

The Nelson Wheelers Cycling Club Presents The Circuit of the Dales 2018

Sunday 8th April 2017

Time keepers

Mr CD Smedley and Mr P Briscoe

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

Event secretary

Chris Smedley
50 St Mary's Avenue
Barnoldswick
Lancs
Tel 07845361394

Event Headquarters

Ingleton Community Centre LA6 3HG
Ingleton, North Yorkshire

Toilets, changing room, 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 allow 15 mins to ride to the Start from HQ

Please note

Thank you for entering the Circuit of the Dales 50 mile time trial. At the time of going to press there are Still traffic lights up on Middleton Bridge please be careful when going over, there will be a marshal there to time any long delays riders have. Please also be aware of potholes after the winter we have had.

Please accept my apologies in advance if anymore Traffic lights pop up 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.

**Note to Riders , if you catch Number 40 on the way round it's not because you are on a Flyer it because he is riding the Circuit for his 40th Time !!!
So Please give him a Shout**

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

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

L503 Course details

START at northern end of lane signed "Bentham 2½, Mewith 3½ at junction 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), Ribbleshead (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 1½ miles before Ingleton village (52m 803ft).

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.

Prize List

1st	£100.00	V40		V50		V60/70	
2nd	£80.00	1st	£30.00	1st	£30.00	1st	£30.00
3rd	£60.00	2nd	£20.00	2nd	£20.00	2nd	£20.00
4th	£40.00	3rd	£10.00	3rd	£10.00	3rd	£10.00
5th	£20.00	Lady			Trike	£10.00	
6th	£10.00	1st	£30.00		Team of 3	£30.00	
		2nd	£20.00		Juv/Jun 1st	£20.00	
		3rd	£10.00		2nd	£10.00	

One Rider one Prize Except for Team Prize**Riders List**

No	Name	Club	Cat	Start
1	Malcom Waters	Hampshire RC	TV70	08:01:00
2	Ian Pike	Lincoln Wheelers	TV40	"
3	David Bateson	North Lancashire RC	V60	"
4	David Tinker	Clayton Velo	V60	"
5	Martin Ralph	Pendle Forest CC	V40	"
6	David Horton	Lancaster CC	V50	"
7	Richard Greenep	Settle Whs	V40	"
8	Phil Roberts	Lune RCC	V60	"
9	Tom Mitchell	Tri Central UK	V50	"
10	Matt Moorhouse	Preston CC	V40	08:10:00
11	Chris Watts	Ilkley CC	Sen	"
12	Suzie Richards	Albarosa CC	Lady	"
13	Andrew Orton	Tri Preston	V40	"
14	Sharon Lovidge	Barrow Cenrtal Wheelers	LV40	"
15	Andrew Whiteside	Bella in Sella Racing	V40	"
16	Archie Irving	Beacon Wheelers	Juv	"
17	Roger Haydock	North Lancashire RC	V60	"
18	Becky Penty	York Triathlon RT	Lady	"

