

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

(A Lakes and Lancs 'SPOCO' counting event)

SATURDAY 10 MARCH 2018 AT 10AM

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

Event Secretary: Mr Danny Davies, 16 Waverley Close, Brierfield, Nelson, BB9 5HD

Tel: 01282 699918/07745841437/07746122331/email: dannypfcc@hotmail.co.uk

Timekeepers: Mr M Addis and Mrs A Davies-Heywood

Course details:

START near Western end of old unclassified road from Ingleton to Clapham opposite the Church Gate on south side of road which is just east of telegraph pole no2 at gateway to Fell End Farm and approximately 100yards east of derestriction sign. Proceed eastwards to T-junction with B6480 road in Clapham (3.57m). Turn left and through 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 first Storrs Common sign at small lay-by 400yards before 30mph restriction sign at approach to Ingleton (26.25m).

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 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.

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 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 the regulations.)

Riders **MUST NOT** ride with their heads 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.)**

CTT recommends 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.

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

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 need 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 before proceeding to the start and avoid congregating in the entrance to the farm. No cars to be parked at the start or finish – there is ample parking at the HQ which is only 700 yards away from the start, **please make sure you obtain a parking ticket before signing on.**

Parking and toilets for the event are available at the headquarters.

Awards

Fastest :	1st	£50	2nd	£35	3rd	£25	4th	£20	5th	£15
Fastest W:	1st	£35	2nd	£20						
M40:	1st	£15	2nd	£10	3rd	£5				
W40	1st	£15								
M50:	1st	£15	2nd	£10	3rd	£5				
W50	1st	£15								
M60/70	1st	£15	2nd	£10	3rd	£5				
Fastest Junior	1st	£15								
Fastest Youth	1st	£15								
Team of 3:	1st	£30	2nd	£15						

One rider, one prize except for team prize.

Pendle Forest CC offers an additional prize of £50 to the overall winner if the course and event record is broken. The current record of 59 minutes 21 seconds was set by James Gullen at the 2017 event, beating the previous record of 1 hour 0 mins 52 seconds set by Tejvan Pettinger in 2015. Prior to that Gethin Butlers record of 1 hour 1 min 17 secs had stood since 1998

Results will be displayed at the event headquarters where the prize presentation will be held shortly after the event. Please try to stay for the presentations and avail yourself of our home made refreshments available at the headquarters after the event.

Number	Name		Club / Team	Cat	Start
1	Danny	Davies	Pendle Forest CC	M60	10:01
2	Liam	Rees	Ilkley CC	S	10:02
3	Andrew	Dovernor	Wakefield Tri Club	M40	10:03
4	John	Raho	Holcombe Harriers	S	10:04
5	Chris	Watts	Ilkley CC	S	10:05
6	Dan	Kendall	Rock to Roll CC	S	10:06
7	Dave	Horton	Lancaster CC	M50	10:07
8	Nick	Higginson	Cleveleys Road Club	S	10:08
9	David	Tinker	Clayton Velo	M60	10:09
10	Paul David	Fleming	Preston Whs	M50	10:10
11	Dan	Dry	Lancaster CC	S	10:11
12	Glenn	Rhodes	Barrow Central Wheelers	M40	10:12
13	Aidan	Lawrence	C and N Cycles RT	Y	10:13
14	Nick	Badcock	Allen Valley Velo	S	10:14
15	Jonny	Hill	Barrow Central Wheelers	M40	10:15
16	Stewart	Gregory	Nottingham Clarion CC	M50	10:16
17	David	Cookson	Preston CC	S	10:17
18	David	Hunt	Wakefield Tri Club	M40	10:18
19	David	Bateson	North Lancashire Road Club	M60	10:19
20	Kieran	Lacey	Barrow Central Wheelers	S	10:20
21	David	Trotter	Lancaster CC	S	10:21
22	Robert	Barnard	Team Cystic Fibrosis	M40	10:22
23	Dave	Nicholl	Kendal Cycle Club	S	10:23
24	Chris	Anderson	Lakes Road Club	M50	10:24
25	Paul	Nelson	Ribble Valley Crossroads Care Cycling Team	S	10:25
26	David	Murphy	Liverpool Mercury Dolan CC	S	10:26
27	Tim	Bennett	Kent Valley RC	M50	10:27
28	Robert	Thorn	Pendle Forest CC	S	10:28
29	Tobias	Edwards	Huddersfield Star Whs	Jun	10:29
30	Gethin	Butler	Preston Whs	M40	10:30
31	Neil	Withington	Beacon Wheelers	S	10:31
32	Martin	Brass	Pendle Forest CC	M50	10:32
33	Bill	Maxwell	Border City Whs CC	M60	10:33
34	Paul	Stupples	St Helens Tri	M50	10:34
35	Joe	Howcroft	Otley CC	Jun	10:35
36	Henry	Moss	Barrow Central Wheelers	S	10:36
37	Richard	Edwards	Huddersfield Star Whs	M50	10:37
38	Martin	Ralph	Pendle Forest CC	M40	10:38
39	Sharon	Lovidge	Barrow Central Wheelers	W40	10:39
40	Mark	Haydock	North Lancashire Road Club	M40	10:40
41	Ben	Lane	GS Metro	M40	10:41
42	Deborah	John	Lune RCC	W50	10:42
43	Phil	Wilkins	Pendle Forest CC	M40	10:43
44	Rachel	Connerney	Cyclesport International RT	W	10:44
45	Archie	Irving	Beacon Wheelers	Y	10:45
46	George	Wharton	Kent Valley RC	S	10:46
47	Hannah	Benson	Ilkley CC	W40	10:47
48	Roger	Haydock	North Lancashire Road Club	M60	10:48
49	Alex	Fairer	Barrow Central Wheelers	W	10:49
50	Carl	Donaldson	GS Metro	S	10:50

