#### **THE NELSON WHEELERS PRESENT**

*the*

Sunday 2nd April 2017

**Time keepers**

Mrs A Davies-Heywood

Mr M Addis

**Handicapper**

Mr S Wilkinson

Promoted by the Nelson Wheelers C.C. for and on behalf of Cycling Time Trials under their rules and regulations.

**Event secretary**

Steve Wilkinson

3 Holden Close

Barrowford

Lancs

Tel 01282 694780

Event Headquarters

Ingleton Community Centre

Ingleton, North Yorkshire

Toilets, changing room, food and drinks available from 7:15 am

***Note***: - Please **sign on** and collect your number at the headquarters from 7:15 a.m. onwards where a copy of the course risk assessment will be available.

# First competitor off at 08:01 am

## Please note

Thank you for entering the Circuit of the Dales 50 mile time trial. It’s good to be back again after an enforced break last year. Following the floods the road surfaces were extremely poor in many parts of the course and there were two sets of traffic lights on the course. I have to say that, at the time of going to press, there are a number of sets of traffic lights on the course, most of them doing nothing but taking up everyone’s valuable time. I expect the situation to change but there will definitely be some road works to contend with. These will be marshalled; we will do our best to facilitate your passage, but will record any delays that you have at these and amend the final results after the event. Further details will be available on the day.

Please accept my apologies in advance, but I feel that we should put the event on as you have all trained hard for this (you have, right?)

**Most important; stay safe**

Good luck.

The Circuit of the Dales is pleased to be associated with the Lakes and Lancashire Sporting Courses competition.

## L503 Course details

START at northern end of lane signed “Bentham 21/2, Mewith 3½ atjunction with A65 Settle – Kendal road, approx. 1 mile south of Ingleton.

Proceed northwest to junction with A687 main Lancaster Rd (1.85m – 450ft).

**Fork left** through Burton in Lonsdale (keep right) to Greta Bridge, junction with A683, where straight on (**Care**) to junction with A65 main Kendal Rd.

**Fork left** down the hill then right (**Care**) onto A683 main Sedbergh Rd (10.35m – 160ft).

Proceed through Casterton towards Barbon:

Continue on A683 to **turn right** at ‘T’ junction with A684, main Hawes Rd (370ft).

Proceed through Sedbergh **bearing left** at bend in road to go through town centre) and take the **right turn** beyond the village along the A684 through Garsdale to the Moorcock Inn (802ft).

After a further 4 miles, keep right over Yore Bridge through Appersett to the top end of Hawes village (802ft).

**Turn sharp right** **(Care)** up the hill onto B6255 Ingleton Rd and proceed via Newby Head (1421ft), Ribblehead (980ft) and Chapel-le-dale, (**take extreme care down hill)** to FINISH at field gate on north-west side of road approx 250 yards before the entrance to White Scar Caves car park approximately 11/2 miles before Ingleton village (52m 803ft).

**Some of the roads used by the event are somewhat rough, although the majority of potholes we have endured recently appear to have abated for the most part; as a result please take care all around the course, especially if wet.**

In total there is about 3600 feet of climbing, and a bottom gear of around 57” is recommended. Please take every care at all points on the course and in particular at the following:

* **Junction at Greta Bridge**; give way as you join the main road.
* Take extreme care as you turn **left onto the A65** at Kirby Lonsdale and then immediately **right onto the A683** Sedbergh road (traffic). Do not cut the corner
* **Sedbergh village** (21m) particularly on narrow section through village centre where pedestrians may not hear you coming.
* At the two blind, right angled, bends around **Garsdale** churchyard. (25m point)
* The fast descent though **Chapel-le-dale.**

## Regulations

* Riders must call their numbers at the finish and elsewhere on the course if requested.
* Riders must not stand in the road at the start or the finish as this constitutes obstruction and is a breach of regulations.
* Any competitor making a “U” turn in the vicinity of the start or finish will be disqualified from the event.
* In all events, competitors, prior to starting are not permitted to ride past the finish time keeper for the duration of the event.
* Riders must not ride with their head down.
* Riders must keep to the left hand side of the road when overtaking. Failure to comply with the above may lead to disqualification.

**Helmets:**

**In the interests of your own safety** Cycling Time Trials and the event promoters strongly advise you to wear a **hard shell helmet** that meets an internationally accepted safety standard

In accordance with Regulation 15 **all junior** competitors must wear protective helmets.

**Lights:**

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users, and is active whilst the machine is in use.

