it is often best to wait at the side of the road before starting the right turn manoeuvre.**

Disclaimer for entrants

Participants agree to abide by the terms and conditions required by CTC for the safe participation in this activity and to act responsibly and adhere to the rules of the road and countryside. Participants agree to maintain that they are fit and healthy enough to participate in the activity described herein and that their cycle is in a safe, legal and roadworthy condition. Participants also accept that CTC cannot be held responsible for any personal injury, accident, loss, damage or public liability during the ride.

CTC rides are covered by Organisers' Public Liability Insurance and all CTC members are covered by third party insurance, Riders who are not members of the organisation are advised to either join CTC or obtain their own insurance. If you do not want any photographs used, please notify the event organiser.

Blackburn and District CTC 100 miles within 9 hours Standard Ride.

Sunday 15th May 2016

Start 9am – Whalley Bus Station

Finish 6pm Whalley Bus Station.

Schedule at 12.5mph with 2 x 30 minute stops.

Whalley **0 miles** **9am**

Leave Whalley and head to Sawley. Recommended Route via 4 lane ends, Standen Hall Rd and A59. From Sawley follow unclassified roads via Holden, left to Forest Becks and Wigglesworth, Rathmell and to the A65 just before Settle

A65 **19 miles** **10.31am**

Turn left briefly onto the A65 and left again to follow the back road via Lawkland - Cross the A65 (Extreme Care) to Austwick. Left in Austwick and before the A65 there is a cycle path on the north side of the A65 to avoid going on it. Take the next right to Clapham. Straight on in Clapham brings you back onto the A65 where again you will cross it onto the B6480 direction High Bentham.

High Bentham **30 miles** **11.24am**

Keep on the B6480 to High Bentham – then **follow the signposted diversion** right at the village centre, past the Golf Club then left at the cross roads and then straight on to re-join the B6480 just before Wennington. Continue on the B6480 through Wennington and Wray and take a right turn at the crossroads at Butt Yeats and then right again to join the A683 at Hornby. Follow the A683 through Tunstall and Burrow. At the A65 take a left and first right to Devil's Bridge

Devil's Bridge (suggested lunch stop if dry) **45 miles** **12.36pm**
Suggested 30 mins stop **1.06pm**

From Devil's Bridge head north on the A683 through Casterton before taking a right to Barbon village and over Barbondale into Dentdale. Turn right to Dent village.

Dent (Suggested wet weather lunch stop or alternative lunch) **55 miles** **1:34pm**

From Dent head up the valley to Dent Head, Newby Head and then turn right and follow the B6255 south to Ribblehead

Ribblehead **66 miles** **2:47pm**

Turn left and down Ribblesdale (B6479) via Horton & Stainforth to Settle

Settle (suggested tea) **78 miles** **3:44pm**

Suggested 30 mins stop 4:14pm

Re-cross the A65 and return via Rathmell, Wigglesworth, left towards Paythorne, past the transmitter, right onto Paythorne Moor road, right in Bolton by Bowland, right after Sawley onto the cycle path on the A59, first right at Chatburn, then through Clitheroe and back to Whalley.

Whalley **100 miles** **6pm**

