

Twin Peaks Road Race

Sunday May 1, 2016



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Join us on May 1, 2016 for a tough test of your climbing ability. Warm up on the 8 mile St David's Lighthouse Hill loop ready for the 5 mile Knapton Hill circuit, taking you to the finish at John Smith's Bay.

Start Times and Race Distances

8:00am Adult A – 3 x St David's Lighthouse loops and 3 Knapton Hill Loops = 44 miles

8:05am Adult B – 2 x St David's Lighthouse loops and 3 Knapton Hill Loops = 36 miles

8:10am Adult C – 1 x St David's Lighthouse loop and 2 Knapton Hill Loops = 23 miles

8:15am Women – 1 x St David's Lighthouse loop and 2 Knapton Hill Loops = 23 miles

8:20am Novice Women – 1 x St David's Lighthouse loop and back to finish = 17 miles

8:25am Junior A – 2 x John Smiths Bay to Cone on Paynters Road and back = 8 miles

8:27am Junior B – 1 x John Smiths Bay to Cone on Paynters Road and back = 4 miles

Course Descriptions

Junior A and Junior B

Start at John Smith's Bay. Head East. Left onto Paynters Road to turnaround cone near the junction with Harrington Sound Road. Turn here and head back to the Start Finish line at John Smith's Bay. Junior A = 2 laps. Junior B = 1 lap.

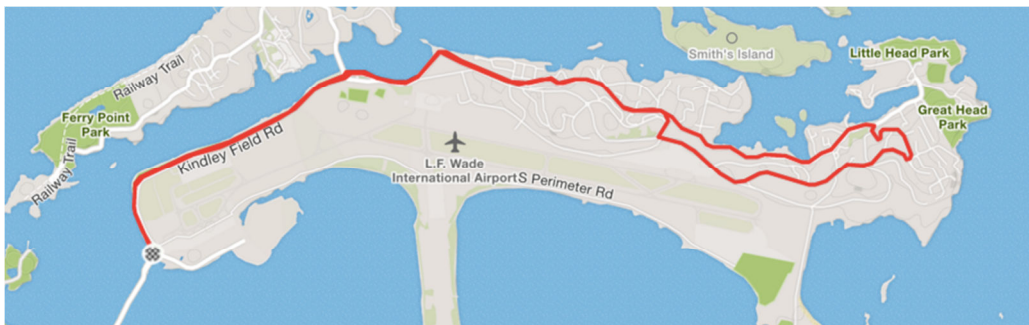
Adult A / B / C & Women

Start/Finish at John Smith's Bay on South Shore. Heading East

South Shore, turning left onto Paynters Road, turn right onto Harrington Sound Road. Continue to Swizzle Inn roundabout. Turn right down Blue Hole Hill. Across Causeway to airport roundabout.

Begin the **St David's Lighthouse Hill Loop**. Head east on Kindley Field Road to Double Dip roundabout. Straight on to St David's Road. Continue straight, until right and left turn onto St David's Lighthouse Hill, turn right at the top of the hill, (not going up to the Lighthouse), then left turn and straight on at following crossroads onto Tommy Fox Road (heading past the tennis courts on right), merge into Southside Road, continuing west to first roundabout, turn right up hill then left onto St David's Road. Head west to Double Dip roundabout and along Kindley Field to Airport Roundabout. This completes the St David's Lighthouse loop.

St David's Lighthouse Hill Loop Course Map – 8 miles



After the prescribed number of St David's Lighthouse Hill Loops, head straight on at Airport Roundabout. Across Causeway, up Blue Hole Hill to Swizzle Inn Roundabout. Turn left onto Wilkinson Ave, then onto Harrington Sound Road. Continue towards Devil's Hole area, then turn left up Knapton Hill. Continue over the hill to the junction with South Shore at Spittal Pond. Turn left and continue on South Shore Road to the finish line at John Smith's Bay. This completes the first **Knapton Hill Loop**.