* Body numbers must be collected from the headquarters at Ingleton Community centre.
* Car parking, changing facilities and refreshments are available at the Course headquarters.

**Please do not forget to pay and display in the car park.**

## Prize List

1st Fastest £80

2nd Fastest £60

3rd Fastest £50

4th Fastest £40

5th Fastest £35

6th Fastest £30

7th Fastest £25

8th Fastest £20

9th Fastest £18

10th Fastest £15

1st Fastest Vet £20

1st Fastest Vet 40 on std £20

1st Fastest Vet 50 on std £20

1st Fastest Vet 60 on std £20

1st Fastest Vet 70 on std £20

1st Fastest lady £20

2nd Fastest lady £15

1st trike on handicap £20

Fastest team of 3 £15 each

1st Fastest on handicap £25

2nd Fastest on handicap £20

3rd Fastest on handicap £15

(**Note**: prizes will not be presented on the day)

## Previous Winners

|  |  |  |  |
| --- | --- | --- | --- |
| 1947 | G Thomas | Yorkshire RC | 2:19:07 |
| 1948 | No Promotion |  |  |
| 1949 | LH Murgatroyd | Yorkshire Century RC | 2:33:37 |
| 1950 | S Haslam | Lancashire RC | 2:24:31 |
| 1951 | P Whitehead | Otley CC | 2:35:46 |
| 1952 | J Pilling | Cheshire RC | 2:24:11 |
| 1953 | MJ Wall | Preston Whs | 2:22:13 |
| 1954 | A Grisedale | Wigan Whs | 2:20:16 |
| 1955 | AS Britain | Phoenix CC | 2:24:53 |
| 1956 | AS Britain | Phoenix CC | 2:26:06 |
| 1957 | B Bradley | Southport RCC | 2:16:35 |
| 1958 | VA Denson | Yorkshire RC | 2:14:16 |
| 1959 | J Geddes | Army CC | 2:13:14 |
| 1960 | A Ramsbottom | N Lancs Clarion | 2:12:11 |
| 1961 | MJ Cowley | Derwent Valley Whs | 2:13:13 |
| 1962 | MJ Cowley | Derwent Valley Whs | 2:17:01 |
| 1963 | EG Valentine | Oldham Century | 2:35:15 |
| 1964 | R Smith | Bolton Clarion | 2:13:26 |
| 1965 | R Miller | Preston Whs | 2:18:11 |
| 1966 | EG Valentine | Oldham Century | 2:22:35 |
| 1967 | KW Stacey | Seamons CC | 2:16:25 |
| 1968 | EJ Watson | Clifton CC | 2:10:11 |
| 1969 | P Smith | Clifton CC | 2:10:38 |
| 1970 | H Armstrong | Tyne RC | 2:20:13 |
| 1971 | DC Lloyd | Kirby CC | 2:11:04 |
| 1972 | V Smith | Hull Thursday RC | 2:11:35 |
| 1973 | H Wilkinson | Warrington RC | 2:12:14 |
| 1974 | R Allsop | Cleveleys RC | 2:12:57 |
| 1975 | MJ Gadd | Cleveleys RC | 2:18:22 |
| 1976 | F Lyon | Kirby CC | 2:15:26 |
| 1977 | IL Greenalgh | West Pennine RC | 2:13:27 |
| 1978 | V Smith | CC Orpington Sabe | 2:15:05 |
| 1979 | R Swailes | Kent Valley RC | 2:24:16 |
| 1980 | DC Lloyd | Birkenhead NE | 2:09:22 |
| 1981 | DC Lloyd | Manchester Whs | 2:02:42 |
| 1982 | DC Lloyd | Manchester Whs | 2:01:13 |
| 1983 | DC Lloyd | Manchester Whs | 2:08:30 |
| 1984 | DC Lloyd | Manchester Whs | 2:06:23 |
| 1985 | DJ Smith | Horwich CC | 2:10:06 |
| 1986 | DJ Smith | Horwich CC | 2:13:20 |
| 1987 | C Boardman | Manchester Whs | 2:08:25 |
| 1988 | G Pickford | CC Bowland | 2:20:10 |
| 1989 | C Boardman | Manchester Whs | 2:10:29 |
| 1990 **\*** | P Greenwood | Clayton Velo | 2:10:50 |
| 1991 | M Brass | Craven CC | 2:29:35 |
| 1992 | M Bowes | Cleveleys RC | 2:10:36 |
| 1993 | G Butler | RT Italia | 2:05:32 |
| 1994 | G Butler | RT Italia | 2:02:13 |
| 1995 | G Butler | Norwood Paragon | 2:05:53 |
| 1996 | G Butler | Norwood Paragon | 2:02:09 |
| 1997 | G Butler | Norwood Paragon | 1:58:52 |
| 1998 | G Butler | Norwood Paragon | 1:57:51 |
| 1999 **\*** | P Smith | Border City Whs | 2:06:31 |
| 2000 **\*** | K Dawson | Pete Read Racing | 1:52:02 |
| 2001 | No Promotion | Foot and Mouth |  |
| 2002 | Dave Cook | Middridge CRT | 2:02:56 |
| 2003 | G Butler | Preston Whs | 2:00:18 |
| 2004 | C Saint | Yorkshire RC | 2:13:54 |
| 2005 | G Butler | Preston Whs | 2:02:49 |
| 2006 | G Butler | Preston Whs | 1:59:59 |
| 2007 **\*** | G Butler | Preston Whs | 1:58:39 |
| 2008 | M Holton | ProBikeKit.com | 2:03:25 |
| 2009 **\*** | M Holton | Shorter Rochford RT | 1:57:25 |
| 2010 # | M Holton | [www.drag2zero.com](http://www.drag2zero.com) | 1:56:52 |
| 2011 | A Wilkinson | Port Sunlight Whs | 2:05:00 |
| 2012 **\*** | R Handley | Rapha Condor Sharp | 1:55:38 |
| 2013 | R Handley | Rapha Condor JLT | 2:01:54 |
| 2014 | James Gullen | Velosure-Giordana RT | 2:02:37 |
| 2015 | Mark Holton | [www.drag2zero.com](http://www.drag2zero.com) | 2:15:24 |
| 2016 | No Promotion | Road works |  |

