

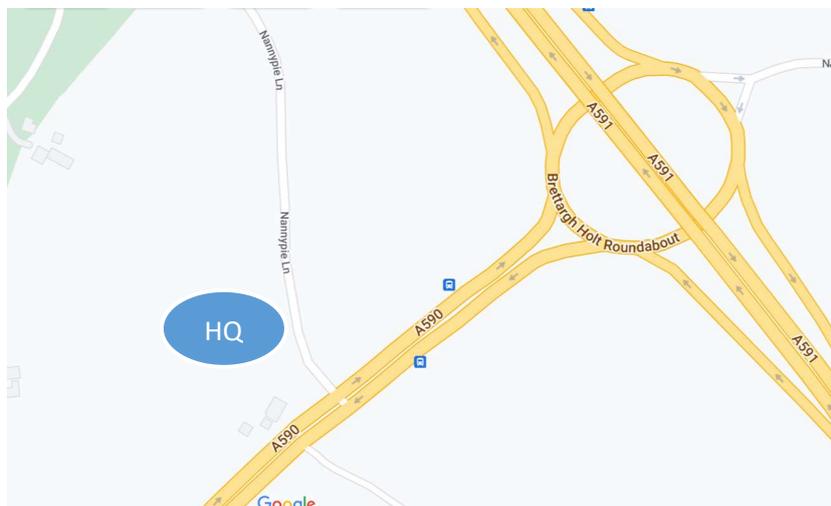
East Lancashire Road Club: Open 10 Mile Time Trial L1015

Saturday 6th May 2023: 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

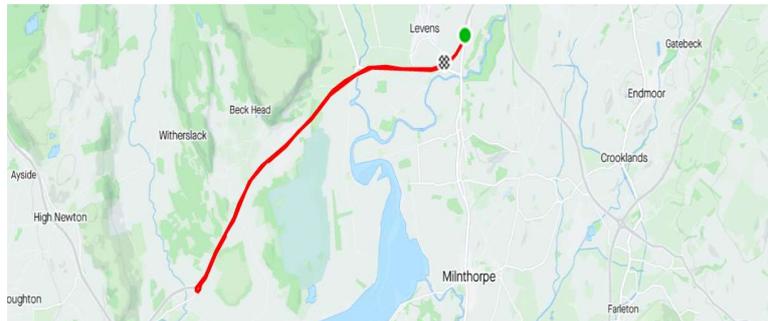
Course Details

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

	1 st	2 nd	3 rd	4 th
Women's Overall	£40	£30	£20	£10
Men's Overall	£40	£30	£20	£10
Women's Veteran	£20	£15		
Men's Veteran (40/50/60/70)	£20	£15		
Junior/Juvenile	£40	£30	£20	£10
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.