19	Andrew Dovernor	Wakefield Tri	V40	"
20	Paul Blackburn	Coveryourcar.co.uk RT	Sen	08:20:00
21	Chris Goode	Yorkshire Coast Clarion	V50	"
22	Charlotte Boothman	ABC Centreville	Lady	"
23	Chris Stirling	Kent Valley RC	Sen	"
24	Paulo Campos	Horwich CC	V40	"
25	Philip Jones	Crimson Performance RT	Sen	"
26	John Thelwell	Tri Central Uk	Sen	"
27	Hanna Benson	Ilkley CC	LV40	"
28	David Ryder	Bolton Tri	Sen	"
29	Claire Weller	Barrow Central Wheelers	Lady	"
30	Peter Greenwood	Team Swift	V60	08:30:00
31	Ian Galbraith	Drighlington BC	V40	"
32	Alex Fairer	Barrow Central Wheelers	Lady	"
33	Tom Roper	Beacon Wheelers	Jun	"
34	Helen Jackson	Kendal CC	LV40	"
35	Tom Broadbent	HD Revolutions	Sen	"
36	Rebecca Rimmington	Team Merlin	Lady	"
37	Ged Millward	Ilkley CC	V50	"
38	Niall Paterson	VC Cumbria	V40	"
39	Robert Thorn	Pendle Forest CC	Sen	"
40	Michael Phillips	Drighlington BC	V70	08:40:00
41	Ian Anderson	York Triathlon RT	V40	"
42	Lee Anderton	Tri Central UK	V40	"
43	Katie Lukas	Beacon Wheelers	LV40	"
44	Martin Brass	Pendle Forest CC	V50	"
45	Andy Ashurst	Manchester Wheelers	V50	"
46	Paul Warrenner	Rossendale RC	V50	"
47	Paul Nelson	Ribble Valley Crossroads Care CT	Sen	"
48	Rodger Clarke	Tyneside Vagabonds CC	V40	"
49	Henry Moss	Barrow Central Whs	Sen	"
50	Paul David Fleming	Preston Whs	V50	08:50:00
51	Aidan Holgate	North Lancashire RC	Sen	"
52	David Cookson	Preston CC	Sen	"
53	George Wharton	Kent Valley RC	Jun	"
54	David Murphy	Liverpool Mercury Dolan CC	Sen	"
55	Doug Hart	Ilkley CC	V40	"
56	Robert Barnard	Team Cystic Fibrosis	V40	"
57	Richard Dewhurst	Tri Preston	Sen	"
58	David Gleave	VC Cumbria	Sen	"
59	Jonny Hill	Barrow Cenral Wheelers	V40	"
60	Gethin Butler	Preston Whs	V40	09:00:00
61	James Cullen	Otley CC	V50	"
62	Chris Anderson	Lakes RC	V50	"
63	Daivd Powell	Horwich CC	Sen	"
64	Sean Owens	Croston Velo	V40	"
65	Mark Brearton	Wigan Whs	V40	"
66	Andrew Dent	Pendle Forest CC	V50	"
67	Steven Forrest	Tri Central Uk	V40	"

68	James Black	London Dynamo	Sen	"
69	Jason Mc Donald	Bury Clarion	V40	"
70	Andy Jackson	Aero Coach	V40	09:10:00
71	David Cullen	Tri Central UK	Sen	"
72	Benjamin Horrobin	Horwich CC	Jun	"
73	Patrick Walkington	Bolton Tri	V40	"
74	James Atkinson	Pendle Forest CC	Sen	"
75	Tom van Rossum	Jackpot Racing	Sen	"
76	David Hargreaves	North Lancs RC	V70	"
77	Martin Welsh	Pendle Forest CC	V50	"
78	Paul Kirk	Seacroft Wheelers	V40	"
79	Marko Mather	Tri Central UK	Sen	"
80	Carl Donaldson	GS Metro	Sen	09:20:00
81	Jon Longworth	Bury Clarion	V40	"
82	Martin Horrobin	Horwich CC	V50	"
83	Thomas Hughes	Leeds & Bradford Tri	Sen	"
84	Nick Higginson	Cleveleys RC	Sen	"
85	Tony Cullen	Tri Central UK	V40	"
86	Paul Braithwaite	Pendle Forest CC	V40	"
87	David Hunt	Wakefield Tri	V40	"
88	Paul Revell	Barrow Central Wheelers	V50	"
89	Jan Scotchford	North Lancs RC	LV50	"
90	Richard Bideau	Pendle Forest CC	V40	09:30:00
91	Peter Leonard	Southport CC	V60	"
92	Darren Brackwell	Barrow Cenral Wheelers	Sen	"
93	Graeme Courtney	Bolton Tri	V50	"
94	Michael Gubbns	VTTA (Manc &NW Group)	V40	"
95	Ben Lane	GS Metro	V40	"
96	David Tabron	Horwich CC	Sen	"
97	Carl King	VTTA (Manc &NW Group)	V40	"
98	Mark Mounfield	Bolton Tri	V40	"
99	Dave Nicholl	Kendal CC	Sen	"
100	Philip Greaves	NOPINZ	Sen	09:40:00
101	Duncan Orme	Kent Valley RC	V40	"
102	Philip Knupfer	Manchester BC	Sen	"
103	Glen Rhodes	Barrow Central Wheelers	V40	"
104	Derek Schofield	Rossendale RC	V60	"
105	Dean Robson	Northover VT / Rudy Project	Sen	"
106	Randle Shenton	Team Swift	V60	"
107	Mike Firth	Ilkley CC	V40	"
108	Kieran Lacey	Barrow Central Wheelers	Sen	"
109	Neil Hughes- Hutchings	Morden CRC	Sen	"
110	James Gullen	JTL Condor	Sen	09:50:00