

Beacon Wheelers Lowther Loop 15 miles SPOCO Time Trial

OPEN 15 MILE SPOCO TIME TRIAL – CHARITY EVENT

Saturday 10th April 2021

Event Start Time 09:00 / First Rider off 09:01 / Last Rider off 10:20

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

Part of the NLTTA SPOCO Series

START SHEET

Start Timekeeper: Tracy Moore / Fiona Graham - Trainee

Finish Timekeeper: Richard Abram

Event Secretary: Russell McLean 132 Scholars Green Wigton Cumbria Tel - 07956032797

EVENT HEADQUARTERS

CA10 2HR – CLICK HERE - <https://goo.gl/maps/y1ss7tSCFvnTaEReA>

Due to COVID 19 Restrictions

HQ will be Gazebo on the Side Road off the A6 on a side road North of Hackthorpe Village

IF YOU ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19

PLEASE DO NOT COME TO THIS EVENT.

SPECIAL COVID 19 RISK MEASURES - See full guidelines on final page!

CLICK HERE - CTT - COVID 19 RISK ASSESSMENT

PLEASE SOCIALLY DISTANCE AT ALL TIMES

Don't Arrive too early!

DISPOSABLE Number collection Sign-on & Sign Out is all that will be in the HQ area

Please utilise toilets in Penrith / Tebay Services / Shap prior to attending

PLEASE BRING YOUR OWN PEN AND PINS IF REQUIRED

PLEASE SANITISE HANDS WITH PROVIDE SANITISER BEFORE SIGNING IN / OUT

TAKING NUMBER OFF THE DISTRIBUTION LINE (washing line)

MOVE ON FROM EVENT AS SOON AS POSSIBLE AFTER YOUR RIDE!

The Start is about 1 mile West of the Headquarters please allow sufficient time!

Course – L155 – Lowther

Course Description -

Start in Askham road at junction with unnamed road leading to Lowther Castle and Gardens.

Proceed along Askham lane in a westerly, **EXTREME CAUTION AT CATTLE GRID** then southerly direction where bear right over Askham bridge **EXTREME CAUTION ONCOMING CARS** and then to 'T' junction in Askham (1.1m).

Turn left onto Helton road, then bear right (1.3m) onto Wideworth Farm road.

Continue through Butterwick and Bampton on unclassified road to meet Keld lane **EXTREME CAUTION CROSSING RIVER ON OFF CAMBER BRIDGE** then Pow lane on the outskirts of Shap. Take the short connecting road left **TAKE CARE PARKED CARS** and onto the A6 North (8.9m). Continue along A6 to Lowther/ Hackthorpe (14.5m) where left into New Road and continue to finish 50m before Junction (14.9m).

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

Do not park in cattle grid access at the start area!

Please see overleaf for local regulations

I wish you all a safe and fast ride, most of all STAY SAFE!

