**2019 NLTTA SENIOR 10 MILE TIME TRIAL CHAMPIONSHIPS**

**Organised on Behalf of the NLTTA by Beacon Wheelers**

**OPEN 10 MILE TIME TRIAL**

**Saturday 3rd August 2018 First Rider off at 14.00hrs**

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

**START SHEET**

**Timekeepers:** Richard Abram, Keith Bickley, Tracey Moore

**Event Secretary:** Russell McLean 132 Scholars Green Wigton Cumbria Tel - 07836623266

**Course** - L108 – Tebay

**START** on the A685 road approximately half a mile west of the western link to Newbiggin-on Lune at a point at the west side of a concrete plinth approximately 25 yards west of a concreted area on a bridge over a small stream (Start is identified with a white mark on the road). Proceed west along the A685 to **TURN** by encircling the first traffic island at Tebay (5.1 miles). Retrace along the A685 to **FINISH** at a point approximately 0.2 miles short of the start point at a grate on the north side of the road identified with a white mark on the road. (10 miles)

**EVENT HEADQUARTERS**

Newbiggin on Lune Methodist ChurchCA17 4NT

1st on left as you enter village

Sign-on & Number collection / Number return & Sign Out

Risk assessment and result board and after race Refreshments will be located here.

**Please Park considerately and do not annoy the residents by using turbo trainers / rollers in the vicinity of residential properties**

**Do not park in the village as there is further unlimited parking available on the opposite side of the A685 to the Village hall Please only park along one side of this road!**

**Please see overleaf for local regulations, prize list and rider list**

I wish a safe and fast ride to all, please see additional prize list and start list below.

Rgds

Russell McLean

**LOCAL CTT NORH DC REGULATIONS**

The following local regulations have been approved by the CTT 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 finish timekeeper during the duration of the event.

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

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.

**Local Guidance**

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.

Riders must sign in & out failure to comply will result in disqualification from the results.

**Helmets & Lights**

All competitors under the age of 18and/or Juniors must wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised standard (See regulation 15).

CTT strongly recommends ALL competitors wear such a helmet.

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

**Prize Fund under CTT North DC local regulations**

Income – 65 Riders @ £10 = £650 - CTT Levies = 65 x £4 = £260

Minimum Prize Fund – (£650 - £260)/2= £195 - **Prize List = £220**

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| --- | --- | --- | --- | --- | --- | --- |
| **Prize** | **Values** | | **Rider** | | **Club** | **Time** |
| **Overall Male** | Winner - £20 | |  | |  |  |
| Runner Up - £15 | |  | |  |  |
| **Overall  Female** | Winner - £20 | |  | |  |  |
| Runner Up - £15 | |  | |  |  |
| **Veterans  £10 Each** | V40 | |  | |  |  |
| V50 | |  | |  |  |
| V60 | |  | |  |  |
| V65+ | |  | |  |  |
| **Junior** | Winner - £10 | |  | |  |  |
| **Ability Awards £10 Each** | A | |  | |  |  |
| B | |  | |  |  |
| C | |  | |  |  |
| D | |  | |  |  |
| E | |  | |  |  |
| F | |  | |  |  |
| **Team Prize  £10 Each** | Best team of two riders | |  | |  |  |
|  | |  |  |
| **Improvement on PB £10 Each** | Male | |  | |  |  |
| Female | |  | |  |  |
| **Total Prize Fund** | | | | | | **£220** |
|  | |  |  |  | |  |
|  | |  |  |  | |  |
| One Rider One Prize Rule | | | | | | |
| Prize Presentation Immediately after the event | | | | | | |

