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

*the*

Sunday 7th April 2019

**Time keepers**

Mr Chris Smedley

Mr Mike Addis

**Handicapper**

Mr Steve 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 07450 952 872

Event Headquarters

Ingleton Community Centre

Ingleton, North Yorkshire

LA6 3HG

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

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

Please **sign on** and collect your number at the headquarters where a copy of the course risk assessment will be available.

# First competitor off at 08:01 am

This year we have a slightly smaller field than of recent years, but a number of new names.

It’s also the first year that I can recall we have no trikes, and I go back to the 1980’s!

Hopefully we will have a full course (fingers crossed on the roadworks front), although the traffic lights on the permanently temporary bridge at Middleton remain, so please take care here - it will be marshalled.

**Please note also** – especially regulars; we have made a small course change at Sedbergh and the race no longer goes down the main street.

I can only hope for good weather and that you all have a great ride

**Most important; stay safe**

Good luck.

Steve

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 2½, Menwith 3½’ at junction with A65 Settle to Kendal road and approximately 1 mile south of Ingleton village. Proceed North West to the junction with A687 main Lancaster road (1.85 miles, height 450ft). Fork left through Burton-in-Lonsdale to Greta Bridge and junction with A683 where straight on (**care**) to junction with A65 main Kendal road.

Fork left down the hill then turn right (**care**) on to A683 main Sedbergh road (10.35 miles, height 160ft). Proceed through Casterton and Middleton to join the A684 main Hawes road (20.07 miles, height 370 ft).

Fork right onto A684 and proceed to Sedbergh Main Street, **where sharp right to mini roundabout** (**care**). Left at roundabout onto Back lane and take the right turn beyond the village along the A684 through Garsdale to the Moorcock Inn (30.09 miles, height 802ft).

After a further 4 miles, KEEP RIGHT over Yore Bridge through Appersett to the top end of Hawes village (36.09 miles, height 802ft). Turn sharp right (**care**) up the hill on to B6255 Ingleton road and proceed via Newby Head (42.09 miles, height 1421ft) and Ribblehead (45.92 miles, height 980ft) to FINISH at field gate on North West side of road approx. 250 yards before the entrance to White Scar Caves car park and approximately 1.5 miles before Ingleton village (50.7m 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 after 200 yards **right onto the A683** Sedbergh road (traffic). Do not cut the corner.
* **Sedbergh village** (21m) road narrows just before the high street where you turn sharp right
* At the two blind, right angled, bends around **Garsdale** churchyard. (25m)
* The fast descent though **Chapel-le-dale.**

## Local 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 Fastest £60

2nd Fastest £50

3rd Fastest £45

4th Fastest £40

5th Fastest £35

6th Fastest £30

7th Fastest £25

8th Fastest £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

Fastest team of 3 £15 each

1st Fastest on handicap £20

2nd 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 | Chris Boardman | Manchester Whs | 2:08:25 |
| 1988 | G Pickford | CC Bowland | 2:20:10 |
| 1989 | Chris Boardman | Manchester Whs | 2:10:29 |
| 1990 **\*** | Peter Greenwood | Clayton Velo | 2:10:50 |
| 1991 | Martin Brass | Craven CC | 2:29:35 |
| 1992 | Martin Bowes | Cleveleys RC | 2:10:36 |
| 1993 | Gethin Butler | RT Italia | 2:05:32 |
| 1994 | Gethin Butler | RT Italia | 2:02:13 |
| 1995 | Gethin Butler | Norwood Paragon | 2:05:53 |
| 1996 | Gethin Butler | Norwood Paragon | 2:02:09 |
| 1997 | Gethin Butler | Norwood Paragon | 1:58:52 |
| 1998 | Gethin Butler | Norwood Paragon | 1:57:51 |
| 1999 **\*** | P Smith | Border City Whs | 2:06:31 |
| 2000 **\*** | Kevin Dawson | Pete Read Racing | 1:52:02 |
| 2001 | No Promotion | Foot and Mouth |  |
| 2002 | Dave Cook | Middridge CRT | 2:02:56 |
| 2003 | Gethin Butler | Preston Whs | 2:00:18 |
| 2004 | Gethin Butler | Yorkshire RC | 2:13:54 |
| 2005 | Gethin Butler | Preston Whs | 2:02:49 |
| 2006 | Gethin Butler | Preston Whs | 1:59:59 |
| 2007 **\*** | Gethin Butler | Preston Whs | 1:58:39 |
| 2008 | Mark Holton | ProBikeKit.com | 2:03:25 |
| 2009 **\*** | Mark Holton | Shorter Rochford RT | 1:57:25 |
| 2010 ^ | Mark Holton | [www.drag2zero.com](http://www.drag2zero.com) | 1:56:52 |
| 2011 | Andrew Wilkinson | Port Sunlight Whs | 2:05:00 |
| 2012 **\*** | Richard Handley | Rapha Condor Sharp | 1:55:38 |
| 2013 | Richard 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 |  |
| 2017 | Phil Graves | NOPINZ | 2:03:45 |
| 2018 # | James Gullen | JLT Condor | 1:55:38 |