Rgds

Russell McLean

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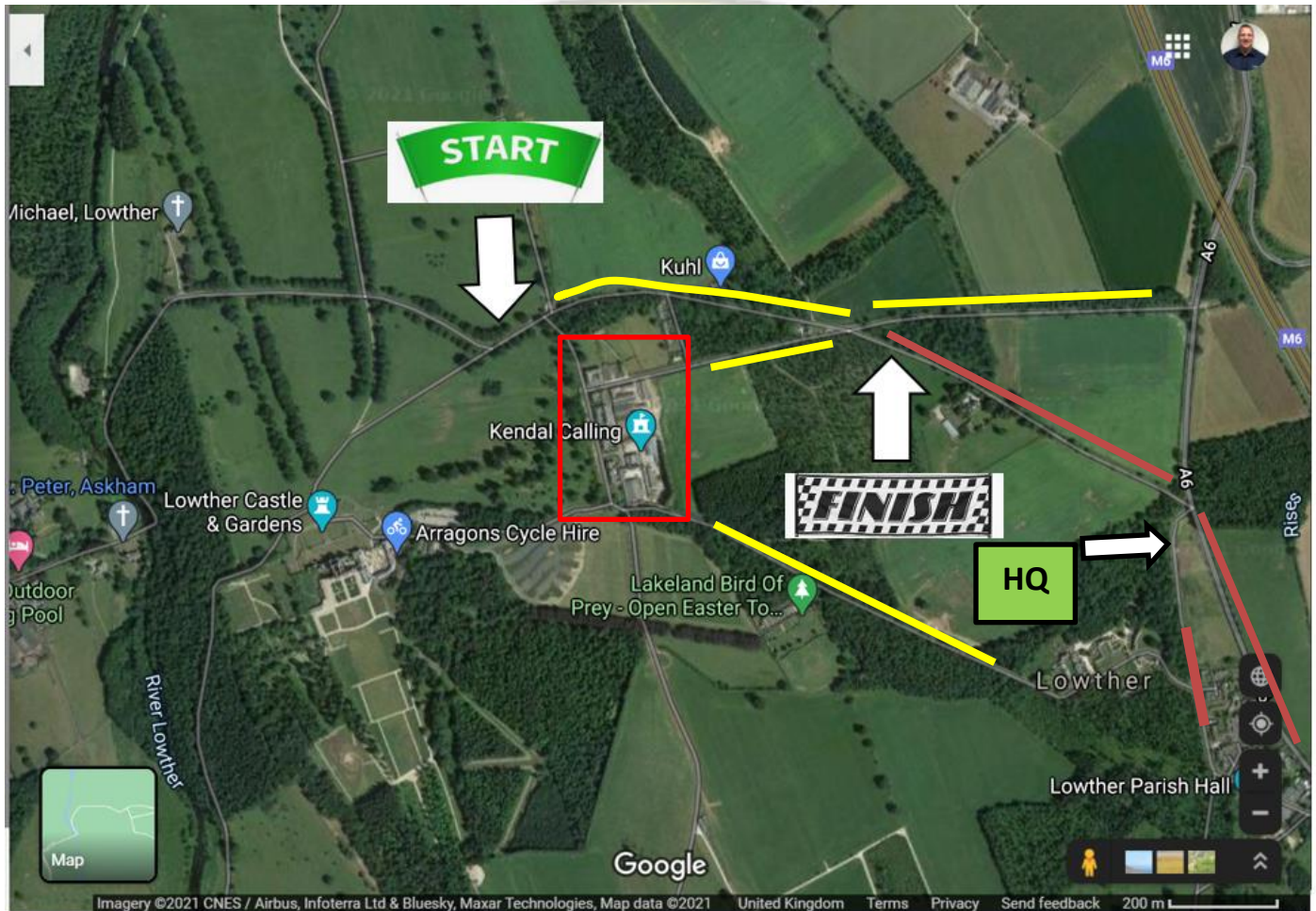
HQ AREA & Parking

Please park along the lanes highlighted in yellow – stick to one side of the road!

Do not park on areas highlighted in red as these are on the course and HQ area.

Please keep the HQ area clear of cars at the south end so we don't upset the local village of Hackthorpe.

ONLY PARK ON THE EAST SIDE OF THE HQ Lane!



COVID 19 Guidelines

- **IF YOU ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 PLEASE DO NOT COME TO THIS EVENT**
- **PLEASE SOCIALLY DISTANCE AT ALL TIMES**
- **IF YOU ARE MORE COMFORTABLE IN A MASK PLEASE WEAR ONE**
- **Competitors MUST present at the start area ready to race**
- **NO JACKETS BOTTLES ETC to be left with timekeepers / marshals**
- **SIGN ON WITH ONLY YOUR OWN PEN!**
- **BRING YOUR OWN PINS**
- **PIN ON YOUR OWN NUMBER**
- **DISPOSABLE NUMBERS TAKEN FROM WASHING LINE – SOUVENIR FOR THE DAY!**
- **DO NOT ASSIST FELLOW COMPETITORS**

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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 18 and/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.

FOR 2020 IN ALL CTT EVENTS a working rear light, either constant or flashing, MUST BE fitted to the machine in a position clearly visible to following road users and MUST BE active while the machine is in use.

