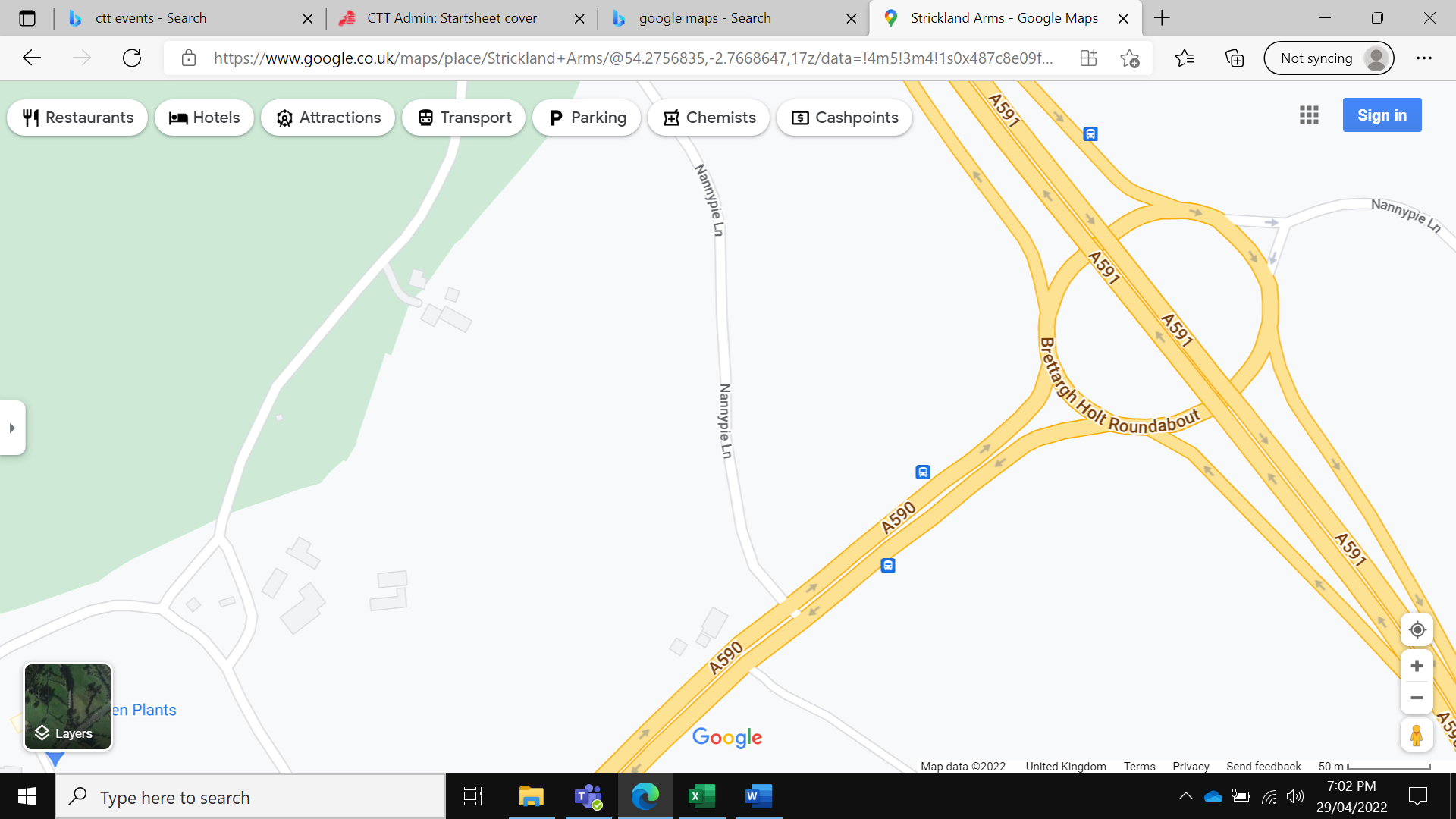
**East Lancashire Road Club: Open 10 Mile Time Trial L1015**

**Saturday 4th May 2024**: Start Sheet

Promoted on behalf of Cycling Time Trials under their Rules and Regulations

**Event Secretary**: Karen Bailey 07968975888 **Timekeepers**: Mrs Margaret Belk and Tracey Moore.

**Headquarters**: Sizergh, Nr Kendal, Nannypie Ln LA8 8DZ (lay-by).



**HQ opens from 17.15 First rider off 18.01**

**N.B. Do not park outside the Strickland Arms.**

Please allow 10 minutes to ride to the start. From the HQ- follow the road back to the A590, turn left to the RAB encircle and ride back up the A590 to the Start (DO NOT PASS THE START YOU WILL BE DISQUALIFIED).