. \* Denotes short course

. # Denotes course record

 

To the start – 1m

HQ

Ingleton Community Centre

**HQ Post Code: LA6 3HG**

 Please allow at least 10 minutes to ride to the start from the HQ

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Number** | **Start time** | **Handicap** | **LVT** | **first name** | **Surname** | **Club** |
| 2 | 08:02 | 01:23:00 | TV70 | Jim | Hopper | Derby Mercury R C |
| 3 | 08:03 | 01:18:00 | TV70 | Ian | Mackenzie | Southend Wheelers |
| 4 | 08:04 | 01:00:00 | TV50 | Sid | Charlton | Lincoln Wheelers CC |
| 5 | 08:05 | 00:39:00 | V60 | Norman | Lomax | Rossendale RC |
| 6 | 08:06 | 00:45:00 | V40 | Dave | Horton | Lancaster CC |
| 7 | 08:07 | 00:48:00 | LV50 | Amanda | Howard | Kendal Cycle Club |
| 8 | 08:08 | 00:55:00 | LV40 | sharon | lovidge | Barrow Central Wheelers |
| 9 | 08:09 | 01:03:00 | TV60 | Lez | Young | Lincoln Wheelers CC |
| 10 | 08:10 | 00:33:00 | V40 | Lee | Anderton | Tricentraluk |
| 11 | 08:11 | 00:38:00 | V60 | Richard | Durham | Settle Wheelers |
| 12 | 08:12 | 00:45:00 | V40 | Mark | Smith | ABC Centreville |
| 13 | 08:13 | 00:52:00 | LV50 | Kath | Finn | Kendal Cycle Club |
| 14 | 08:14 | 01:05:00 | TV60 | Geoff | Booker | Oxonian CC |
| 15 | 08:15 | 00:33:00 | V50 | Tom | Mitchell | Tricentraluk |
| 16 | 08:16 | 00:38:00 | L | Alex | Fairer | Barrow Central Wheelers |
| 17 | 08:17 | 00:42:00 | V40 | Mike | Firth | Ilkley CC |
| 18 | 08:18 | 00:48:00 | V50 | Gary | Wright | Lincoln Wheelers CC |
| 19 | 08:19 | 00:50:00 | LV40 | Karen | Driver | Tricentraluk |
| 20 | 08:20 | 00:22:00 | V40 | Ian | Wilcock | Nelson Whs CC |
| 21 | 08:21 | 00:29:00 | V60 | Richard | Gray | Norton Wheelers |
| 22 | 08:22 | 00:30:00 |  | Thomas | Hughes | AS Test Team |
| 23 | 08:23 | 00:38:00 | V40 | Steven  | Forrest | Tricentraluk |
| 24 | 08:24 | 00:50:00 | V60 | Norman | Purnell | Tricentraluk |
| 25 | 08:25 | 00:23:00 | V60 | Peter | Leonard | Southport CC |
| 26 | 08:26 | 00:28:00 | V50 | antony | Lowe | Team ASL-Bolton |
| 27 | 08:27 | 00:29:00 |  | David | Cookson | Preston CC |
| 28 | 08:28 | 00:33:00 | V50 | Martin | Horrobin | Horwich Cycling Club |
| 29 | 08:29 | 00:39:00 | V60 | David | Deakins | Lune RCC |
| 30 | 08:30 | 00:26:00 | V50 | Stephen | Moorhouse | Nelson Whs CC |
| 31 | 08:31 | 00:23:00 | V40 | Jon | Longworth | Bury Clarion CC |
| 32 | 08:32 | 00:27:00 | V40 | Chris  | Edmondson  | Velotik Racing Team |
| 33 | 08:33 | 00:30:00 |  | Ben | Palentine | Central Lancs Road Club |
| 34 | 08:34 | 00:44:00 |  | Kris | Potts | Nelson Whs CC |
