**Pendle Forest Cycling Club**

[www.pendleforestcyclingclub.co.uk](http://www.pendleforestcyclingclub.co.uk)

**The Circuit of Ingleborough (L271)**

A 27mile time trial promoted for and on behalf of Cycling Time Trials, under their rules and regulations

(A Lakes and Lancs ‘SPOCO’ counting event)

**SATURDAY 11MARCH 2017 AT 10AM**

**Headquarters: Ingleborough Community Centre, Main Street, Ingleton, N Yorks, LA6 3HG**

Event Secretary: Mr Danny Davies, 16 Waverley Close, Brierfield, Nelson, BB9 5HD

Tel: 01282 699918/07745841437/07746122331/email: dannypfcc@hotmail.co.uk

Timekeepers: Mr M Addis and Mrs A Davies-Heywood

**Course details:**

**START** near Western end of old unclassified road from Ingleton to Clapham opposite the Church Gate on south side of road which is just east of telegraph pole no2 at gateway to Fell End Farm and approximately 100yards east of derestriction sign. Proceed eastwards to T-junction with B6480 road in Clapham (3.57m). Turn left and through village on B6480 to junction with A65 (4.5m), where left along A65 to junction with road to Settle near Cave Hole Wood (7m). Bear left over Buck Haw Brow to Settle where after crossing River Ribble turn left onto B6479 (9.6m). Proceed in a northerly direction via Horton in Ribblesdale to T-junction with B6255 at Ribblehead (20.91m). Turn left and continue along B6255 towards Ingleton to FINISH at the first Storrs Common sign at small lay-by 400yards before 30mph restriction sign at approach to Ingleton (26.25m).

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 5** In **ALL** events, competitors prior to starting are not permitted to ride past the start and finish timekeepers during the duration of the event.

**Local Reg 6** Any competitor making a U turn in the vicinity of the start or finish will be disqualified from the event.

**Local Reg 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.

**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 the regulations.)

Riders MUST NOT ride with their heads down.

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** which meets with internationally accepted safety standards. **(This is compulsory for junior and youth competitors.)**

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.

All riders are reminded that they are required to sign on prior to collecting their race number. **A CTT rule change this year requires riders to also sign back in when returning their number.**

**Please note that special care is needed on the fast approach to Clapham village:**

1. **At the T-junction where turning left into the village. A busy working farmyard is situated here and there may be farm traffic manoeuvring in and out in addition to through traffic in both directions;**
2. **At the blind left hand bend at the New Inn just after the bridge in Clapham village;**
3. **After the village, at the junction with the A65 where fast through traffic will be encountered. The junction is at the end of a long straight stretch of the A65.**

**Riders need to keep well into the left at all these locations. At the two junctions, riders need to ensure that they do take account of the traffic situation.**

**Please also note that there are rumble strips just before and after Selside. Those before Selside are just at the end of a long fast descent. Be aware of the state of the road surface at all times.**

**At the start**: In order to avoid annoyance to the occupants of Fell End Farm and the wider Ingleton community, please use toilet facilities before proceeding to the start and avoid congregating in the entrance to the farm. No cars to be parked at the start or finish – there is ample parking at the HQ which is only 700 yards away from the start, please make sure you obtain a parking ticket before signing on.

**Parking and toilets for the event are available at the headquarters.**

**Awards**

**Fastest : 1st £60 2nd £45 3rd £35 4th £25 5th £20**

**Fastest W: 1st £50 2nd £35 3rd £25**

**M40: 1st £15 2nd £10 3rd £5**

**W40/50 1st £15 2nd £10**

**M50: 1st £15 2nd £10 3rd £5**

**M60/70 1st £15 2nd £10 3rd £5**

**Fastest Junior 1st £15 2nd £10**

**Fastest Youth 1st £15**

**Team of 3: 1st £30 2nd £15**

One rider, one prize except for team prize.

Pendle Forest CC offers an additional prize of £50 to the overall winner if the course and event record is taken inside ‘one hour’. The current record of 1hour 0mins 52secs was set by Tejvan Pettinger at the 2015 event, beating the previous record of 1hour 1min 17secs held by Gethin Butler since 1998. It was a short course in 2016 due to roadworks.

Results will be displayed at the event headquarters where the prize presentation will be held shortly after the event. Please try to stay for the presentations and avail yourself of our home made refreshments available at the headquarters after the event.

