

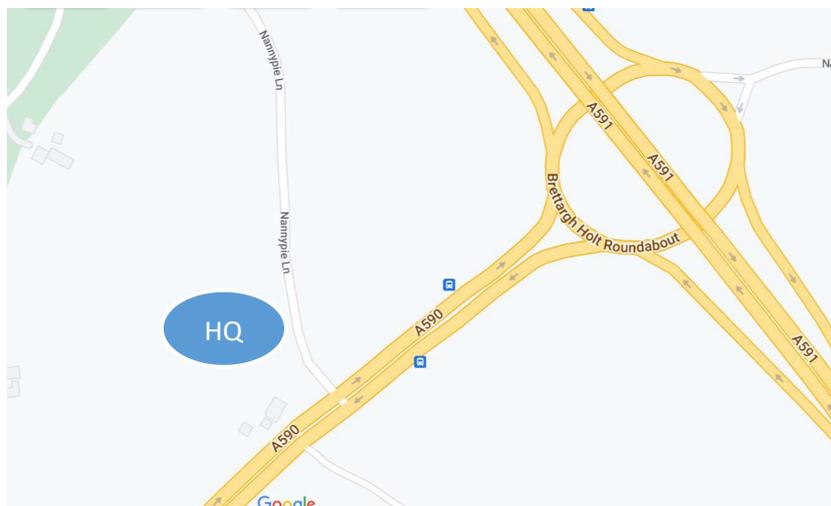
East Lancashire Road Club: Open 10 Mile Time Trial L1015

Saturday 7th May 2022: Start Sheet

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

Event Secretary: Karen Bailey 07968975888 **Timekeepers:** Mrs Margaret Belk and Sharon Clifford

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

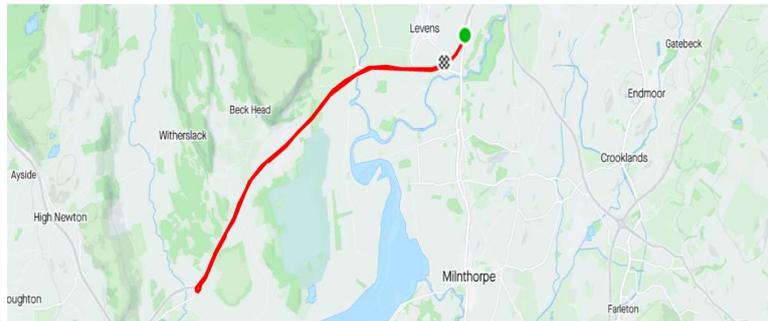
Course Details

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	5 th
Women's Overall	£40	£35	£30	£20	£10
Men's Overall	£40	£35	£30	£20	£10
Women's Veteran (40/50/60)	£25	£15	£10		
Men's Veteran (40/50/60/70)	£20	£15	£10		
Junior/Juvenile	£20	£15	£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	Steve	Rowland	Lancashire RC	Male	Veteran
3	18:03:00	John	Fiddies	LVC Racing	Male	Veteran
4	18:04:00	Roy	Nield	East Lancashire RC	Male	Veteran
5	18:05:00	Greg	Elwell	Halifax Imperial Wheelers	Male	Veteran
6	18:06:00	Toby	Diggins	Bury Clarion CC	Male	Juvenile
7	18:07:00	Brian	Moore	The Tricycle Association - North Western Region	Male	Veteran
8	18:08:00	Ian	Cox	Fogartys Insurance Tri Team	Male	Veteran
9	18:09:00	Adam	Smith	East Lancashire RC	Male	Juvenile
10	18:10:00	Derek	Black	Wigan Whs CC	Male	Veteran
11	18:11:00	Steven	Hilton	Warrington Road Club/Horton Light Engineering	Male	Veteran
12	18:12:00	Bob	Atkinson	Barrow Central Wheelers	Male	Veteran
13	18:13:00	Nicola	Cadwallader	Bury Clarion CC	Female	Veteran
14	18:14:00	Simon	Myerscough	Ribble Valley C&RC	Male	Veteran
15	18:15:00	Jason	Bateman	VTTA North Lancs and Lakes Group	Male	Veteran
16	18:16:00	Janet	Fairclough	Liverpool Phoenix CC (Aintree)	Female	Veteran
17	18:17:00	Steve	Thornton	Pendle Forest CC	Male	Veteran
18	18:18:00	Theresa	Taylor	Springfield Financial Racing Team	Female	Veteran
19	18:19:00	Tony	Johnston	Barrow Central Wheelers	Male	Veteran
20	18:20:00	Simon	Phillips	Stockport Tri Club	Male	Veteran
21	18:21:00	Katherine	Swithenbank	Bury Clarion CC	Female	Senior
22	18:22:00	Rachael	Maxwell	Border City Whs CC	Female	Veteran
23	18:23:00	Johnny	Robinson	Sportcity Velo	Male	Junior
24	18:24:00	Carol	Westmorland	Border City Whs CC	Female	Veteran
25	18:25:00	Denis	Thompson	West Pennine Road Club	Male	Veteran
26	18:26:00	Andrew	Newey	Ribble Valley C&RC	Male	Senior
27	18:27:00	Nick	Higginson	Cleveleys Road Club	Male	Veteran
28	18:28:00	Mike	Westmorland	Border City Whs CC	Male	Veteran
29	18:29:00	Joanna	Cebart	Bury Clarion CC	Female	Veteran
30	18:30:00	Bill	Maxwell	Border City Whs CC	Male	Veteran
31	18:31:00	Neil	Cooper	Liverpool Century RC	Male	Veteran