| 35 | 08:35 | 00:18:00 | Juv | Archie  | Irving | Beacon Wheelers |
| 36 | 08:36 | 00:24:00 |  | Kenneth | Brown | Velo Club Cumbria |
| 37 | 08:37 | 00:28:00 | V40 | Ian | Sibbert | Garstang CC |
| 38 | 08:38 | 00:39:00 | V50 | Philip | Mason | Otley CC |
| 39 | 08:39 | 01:10:00 | V70 | Michael | Phillips | Drighlington BC |
| 40 | 08:40 | 00:16:00 | V40 | richard  | harrison | Paul Milnes Cycles |
| 41 | 08:41 | 00:22:00 |  | chris | watts | Ribble Valley C&RC |
| 42 | 08:42 | 00:26:00 | V40 | Carl | KIng | VTTA (Manchester & NW Group) |
| 43 | 08:43 | 00:30:00 | V40 | Duncan | Orme | Kent Valley RC |
| 44 | 08:44 | 00:38:00 | LV40 | Claire | Swoboda | Chorlton Velo |
| 45 | 08:45 | 00:18:00 | V40 | Russell | Marsden | Pendle Forest CC |
| 46 | 08:46 | 00:23:00 | V40 | tim | irwin | Tyneside Vagabonds CC |
| 47 | 08:47 | 00:28:00 | L | Steph | Mottram  | NCC Group-Kuota-Torelli |
| 48 | 08:48 | 00:33:00 | V40 | Martin | Ralph | Pendle Forest CC |
| 49 | 08:49 | 00:37:00 | V60 | David | Bateson | Horwich Cycling Club |
| 50 | 08:50 | 00:15:00 |  | Ben | Huddart | Lancashire RC |
| 51 | 08:51 | 00:22:00 | V50 | paul | russell | Springfield Financial Racing Team |
| 52 | 08:52 | 00:26:00 | V40 | Andy | Porter | Horwich Cycling Club |
| 53 | 08:53 | 00:30:00 | V40 | Ian | Galbraith | Drighlington BC |
| 54 | 08:54 | 00:37:00 | V60 | Roger | Haydock | North Lancs RC |
| 55 | 08:55 | 00:18:00 | V50 | Karl | Smith | Bott Cycle Team |
| 56 | 08:56 | 00:22:00 | V50 | Andy | Marshall | VS Cycles Brighouse |
| 57 | 08:57 | 00:28:00 | V50 | Paul | Warrener | Rossendale RC |
| 58 | 08:58 | 00:33:00 | V70 | David | Hargreaves | North Lancs RC |
| 59 | 08:59 | 00:36:00 | V50 | Tim | Ashelford | Ilkley CC |
| 60 | 09:00 | 00:15:00 | V60 | Peter | Greenwood | Team Swift |
| 61 | 09:01 | 00:21:00 | J | Benjamin | Horrobin | Horwich Cycling Club |
| 62 | 09:02 | 00:25:00 |  | Daniel | Pearson | Tricentraluk |
| 63 | 09:03 | 00:30:00 | V40 | Gary | Lawton | Tricentraluk |
| 64 | 09:04 | 00:36:00 | V40 | David | Pratt | Pendle Forest CC |
| 65 | 09:05 | 00:18:00 |  | Campbell | West | Rapha Cycling Club |
| 66 | 09:06 | 00:23:00 | V40 | chris | hopkinson | CC Desiragear |
| 67 | 09:07 | 00:30:00 | V40 | John | Murfin | Settle Wheelers |
| 68 | 09:08 | 00:32:00 | V40 | Sean | Spillane  | Tricentraluk |
| 69 | 09:09 | 00:35:00 | V50 | David | Headon | Horwich Cycling Club |
| 70 | 09:10 | 00:15:00 | V50 | andrew  | Askwith | Bridlington CC |
| 71 | 09:11 | 00:21:00 |  | Ian  | Rutherford  | Lune RCC |
| 72 | 09:12 | 00:25:00 |  | Paul | Nelson | Ribble Valley C&RC |