Number	Time	First	Second Name	Club	Gender	Age Cat
1	18:01:00	Kamil	Waligora	East Lancashire RC	Male	Senior
2	18:02:00	Scott	Taylor	Springfield Financial Racing Team	Male	Veteran
3	18:03:00	Roy	Nield	East Lancashire RC	Male	Veteran
4	18:04:00	Craig	Horseman	Giant-Kendal-Sidas.uk	Male	Veteran
5	18:05:00	Paul	Taylor	North Lancashire Road Club	Male	Veteran
6	18:06:00	Ben	Wiggins	Team Bottrill	Male	Junior
7	18:07:00	Brian	Moore	The Tricycle Association - North Western Region	Male	Veteran
8	18:08:00	Bryn	Lawrence	Anexo Group Race Team	Male	Junior
9	18:09:00	Derek	Black	Wigan Whs CC	Male	Veteran
10	18:10:00	Derek	Parkinson	Springfield Financial Racing Team	Male	Veteran
11	18:11:00	Martyn	Smithson	Clayton Velo	Male	Veteran
12	18:12:00	Phil	Hull	East Lancashire RC	Male	Veteran
13	18:13:00	Chris	Thomas	Blackburn & District CTC	Male	Veteran
14	18:14:00	John	Cripps	Warrington Road Club/Horton Light Engineering	Male	Veteran
15	18:15:00	James	Holloway	Ribble Collective	Male	Senior
16	18:16:00	Davey	Allanson	360cycling	Male	Juvenile
17	18:17:00	Alistair	Cole	Clifton CC York	Male	Veteran
18	18:18:00	Samuel	Wilson	East Lancashire RC	Male	Senior
19	18:19:00	John	Fiddies	LVC Racing	Male	Veteran
20	18:20:00	Ben	Granger	Kendal Cycle Club	Male	Senior
21	18:21:00	Adam	Taylor	Wigan Whs CC	Male	Senior
22	18:22:00	Chris	Little	Studio Velo	Male	Senior
23	18:23:00	Craig	Wilson	Pendle Forest CC	Male	Veteran
24	18:24:00	Hebe	Picking	RFDA (Racescene Female Development Accademy)	Female	Espoir
25	18:25:00	Tristan	Pilling	360cycling	Male	Espoir
26	18:26:00	Mark	Charnock-Bateman	North Lancashire Road Club	Male	Veteran
27	18:27:00	Russ	Richardson	Zurbaran Racing	Male	Veteran
28	18:28:00	Sandra	Burrows	Vive Le Velo	Female	Veteran
29	18:29:00	Tony	Workman	LVC Racing	Male	Veteran
30	18:30:00	Richard	Helm	Barrow Central Wheelers	Male	Veteran
31	18:31:00	Andy	Horner	Bury Clarion CC	Male	Veteran
32	18:32:00	Phil	Wilkins	Withington Wheelers	Male	Senior
33	18:33:00	Paul	Braithwaite	Pendle Forest CC	Male	Veteran
34	18:34:00	Phil	Barnes	SheHair Racing Team	Male	Veteran
35	18:35:00	Bevan	Jones	Barton Wheelers Cycling Club	Male	Senior

50 Years

1967-2017

36	18:36:00	Brian	Morrell	Dumfries CC	Male	Veteran
37	18:37:00	Alex	Foster	Innovation Racing	Male	Junior
38	18:38:00	Luca	Bednarek	Kirklees Cycling Academy	Male	Juvenile
39	18:39:00	Peter	Haigh	VTTA North Lancs and Lakes Group	Male	Veteran
40	18:40:00	Joe	Cosgrove	Anexo Group Race Team	Male	Junior
41	18:41:00	Iain	Hazell	Rosendale RC	Male	Veteran
42	18:42:00	Peter	Stokoe	Reifen Racing	Male	Senior
43	18:43:00	Andrew	Newey	Ribble Valley C&RC	Male	Senior
44	18:44:00	Sue	Cheetham	North Lancashire Road Club	Female	Veteran
45	18:45:00	Thomas	Minns	Springfield Financial Racing Team	Male	Senior
46	18:46:00	Ian	Haddock	Warrington Road Club/Horton Light Engineering	Male	Veteran
47	18:47:00	Archie	Fletcher	Innovation Racing	Male	Junior
48	18:48:00	Sharon	Clifford	SheHair Racing Team	Female	Veteran
49	18:49:00	Bill	Maxwell	Border City Whs CC	Male	Veteran
50	18:50:00	Alistair	Rutherford	Manchester Bicycle Club	Male	Veteran
51	18:51:00	Steve	Burrows	Vive Le Velo	Male	Veteran
52	18:52:00	Theresa	Taylor	Springfield Financial Racing Team	Female	Veteran
53	18:53:00	Mike	Westmorland	Border City Whs CC	Male	Veteran
54	18:54:00	Rachael	Maxwell	Border City Whs CC	Female	Veteran
55	18:55:00	Luke	Greenwood	Pendle Forest CC	Male	Senior
56	18:56:00	Ben	Hancock	Calder Clarion	Male	Senior
57	18:57:00	Dougi	Hall	Border City Whs CC	Male	Veteran
58	18:58:00	Stephen	Wilkinson	VTTA North Lancs and Lakes Group	Male	Veteran
59	18:59:00	David	Rundall	Chorley Cycling Club	Male	Veteran
60	19:00:00	David	Thompson	Rock to Roll CC	Male	Veteran
61	19:01:00	Martin	Welsh	Pendle Forest CC	Male	Veteran
62	19:02:00	Paul	Russell	Springfield Financial Racing Team	Male	Veteran
63	19:03:00	John	Bardsley	Innovation Racing	Male	Junior
64	19:04:00	Barrie	Whittaker	Lyme Racing Club	Male	Veteran
65	19:05:00	Richard	Nesfield	Giant-Kendal-Sidas.uk	Male	Senior
66	19:06:00	Alex	Leek	Wrekinsport CC	Male	Senior
67	19:07:00	Lily	Brindle	Brother Uk - Team OnForm	Female	Junior
68	19:08:00	Russell	Marsden	Pendle Forest CC	Male	Veteran
69	19:09:00	Deborah	Moss	Springfield Financial Racing Team	Female	Veteran
70	19:10:00	Chris	Humphries	Bioracer UK RT	Male	Senior
71	19:11:00	Kevin	Chadwick	Lakes Road Club	Male	Veteran
72	19:12:00	Paul	Singleton	Kent Valley RC	Male	Veteran

