

Cross Cumbria Cyclists

Present the

Athenaeum / RNLI Trailquest

www.crosscumbria.co.uk



**Round five of the 2008 XCC League / Round 9
National league
sponsored by
BIKETREKS,
Ambleside,**



www.biketreks.net

Athenaeum Heversham Sunday 19 July 2009

**A 5 hour mountain bike orienteering event
With classes for solo riders and teams of two**

www.mintcakemtb.co.uk

www.trailquest.co.uk



Event centre :

The (Athenaeum) Village hall grid ref SD 496 840

The event centre will be open from 08.45 a.m. with starts from 09.30 to 10.30 am parking will be through the village so tidy parking is requested

For camping and overnight accommodation contact Milnthorpe tourist information centre on 015395 34026 <http://www.aboutbritain.com/towns/milnthorpe.asp>

Map/Event Format

The event is designed to test your endurance, mountain bike handling and navigational skills. There will be about 30 controls with values from 10 to 30 points. Your aim is to collect as many points as possible and return to the finish within the 5 hours available. Penalty points will be deducted for late return.

The event map will be provided as part of the entry fee, pre-marked with control sites and out of bounds areas. The map will be a specially produced colour copy provided with an A3 plastic bag.

Entries

Please post entries by 10th July to: Paul Allen (TQ), 4 Castle Garth, Kendal, LA9 7AT

Please make cheques payable to 'Cross Cumbria Cyclists'. No final details will be sent through the post. Please check www.trailquest.co.uk or www.mintcakemt看.co.uk for any last minute information.

For entries after this date, please ring Paul Allen on 01539 723163 to give details and check availability of event maps. Entry on the day may be possible but an event map is not guaranteed if you have not phoned. Email: pma@mintcakemt看.co.uk

Entry fees: £10 per solo or £20 per team. Youth entry fee (16 years or younger) is £3.

It is a condition of the TCA event insurance that all competitors must be members of the TCA. **You can join the TCA online as an Associate Member for 2008 for no charge (free!). Youth membership online is also free. Just visit www.trailquest.co.uk and click on the JOIN NOW link.** If you join at the event, a fee of £1 will be charged. Full membership of the TCA costs £15 and **exempts you from paying the associate member event levy of £2 per event.**

SICard hire for the event: £1 per solo or £2 per team entry. (A lost SICard will cost you £18).

Rules and Equipment

1. Follow the cycling code at all times. Using footpaths or out of bounds areas, even for carrying your bike will result in disqualification.
2. You should not do anything that you would regard as cheating if someone else did it. Pairs Must remain in contact (50 metres) at all times and visit control points together.
3. **You must report to the finish desk even if you retire.**
4. Competitors must close all gates, pass or overtake walkers slowly and courteously, treat the rural community with due consideration, and aim to cause no damage to trails.
5. **Cycling helmets are compulsory and must be worn at all times.**

6. Other equipment required; a roadworthy mountain bike, basic first aid kit, compass, whistle, water/wind proofs, tool/puncture repair kit and food and drink for 3 hours. Kit may be checked at the start (no kit, no start, no refund).
7. Note that competitors compete in this event at their own risk and are responsible for their own safety. Take care on narrow country lanes and on the off-road trails, some of which are **steep and rocky**.

Checkpoints

Checkpoint sites will be marked and all will have an SI box secured by steel wire to the checkpoint feature. The Sportident electronic timing system will be used. **You will need to hire an SICard for the event if you do not already have one.** To get your own SICard for recording visits to checkpoints, purchase one online for £18 before you enter the event by visiting www.sportident.co.uk or by telephoning Martin Stone on 01931 714106. Sportident can provide a SICard number immediately so that you can enter this event without delay. The card pays for itself after about 20 events and the memory chip remains under warranty for 10 years.

On the Day Procedure

1. When you arrive, sign in and collect your SICard and control descriptions and value sheet.
2. Prepare your bike, equipment and yourself.
3. When you are ready, go to the start where you will use the SICard to start your time clock and will be given a pre-printed map with checkpoint locations and values.
4. Plan a route and visit as many checkpoints as you can. Return to the finish within **5 hours** and stop your SICard time clock. Proceed to registration to download your score and return your SICard.
5. Results will be displayed and prizes awarded as soon as possible after the last finisher.
6. To obtain a copy of the results, write your address on an envelope provided in the event centre.

Classes

A	Solo man aged 17-39 or team of 2 men combined age 34-79		X	Mixed team (M+F) combined age 34-79	
B	Solo woman aged 17-39 or team of 2 women combined age 34-79		Q	Mixed vet team combined age 80-99	
C	Vet Solo man aged 40-49 or team of 2 men combined age 80-99		G	Generation team (one rider 12-16, the other 17+)	
D	Vet solo woman aged 40-49 or team of 2 women combined age 80-99		Y	Youth team (pair both 15 or 16)	
E	Super vet Solo man aged 50+ or team of 2 men combined age 100+		T	Tandem (any age)	
F	Super vet solo woman aged 50+ or team of 2 women combined age 100+		K	Masters solo woman aged 60+ or team of 2 women combined ages 120+	
J	Masters Solo man aged 60+ or team of 2 men combined ages 120+		Z L	Mixed super vet or masters team combined ages 100+ or 120+ respectively	

Classes may be combined at the organiser's discretion.

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	Solo/Team member 1	Team member 2
Name		
TCA number		
Address 1		
Address 2		
Address 3		
Address 4		
Postcode		
Telephone		
E-mail		
Age on 1/1/08		
SICard no		

Please tick the class entered in the table below.

A	B	C	D	E	F	J	K	X	Q	Z	L	G	Y	T

Entry Fees

Full TCA member: £10 per person	
Associate TCA member: £12 per person	
Non TCA member: £13 per person	
Youth: £3 per person	
SICard hire: £1 per person	
Total entry fee	

Please make cheques payable to **Cross Cumbria Cyclists**.

Notes

1. You only need to pay the TCA associate membership fee of £1 per person if you are not a TCA full or associate member for 2008. You can join the TCA free online as an associate member – visit www.trailquest.co.uk and click on JOIN NOW.
2. Only **full members** of the TCA are exempt from paying the TCA event levy of £2 per rider.
3. If your team is made up of a combination of TCA full member/associate member/non-member, please adjust the charges shown in the table accordingly.

I/We agree to abide by the TCA rules and enter this event at my/our own risk.

Signed (parent if under 18): 1 _____ 2 _____