



Border City Wheelers Cycling Club



Open 10 MILE TIME TRIAL L1010 (Keswick) – SATURDAY 6th August 2022

Promoted for and on behalf of Cycling Time Trials under its rules and regulations

Event organiser: Lee Foster. 13 Solway View, Kirkbampton, Carlisle CA5 6HR

Mobile: 07500 906644 Email: lee.foster1949@btinternet.com

Timekeepers: Richard Abram and Keith Bickley

Event HQ: Embleton Village Hall, *Embleton, Cumbria, CA13 9XU*. Parking is limited please park with consideration. **Important:** please refer to the notes for parking. The HQ is approximately 3.7 mile from the start and will be open from around 13:00.

Course details (First Rider off at 14:01) START in the lay-by at the Bassenthwaite Lake side of the A66 road at the eastern end of the dual carriageway in line with the white mark 5 yards west of the easterly end of the tarmac footpath section. Proceed in a south-easterly direction along the A66 to encircle the Roundabout at the junction with the A591 Keswick/Bothel road (5.3 miles). Retrace along the A66 to FINISH at the white mark at grate in the roadside immediately east of a farm gateway approximately 0.2 miles before the Thornthwaite junction and 0.8 mile short of the start (10 MILES).

GENERAL SAFETY: The following Local Regulations have been approved by CTT National Committee in accordance with Regulation 38. Any breaches may lead to disciplinary action being taken.

Local regulation No. 5: In all events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event.

Local regulation No. 6: Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.

Local regulation No. 10: Warming up on the course is not permitted during the duration of the event

Local regulation No. 15: Riders must keep to the left hand side of the road except when overtaking. Failure to comply with the above may lead to disqualification.

Local Reg No 17 On the L1010, competitors must not access the Start Lay-By via the carriageway break and ride West bound on the East bound carriageway. This will lead to disqualification from the event.

In Addition to the Above:

Riders must give their number at the finish and elsewhere on the course if requested.

Riders must NOT STAND in the road at the start or finish. (This constitutes obstruction and is a breach of Regulations).

Riders must NOT ride with their heads down.

CTT Regulation 14 (i) & (j) Competitors Machine – Lights: No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, and to the front a working white light, either flashing or constant, both to be illuminated and in a position that is clearly visible to other road users.

CTT Regulation 15 - Helmets: It is MANDATORY for all competitors to wear a Helmet which must be hard/soft shell construction to a recognised standard.

CTT Regulation 17 (b) – Signing back: In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

Risk Assessment: A copy of the course risk assessment, together with any additional safety information will be displayed at the signing on table.



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PARKING:

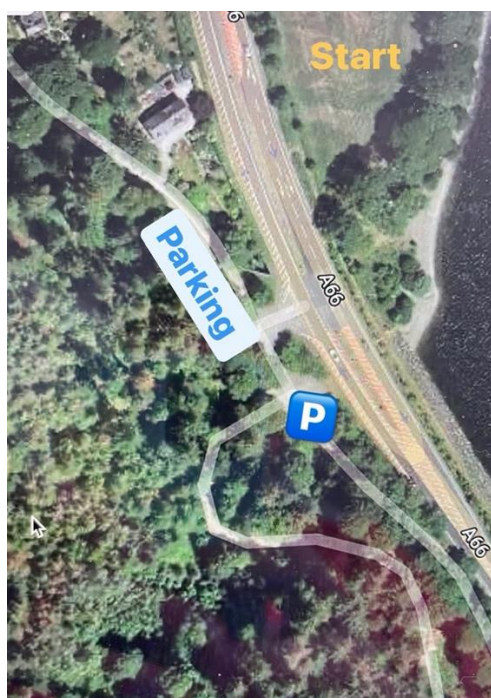
Please note Parking at the HQ is limited. Please do not park on the road outside the HQ and leave this available as a drop off area for people to sign ON/OFF prior to parking permanently elsewhere. Parking is available near the start at Beck Wythop, Thornthwaite road and also the road alongside Dubwath Meadows Nature Reserve.



HQ – Parking



Old road to Pheasant inn (Dubwath). Only park one side and at either end of the road, not by Pheasant inn



Parking Near Start (beck Wythop) And finish (Thornthwaite rd). Please take note of Reg's (5,6,10 & 17)

(Parking instructions courtesy of Ken Brown, VC Cumbria)



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Awards (one rider one prize).

	1 st	2 nd	3 rd
Overall Male	£20	£15	£10
Overall Female	£20	£15	£10
Vets 40 - 49	£20	£15	£10
Vets 50- 59	£20	£15	£10
Vets 60+	£20	£15	
Esp / Jun / Juv	£15		

Prizes will be paid by bank transfer after the confirmed result has been published.