L271 Circuit of Ingleborough 11/3/17 Pendle Forest Cycling Club

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Number | Start time | First name | Last name | Club | Cat |
| 1 | 10:01 | X |  |  |  |
| 2 | 10:02 | X |  |  |  |
| 3 | 10:03 | X |  |  |  |
| 4 | 10:04 | X |  |  |  |
| 5 | 10:05 | David | Pratt | Pendle Forest CC | V40 |
| 6 | 10:11 | Mark | Stickland | Settle Wheelers | V40 |
| 7 | 10:07 | James | Lindsay | Hoppers Rollers | S |
| 8 | 10:08 | Andrew | Barlow | Kent Valley RC | V50 |
| 9 | 10:09 | Richard | Durham | Settle Wheelers | V60 |
| 10 | 10:10 | Paul | Fleming | Preston Whs | V50 |
| 11 | 10:06 | Molly | Horsley Frost | Buxton CC/Sett Valley Cycles | W40 |
| 12 | 10:12 | Ian | Galbraith | Drighlington BC | V40 |
| 13 | 10:13 | Tim | Bennett | Kent Valley RC | V50 |
| 14 | 10:14 | Paddy | Finn | Kendal Cycle Club | V60 |
| 15 | 10:15 | Paul | Russell | Springfield Financial Racing Team | V50 |
| 16 | 10:16 | Richard | Greenep | Settle Wheelers | V40 |
| 17 | 10:17 | Andrew | Dent | Pendle Forest CC | V50 |
| 18 | 10:18 | Nick | Wharton | Kent Valley RC | V50 |
| 19 | 10:19 | Harvey | Stroh | Settle Wheelers | Y |
| 20 | 10:20 | Austin | Foy | Fogarty Insurance Tri Team | S |
| 21 | 10:21 | Phil  | Shaw | Kent Valley RC | V40 |
| 22 | 10:22 | Martin | Ralph | Pendle Forest CC | V40 |
| 23 | 10:23 | Simon | Dowson | Settle Wheelers | V40 |
| 24 | 10:24 | Joe | Howcroft | Otley CC | Jun |
| 25 | 10:25 | David | Hargreaves | North Lancs RC | V70 |
| 26 | 10:26 | David | Deakins | Kent Valley RC | V60 |
| 27 | 10:27 | Nick  | Higginson | Cleveleys Road Club | S |
| 28 | 10:28 | Tom | Roper | Beacon Wheelers | Jun |
| 29 | 10:29 | Bill | Smith | Springfield Financial Racing Team | V60 |
| 30 | 10:30 | Duncan | Orme | Kent Valley RC | V40 |
| 31 | 10:31 | Gary  | Murfin  | Settle Wheelers | V40 |
| 32 | 10:32 | Archie  | Irving | Beacon Wheelers | Y |
| 33 | 10:33 | Roger | Haydock | North Lancs RC | V60 |
| 34 | 10:34 | Dan | Robinson | Manchester Wheelers  | S |
| 35 | 10:35 | John | Murfin | Settle Wheelers | V40 |
| 36 | 10:36 | Neil | Withington | Beacon Wheelers | S |
| 37 | 10:37 | Robert | Barnard | Team Cystic Fibrosis | V40 |
| 38 | 10:38 | Colin | Reynolds | Leigh Premier Road Club | V40 |
| 39 | 10:39 | Holly | Carter | Manchester Wheelers  | W |
| 40 | 10:40 | Hamish  | Graham | Green Jersey RT | S |
| 41 | 10:41 | Carol | Westmorland | Border City Wheelers CC | W40 |
| 42 | 10:42 | David | Tabron | Horwich Cycling Club | S |
| 43 | 10:43 | Nikola | Matthews | Boot Out Breast Cancer CC | W |
| 44 | 10:44 | Steph | Mottram  | Cliff Pratt Racing | W |
| 45 | 10:45 | Roy | Flanagan | Rossendale RC | V60 |
| 46 | 10:46 | Charlotte | Gorman | Team Lusso | W |
| 47 | 10:47 | Karl | Smith | Bott Cycle Team | V50 |
| 48 | 10:48 | Jan | Scotchford | North Lancs RC | W50 |
| 49 | 10:49 | Sharon | Lovidge | Barrow Central Wheelers | W40 |
| 50 | 10:50 | Andy | Ashurst | Manchester Wheelers  | V50 |
| 51 | 10:51 | Claire | Swoboda | Chorlton Velo | W40 |
| 52 | 10:52 | Glenn | Rhodes | Barrow Central Wheelers | V40 |
| 53 | 10:53 | Virginia | Roberts | Holmfirth C C | W40 |
| 54 | 10:54 | Paul | Stupples | St Helens Tri | V40 |
| 55 | 10:55 | Mark | Brearton | Wigan Wheelers CC | V40 |