50 Years

1967-2017

73	19:13:00	Paul	Grindley	Liverpool Century RC	Male	Veteran
74	19:14:00	Simon	Myerscough	Ribble Valley C&RC	Male	Veteran
75	19:15:00	Andrew	Gallacher	SVTTA	Male	Veteran
76	19:16:00	David	Tobin	Manchester Wheelers	Male	Veteran
77	19:17:00	Helen	Thomas	Rossendale RC	Female	Veteran
78	19:18:00	Neil	Cooper	Liverpool Century RC	Male	Veteran
79	19:19:00	Dave	Isherwood	North Lancashire Road Club	Male	Veteran
80	19:20:00	David	Ashton	Army Cycling	Male	Senior
81	19:21:00	Andrew	Smith	VC Glasgow South	Male	Veteran
82	19:22:00	Tom	Maher	Horwich Cycling Club	Male	Veteran
83	19:23:00	Darren	Harvey	Pendle Forest CC	Male	Veteran
84	19:24:00	Simon	Horsley	Legato Racing Team (LRT)	Male	Veteran
85	19:25:00	Kieran	Morris	Total Tri Training	Male	Espoir
86	19:26:00	Susan	Semple	Legato Racing Team (LRT)	Female	Veteran
87	19:27:00	Alastair	Semple	Legato Racing Team (LRT)	Male	Veteran
88	19:28:00	Graham	Jones	Edinburgh Road Club	Male	Veteran
89	19:29:00	Peter	Greenwood	Clayton Velo	Male	Veteran
90	19:30:00	Patrick	Casey	Anexo Group Race Team	Male	Junior
91	19:31:00	Emma	Houterman	North Lancashire Road Club	Female	Senior
92	19:32:00	Rhys	Edwards	Edinburgh Road Club	Male	Junior
93	19:33:00	Matthew	Peace	Otley CC	Male	Junior
94	19:34:00	Matthew	Kayley	Pendle Forest CC	Male	Veteran
95	19:35:00	Johnathon	Dorward	Army Cycling	Male	Senior
96	19:36:00	Allistair	Moffat	Velo Club Cumbria	Male	Veteran
97	19:37:00	Sean	Quinn	Law Wheelers	Male	Veteran
98	19:38:00	Phil	Wright	Hartlepool CC	Male	Veteran
99	19:39:00	Stephen	Makin	Falkirk B C	Male	Veteran
100	19:40:00	Simon	Wilson	HUUB Watt Bike	Male	Veteran



Cycling Time Trials – North D.C. 2022 – 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.