Donation of Profits to the below good causes as Charity Event

No Prizes to distribute in COVID Times



Thanks for riding our events in 2021

Make sure to enter the Tebay 10 on the 24/4/2021 – L108 Course

Further COVID Advice

1. Event HQ
Event HQ is probably a bit of an over stretch. It's an area to park and collect numbers / sign in/out. There is no toilet, changing or refreshment facilities at this location.
You are asked to not urinate in this area or change in full view of the general public!
All future references to "HQ" in this document are referring to this facility.
2. Please DO NOT arrive too early or you might be asked to stay in your vehicle, there will be no gatherings permitted in the number collection area
3. **Riders not following guidelines or instructions from officials will not be permitted to race and will be reported to CTT.**
4. Sign-On
No hugging, no kissing and no exchanging of niceties. But there are some other restrictions in place. You will be expected to follow them. **We will ask you to respect the social distancing rules and maintain 2m distance between people in all directions at all times.** This is to ensure that resumption of racing is successful and that any curtain twitchers have no material to send to the local gossip column/social media outlet/news outlet.
5. We are all in this together so please respect the volunteer team and their decisions. Riders not adhering to the restrictions in place will not be permitted to race, will be reported to CTT and will be refused entry to future events.
6. Rider temperatures may be taken at any time by a medical professional

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7. Race Protocol

Participants will be asked to maintain social distancing. No gatherings in groups, If you arrive early you will be permitted to ride on the roads to warm up or sit in your car. please only arrive at the start line a maximum of 4 minutes before your time listed below. You will not be permitted to wait if you arrive earlier. Please do not bring friends or family members: they will not be permitted to leave their car. The only exception to this is minors who can be accompanied by a guardian from within their own household or "bubble". They are however not permitted to enter the start area. Riders are not permitted to warm up on course, there are plenty of other roads where this is possible.

8. The Time Keepers

They will be checking that riders a) have their number attached and, b) have a working rear light.

Either of these are missing and you will not be permitted to race.

9. Pusher OFF

There will be no "pusher offer" and you will have to do a standing start on your own. Rolling start will not be permitted.

10. Finish Area

Make it easy for the finish timekeeper, when you cross the line, shout your number. As loud as you can. Do not approach the finish timekeeper at any point for any reason.

11. Once you have finished your race you will be asked to return to your vehicle and head home as soon as is possible

12. We realise this is not the norm and the social aspect of racing is a big part of the fun, however, we need to show we are able to follow these guidelines if we are to see these types of events continue.

13. Race Results

Race results will be published on a live leader board during the event – link will hopefully be on event page or accessed via Beacon Wheelers Facebook page.

All initial results will be provisional!

We will collate the results and post them online to the Beacon wheelers website and our social media channels and CTT site as soon as is practically possible

We will then email the participants using the address supplied at pre-registration.

Riders having pre-registered that do not race will be given a DNS on the results sheet.

14. Start List

This is the rider list with the number assigned to you. This is the number that must be collected from the HQ upon arrival. Please do not swap numbers: your emergency contact details are assigned to this number; we really don't want to be phoning the wrong person in case of an emergency. If you are unable to attend, DO NOT swap your name with someone else. Riders found doing this will not be permitted to race, will be reported to the CTT and will not be accepted in future events.

15. Vehicles on course

Time trialling under CTT regulations is unsupported. Riders must not be followed, for any reason whilst on course. Any rider suspected of this will be disqualified and reported to the CTT.

16. In these unusual circumstances we find ourselves having to change the way we run events. The team has put a lot of work into making sure we are able to follow the government guidelines, the CTT guidance and make sure that the risk to you, us and the general public of transmitting or catching COVID-19 are kept to an absolute minimum. These restrictions are not here to make life difficult for you or the volunteer team, they are here for the above reasons but also to ensure that we are allowed to run these events.

17. SNOTTING / CLEARING THROAT ETC

We all know our sport can make us cough splutter lots of strange liquids at best of times please do not do this in vicinity of others

18. Passing Bubble When passing another competitor look behind so safe to do so and make a wide socially distanced pass.

19. Let's not screw it up and upset the locals.

Thank you for your support!