| 56 | 10:56 | Diane | Stretch | Barrow Central Wheelers | W |
| 57 | 10:57 | Chris | Watts | Ribble Valley C&RC | S |
| 58 | 10:58 | Mark | Smith | VTTA North Lancs and Lakes Group | V40 |
| 59 | 10:59 | Jonny | Hill | Barrow Central Wheelers | V40 |
| 60 | 11:00 | Peter | Greenwood | Team Swift | V60 |
| 61 | 11:01 | Garreth | Bruff | Barnsley Road Club | V40 |
| 62 | 11:02 | Frank | Nightingale  | Ribble Valley C&RC | V50 |
| 63 | 11:03 | Paul | Warrener | Rossendale RC | V50 |
| 64 | 11:04 | Paul | Nelson | Ribble Valley C&RC | S |
| 65 | 11:05 | Mike | Firth | Ilkley CC | V40 |
| 66 | 11:06 | Martyn | Uttley | Barrow Central Wheelers | V50 |
| 67 | 11:07 | Geoff | Darbyshire | St Helens CRC | V40 |
| 68 | 11:08 | Wayne | Gregory | Barnsley Road Club | V40 |
| 69 | 11:09 | David | Hilditch | Ribble Valley C&RC | V60 |
| 70 | 11:10 | Tom | Rigby  | Springfield Financial Racing Team | S |
| 71 | 11:11 | Jamie | Kirk | Ilkley CC | V40 |
| 72 | 11:12 | Paul | Taylor | North Lancs RC | V40 |
| 73 | 11:13 | Benjamin | Horrobin | Horwich Cycling Club | Jun |
| 74 | 11:14 | Nigel | Harrop | Seamons CC | V60 |
| 75 | 11:15 | Darren | Brackwell | Barrow Central Wheelers | S |
| 76 | 11:16 | John | Catley | Barnsley Road Club | V40 |
| 77 | 11:17 | Jon | Longworth | Bury Clarion CC | V40 |
| 78 | 11:18 | Martin | Horrobin | Horwich Cycling Club | V50 |
| 79 | 11:19 | John | Brannon | Barrow Central Wheelers | V40 |
| 80 | 11:20 | Mark | Nulty | Glossop Kinder Velo Cycling Club | S |
| 81 | 11:21 | Tony | Johnson | Barnsley Road Club | S |
| 82 | 11:22 | Nigel | Clementson | Wigan Wheelers CC | V50 |
| 83 | 11:23 | Richard | Helm | Barrow Central Wheelers | S |
| 84 | 11:24 | Steven | Lacey | Barnsley Road Club | V40 |
| 85 | 11:25 | Ian | Sibbert | Garstang CC | V40 |
| 86 | 11:26 | Thomas | Hughes | AS Test Team | S |
| 87 | 11:27 | James | Haddow | Border City Wheelers CC | S |
| 88 | 11:28 | David | Cookson | Preston CC | S |
| 89 | 11:29 | James Darren | Gough | Barnsley Road Club | V40 |
| 90 | 11:30 | Louis | Szymanski | ABC Centreville | S |
| 91 | 11:31 | Andy | Horner | Bury Clarion CC | V50 |
| 92 | 11:32 | Matt | Moorhouse | Preston CC | V40 |
| 93 | 11:33 | Nick | Jones | Velo Club Cumbria | V40 |
| 94 | 11:34 | David | Bateson | Horwich Cycling Club | V60 |
| 95 | 11:35 | Paul | Braithwaite | Pendle Forest CC | V40 |
| 96 | 11:36 | Eamonn | Quinn | Lakes Road Club | V50 |
| 97 | 11:37 | Richard  | Harrison | Paul Milnes Cycles | V40 |
| 98 | 11:38 | Neil | Hughes-Hutchings | Morden CRC | S |
| 99 | 11:39 | Andrew | Whiteside  | Bella in Sella | V40 |
| 100 | 11:40 | Richard | Bideau | Pendle Forest CC | V40 |
| 101 | 11:41 | Ian | Stott | Blackburn & District CTC | S |
| 102 | 11:42 | Ben | Harrison | Prima Team Racing | S |
| 103 | 11:43 | Kenneth | Brown | Velo Club Cumbria | S |
| 104 | 11:44 | Dave | Horton | Lancaster CC | V40 |
| 105 | 11:45 | Kieran  | Lacey | Barrow Central Wheelers | S |
| 106 | 11:46 | Russell | Marsden | Pendle Forest CC | V40 |
| 107 | 11:47 | Daniel | Shackleton | ABC Centreville | V40 |
| 108 | 11:48 | Stephen | Moorhouse | Nelson Wheelers CC | V50 |
| 109 | 11:49 | Jason | McDonald | Bury Clarion CC | V40 |
| 110 | 11:50 | James | Gullen | JLT Condor | S |