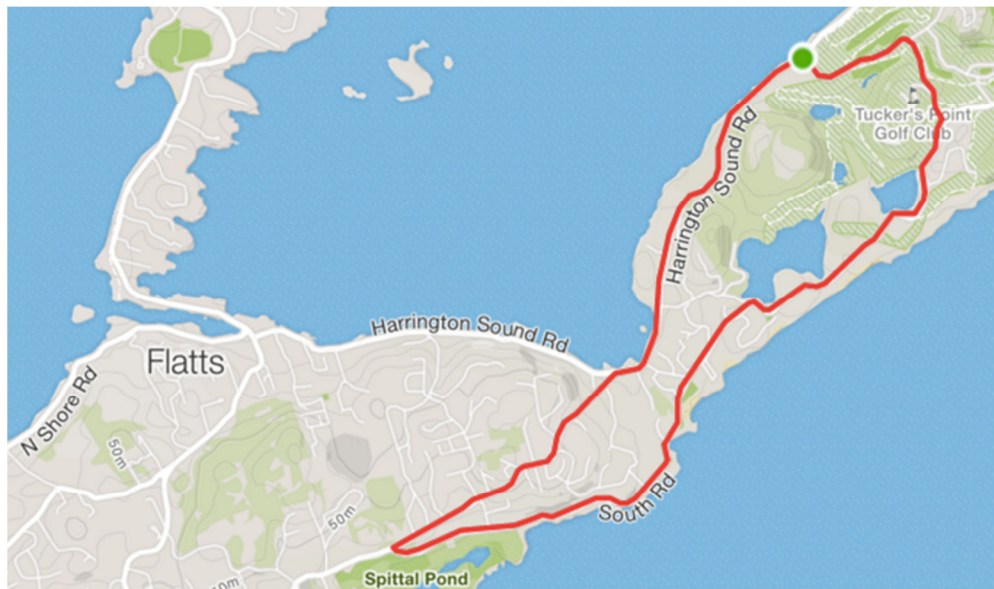
The next **Knapton Hill Loops** will begin at the Start/Finish line. Head east on South Shore Road to Paynters Road, then turn left onto Harrington Sound Road, left turn up Knapton Hill, left turn onto South Shore Road at Spittal Pond, continue to Start / Finish line as per above.

For the avoidance of doubt:

The adult A and B groups will climb Knapton Hill three times, finishing after the third ascent.

The Adult C and Women will climb Knapton Hill two times, finishing after the second ascent.

Knapton Hill Circuit Course Map – 5 miles



(Please note the Start/Finish is at John Smith's Bay, not as indicated on the above map).

Novice Women

Start/Finish at John Smith's Bay on South Shore. Heading East

South Shore, turning left onto Paynters Road, turn right onto Harrington Sound Road. Continue to Swizzle Inn roundabout. Turn right down Blue Hole Hill. Across Causeway to airport roundabout.

Begin the **St David's Lighthouse Loop**. East on Kindley Field Road to Double Dip roundabout. Straight on to St David's Road. Continue straight, until right and left turn onto St David's Lighthouse Hill, turn right at the top of the hill, (not going up to the Lighthouse), then left turn and straight on at following crossroads onto Tommy Fox Road (heading past the tennis courts on right), merge into Southside Road, continuing west to first roundabout, turn right up hill then left onto St David's Road. Head west to Double Dip roundabout and along Kindley Field to Airport Roundabout. Straight on across Causeway, up Blue Hole Hill to Swizzle Inn Roundabout. Turn left onto Wilkinson Ave, then onto Harrington Sound Road. Turn left into Paynter's Road and continue to the Start/Finish Line in the opposite direction on the course. Finish Race.

TIMING CHIP COLLECTION

Race Day – from 7.15am to 7.55am at the start line. Cost for Non Season Chip Holders: \$30 at registration. (Novice Women \$20).

Race Director: Phil Trussell Tel: 338 8011 Email: phil_trussell@yahoo.com



This event is sanctioned and permitted by the Bermuda Bicycle Association Racing Committee