

BORDER CITY WHEELERS CYCLING CLUB



Open 20 miles Time Trial – Sunday 22nd March 2020

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

This as an NLTTA SpoCo counting event.

Organiser: Mike Westmorland, 7 Seat Hill, Lazonby, Penrith CA10 1BD mike.westmorland@btinternet.com, 01768 898045 / 07778 280612

Timekeepers: Richard Abram, Mike Westmorland

FIRST RIDER OFF AT 10.04am

(Course L202) START: West of entrance to highways depot on unclassified road (Lazonby – Calthwaite) one mile from centre of Lazonby. Follow this road for 3.4 miles west (**care required on descent to Low Plains 0.5 miles before A6**) to junction with A6. Left (give way) on to A6 and continue south for 2.5 miles to Plumpton, where left at junction with B6413. Follow B6413 east for 3.5 miles to junction with unclassified road (Lazonby – Calthwaite) where left (care – sharp corner, possible parked cars*) and follow north then west for 0.6 miles to commence second lap – details as foregoing. **FINISH:** at high point on the road, 200 yds short of highways depot on left after completing two laps. Approximately 20 miles.

*Safety: Regarding left turn just before Lazonby Village) Care – sharp corner, possible parked cars and oncoming traffic – Fast approach, KEEP WELL IN.

A copy of the CTT Risk Assessment will be displayed at the event HQ. The circuit is predominantly on country lanes that have been subjected to the winter weather. YOU MUST read the course safety update when you sign on to get the latest information relating to the course condition etc.

Event Headquarters: Lazonby Village Hall, Lazonby, Penrith, Cumbria CA10 1AJ.

Car Parking: Bells of Lazonby have kindly allowed riders to use their car park situated approximately 200m downhill from the event HQ. (Edenholme Bakery, Penrith CA10 1BG) Cars are parked at owners' risk and please remember this is a residential area and keep noise to a minimum.

Numbers & signing on will be at the HQ, as will the result board. The HQ will be open from 09.00 hrs (refreshments will be available after the event). Please note that all competitors are required personally to sign the signing out sheet when returning their number. Failure to do will result in the competitor being recorded as DNF.

Local 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 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. 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 regulations). Riders must NOT ride with their heads down.

HELMETS & LIGHTS: All competitors under the age of 18 and/or Juniors must wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See regulation 15). Cycling Time Trials strongly recommends ALL competitors to wear such a helmet. **NEW REGULATION 14!!! 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, that is illuminated and in a position that is clearly visible to other road users.**

Awards (one rider, one prize)

Overall: 1st £25; 2nd £20; 3rd £15

Females: 1st £25; 2nd £20; 3rd £15

Vets 40-49: 1st £15; 2nd £10

Vets 50-59: 1st £15; 2nd £10

Vets 60+: 1st £15; 2nd £10

Note: A road running event promoted by RUN NATION is using a short section of the course, starting at 10.30am. The runners will emerge from the junction on the right after 2 miles of our course, just after the descent to Low Plains. They will then run in the opposite direction to our event and will use their left side of the road and will turn left just past our start area. We are likely to see them only on our second lap.

We look forward to seeing you on the day and let's hope we get some good spring-like conditions!

No.	Start Time	Name	Club	Gender	Cat	Age
4	10:04:00	Carol Westmorland	Border City Whs CC	Female	Vet	51
5	10:05:00	Emil Petrov	Border City Whs CC	Male	Sen	30
6	10:06:00	Martin Welsh	Pendle Forest CC	Male	Vet	57
7	10:07:00	David Rundall	Chorley Cycling Club	Male	Vet	70
8	10:08:00	Alex Forbes	Border City Whs CC	Male	Vet	59
9	10:09:00	Margaret McNelis	North Wirral Velo	Female	Vet	58
10	10:10:00	Paul Braithwaite	Pendle Forest CC	Male	Vet	44
11	10:11:00	Stephen Spellacy	Dumfries CC	Male	Vet	47
12	10:12:00	Patrick Hickey	Rosendale RC	Male	Sen	28
13	10:13:00	Peter Metcalfe	Barrow Central Wheelers	Male	Sen	35
14	10:14:00	Matt Charlton	Rock to Roll CC	Male	Sen	32
15	10:15:00	Colin Stevenson	Hawick Cycling Club	Male	Sen	35
16	10:16:00	David Hill	Velo Club Cumbria	Male	Esp	21
17	10:17:00	Andy Stubbs	Barrow Central Wheelers	Male	Vet	64
18	10:18:00	Roy Flanagan	Rosendale RC	Male	Vet	63
19	10:19:00	Sharon Lovidge	Barrow Central Wheelers	Female	Vet	45
20	10:20:00	Craig Horseman	Beacon Wheelers	Male	Vet	45
21	10:21:00	Phil Shaw	Kent Valley RC	Male	Vet	52
22	10:22:00	Randle Shenton	Team Swift	Male	Vet	62
23	10:23:00	Simon Hayes	Velo Club Cumbria	Male	Vet	49
24	10:24:00	Tim Norton	Lancaster CC	Male	Vet	64
25	10:25:00	David Huck	Barrow Central Wheelers	Male	Sen	32
26	10:26:00	Neil Withington	Beacon Wheelers	Male	Vet	41

No.	Start Time	Name	Club	Gender	Cat	Age
27	10:27:00	Eamonn Quinn	Lakes Road Club	Male	Vet	60
28	10:28:00	Lee Davison	Border City Whs CC	Male	Vet	40
29	10:29:00	Mark Smith	ABC Centreville	Male	Vet	50
30	10:30:00	Richard Bickley	Border City Whs CC	Male	Sen	37
31	10:31:00	Peter Greenwood	Clayton Velo	Male	Vet	68
32	10:32:00	Jonny Hill	Barrow Central Wheelers	Male	Vet	43
33	10:33:00	Michael Stanley	North Wirral Velo	Male	Vet	58
34	10:34:00	Alex Fairer	Barrow Central Wheelers	Female	Sen	28
35	10:35:00	Brian Fogarty	Fogartys Insurance Tri Team	Male	Sen	36
36	10:36:00	Duncan Orme	Kent Valley RC	Male	Vet	48
37	10:37:00	Keith Bickley	Border City Whs CC	Male	Vet	61
38	10:38:00	Richard Morgan	Barrow Central Wheelers	Male	Sen	37
39	10:39:00	Martin Bell	Beacon Wheelers	Male	Vet	54
40	10:40:00	Liam Beaty	Hawick Cycling Club	Male	Sen	34
41	10:41:00	Adrian Sowerby	Border City Whs CC	Male	Vet	54
42	10:42:00	Jon Longworth	Bury Clarion CC	Male	Vet	49
43	10:43:00	Max Nicholson	Lakes Road Club	Male	Sen	25
44	10:44:00	Jan Scotchford	North Lancashire Road Club	Female	Vet	53
45	10:45:00	Paul David Fleming	Preston Whs	Male	Vet	54
46	10:46:00	Bryan Pool	Border City Whs CC	Male	Vet	57
47	10:47:00	Amy Whelan	Barrow Central Wheelers	Female	Sen	31
48	10:48:00	Derek Schofield	Rosendale RC	Male	Vet	66
49	10:49:00	Andrew Graham	Rock to Roll CC	Male	Vet	40
50	10:50:00	Richard Bideau	Pendle Forest CC	Male	Vet	49