**Lakes and Lancs Spoco Events 2017**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event Number** | **Date** | **Day** | **Time** | **Event** | **Course** | **Distance** |
| 1 | 25 February 2017 | Sat | 14:00 | [Rossendale Rc](http://www.cyclingtimetrials.org.uk/events/view/14544) | L112 | 11 M |
| 2 | 04 March 2017 | Sat | 14:00 | [Border City WHs 1](http://www.cyclingtimetrials.org.uk/events/view/14555) | L259 | 25 M |
| 3 | 05 March 2017 | Sun | 09:00 | [North Lancs Rc](http://www.cyclingtimetrials.org.uk/events/view/14571) | L281 | 28 M |
| 4 | 11 March 2017 | Sat | 10:00 | [Pendle Forest Cc](http://www.cyclingtimetrials.org.uk/events/view/14582) | L271 | 27 M |
| 5 | 18 March 2017 | Sat | 11:00 | [West Pennine Rc](http://www.cyclingtimetrials.org.uk/events/view/14625) | L142 | 14 M |
| 6 | 19 March 2017 | Sun | 10:00 | [Lancaster Cc](http://www.cyclingtimetrials.org.uk/events/view/14647) | L211 | 21 M |
| 7 | 26 March 2017 | Sun | 10:00 | [Border City WHs 2](http://www.cyclingtimetrials.org.uk/events/view/14686) | L202 | 20 M |
| 8 | 02 April 2017 | Sun | 08:00 | [Nelson Wheelers](http://www.cyclingtimetrials.org.uk/events/view/14703) | L503 | 50 M |
| 9 | 09 April 2017 | Sun | 10:00 | [Kent Valley Road Club](http://www.cyclingtimetrials.org.uk/events/view/14749) | L307 | 30 M |
| 10 | 15 April 2017 | Sat | 14:00 | [Barrow Central Wheelers](http://www.cyclingtimetrials.org.uk/events/view/14793) | L212 | 21 M |
| 11 | 23 April 2017 | Sun | 08:30 | [Wigan Whs Cc](http://www.cyclingtimetrials.org.uk/events/view/14855) | L304 | 30 M |
| 12 | 23 April 2017 | Sun | 09:00 | [Teesdale Crc](http://www.cyclingtimetrials.org.uk/events/view/14847) | T405 | 40.5 M |
| 13 | 01 May 2017 | Mon | 12:00 | [Kent Valley Rc](http://www.cyclingtimetrials.org.uk/events/view/14920) | L817 | 9 M |
| 14 | 07 May 2017 | Sun | 10:00 | [Derwentside Cc](http://www.cyclingtimetrials.org.uk/events/view/14966) | M40 | 40 M |
| 15 | 14 May 2017 | Sun | 11:00 | [Border City WHs 3](http://www.cyclingtimetrials.org.uk/events/view/15026) | L291 | 29 M |
| 16 | 14 May 2017 | Sun | 10:00 | [Tyneside Vagabonds Cc](http://www.cyclingtimetrials.org.uk/events/view/15024) | M47 | 47 M |
| 17 | 24 May 2017 | Wed | 19:00 | [Kent Valley Road Club](http://www.cyclingtimetrials.org.uk/events/view/15115) | L154 | 15 M |
| 18 | 04 June 2017 | Sun | 10:00 | [Allen Valley Velo](http://www.cyclingtimetrials.org.uk/events/view/15209) | M24.8 | 24.8 M |
| 19 | 07 June 2017 | Wed | 19:00 | [Blackburn & District Ctc](http://www.cyclingtimetrials.org.uk/events/view/15220) | L111 | 11 M |
| 20 | 11 June 2017 | Sun | 09:00 | [Border City WHs 4](http://www.cyclingtimetrials.org.uk/events/view/15260) | L505 | 50 M |
| 21 | 25 June 2017 | Sun | 13:00 | [Manchester Wheelers](http://www.cyclingtimetrials.org.uk/events/view/15405) | J8/25 | 20.5 M |
| 22 | 08 July 2017 | Sat | 13:00 | [Border City WHs 5](http://www.cyclingtimetrials.org.uk/events/view/15509) | L222 | 22 M |

Enquiries, comments, suggestions, issues, queries please email:  admin@lakesandlancsspoco.co.uk
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