51	John	Catley	Barnsley Road Club	M40	10:51
52	Roy	Flanagan	Rossendale RC	M60	10:52
53	Carol	Westmorland	Border City Whs CC	W40	10:53
54	James	Atkinson	Pendle Forest CC	S	10:54
55	Peter	Greenwood	Team Swift	M60	10:55
56	Karen	Poole	Sportstest RT	W40	10:56
57	Wayne	Gregory	Barnsley Road Club	M40	10:57
58	Andrew	Dent	Pendle Forest CC	M50	10:58
59	Tony	Workman	Lancashire RC	M40	10:59
60	Hamish	Graham	Green Jersey RT	S	11:00
61	David	Hargreaves	North Lancashire Road Club	M70	11:01
62	David	Powell	Horwich Cycling Club	S	11:02
63	Ben	Whitehead	ABC Centreville	M40	11:03
64	Martin	Welsh	Pendle Forest CC	M50	11:04
65	Darren	Brackwell	Barrow Central Wheelers	S	11:05
66	Mike	Firth	Ilkley CC	M40	11:06
67	Mark	Smith	ABC Centreville	M40	11:07
68	Jan	Scotchford	North Lancashire Road Club	W50	11:08
69	Colin	Reynolds	Leigh Premier Road Club	M40	11:09
70	Matt	Moorhouse	Preston CC	M40	11:10
71	Benjamin	Horrobin	Horwich Cycling Club	S	11:11
72	John	O'Callaghan	Barrow Central Wheelers	M50	11:12
73	Jason	McDonald	Bury Clarion CC	M40	11:13
74	Carl	Potter	Lancashire RC	M40	11:14
75	Darren	Gough	Barnsley Road Club	M40	11:15
76	Daryl	May	Sheffrec CC	M40	11:16
77	David	Hilditch	Ribble Valley C&RC	M60	11:17
78	John	Edmondson	Manchester Wheelers	S	11:18
79	Martin	Horrobin	Horwich Cycling Club	M50	11:19
80	Richard	Bideau	Pendle Forest CC	M40	11:20
81	Garreth	Bruff	Barnsley Road Club	M40	11:21
82	Craig	Battersby	Team Chronomaster	M40	11:22
83	Gary	Murfin	VTTA (Yorkshire)	M40	11:23
84	Nathan	Turnbull	Leigh Premier Road Club	M40	11:24
85	Mark	Brearton	Wigan Whs CC	M40	11:25
86	Duncan	Orme	Kent Valley RC	M40	11:26
87	Paul	Blackburn	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	S	11:27
88	Sean	Owens	Croston Velo	M40	11:28
89	Jon	Longworth	Bury Clarion CC	M40	11:29
90	James	Gullen	JLT Condor	S	11:30
91	Daniel	Shackleton	ABC Centreville	M40	11:31
92	Paul	Braithwaite	Pendle Forest CC	M40	11:32