. \* Denotes short course

. ^ Denotes old course record

. # Denotes new course record

Directions to the start

Ingleton Community Centre



Start is 1 mile along A65

towards Settle

**HQ Post Code:** **LA6 3HG**

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **No** | **start time** | **Name** | **Club** | **Cat'** | **Standard** | **handicap** |
| 1 | 08:01 | David  | Tinker | Clayton Velo | V | 61 | 02:24:30 | 01:25:00 |
| 2 | 08:02 | Julie | Horbury | Clitheroe Bike Club | LV | 54 | 02:33:11 | 01:12:00 |
| 3 | 08:03 | Karen | Dawson | Drighlington BC | LV | 42 | 02:27:36 | 01:10:00 |
| 4 | 08:04 | David | Barry | sportfagley | V | 69 | 02:30:04 | 01:04:00 |
| 5 | 08:05 | Wendy | Drake | Racepace | LV | 51 | 02:31:48 | 01:10:00 |
| 6 | 08:06 | Ben | Beachell | Rhos-on-Sea CC | V | 49 | 02:19:03 | 00:42:00 |
| 7 | 08:07 | Jason | Craven | Rossendale RC | V | 40 | 02:15:07 | 00:45:00 |
| 8 | 08:08 | Eamonn | Quinn | Lakes Road Club | V | 59 | 02:23:35 | 00:50:00 |
| 9 | 08:09 | Jonathan | Little | Nelson Whs CC | V | 52 | 02:20:16 | 01:00:00 |
| 10 | 08:10 | Nick  | Higginson | Cleveleys Road Club | S | 38 |  | 00:48:00 |
| 11 | 08:11 | Phil  | Shaw | Kent Valley RC | V | 51 | 02:19:51 | 00:24:00 |
| 12 | 08:12 | Martin | Horrobin | Horwich Cycling Club | V | 52 | 02:20:16 | 00:37:00 |
| 13 | 08:13 | Neil | Hughes-hutchings | Morden CRC | S | 39 |  | 00:48:00 |
| 14 | 08:14 | Linzi  | Nuttall | Manchester Triathlon Club | LS | 29 |  | 00:58:00 |
| 15 | 08:15 | Ian | Galbraith | Drighlington BC | V | 45 | 02:17:24 | 00:25:00 |
| 16 | 08:16 | Stuart | Garnett | Barrow Central Wheelers | S | 34 |  | 00:30:00 |
| 17 | 08:17 | Thomas | Brabbin | Halifax Imperial Wheelers | S | 32 |  | 00:37:00 |
| 18 | 08:18 | Robin | Gerrard | Barrow Central Wheelers | V | 46 | 02:17:49 | 00:46:00 |
| 19 | 08:19 | Ben | Palentine | Central Lancs Running & Triathlon Club | S | 35 |  | 00:45:00 |
| 20 | 08:20 | Chris | Anderson | Lakes Road Club | V | 55 | 02:21:32 | 00:25:00 |
| 21 | 08:21 | Chris | Watts | Ilkley CC | S | 39 |  | 00:30:00 |
| 22 | 08:22 | Hannah | Benson | Ilkley CC | LV | 47 | 02:30:00 | 00:43:00 |
| 23 | 08:23 | Kevin | Lovidge | Barrow Central Wheelers | V | 48 | 02:18:38 | 00:45:00 |
| 24 | 08:24 | Andrew | Harley | Drighlington BC | V | 53 | 02:20:40 | 00:50:00 |
| 25 | 08:25 | Russell | Marsden | Pendle Forest CC | V | 51 | 02:19:51 | 00:22:00 |
| 26 | 08:26 | Matt | Moorhouse | Preston CC | V | 42 | 02:16:05 | 00:28:00 |
