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 9 MARCH 2019 AT 10AM

Headquarters: Ingleborough Community Centre, Main Street, Ingleton, 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 P Briscoe and Mrs A Davies-Heywood

Course details:

<u>START</u> 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.

<u>Local Reg 5</u> 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 <u>personally</u> must sign the signing-on sheet when collecting <u>and</u> 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.

<u>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.</u>

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:	1 st	£50	2 nd	£35	3 rd £2	25 4 th	£20	5 th £15
Fastest W:	1 st	£50	2 nd	£35				
M40:	1 st	£15	2 nd	£10	3 rd £5	5		
W40	1 st	£15						
M50:	1 st	£15	2 nd	£10	3 rd £5	5		
W50	1 st	£15						
M60	1 st	£15	2 nd	£10	3 rd £5	5		
M70/80	1 st	£15	2 nd	£10				
Junior/Juvenile	1 st	£15	2 nd	£10				
Team of 3:	1 st	£30	2 nd	£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.

Pendle Forest Cycling Club presents L271 The Circuit of Ingleborough

9 March 2019

Number		Name	Club / Team	Category	Start Time
1	Martin	Ralph	Pendle Forest CC	Vet40	10:01
2	Peter	Knott	Kent Valley RC	Vet80	10:02
3	Colin	Reynolds	Leigh Premier Road Club	Vet40	10:03
4	David	Tinker	Clayton Velo	Vet60	10:04
5	Norman	Lomax	Rossendale RC	Vet60	10:05
6	Jack	Thomas	Pendle Forest CC	Senior	10:06
7	Cameron	Blake	Ilkley CC	Senior	10:07
8	Paul	Lawson	St Christopher's CC	Vet40	10:08
9	Tom	Asher	Ilkley CC	Senior	10:09
10	Richard	Morgan	Barrow Central Wheelers	Senior	10:10
11	James	Cullen	Otley CC	Vet50	10:11
12	Jason	Craven	Rossendale RC	Vet40	10:12
13	Brian	Morrell	Dumfries CC	Vet50	10:13
14	Robert	Thorn	Pendle Forest CC	Senior	10:14
15	Sam	Fairhurst	Bill Nickson Cycles	Senior	10:15
16	Eamonn	Quinn	Lakes Road Club	Vet50	10:16
17	Dan	Robinson	Manchester Wheelers	Senior	10:17
18	David	Bateson	North Lancashire Road Club	Vet60	10:18
19	lan	Cullen	Otley CC	Vet50	10:19
20	Patrick	Clark	B38/Cycles In Motion	Senior	10:20
21	Paul	Warrener	Rossendale RC	Vet50	10:21
22	Richard	Durham	VTTA (Yorkshire)	Vet60	10:22
23	Glenn	Rhodes	Barrow Central Wheelers	Vet40	10:23
24	Nick	Higginson	Cleveleys Road Club	Senior	10:24
25	Jude	Taylor	B38/Cycles In Motion	Senior	10:25
26	Simon	Emsley	Derwentside CC	Vet40	10:26
27	David	Hilditch	Ribble Valley C&RC	Vet60	10:27
28	Andrew	Sawyer	Barrow Central Wheelers	Vet60	10:28
29	Phil	Roberts	Lune RCC	Vet60	10:29
30	James	Atkinson	Pendle Forest CC	Senior	10:30
31	Simon	Deeley Nowell	Team HUUB Saint Piran	Vet40	10:31 10:32
32	Matt Neil	Hughes-hutchings	Morden CRC	Senior Senior	10:33
33 34	Jihanna	Allard	Hopey Bicycle Repairs	Woman	10:34
35	Aidan	Lawrence	Innovation Racing	Juvenile	10:35
36	Sue	Cheetham	North Lancashire Road Club	W50	10:36
37	Derek	Schofield	Rossendale RC	Vet60	10:37
38	Victoria	Peel	Pendle Forest CC	Woman	10:38
39	Henry	Hollyman	Otley CC	Junior	10:39
40	Archie	Irving	Beacon Wheelers	Junior	10:40
41	Karen	Heppenstall	Sportstest RT	W40	10:41
42	Candice	Heys	North Lancashire Road Club	W40	10:42
43	Deborah	John	The Racing Chance Foundation	W40	10:43
44	Chris	Parker	Velo Club Godalming & Haslemere	Vet40	10:44
45	Charlie	Paige	Green Jersey RT	Junior	10:45
46	Carol	Westmorland	Border City Whs CC	W50	10:46
47	Amy	Gornall	The Racing Chance Foundation	Woman	10:47
48	Holly	Carter	Manchester Wheelers	Woman	10:48

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artin Welsh	Pendle Forest Co	C \	/et50	11:17
an Kendall	Rock to Roll CC	S	Senior	11:18
n Longworth	Bury Clarion CC	\	/et40	11:19
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nny Hill	Barrow Central V	Wheelers \	/et40	11:26
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2019 SpoCo Events

Only the top 6 events will count in the series this year

	Tim Da	ıy	Event Date	Event	Course	Distance	Race Cost
1	14:00	Sat	23-Feb-19	Rossendale RC (Hilly)(L&L Spoco)	<u>L112</u>	11 M	£10.00
2	9:00	Sun	03-Mar-19	North Lancs RC (Hilly)(L&L Spoco)	<u>L309</u>	30 M	£10.00
3	10:00	Sat	09-Mar-19	Pendle Forest CC (Hilly)(L&L Spoco)	<u>L271</u>	27 M	£10.00
4	11:00	Sat	16-Mar-19	West Pennine RC (Hilly)(L&L Spoco)	<u>L142</u>	14 M	£10.00
5	10:00	Sun	17-Mar-19	Lancaster CC (Hilly)(L&L Spoco)	<u>L211</u>	21 M	£10.00
6	10:00	Sun	24-Mar-19	Border City Whs CC L&L Spoco)	<u>L202</u>	20 M	£10.00
7	9:00	Sun	31-Mar-19	Border City Whs CC (Hilly)(L&L Spoco)	<u>L2512</u>	25 M	£10.00
8	12:00	Sat	06-Apr-19	Beacon Wheelers (L&L Spoco)	<u>L155</u>	15 M	£10.00
9	8:00	Sun	07-Apr-19	(B) Nelson Wheelers CC (Hilly)(L&L Spoco)	<u>L503</u>	50 M	£12.00
10	10:00	Sat	13-Apr-19	Barrow Central Wheelers (L&L Spoco)	<u>L212</u>	21 M	£9.00
11	10:00	Sun	14-Apr-19	Kent Valley Road Club (L&L Spoco)	<u>L307</u>	28.5 M	£9.00
12	10:00	Sun	5 May 19	Derwentside CC (Lakes & Lancs Spoco)	<u>M40</u>	40 M	£11.00
13	12:00	Mon	06-May-19	Kent Valley RC (L&L Spoco)	<u>L817</u>	8 M	£9.00
14	11:00	Sun	12-May-19	Border City Whs CC (Hilly)(L&L Spoco)	<u>L291</u>	29 M	£10.00
15	10:00	Sun	19-May-19	Tyneside Vagabonds CC (Lakes & Lancs Spoco)	<u>M47</u>	47 M	£13.00
16	19:00	Wed	19-Jun-19	Blackburn & District CTC (L&L Spoco)	<u>L111</u>	10.6 M	£10.00

Enquiries, comments, suggestions, issues, queries please email: admin@lakesandlancsspoco.co.uk Follow us on Twitter: @LandLSpoCo