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Start Order

No.	Start Time	Name	Club
1	09:01	James Souter	Beacon Wheelers
2	09:02	Ben Barlow	Loughborough Students Cycling Club
3	09:03	Andrew Barlow	Kent Valley RC
4	09:04	Lloyd Wise	Bikestrong-KTM
5	09:05	Jude Davison	Beacon Wheelers
6	09:06	Tyler Jackson	North Cheshire Clarion
7	09:07	Joe Watkins-Wilson	North Cheshire Clarion
8	09:08	Peter Hopley	Beacon Wheelers
9	09:09	John Roberts	Garstang Cycling Club
10	09:10	Adam Bent	Green Jersey CC
11	09:11	Gwyneth Parry	JRC Shutt Ridley RT
12	09:12	Lucy Dalglish	Lune Racing Cycling Club
13	09:14	Imani Pereira James	Brother Uk - Team OnForm
14	09:13	Louise Hamilton	The Bike Rack CC
15	09:15	Daisy Barnes	Brother Uk - Team OnForm
16	09:16	Joanna Cebrat	Bury Clarion CC
17	09:17	Carol Westmorland	Border City Whs CC
18	09:18	Amy Gornall	Pro-Noctis - Redchilli Bikes - Heidi Kjeldsen
19	09:19	Deborah Moss	Team Merlin
20	09:20	Jan Scotchford	North Lancashire Road Club
21	09:21	Henrietta Colborne	Krush Tunap Pro Cycling
22	09:22	Simon Bullock	Kendal Cycle Club
23	09:23	Andrew Parker	Lune Racing Cycling Club
24	09:24	David Tinker	Clayton Velo
25	09:25	Daniel McParland	Tri Preston
26	09:26	Gareth Booth	Chorley Cycling Club
27	09:27	Ben Walsh	Kendal Cycle Club
28	09:28	Scott Whittle	Vector Racing
29	09:29	Calum Campbell	VTTA North Lancs and Lakes Group
30	09:30	Tony Jones	Ystwyth CC
31	09:31	Peter Browne	Kendal Cycle Club
32	09:32	Peter Rowe	Kent Valley RC
33	09:33	John Leach	Rossendale RC
34	09:34	Richard Belk	Kent Valley RC
35	09:35	Alex Forbes	Border City Whs CC
36	09:36	Joseph Wright	Rock to Roll CC
37	09:37	Stuart Robinson	Border City Whs CC
38	09:38	Richie Grant	Hartlepool CC
39	09:39	Thijs Geurts	Macclesfield Wheelers
40	09:40	Mark Jones	Bury Clarion CC
41	09:41	James Rutherford	Team Lusso

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No.	Start Time	Name	Club
42	09:42	David Rundall	Chorley Cycling Club
43	09:43	Benjamin Akin	TricentralUk
44	09:44	Alan Turnbull	Hawick Cycling Club
45	09:45	Neil Higgins	Team ASL-Bolton
46	09:46	Paul Targett	Holcombe Harriers
47	09:47	Tim Bennett	Kent Valley RC
48	09:48	James Bell	Beacon Wheelers
49	09:49	John MacKellar	Tactic Sport UK Race Team
50	09:50	Matthew Atkinson	Beacon Wheelers
51	09:51	Dan Pons	Velo Club Cumbria
52	09:52	Mike Westmorland	Border City Whs CC
53	09:53	Jonny Hill	Barrow Central Wheelers
54	09:54	Martin Welsh	Pendle Forest CC
55	09:55	Gavin Slack	Beacon Wheelers
56	09:56	Andy Stubbs	Barrow Central Wheelers
57	09:57	John Huggon	Ribble Valley C&RC
58	09:58	Neil Withington	Beacon Wheelers
59	09:59	Derek Schofield	Rossendale RC
60	10:00	Duncan Orme	Kent Valley RC
61	10:01	Beau Smith	Ribble Cycles
62	10:02	Dan Kendall	Rock to Roll CC
63	10:03	Bryan Pool	Border City Whs CC
64	10:04	Peter Greenwood	Clayton Velo
65	10:05	Sean Owens	Springfield Financial Racing Team
66	10:06	Adrian Sowerby	Border City Whs CC
67	10:07	Matt Stell	Springfield Financial Racing Team
68	10:08	Paul David Fleming	Preston Whs
69	10:09	David Hill	Giant-Kendal RT
70	10:10	Thomas Hanlon	Tactic Sport UK Race Team
71	10:11	David Thompson	Rock to Roll CC
72	10:12	Richard Nesfield	Beacon Wheelers
73	10:13	Tom Roper	Inflite-Dynamic Rides Race Team
74	10:14	David Gleave	Velo Club Cumbria
75	10:15	Craig Battersby	Tactic Sport UK Race Team
76	10:16	Ben Stead	3 RT
77	10:17	Ben Harrison	Crimson Orientation Marketing RT
78	10:18	Patrick Hickey	Rossendale RC
79	10:19	Tom Rigby	Croston Velo
80	10:20	George Evans	Team Bottrill