Pendle Forest Cycling Club

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

(NLTTA SPOCO counting event www.nltta.org.uk/spoco-2021-events)

Saturday,11th September 2021 at 10am

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

Event Secretary: Danny Davies, 16 Waverley Close, Brierfield, Nelson, BB9 5HD
Tel: 01282 699918/07745841437/07746122331

Timekeepers: Start – Mr Chris Smedley   Finish - Mr Peter Briscoe

Course Details

Start Near Western end of old unclassified road from Ingleton to Clapham opposite the church gate on south side of the road which is just east of telegraph pole no 2 at the gateway to Fell End Farm and approximately 100yards east of the derestriction sign. Proceed eastwards to T-Junction with B6480 road in Clapham (3.57miles). Turn left and through the 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 Storrs Common sign at small lay-by 400yards before 30mph restriction sign at approach to Ingleton (26.25m).

 CTT Reg14i   No competitor shall be permitted to start either 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 it is illuminated and in a position that is clearly visible to other road users. NO REAR LIGHT – NO RIDE

CTT 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 open (Type A) events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their number and (ii)sign the official signing out sheet.

Reminder: You personally must sign the signing on sheet when collecting and when returning your number. No-one else may sign for you.

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 ADDITIION TO THE ABOVE
Riders must give their number at the start and 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 head 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.)**

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 ned 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 situated in the HQ or on the HQ car park before proceeding to the start and avoid congregating in the entrance to Fell End Farm. No cars to be parked at the start or the finish – there is ample parking at the HQ which is only 700yards away from the start. **Please make sure you purchase a parking ticket before signing on.**

To keep this event as COVID-secure as possible, there will be no push-off at the start, no prizegiving will take place at the HQ and no refreshments will be available this year. Please only enter the HQ to sign in and out and to use the toilet facilities. An online link for provisional times will be available via Pendle Forest CC website. Prizewinners will be contacted by email after confirmation of the results to the CTT.

AWARDS

Fastest :	**1st**	**£50**	**2nd**	**£35**	**3rd**	**£25**
Fastest W:	**1st**	**£50**	**2nd**	**£35**		
V40	**1st**	**£15**	**2nd**	**£10**		
V50	**1st**	**£15**	**2nd**	**£10**		
V60/70	**1st**	**£15**	**2nd**	**£10**		
JUVENILE	**1st**	**£15**	**2nd**	**£10**		
Team of 3	**1st**	**£30**				

One rider, one prize except for team prize

Pendle Forest CC offers an additional prize of £50 to the fastest rider if the course and event records are broken. The current records are as follows;

Male - 59minutes 21seconds was set by James Gullen at the 2017 event, beating the previous record of 1hour 0minutes 52 seconds set by Tejvan Pettinger in 2015. Prior to that Gethin Butler had held the record of 1hour 1min 17 seconds since 1998

Female - 1hour 12min 23seconds set by Karen Steele in 2000 beating the previous record set in 1998 by Yvonne McGregor at 1.12.54.