

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:

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	£50	2nd	£35						
M40:	1st	£15	2nd	£10	3rd	£5				
W40	1st	£15								
M50:	1st	£15	2nd	£10	3rd	£5				
W50	1st	£15								
M60	1st	£15	2nd	£10	3rd	£5				
M70/80	1st	£15	2nd	£10						
Junior/Juvenile	1st	£15	2nd	£10						
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.

Pendle Forest Cycling Club 9 March 2019
presents L271 The Circuit of
Ingleborough

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	Ian 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	Cleleys 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	Team HUUB	Vet40	10:31
32	Matt Nowell	Saint Piran	Senior	10:32
33	Neil Hughes-hutchings	Morden CRC	Senior	10:33
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

49	Gill	Arnett	Hopey Bicycle Repairs	W40	10:49
50	Carl	Potter	Lancashire RC	Vet40	10:50
51	Mike	Westmorland	Border City Wheelers CC	Vet70	10:51
52	Jan	Scotchford	North Lancashire Road Club	W50	10:52
53	Andy	Robinson	Holcombe Harriers	Vet50	10:53
54	Wayne	Gregory	Barnsley Road Club	Vet 40	10:54
55	Ben	Stead	ABC Centreville	Senior	10:55
56	Roger	Haydock	North Lancashire Road Club	Vet70	10:56
57	John	Raho	Holcombe Harriers	Senior	10:57
58	Andrew	Dovernor	Wakefield Triathlon Club	Vet50	10:58
59	Alex	Forbes	Border City Wheelers CC	Vet50	10:59
60	Nick	Badcock	Allen Valley Velo	Senior	11:00
61	Paul	Nelson	Ribble Valley Crossroads Care Cycling Team	Senior	11:01
62	David	Hargreaves	North Lancashire Road Club	Vet70	11:02
63	John	Catley	Barnsley Road Club	Vet40	11:03
64	James	Robinson	Holcombe Harriers	Senior	11:04
65	David	Powell	Horwich Cycling Club	Senior	11:05
66	Chris	Anderson	Lakes Road Club	Vet50	11:06
67	Jason	Mcdonald	Bury Clarion CC	Vet40	11:07
68	Andrew	Barlow	Kent Valley RC	Vet50	11:08
69	Colin	Mckenna	Barrow Central Wheelers	Vet50	11:09
70	Niall	Paterson	Velo Club Cumbria	Vet40	11:10
71	Dan	Dry	Lancaster CC	Senior	11:11
72	Chris	Watts	Ilkley CC	Senior	11:12
73	Roy	Flanagan	Rosendale RC	Vet60	11:13
74	Andrew	Dent	Pendle Forest CC	Vet50	11:14
75	Richard	Bickley	Border City Whs CC	Senior	11:15
76	Derek	Parkinson	Springfield Financial Racing Team	Vet40	11:16
77	Martin	Welsh	Pendle Forest CC	Vet50	11:17
78	Dan	Kendall	Rock to Roll CC	Senior	11:18
79	Jon	Longworth	Bury Clarion CC	Vet40	11:19
80	Hayden	Allen	T.H.R.E. Datawolves R.T.	Senior	11:20
81	Daniel	Shackleton	ABC Centreville	Vet40	11:21
82	Paul	Braithwaite	Pendle Forest CC	Vet40	11:22
83	Neil	Withington	Beacon Wheelers	Vet40	11:23
84	Phil	Shaw	Kent Valley RC	Vet50	11:24
85	Matt	Moorhouse	Preston CC	Vet40	11:25
86	Jonny	Hill	Barrow Central Wheelers	Vet40	11:26
87	David	Trotter	Lancaster CC	Vet40	11:27
88	Russell	Marsden	Pendle Forest CC	Vet50	11:28
89	Duncan	Orme	Kent Valley RC	Vet40	11:29
90	Phil	Williams	Liverpool Phoenix CC (Aintree)	Senior	11:30
91	Ian	Sibbert	Lancaster CC	Vet40	11:31
92	Tony	Workman	Team Lusso	Vet40	11:32
93	David	Gleave	Velo Club Cumbria	Senior	11:33
94	Kieran	Lacey	Barrow Central Wheelers	Vet40	11:34
95	Richard	Bideau	Pendle Forest CC	Vet40	11:35

2019 SpoCo Events

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

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

Enquiries, comments, suggestions, issues, queries please email: admin@lakesandlancsspoco.co.uk
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