**N.B. A FRONT WHITE LIGHT & REAR RED LIGHT ARE NOW REQUIRED.**

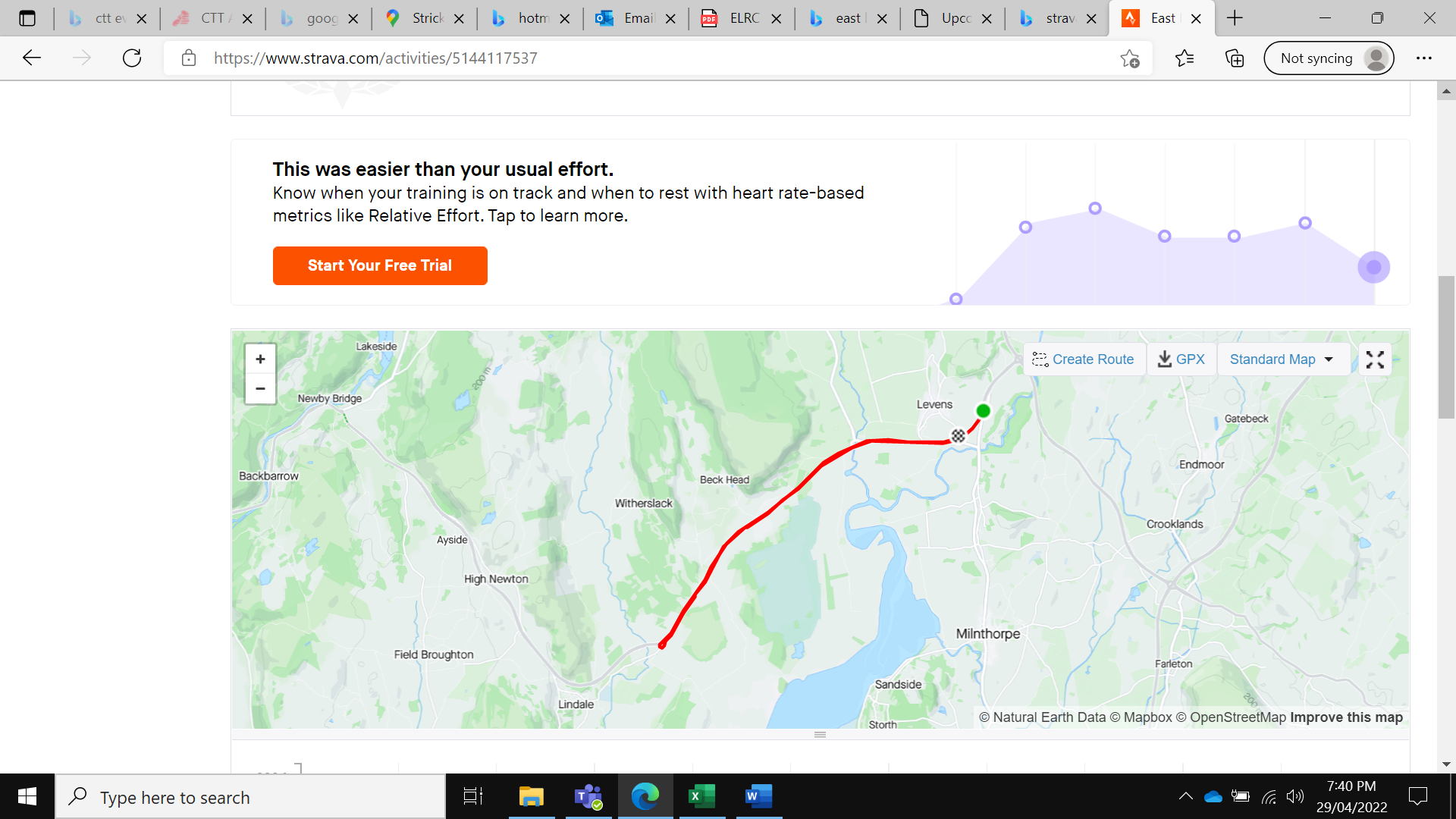
**NO LIGHTS = NO RIDE**

**Course Details**

START in lay-by alongside the A590 approximately 500 yards south-west of junction with southbound A6 in line with the three white marks on kerb edge which are 20 yards west of a drainage grate which is 5 yards west of the eastern end of footpath and 25 yards east of a drainage grate almost in line with the SOS telephone point. This mark is directly in line with a wooden fence post with two angled supports in the hedge and almost in line with a ‘Please take your litter home sign’.