| 73 | 09:13 | 00:28:00 | V40 | Paul | Braithwaite | Pendle Forest CC |
| 74 | 09:14 | 00:34:00 | V40 | Mark | Stickland | Settle Wheelers |
| 75 | 09:15 | 00:17:00 | V40 | Ian | Pike | Fenland Road Club |
| 76 | 09:16 | 00:23:00 | V50 | Dougi | Hall | Border City Whs CC |
| 77 | 09:17 | 00:28:00 | V50 | Randle | shenton | Team Swift |
| 78 | 09:18 | 00:32:00 | V40 | Glenn | Rhodes | Barrow Central Wheelers |
| 79 | 09:19 | 00:34:00 |  | Romeo | Rossetti | Jackpot Racing |
| 80 | 09:20 | 00:15:00 |  | Dean | Robson | Northover VT / Rudy Project |
| 81 | 09:21 | 00:20:00 | L | Eleanor | Haresign | TORQ Performance |
| 82 | 09:22 | 00:25:00 |  | Paul | Blackburn  | Leigh Premier Road Club |
| 83 | 09:23 | 00:30:00 | V50 | Jimmy | Hindle | Tricentraluk |
| 84 | 09:24 | 00:34:00 | V40 | Jamie | Kirk | Ilkley CC |
| 85 | 09:25 | 00:17:00 | V50 | Andy | Ashurst | Manchester Wheelers  |
| 86 | 09:26 | 00:21:00 | V60 | Derek | Schofield | Rossendale RC |
| 87 | 09:27 | 00:27:00 | V50 | Martin | Welsh | Pendle Forest CC |
| 88 | 09:28 | 00:32:00 |  | Jack | Billingham | Barrow Central Wheelers |
| 89 | 09:29 | 00:34:00 |  | Richard | Dewhurst | Tri Preston |
| 90 | 09:30 | 00:08:00 |  | Kieran  | Lacey | Barrow Central Wheelers |
| 91 | 09:31 | 00:10:00 | V40 | Adrian | Dalgleish | Lune RCC |
| 92 | 09:32 | 00:11:00 | V40 | Andrew | Whiteside  | Bella in Sella |
| 93 | 09:33 | 00:12:00 | V50 | James | Cullen | Otley CC |
| 94 | 09:34 | 00:13:00 |  | Richard | Anderson | Border City Whs CC |
| 95 | 09:35 | 00:08:00 |  | Alistair  | Brownlee | Leeds Triathlon Centre |
| 96 | 09:36 | 00:10:00 | V40 | Robert | Barnard | Team Cystic Fibrosis |
| 97 | 09:37 | 00:12:00 | V40 | Mark | Brearton | Wigan Whs CC |
| 98 | 09:38 | 00:13:00 | V40 | Tony | Cullen | Tricentraluk |
| 99 | 09:39 | 00:14:00 | V40 | Matt | Moorhouse | Preston CC |
| 100 | 09:40 | 00:03:00 |  | Philip | Graves | NOPINZ |
| 101 | 09:41 | 00:10:00 |  | Patrick | Pennefather | Border City Whs CC |
| 102 | 09:42 | 00:10:00 | V40 | Jimmy | Froggatt | Wills Wheels CC |
| 103 | 09:43 | 00:12:00 | V40 | Doug | Hart | Ilkley CC |
| 104 | 09:44 | 00:14:00 |  | David | Cullen | Tricentraluk |
| 105 | 09:45 | 00:05:00 |  | Ian | Stott | Blackburn & District CTC |
| 106 | 09:46 | 00:09:00 |  | Peter | Hook | VC York |
| 107 | 09:47 | 00:12:00 |  | Mark | Nulty | Glossop Kinder Velo Cycling Club |
| 108 | 09:48 | 00:12:00 |  | Andy | Cunningham | All Terrain Cycles |
| 109 | 09:49 | 00:13:00 | V50 | Chris | Anderson | Lakes Road Club |
| 110 | 09:50 | 00:00:00 | V40 | Richard | Bideau | Pendle Forest CC |