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| **No.** | **Start  Time** | **Name** | **Club** | **Category** | **Vet** | **Group** | **PB** |
| 1 | 14:01 | Julia Wardley-kershaw | St Ives CC | Espoir |  | F | 25:55 |
| 2 | 14:02 | Maggi Biggs | Team Bader Amputees | C4 | V65+ | F | 25:26 |
| 3 | 14:03 | Theresa Taylor | Ribble Valley  Crossroads Care Cycling Team | Vet | V50 | E | 25:16 |
| 4 | 14:04 | Esther Hamill | Dumfries CC | Vet | V40 | E | 25:13 |
| 5 | 14:05 | Rachel Brown | Kendal Cycle Club | Senior |  | E | 24:52 |
| 6 | 14:06 | Nikola Matthews | Halifax Imperial Wheelers | Senior |  | D | 23:47 |
| 7 | 14:07 | Karen Bailey | East Lancashire RC | Vet | V40 | D | 23:45 |
| 8 | 14:08 | Daisy Barnes | The Racing Chance Foundation | Espoir |  | D | 23:00 |
| 9 | 14:09 | Lindsey Styler | Croston Velo | Senior |  | C | 22:50 |
| 10 | 14:10 | Julie Mann | Transition Race Team | Vet | V40 | C | 22:35 |
| 11 | 14:11 | Deborah Moss | Team Merlin | Vet | V40 | B | 21:37 |
| 12 | 14:12 | Charlotte Boothman | ABC Centreville | Senior |  | B | 21:04 |
| 13 | 14:13 | Russell Mclean | Beacon Wheelers | Vet | V40 | A | 19:51 |
| 14 | 14:14 | Peter Knott | Kent Valley RC | Vet | V65+ | F | 30:04 |
| 15 | 14:15 | Brian Moore | The Tricycle Association  North Western Region | Vet | V65+ | F | 29:51 |
| 16 | 14:16 | Simon Bullock | Kendal Cycle Club | Vet | V40 | F | 26:27 |
| 17 | 14:17 | Gordon Johnston | Team Terminator | Vet | V65+ | F | 26:13 |
| 18 | 14:18 | John Leach | Rossendale RC | Vet | V65+ | E | 25:16 |
| 19 | 14:19 | Harvey Stroh | Team SB Hub | Junior |  | E | 24:09 |
| 20 | 14:20 | Nick Higginson | Cleveleys Road Club | Senior |  | E | 23:54 |
| 21 | 14:21 | Brian Morrell | Dumfries CC | Vet | V50 | E | 23:33 |
| 22 | 14:22 | Mark Goodchild | Preston CC | Vet | V50 | E | 23:26 |
| 23 | 14:23 | Bill Sedgwick | Southport CC | Vet | V65+ | E | 23:25 |
| 24 | 14:24 | Martin Coopland | Condor RC | Vet | V50 | E | 23:20 |
| 25 | 14:25 | Phil Wright | Hartlepool CC | Vet | V65+ | E | 22:53 |
| 26 | 14:26 | Bill Maxwell | Border City Whs CC | Vet | V65+ | E | 22:51 |
| 27 | 14:27 | Craig Wilson | Nelson Whs CC | Vet | V50 | D | 22:46 |
| 28 | 14:28 | Julian Cook | Velo Club Cumbria | Vet | V40 | D | 22:45 |
| 29 | 14:29 | Denis Thompson | West Pennine Road Club | Vet | V65+ | D | 22:38 |
| 30 | 14:30 | Adam Harris | Abergavenny RC | Junior |  | D | 22:21 |
| 31 | 14:31 | Mark Snape | Fietsen Tempo | Vet | V50 | D | 22:12 |
| 32 | 14:32 | Stephen Makin | Falkirk B C | Vet | V40 | D | 22:08 |
| 33 | 14:33 | Danny Mccabe | Garstang CC | Vet | V50 | D | 22:05 |
| 34 | 14:34 | Daniel Styler | Croston Velo | Senior |  | D | 22:00 |
| **No.** | **Start  Time** | **Name** | **Club** | **Category** | **Vet** | **Group** | **PB** |
| 35 | 14:35 | John Huggon | Ribble Valley C&RC | Vet | V60 | D | 21:56 |
| 36 | 14:36 | Mark Hulme | West Pennine Road Club | Vet | V50 | D | 21:49 |
| 37 | 14:37 | Stuart Timmins | North Lancashire Road Club | Vet | V60 | D | 21:49 |
| 38 | 14:38 | Graham Balshaw | Team ASL-Bolton | Vet | V50 | D | 21:46 |
| 39 | 14:39 | David Mcneill | All Terrain Cycles | Senior |  | C | 21:37 |
| 40 | 14:40 | Richard Tyson | Rock to Roll CC | Vet | V50 | C | 21:34 |
| 41 | 14:41 | Stephen Wilkinson | Nelson Whs CC | Vet | V50 | C | 21:32 |
| 42 | 14:42 | Dan Kendall | Rock to Roll CC | Senior |  | C | 21:29 |
| 43 | 14:43 | Peter Leonard | Southport CC | Vet | V65+ | C | 21:28 |
| 44 | 14:44 | Sean Quinn | Law Wheelers | Vet | V40 | C | 21:26 |
| 45 | 14:45 | Kenneth Brown | Velo Club Cumbria | Senior |  | C | 21:24 |
| 46 | 14:46 | Roy Nield | Lancashire RC | Vet | V50 | C | 21:10 |
| 47 | 14:47 | Richard Durham | Settle Wheelers | Vet | V65+ | C | 21:08 |
| 48 | 14:48 | Mervyn Wilson | North Lancashire Road Club | Vet | V65+ | C | 21:07 |
| 49 | 14:49 | Mike Dalton | Stockton Wheelers CC | Senior |  | B | 21:07 |
| 50 | 14:50 | Sandy Waller | Edinburgh Road Club | Senior |  | B | 21:01 |
| 51 | 14:51 | David Bigio | Croston Velo | Senior |  | B | 21:00 |
| 52 | 14:52 | Tom Roper | Liverpool University Cycling Club | Espoir |  | B | 20:59 |
| 53 | 14:53 | Colin Stevenson | Hawick Cycling Club | Senior |  | B | 20:38 |
| 54 | 14:54 | Jason Bateman | Team Bottrill | Vet | V40 | B | 20:24 |
| 55 | 14:55 | Tristan Pilling | Team SB Hub | Junior |  | B | 20:18 |
| 56 | 14:56 | Andrew Askwith | Vive Le Velo | Vet | V50 | B | 20:11 |
| 57 | 14:57 | Russ Richardson | Teesdale CRC | Vet | V60 | B | 20:01 |
| 58 | 14:58 | Gary Hunt | Hartlepool CC | Vet | V50 | A | 20:00 |
| 59 | 14:59 | Paul Braithwaite | Pendle Forest CC | Vet | V40 | A | 19:37 |
| 60 | 15:00 | Gray Walker | VTTA (North) | Vet | V40 | A | 19:22 |
| 61 | 15:01 | David Beattie | Hawick Cycling Club | Senior |  | A | 19:18 |
| 62 | 15:02 | Craig Horseman | Beacon Wheelers | Vet | V40 | A | 19:13 |
| 63 | 15:03 | Liam Beaty | Hawick Cycling Club | Senior |  | A | 19:00 |
| 64 | 15:04 | Dan Taylor | Coveryourcar.co.uk RT  Fitted and Tailored Car Covers | Vet | V40 | A | 18:57 |
| 65 | 15:05 | Philip Jones | Transition Race Team | Senior |  | A | 18:45 |