Proceed along the A590 in a south-westerly direction to encircle the roundabout on Lindale by-pass (5.243 miles).

Retrace along the A590 to FINISH in line with the metal cover in northern grass verge embossed ‘Charlton Iron Works Sheffield’ which is approximately 12 yards east of large road sign on slip-road to the A6 approximately 90 yards short of Levens Bridge/Levens Village road (10 MILES).



**Prize List**

**1st 2nd 3rd 4th**

Men’s Overall £40 £30 £20 £10

Men’s Veteran (40/50/60/70) £20 £10

Junior/Juvenile £40 £30 £20 £10

Women’s Overall £40 £30 £20 £10

Women’s Veteran £20

Fastest Team of 3 £10 each

One prize per rider except for the team prizes. Prizes will be sent by bank transfer

after the event unless otherwise requested. Please provide your details within one week of notification.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Number** | **Time** | **First** | **Second Name** | **Club** | **Gender** | **Age Cat** |
| 1 | 18:01:00 | Roy | Nield | East Lancashire RC | Open | Veteran |
| 2 | 18:02:00 | Kamil | Waligora | 360cycling | Open | Senior |
| 3 | 18:03:00 | Ste | Bolton | Giant-Kendal-Sidas.uk | Open | Senior |
| 4 | 18:04:00 | John | Bardsley | 360cycling | Open | Espoir |
| 5 | 18:05:00 | Basil | Monks | Edinburgh Road Club | Open | Senior |
| 6 | 18:06:00 | Stephen | Dooley | Seamons CC | Open | Veteran |
| 7 | 18:07:00 | Tom | Davies | Velotik Racing Team | Open | Senior |
| 8 | 18:08:00 | Stuart | Henderson | ADDFORM Vive Le Velo | Open | Veteran |
| 9 | 18:09:00 | Rhys | Edwards | trainSharp | Open | Junior |
| 10 | 18:10:00 | Robin | Hennessy | Velotik Racing Team | Open | Senior |
| 11 | 18:11:00 | Tony | Scott | GTR - Return To Life p/b Streamline | Open | Veteran |
| 12 | 18:12:00 | David | Hilditch | Springfield Financial Racing Team | Open | Veteran |
| 13 | 18:13:00 | Russ | Richardson | Zurbaran Racing | Open | Veteran |
| 14 | 18:14:00 | Paul | Taylor | North Lancashire Road Club | Open | Veteran |
| 15 | 18:15:00 | Maxwell | Hereward | 360cycling | Open | Espoir |
| 16 | 18:16:00 | Steve | Gibson | Peak Road Club | Open | Veteran |
| 17 | 18:17:00 | Ellis | Murray | Darlington Cycling Club | Open | Espoir |
| 18 | 18:18:00 | Adrian | Hughes | Seamons CC | Open | Veteran |
| 19 | 18:19:00 | Matt | Stell | Springfield Financial Racing Team | Open | Veteran |
| 20 | 18:20:00 | Alexander | Royle | Manchester Bicycle Club | Open | Senior |
| 21 | 18:21:00 | Andy | Horner | Springfield Financial Racing Team | Open | Veteran |
| 22 | 18:22:00 | Ben | Huddart | Lancashire RC | Open | Senior |
| 23 | 18:23:00 | James | Meldrum | Mersey Tri | Open | Veteran |
| 24 | 18:24:00 | Michael | COULTER | East Lancashire RC | Open | Veteran |
| 25 | 18:25:00 | Adam | Taylor | Wigan Whs CC | Open | Senior |
| 26 | 18:26:00 | Simon | Horsley | Legato Racing Team (LRT) | Open | Veteran |
| 27 | 18:27:00 | Brian | Moore | The Tricycle Association - North Western Region | Open | Veteran |
| 28 | 18:28:00 | Liam | Hewitt | East Lancashire RC | Open | Junior |
| 29 | 18:29:00 | Craig | Obrien | Glasgow Wheelers | Open | Veteran |
| 30 | 18:30:00 | Matt | Hill | Zurbaran Racing | Open | Veteran |
| 31 | 18:31:00 | Ian | Haddock | Warrington Road Club/Horton Light Engineering | Open | Veteran |
| 32 | 18:32:00 | Ian | Sim | GTR - Return To Life p/b Streamline | Open | Veteran |
| 33 | 18:33:00 | Nick | Hewitt | East Lancashire RC | Open | Veteran |
| 34 | 18:34:00 | Christopher | Thomas | Blackburn & District CTC | Open | Veteran |
| 35 | 18:35:00 | Paul | Braithwaite | Pendle Forest CC | Open | Veteran |