32	18:32:00	Paul	Russell	Springfield Financial Racing Team	Male	Veteran
33	18:33:00	Andrew	Clarke	North Shropshire Wheelers	Male	Veteran
34	18:34:00	Anna	Weaver	Team Kirkley Cycles	Female	Senior
35	18:35:00	Karl	Mason	Clitheroe Bike Club	Male	Veteran
36	18:36:00	David	Tobin	Manchester Wheelers	Male	Veteran
37	18:37:00	David	Rundall	Chorley Cycling Club	Male	Veteran
38	18:38:00	Peter	Grindley	Liverpool Century RC	Male	Veteran
39	18:39:00	Mark	Jones	Bury Clarion CC	Male	Veteran
40	18:40:00	Lee	Foster	Border City Whs CC	Male	Veteran
41	18:41:00	David	Wright	Warrington Road Club/Horton Light Engineering	Male	Veteran
42	18:42:00	Paul	Lomax	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Male	Veteran
43	18:43:00	Martin	Welsh	Pendle Forest CC	Male	Veteran
44	18:44:00	Rik	Waddon	Para-T	Male	C2
45	18:45:00	Tim	Burdon	Allen Valley Velo	Male	Veteran
46	18:46:00	Ben	Lovell	Kent Valley RC	Male	Veteran
47	18:47:00	Warren	Giddins	Warrington Road Club/Horton Light Engineering	Male	Veteran
48	18:48:00	Jac	Gruffydd	Caffi Gruff	Male	Senior
49	18:49:00	Robin	Gillespie	Beacon Wheelers	Male	Veteran
50	18:50:00	Deborah	Moss	Springfield Financial Racing Team	Female	Veteran
51	18:51:00	Andrew	Barlow	Kent Valley RC	Male	Veteran
52	18:52:00	Simon	Diggins	Bury Clarion CC	Male	Veteran
53	18:53:00	Mike	Furby	Valley Striders Cycling Club	Male	Veteran
54	18:54:00	Richard	Tyson	Rock to Roll CC	Male	Veteran
55	18:55:00	Steven	Hankey	Warrington Road Club/Horton Light Engineering	Male	Veteran
56	18:56:00	Peter	Greenwood	Clayton Velo	Male	Veteran
57	18:57:00	Nigel	Clementson	Wigan Whs CC	Male	Veteran
58	18:58:00	Darren	Harvey	Pendle Forest CC	Male	Veteran
59	18:59:00	Basil	Monks	Edinburgh Road Club	Male	Senior
60	19:00:00	David	Thompson	Rock to Roll CC	Male	Veteran
61	19:01:00	James	Meldrum	Liverpool Phoenix CC (Aintree)	Male	Veteran
62	19:02:00	Tom	Maher	Horwich Cycling Club	Male	Veteran
63	19:03:00	Paul	Shallicker	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Male	Veteran
64	19:04:00	Neil	Taylor	Wigan Whs CC	Male	Veteran

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65	19:05:00	Tom	Kelsall	Garstang Cycling Club	Male	Senior
66	19:06:00	Paul	Braithwaite	Pendle Forest CC	Male	Veteran
67	19:07:00	Matt	Stell	Springfield Financial Racing Team	Male	Veteran
68	19:08:00	James	Duffy	Bury Clarion CC	Male	Senior
69	19:09:00	Paul	Blackburn	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Male	Veteran
70	19:10:00	Russ	Richardson	Teesdale CRC	Male	Veteran
71	19:11:00	Jamie	Berry	Vector Racing	Male	Senior
72	19:12:00	Chris	Humphries	Bioracer UK RT	Male	Senior
73	19:13:00	Alistair	Woodman	Swift Racing	Male	Veteran
74	19:14:00	Kenneth	Brown	Velo Club Cumbria	Male	Veteran
75	19:15:00	Mark	Chadwick	Wigan Whs CC	Male	Veteran
76	19:16:00	Ben	Marsh	Beeston Cycling Club	Male	Junior
77	19:17:00	Ian	Dobbie	West Lothian Clarion	Male	Veteran
78	19:18:00	Richard	Bideau	Pendle Forest CC	Male	Veteran
79	19:19:00	Aiden	Heyworth	Directions racing	Male	Senior
80	19:20:00	Paul David	Fleming	Preston Whs	Male	Veteran
81	19:21:00	Mitch	Russell	Clwb Beicio Egni/Energy Cycling Club	Male	Senior
82	19:22:00	Richard	Smith	Army Cycling	Male	Senior
83	19:23:00	Tristan	Pilling	University of Derby Cycling Club	Male	Espoir
84	19:24:00	Tom	Rigby	Croston Velo	Male	Senior
85	19:25:00	Luke	Johnston	Velo Club Cumbria	Male	Senior
86	19:26:00	John	Morgan	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Male	Veteran
87	19:27:00	Derek	Parkinson	Springfield Financial Racing Team	Male	Veteran
88	19:28:00	David	Gleave	Velo Club Cumbria	Male	Senior
89	19:29:00	David	Ashton	Army Cycling	Male	Senior
90	19:30:00	Henry	Moss	Barrow Central Wheelers	Male	Senior
91	19:31:00	Tom	Broadbent	HD Revolutions	Male	Veteran
92	19:32:00	Tom	Hutchinson	Team Bottrill	Male	Senior



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.