Have a Safe and enjoyable ride,

Lee Foster

No.	Start Time	Name	Club	M/F	Cat	Age
4	14:04	Mike Westmorland	Border City Whs CC	M	Vet	77
5	14:05	Alistair Woodman	Swift Racing	M	Vet	52
6	14:06	Basil Monks	Edinburgh Road Club	M	Sen	34
7	14:07	Simon Horsley	Legato Racing Team (LRT)	M	Vet	58
8	14:08	Carol Westmorland	Border City Whs CC	F	Vet	53
9	14:09	Peter MacKlam	Yorkshire Road Club	M	Vet	79
10	14:10	Craig Horseman	Giant-Kendal-Sidas.uk	M	Vet	48
11	14:11	Sam Wedgwood	Velo Club Cumbria	M	Esp	20
12	14:12	Brian Moore	The Tricycle Association - N W Region	M	Vet	68
13	14:13	Craig MacWilliam	Road Club Cumbernauld & Kilsyth	M	Vet	56
14	14:14	John McMean	Velo Club Cumbria	M	Vet	68
15	14:15	Alan Davidson	Dundee Thistle	M	Vet	61
16	14:16	Joseph Wright	Rock to Roll CC	M	Sen	30
17	14:17	Allistair Moffat	Velo Club Cumbria	M	Sen	39
18	14:18	Jude Davison	Beacon Wheelers	M	Jun	17
19	14:19	Peter Harridge	Tyneside Vagabonds CC	M	Vet	66
20	14:20	Ben Harrison	Barrow Central Wheelers	M	Vet	42
21	14:21	Robin Gillespie	Beacon Wheelers	M	Vet	54
22	14:22	Randle Shenton	Legato Racing Team (LRT)	M	Vet	64
23	14:23	Simon Myerscough	Ribble Valley C&RC	M	Vet	52
24	14:24	Pippa O'Brien	RT PODA	F	Vet	61
25	14:25	Luke Johnston	Velo Club Cumbria	M	Sen	28
26	14:26	Tony Scott	Loudoun Road Club	M	Vet	44
27	14:27	Richard Tyson	Rock to Roll CC	M	Vet	55
28	14:28	Alan Cornthwaite	Velo Club Cumbria	M	Vet	45
29	14:29	Sophie Heighton	Ferryhill Whs	F	Juv	15



Border City Wheelers Cycling Club



30	14:30	Jason Bateman	VTTA North Lancs and Lakes Group	M	Vet	50
31	14:31	Lee Davison	Border City Whs CC	M	Vet	43
32	14:32	David Tobin	Manchester Wheelers	M	Vet	59
33	14:33	Tony Jones	Ystwyth CC	M	Vet	60
34	14:34	Esther Hamill	Dumfries CC	F	Vet	46
35	14:35	Thomas Minns	Kent Valley RC	M	Sen	25
36	14:36	Stephen Makin	Falkirk B C	M	Vet	47
37	14:37	Graham Jones	Edinburgh Road Club	M	Vet	57
38	14:38	Dave Nolan	trainSharp	M	Vet	49
39	14:39	Howard Heighton	Ferryhill Whs	M	Vet	49
40	14:40	David Parkin	Chorley Cycling Club	M	Sen	35
41	14:41	Alastair McNicol	Dooleys RT	M	Sen	31
42	14:42	Steven Fullerton	Darlington Cycling Club	M	Vet	54
43	14:43	Fiona Davidson	Dundee Wheelers CC	F	Vet	54
44	14:44	Andy Delaney	Northumbria Police C.C.	M	Vet	54
45	14:45	David Thompson	Rock to Roll CC	M	Vet	43
46	14:46	Bryan Pool	Border City Whs CC	M	Vet	59
47	14:47	Jon Sturman	Blumilk.com	M	Vet	52
48	14:48	Mick Braithwaite	Springfield Financial Racing Team	M	Vet	51
49	14:49	Phil Wright	Hartlepool CC	M	Vet	67
50	14:50	Liam Beaty	Hawick Cycling Club	M	Sen	36
51	14:51	Russ Richardson	Teesdale CRC	M	Vet	65
52	14:52	Alun Brown	Rapha Cycling Club	M	Vet	45
53	14:53	David Gibson	Border City Whs CC	M	Vet	62
54	14:54	Clifford Degraff	Velo Club Cumbria	M	Vet	57
55	14:55	Richard Nesfield	Beacon Wheelers	M	Sen	38