

### Circuit of Coniston – Sign and marshal placement

**Length: 16.5 miles**

**Ascent: 340m**

**Course record:** 02/05/2007 - 37:45 - Paul O'Mahoney (ProBikeKit)

**Club record:** 05/05/1997 - 39:37 - Jon Evans

#### **Start/Finish: Lowick (near the Red Lion inn)(A5084)**

Start just before the left turn over Lowick Bridge.

First left over the bridge, then immediate left again (signed East Coniston). Carry on up the East side of Coniston, past Brantwood and climb up to Bank Ground. Keep left on the descent (care sharp right hand bend on this descent). On round the north end of the Lake and bear left to join the B5285 into Coniston village. Join the A5084 out of Coniston up to Torver. Left at Torver up to Sunny Bank. Down Sunny Bank (care sharp right over bridge at bottom of descent), on to Lake Bank, through Blawith and on to the finish at Lowick. Parking is available on the A5084 opposite the start.



**Sign 1**– Top of the hill on the A5084 ¼ mile prior to the start

**Marshal 1** at the start pushing off



**Marshals 2 and 3 placed at first turns...**



**Marshal 4** also at end of lake before sharp left hand turn to prevent anyone taking the right turn up Hawkshead Hill



**Signs 2 and 3- Cycle event sign** approx. 200 yds prior to junction at the end of Coniston water to alert traffic coming off Hawkshead Hill (B5285) of riders emerging from junction. **Marshal 5** to stand on opposite side of junction. **Direction arrow sign** before the junction to tell riders to turn left.



**Signs 4 and 5 and marshal 6 –Coniston Village**

Cycle event sign on lamp post before bridge where marshal stands and another on the A593 (Yewdale Road, the road to Skelwith) alert traffic coming from Skelwith direction.



**Signs 6 and 7 and marshal 7. Torver.** Cycle event sign and left turn direction sign placed at the junction in Torver to take riders back along the lake to finish.

