



NORTH LANCs TIME TRIAL ASSOCIATION

OPEN 100 MILES TIME TRIAL

SUNDAY 31ST JULY 2016

START SHEET

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

Promoter: Richard Taylor, 23 Heywood Road, Castleton, Rochdale, Lancs. OL11 3AU. Tel. 07533 679101

Timekeeper: Richard Taylor

Headquarters: Portinscale Village Hall, Howe Lane, Portinscale CA12 5RW

Open from 6.30am. Riders must sign on here for their numbers, there will be a copy of the risk assessment for viewing. Results will also be displayed here. Please allow 10 minutes to ride to the start. THERE IS LIMITED PARKING SPACE AT THE HQ. RESPECT THE NEIGHBOURS AT AN EARLY HOUR – NO TURBOS NEAR TO HOUSES.

Course L1009E Start at the eastern side of the junction of the old road with the northern side of the A66, 0.36 miles east of Braithwaite Village Hall. Proceed in an easterly direction along A66 to encircle the RAB at the junction of A591/A66 Keswick/Bothel road (1.95 miles). Retrace along A66 in a westerly direction to encircle the RAB at the junction with the A5086 near Cockermouth (14.80 miles). Proceed in an easterly direction through the start point to the RAB near Keswick (27.65 miles) and retrace to the Cockermouth RAB (40.50 miles). Retrace through start to Keswick RAB (53.35 mls) and on to Cockermouth RAB (66..20 mls). Retrace through start to Keswick RAB (79.05 mls) and on to to Cockermouth RAB (91.90 mls).

On this occasion retrace along A66 to FINISH at the entrance to Hursthole Point which is directly opposite a footpath with wooden stairway from car park on south west side of the A66 (100 miles) Riders must continue along A66 to HQ (clearway).

The following Local Regulations have been approved by the National Committee in accordance with Regulation 38. any breaches may lead to disciplinary action being taken.

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

Local Reg No.6 Any competitors making a U turn in the vicinity of the start or finish will be disqualified from the event.

Local Reg No.9 No parking on the A66 except in a designated layby.

Local Reg 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.

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

Cycling Time Trials strongly recommends ALL competitors to wear a helmet.

Competitors Machine – Lights

CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

PRIZES: Fastest: £50 2nd: £25 3rd: £20 Lady: £25 2nd: £15
Veterans: £15 each age category.
Team of 3 £10 each

ORDER OF START

2	Gary Allton	Chorley CC	V40	0732
3	Harry Haseley	North Lanes RC	V70	
4	Denis Thompson	West Pennine RC	V60	
5	Scott Leverington	Chorley CC	V40	0735
6	Rachel Hall	Manchester Tri club	L	
7	Michael Cliffe	Coveryourcar.com RT	S	
8	Heather Greening	Border City Whs	LV50	
9	Claire Clementson	Wigan Whs	L	
10	Matt Stell	Ribble Valley CRC	S	0740
11	Timothy Clark	Pedal Power RT	S	
12	Paul Blackburn	Leigh Premier RC	S	
13	Carol Westmorland	Border City Whs	LV40	
14	Tim Bennett	Kent Valley RC	V50	
15	Patrick Pennefather	VC Cumbria	S	0745
16	Ian Sibbert	Garstang CC	V40	
17	Paul Russell	Springfield Financial	V40	
18	Randle Shenton	Team Swift	V50	
19	Theresa Taylor	Preston CC	LV50	
20	Richard Bickley	Border City Whs	S	0750
21	Paul Fleming	Preston Whs	V50	
22	Eric Grill	Aerocoach	S	
23	Kenneth Brown	VC Cumbria	V50	
24	Paul Taylor	North Lanes RC	V40	
25	Derek Parkinson	Springfield Financial	V40	0755
26	Nigel Clementson	Wigan Whs	V50	
27	Thomas Brook	Lancaster CC	S	
28	Andrew Greenhalgh	Manchester Tri Club	S	
29	Kenneth Brown	VC Cumbria	S	
30	Stephen Irwin	North Lanes RC	V40	0800

Have a safe ride and good luck.