| 27 | 08:27 | Mick | Braithwaite | Cybele Cycling Club | V | 47 | 02:18:14 | 00:35:00 |
| 28 | 08:28 | Paul | Revell | Barrow Central Wheelers | V | 57 | 02:22:27 | 00:54:00 |
| 29 | 08:29 | Chris | Gargett | Halifax Imperial Wheelers | V | 40 | 02:15:07 | 00:50:00 |
| 30 | 08:30 | Martin | Harney | Manchester Bicycle Club | V | 56 | 02:21:59 | 00:23:00 |
| 31 | 08:31 | Mark  | Bleasdale  | Fogartys Insurance Tri Team | V | 48 | 02:18:38 | 00:25:00 |
| 32 | 08:32 | Martin | Brass | Pendle Forest CC | V | 57 | 02:22:27 | 00:34:00 |
| 33 | 08:33 | Tony | Grassby | Peak Road Club | V | 52 | 02:20:16 | 00:44:00 |
| 34 | 08:34 | Amy | Whelan | Barrow Central Wheelers | LS | 30 |  | 00:50:00 |
| 35 | 08:35 | Daniel | Wilkinson | Ilkley CC | V | 43 | 02:16:32 | 00:24:00 |
| 36 | 08:36 | Ian | Wilcock | Nelson Whs CC | V | 51 | 02:19:51 | 00:33:00 |
| 37 | 08:37 | Richard | Dewhurst | Tri Preston | S | 36 |  | 00:35:00 |
| 38 | 08:38 | Sally | Maitland | Peak Road Club | LV | 51 | 02:31:48 | 00:38:00 |
| 39 | 08:39 | Ian | Barnes | Barrow Central Wheelers | S | 39 |  | 00:40:00 |
| 40 | 08:40 | Ian | Mitchelson | Halifax Imperial Wheelers | V | 45 | 02:17:24 | 00:17:00 |
| 41 | 08:41 | Andy | Porter | Horwich Cycling Club | V | 48 | 02:18:38 | 00:24:00 |
| 42 | 08:42 | Peter | Brear | Velo Club Cumbria | V | 48 | 02:18:38 | 00:28:00 |
| 43 | 08:43 | Andrew | Hicklin | Peak Road Club | V | 53 | 02:20:40 | 00:33:00 |
| 44 | 08:44 | David | Hilditch | Ribble Valley C&RC | V | 66 | 02:27:41 | 00:42:00 |
| 45 | 08:45 | Chris | Stirling | Kent Valley RC | S | 37 |  | 00:17:00 |
| 46 | 08:46 | Steve | Gibson | Peak Road Club | V | 52 | 02:20:16 | 00:21:00 |
| 47 | 08:47 | Aidan | Holgate | North Lancashire Road Club | S | 26 |  | 00:24:00 |
| 48 | 08:48 | Carl | Potter | Lancashire RC | V | 47 | 02:18:14 | 00:26:00 |
| 49 | 08:49 | Ian | Sibbert | Lancaster CC | V | 49 | 02:19:03 | 00:28:00 |
| 50 | 08:50 | Paul | Braithwaite | Pendle Forest CC | V | 43 | 02:16:32 | 00:16:00 |
| 51 | 08:51 | Adam | Baines | Team Chronomaster | V | 40 | 02:15:07 | 00:24:00 |
| 52 | 08:52 | Paul | Nelson | Ribble Valley Crossroads Care Cycling Team | S | 29 |  | 00:27:00 |
| 53 | 08:53 | Robert | Barnard | Team Cystic Fibrosis | V | 47 | 02:18:14 | 00:28:00 |
| 54 | 08:54 | Glenn | Rhodes | Barrow Central Wheelers | V | 47 | 02:18:14 | 00:39:00 |
| 55 | 08:55 | Niall | Paterson | Velo Club Cumbria | V | 43 | 02:16:32 | 00:15:00 |
| 56 | 08:56 | Henry  | Moss | Barrow Central Wheelers | S | 24 |  | 00:19:00 |
