

Lockerbie 10TT

Start/Finish

5 mile Roundabout Turn



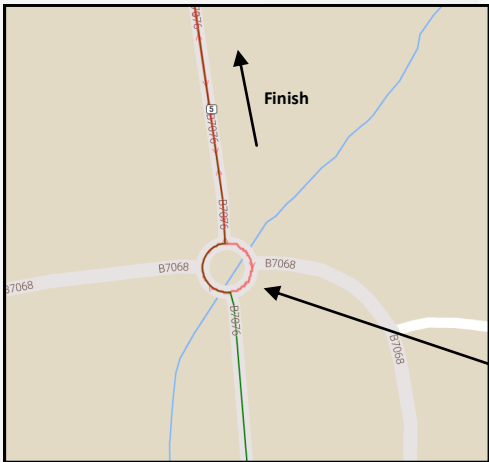
Parking at Dinwoodie Lodge.

### Course Details

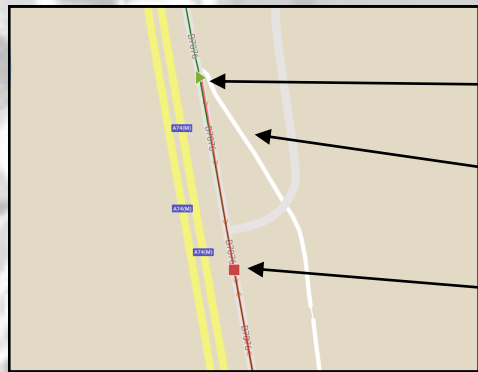
Lockerbie 10 could be seen as the gold standard 10 mile time trial course. With its shallow gradient parcours and a roundabout turn at the 5 mile mark. Under favourable conditions most should leave with their best time of the year. The start is at Dinwoodie lodge half a mile south of Johnstonebridge services on the APR road that runs parallel to the M74. The course then heads south towards Lockerbie. The road surface can at times be rough, but in generally good condition. The turn is a generous roundabout on the outskirts of Lockerbie. The return leg sees a gentle climb then allows the rider to get into a rhythm with a last mile gentle descent. Tail wind and 58t ring optional.

Care **MUST** be taken on this course. Due to the proximity of a truck stop on the course there can be a number of HGVs on the course. In addition traffic is often moving quickly so care at the start and finish is imperative. Riders must be diligent when turning and stopping.

Total elevation for the course is approx. 335ft



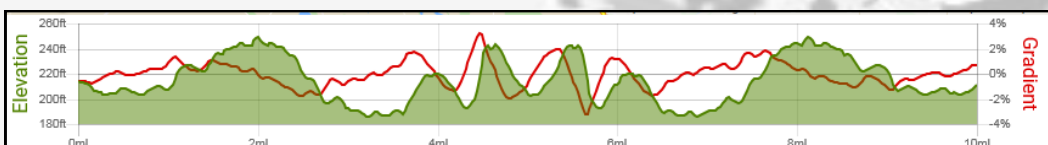
Roundabout turn at 5 mile mark.



Start location.

Dinwoodie Lodge

Finish location.



Course Profile and Gradient

Route information	
	Cycling
	distance 10.00 mi
	energy 421 kcal
	ascent 335 ft
	descent 338 ft