| 36 | 18:36:00 | Janet | Fairclough | Liverpool Phoenix CC (Aintree) | Female | Veteran |
| 37 | 18:37:00 | Eddie | Monteith | Warrington Road Club/Horton Light Engineering | Open | Senior |
| 38 | 18:38:00 | Alistair | Woodman | Legato Racing Team (LRT) | Open | Veteran |
| 39 | 18:39:00 | Robin | Gillespie | Beacon Wheelers | Open | Veteran |
| 40 | 18:40:00 | Luca | Bednarek | Team Bottrill | Open | Junior |
| 41 | 18:41:00 | Tony | Cullen | TricentralUk | Open | Veteran |
| 42 | 18:42:00 | Hebe | Picking | Jadan Vive Le Velo | Female | Espoir |
| 43 | 18:43:00 | Theresa | Taylor | Springfield Financial Racing Team | Female | Veteran |
| 44 | 18:44:00 | Stephen | Boxall | Houghton CC | Open | Veteran |
| 45 | 18:45:00 | Luke | Johnston | Velo Club Cumbria | Open | Senior |
| 46 | 18:46:00 | Neil | Taylor | Wigan Whs CC | Open | Veteran |
| 47 | 18:47:00 | Paul | Shallicker | Coveryourcar.co.uk RT - Fitted and Tailored Car Covers | Open | Veteran |
| 48 | 18:48:00 | Steven | Hankey | Warrington Road Club/Horton Light Engineering | Open | Veteran |
| 49 | 18:49:00 | Michael | Cox | North Lancashire Road Club | Open | Veteran |
| 50 | 18:50:00 | Richard | Helm | Barrow Central Wheelers | Open | Veteran |
| 51 | 18:51:00 | Ian | Cox | Fogartys Insurance Tri Team | Open | Veteran |
| 52 | 18:52:00 | Sue | Cheetham | North Lancashire Road Club | Female | Veteran |
| 53 | 18:53:00 | Simon | Woodliff | Ayr Burners Cycling | Open | Veteran |
| 54 | 18:54:00 | Steve | Smales | Harrogate Nova CC | Open | Veteran |
| 55 | 18:55:00 | Keith | Murray | Darlington Cycling Club | Open | Veteran |
| 56 | 18:56:00 | Joanna | Cebrat | 360cycling | Female | Veteran |
| 57 | 18:57:00 | Mark | Rowland | Selby CC | Open | Veteran |
| 58 | 18:58:00 | Warren | Giddins | Warrington Road Club/Horton Light Engineering | Open | Veteran |
| 59 | 18:59:00 | Louis | Thomas-Messenger | Macclesfield Wheelers | Open | Senior |
| 60 | 19:00:00 | Chris | Booth | Giant-Kendal-Sidas.uk | Open | Senior |
| 61 | 19:01:00 | Andrew | Smith | VC Glasgow South | Open | Veteran |
| 62 | 19:02:00 | Andrew | Newey | Ribble Valley C&RC | Open | Senior |
| 63 | 19:03:00 | Peter | Greenwood | Clayton Velo | Open | Veteran |
| 64 | 19:04:00 | Mike | Westmorland | Border City Whs CC | Open | Veteran |
| 65 | 19:05:00 | Richard | Bideau | Pendle Forest CC | Open | Veteran |
| 66 | 19:06:00 | Peter | Grindley | Liverpool Century RC | Open | Veteran |
| 67 | 19:07:00 | Sharon | Clifford | SheHair Racing Team | Female | Veteran |
| 68 | 19:08:00 | Derek | Black | Wigan Whs CC | Open | Veteran |
| 69 | 19:09:00 | Neil | Cooper | Liverpool Century RC | Open | Veteran |
| 70 | 19:10:00 | Euan | Adam | Durham City Velo | Open | Senior |
| 71 | 19:11:00 | Deborah | Moss | Springfield Financial Racing Team | Female | Veteran |
| 72 | 19:12:00 | Mark | Jones | 360cycling | Open | Veteran |
| 73 | 19:13:00 | Paul | Singleton | Kent Valley RC | Open | Veteran |
| 74 | 19:14:00 | Beth | Macrae | Jadan Vive Le Velo | Female | Senior |
| 75 | 19:15:00 | Rob | Graham | GTR - Return To Life p/b Streamline | Open | Senior |
| 76 | 19:16:00 | Randle | Shenton | Border City Whs CC | Open | Veteran |
| 77 | 19:17:00 | David | Rundall | Chorley Cycling Club | Open | Veteran |
| 78 | 19:18:00 | Mick | Braithwaite | Springfield Financial Racing Team | Open | Veteran |
| 79 | 19:19:00 | Neil | Swithenbank | 360cycling | Open | Veteran |
| 80 | 19:20:00 | George | Elliott | Liverpool Century RC | Open | Senior |
| 81 | 19:21:00 | Dougi | Hall | Border City Whs CC | Open | Veteran |
| 82 | 19:22:00 | Christopher | Maffei | 360cycling | Open | Veteran |