| 57 | 08:57 | James | Cullen | Otley CC | V | 55 | 02:21:32 | 00:28:00 |
| 58 | 08:58 | Richard | Morgan | Barrow Central Wheelers | S | 37 |  | 00:36:00 |
| 59 | 08:59 | Jan | Scotchford | North Lancashire Road Club | LV | 52 | 02:32:15 | 00:50:00 |
| 60 | 09:00 | Derek | Parkinson | Springfield Financial Racing Team | V | 44 | 02:16:59 | 00:09:00 |
| 61 | 09:01 | Martin  | Bailey | Southport CC | V | 41 | 02:15:36 | 00:19:00 |
| 62 | 09:02 | Paul | Targett | Holcombe Harriers | V | 54 | 02:21:06 | 00:23:00 |
| 63 | 09:03 | Duncan | Orme | Kent Valley RC | V | 47 | 02:18:14 | 00:28:00 |
| 64 | 09:04 | Rachel | Hawker | Albarosa CC | LS | 24 |  | 00:33:00 |
| 65 | 09:05 | Alastair  | Kay | York Cycleworks | V | 42 | 02:16:05 | 00:06:00 |
| 66 | 09:06 | Anthony | Ashworth | Wetherby Whs | V | 50 | 02:19:27 | 00:13:00 |
| 67 | 09:07 | Adrian | Stott | Jackpot Racing | V | 45 | 02:17:24 | 00:18:00 |
| 68 | 09:08 | Steven  | Forrest | Fogartys Insurance Tri Team | V | 48 | 02:18:38 | 00:28:00 |
| 69 | 09:09 | Andrew | Whiteside | Ilkley CC | V | 45 | 02:17:24 | 00:35:00 |
| 70 | 09:10 | Andy | Jackson | AeroCoach | V | 43 | 02:16:32 | 00:05:00 |
| 71 | 09:11 | Paul | Blackburn  | Coveryourcar.co.uk RT  | S | 39 |  | 00:15:00 |
| 72 | 09:12 | Martin | Gargett | Halifax Imperial Wheelers | V | 45 | 02:17:24 | 00:18:00 |
| 73 | 09:13 | Randle | Shenton | Team Swift | V | 61 | 02:24:30 | 00:24:00 |
| 74 | 09:14 | Jimmy | Froggatt | SKCC | V | 50 | 02:19:27 | 00:27:00 |
| 75 | 09:15 | Philip | Graves | NOPINZ | S | 30 |  | 00:03:00 |
| 76 | 09:16 | Ben | Barlow | Kendal Cycle Club | J | 18 |  | 00:12:00 |
| 77 | 09:17 | Jon | Longworth | Bury Clarion CC | V | 48 | 02:18:38 | 00:18:00 |
| 78 | 09:18 | Archie  | Irving | Beacon Wheelers | J | 16 |  | 00:23:00 |
| 79 | 09:19 | Steve | Smales | Harrogate Nova CC | V | 49 | 02:19:03 | 00:26:00 |
| 80 | 09:20 | Derek | Schofield | Rossendale RC | V | 65 | 02:26:59 | 00:37:00 |
| 81 | 09:21 | Doug | Hart | Ilkley CC | V | 46 | 02:17:49 | 00:12:00 |
| 82 | 09:22 | Brian  | Fogarty | Fogartys Insurance Tri Team | S | 35 |  | 00:13:00 |
| 83 | 09:23 | Kieran  | Lacey | Barrow Central Wheelers | V | 40 | 02:15:07 | 00:16:00 |
| 84 | 09:24 | Stewart  | Wilson | QN Racing | V | 51 | 02:19:51 | 00:20:00 |
| 85 | 09:25 | Richard | Bideau | Pendle Forest CC | V | 48 | 02:18:38 | 00:00:00 |
| 86 | 09:26 | Mark | Avil | QN Racing | V | 58 | 02:22:55 | 00:24:00 |
| 87 | 09:27 | Paul | Warrener | Rossendale RC | V | 52 | 02:20:16 | 00:35:00 |