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Lancashire Road Club

10 Mile Time Trial

25/05/2024 18:00

L101 - BROCK

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



Headquarters

Winmarleigh Village Hall

Broad Ln, Winmarleigh, Preston PR3 0JY

Route from HQ to start

Leave the HQ heading east, at the cross roads with Park Ln go right following the road towards the A6. At the lights turn left and the start is 700m on the left.

Course details

START approximately 700 yards north of the traffic lights on Garstang by-pass at a point in cycle lane on the A6 which is directly opposite Lamp-post No. 423. Proceed north on the A6 to turn by encircling the traffic island at Hampson Green (4.87 miles). Retrace along the A6 through starting point to FINISH at Lamp-post No.411 on east side of road 215 yards north of the traffic lights (10 MILES).

Local regulations

Cycling Time Trials – North D.C. 2022 – Local Regulations L101

- Riders must NOT ride with their heads down.
- All competitors MUST wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard.
- Front white light & rear red light.

CTT Regulation 14: 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

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 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 2

Motor vehicles must NOT be parked on grass verges on B5272 (Cockerham Road) west of the A6, or within 100 yards of the traffic lights. Thereafter, parking is only allowed on the SOUTH side of the road.

Local Reg No 4a

For all events on Sunday mornings, motor vehicles must NOT be parked in Cockerham Road.

Local Reg No 5

During the event, warming up on the course is not permitted.

Competitors must not ride past the timekeepers, except when actually 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 9

No parking on the A66 except in a designated lay-by.

ADDITION TO THE ABOVE

Riders must give their number at the finish and elsewhere on the course if requested.

Riders must NOT STOP on the A6 after passing the timekeeper as this is a clearway. (The clearway is

from the south end of Garstang by-pass to Hampson Green R.A.B.)

Riders must NOT STAND in the road at the start or finish. (This constitutes obstruction and is a breach of Regulations).

Organiser contact details

Martin Kerry

07887634251

mkerry.surveyor@gmail.com

Time keepers/officials

Timekeepers:

- Terry Parker (NLRC)
- Tracey Moore

Course records

Solo Open

00:18:49

Simon Wilson

01-Jul-23 | Lancashire Road Club (NLTTA Championship)

Solo Female

00:22:15

Rebecca Rimmington

24-Jul-21 | Chorley Cycling Club (NLTTA Championship)

Solo Open (Junior)

00:21:43

Isaac Lawrence

22-May-21 | Lancashire Road Club

Solo Female (Junior)

00:22:42

Maddie Leech

03-Apr-21 | North Lancashire Road Club (90 Riders)

Tandem

00:23:25

James Prossor, Gill Craske

16-Sep-17 | tricycle association (nw)(tandems and tandem tricycles only)(fee per rider)

Team TT

00:20:11

Chris Booth, Thomas Minns

13-May-21 | Blackburn & District CTC (2up TTT)(fee per rider)(50 teams)

Awards/prizes

One rider one prize (Excluding Team Prize)

Overall, Lady & Road Bike

1st : **£20**2nd: **£15**3rd : **£10**1st Vet in Category (50, 60, 70+): **£15**

Team of 3 **£10** each

NOTES TO COMPETITORS:

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 event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

Lancashire Road Club

Start Number	Start Time	Rider	Club	Gender	Category
1	18:01:00	Hope Dixon	Lancashire RC	Open	Senior
2	18:02:00	Stephen Glenwright	VTTA (Merseyside)	Open	Vet
3	18:03:00	Katherine Swithenbank	360cycling	Female	Senior
4	18:04:00	Derek Black	Wigan Whs CC	Open	Vet
5	18:05:00	Ste Bolton	Giant-Kendal-Sidas.uk	Open	Senior
6	18:06:00	Paul Shallicker	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Open	Vet
7	18:07:00	Steven Hankey	Warrington Road Club/Horton Light Engineering	Open	Vet
8	18:08:00	Theresa Taylor	Springfield Financial Racing Team	Female	Vet
9	18:09:00	Brian Moore	The Tricycle Association - North Western Region	Open	Vet
10	18:10:00	Paul Braithwaite	Pendle Forest CC	Open	Vet
11	18:11:00	Ben Huddart	Lancashire RC	Open	Senior
12	18:12:00	David Wright	Warrington Road Club/Horton Light Engineering	Open	Vet
13	18:13:00	Christopher Thomas	Blackburn & District CTC	Open	Vet
14	18:14:00	Graeme Poole	Tri Preston	Open	Vet
15	18:15:00	Paul David Fleming	Preston Whs	Open	Vet
16	18:16:00	Simon Horsley	Legato Racing Team (LRT)	Open	Vet
17	18:17:00	Aidan Holgate	The Green Jersey Cycling Club	Open	Senior
18	18:18:00	Caroline Leighton	Lancashire RC	Female	Vet
19	18:19:00	Simon Tubbs	Wigan Harriers	Open	Vet
20	18:20:00	David Thompson	Rock to Roll CC	Open	Vet
21	18:21:00	Andrew Whiteside	Springfield Financial Racing Team	Open	Vet
22	18:22:00	Deborah Moss	Springfield Financial Racing Team	Female	Vet
23	18:23:00	Hebe Picking	Jadan Vive Le Velo	Female	Espoir
24	18:24:00	Gerry Mawson	Stirling Bike Club	Open	Vet
25	18:25:00	Mark Parsons	Team ASL-Bolton	Open	Vet
26	18:26:00	Rachel King	Lancashire RC	Female	Senior

Start Number	Start Time	Rider	Club	Gender	Category
27	18:27:00	Dave Isherwood	North Lancashire Road Club	Open	Vet
28	18:28:00	Sue Cheetham	North Lancashire Road Club	Female	Vet
29	18:29:00	Chris Stanley	North Lancashire Road Club	Open	Vet
30	18:30:00	Kamil Waligora	360cycling	Open	Senior
31	18:31:00	Thomas Hanlon	Harry Middleton CC	Open	Senior
32	18:32:00	Jamie Rabbett	Secret Training CC	Open	Youth
33	18:33:00	Antony Lowe	Lancashire RC	Open	Vet
34	18:34:00	Shaun Lomax	Lancashire RC	Open	Vet
35	18:35:00	Matt Stell	Springfield Financial Racing Team	Open	Vet
36	18:36:00	Lee Spoor	Tri Preston	Open	Vet
37	18:37:00	Peter Greenwood	Clayton Velo	Open	Vet
38	18:38:00	Simon Myerscough	Ribble Valley CRC	Open	Vet
39	18:39:00	Robin Gillespie	Beacon Wheelers	Open	Vet
40	18:40:00	Stuart Phillipson	Velo Club Cumbria	Open	Vet
41	18:41:00	James Holloway	Ribble Cycles	Open	Senior