| 83 | 19:23:00 | Scott | Taylor | Springfield Financial Racing Team | Open | Veteran |
| 84 | 19:24:00 | Tony | Johnston | Barrow Central Wheelers | Open | Veteran |
| 85 | 19:25:00 | Mat | Ivings | Buxton CC/Sett Valley Cycles | Open | Veteran |
| 86 | 19:26:00 | Russell | Marsden | Pendle Forest CC | Open | Veteran |
| 87 | 19:27:00 | Lee | Spoor | Tri Preston | Open | Veteran |
| 88 | 19:28:00 | Thomas | Percival | Velo Club Cumbria | Open | Youth |
| 89 | 19:29:00 | Cliff | Degraff | Velo Club Cumbria | Open | Veteran |
| 90 | 19:30:00 | Douglas | Watson | GTR - Return To Life p/b Streamline | Open | Veteran |
| 91 | 19:31:00 | Monica | Greenwood | Macclesfield Wheelers | Female | Senior |
| 92 | 19:32:00 | Peter | Rowe | Kent Valley RC | Open | Veteran |
| 93 | 19:33:00 | Lucy | Mikkelsen-Barron | Derwent Valley Cycling Club | Female | Senior |
| 94 | 19:34:00 | Simon | Myerscough | Ribble Valley C&RC | Open | Veteran |
| 95 | 19:35:00 | Tyler | Hannay | Saint Piran | Open | Espoir |
| 96 | 19:36:00 | William | Armstrong | Velo Club Cumbria | Open | Veteran |
| 97 | 19:37:00 | Richard | Belk | Kent Valley RC | Open | Veteran |
| 98 | 19:38:00 | Ben | Lovell | Kent Valley RC | Open | Veteran |
| 99 | 19:39:00 | Tomos | Hales | Wrekinsport CC | Open | Senior |
| 100 | 19:40:00 | Tristan | Pilling | 360cycling | Open | Senior |
|  | Reserve | David | Tobin | Manchester Wheelers | Open | Veteran |
|  | Reserve | David | Wright | Warrington Road Club/Horton Light Engineering | Open | Veteran |
|  | Reserve | Simon | Phillips | Stockport Tri Club | Open | Veteran |
|  | Reserve | Jamie | Pleavin | Liverpool Century RC | Open | Veteran |
|  | Reserve | Steve | Burrows | Vive Le Velo | Open | Veteran |
|  | Reserve | Lorenzo | Mezzullo | Manchester Bicycle Club | Open | Senior |
|  | Reserve | Philip | Elliott | Liverpool Century RC | Open | Veteran |
|  | Reserve | Hayley | Wells | Wrekinsport CC | Female | Senior |
|  | Reserve | Sandra | Burrows | Vive Le Velo | Female | Veteran |
|  | Reserve | Allan | Duncan | Fullarton Wheelers | Open | Veteran |

**Cycling Time Trials – North D.C. 2024 – Local Regulations L1015**

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.

CTT Regulation 14 Competitors Machine – FRONT WHITE LIGHT & REAR RED LIGHT.

NO COMPETITOR shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine A WORKING FRONT WHITE LIGHT, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. A WORKING REAR RED LIGHT must be affixed to the rear of the machine, that is illuminated and in a position that is clearly visible to other road users

Regulation 17: Signing-on Sheet and Signing-Out Sheet:

(a) The Competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.

(b) In Type A events a competitor must return to the events HQ either during the event or within a reasonable time after the last rider has finished the even and must (i) return their number and (ii) sign the official Signing–Out Sheet

Local Reg No 5

For the duration of the event, competitors must not ride past the timekeepers, except when competing.

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 10

Course L1015, L2524 & L308 – warming up on the course is not permitted during the duration of the event.

Local Reg No 12

No parking on the car park or on the frontage of the Strickland Arms.

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.

ALL the ABOVE will be included on the START SHEET

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:

All competitors MUST wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15).

NOTE - ALL of the above will be included on the start sheet for the riders’ information.