



West Pennine Road Club

14 Mile Hilly Time Trial



Promoted for and on behalf of Cycling Time Trials
under their Rules and Regulations

Saturday 7th March 2020

This is a Lakes & Lancs SPOCO counting event

Event Secretary: Daniel Shand

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Email: danielshand87@gmail.com

Event HQ: Knowle Green Village Hall, Clitheroe Road, Knowle Green, PR3 2YQ

Signing-on and numbers will be at the HQ and don't forget to sign-out as well.

HQ Opens: 10:00am

First Rider Off: 11:01am

Timekeepers: Mr Richard Taylor (Finish) & Mr Dave Brown (Start)

Directions to start: Turn right out of the Village Hall car park and ride for approximately 0.3 miles on the B6243, to the start, at the building previously known as "The Hall Arms" public house.

CTT Regulation 17: Signing-on & 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 Type A events a competitor must return to the events HQ either during the event or within a reasonable time after the last rider has finished the even and must (i) return their number and (ii) sign the official Signing–Out Sheet.

Local Regulations

All riders must observe and adhere to the following local CTT D.C. regulations:

Local Reg. No. 5: In ALL events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event.

Local Reg. No. 6: Any competitor making a “U” turn in the vicinity of the start or finish will be disqualified from the event.

Local Reg. No. 10: Warming up on the course is not permitted during the duration of the event.

Local Reg No. 15: Riders must keep on the left hand side of the road unless overtaking. Failure to comply with the above may lead to disqualification.

Other Information

- Riders must give their number at the finish or elsewhere if requested.
- Riders must NOT STAND in the road at the start or finish. (This constitutes obstruction and is a breach of Regulations).
- Riders must NOT ride with their heads down.
- Riders MUST GIVE WAY at the Right Turn back on to the B6243. Riders not giving way will be disqualified.

Rider Safety

Helmets: All competitors under the age of 18 and/or juniors must wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15). Cycling Time Trials strongly recommends ALL competitors to wear such a helmet.

New Regulation for 2020!

All competitors – please be aware of CTT Regulation 14:

Compulsory Use of Rear Red Light – No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

NO REAR LIGHT – NO RIDE.

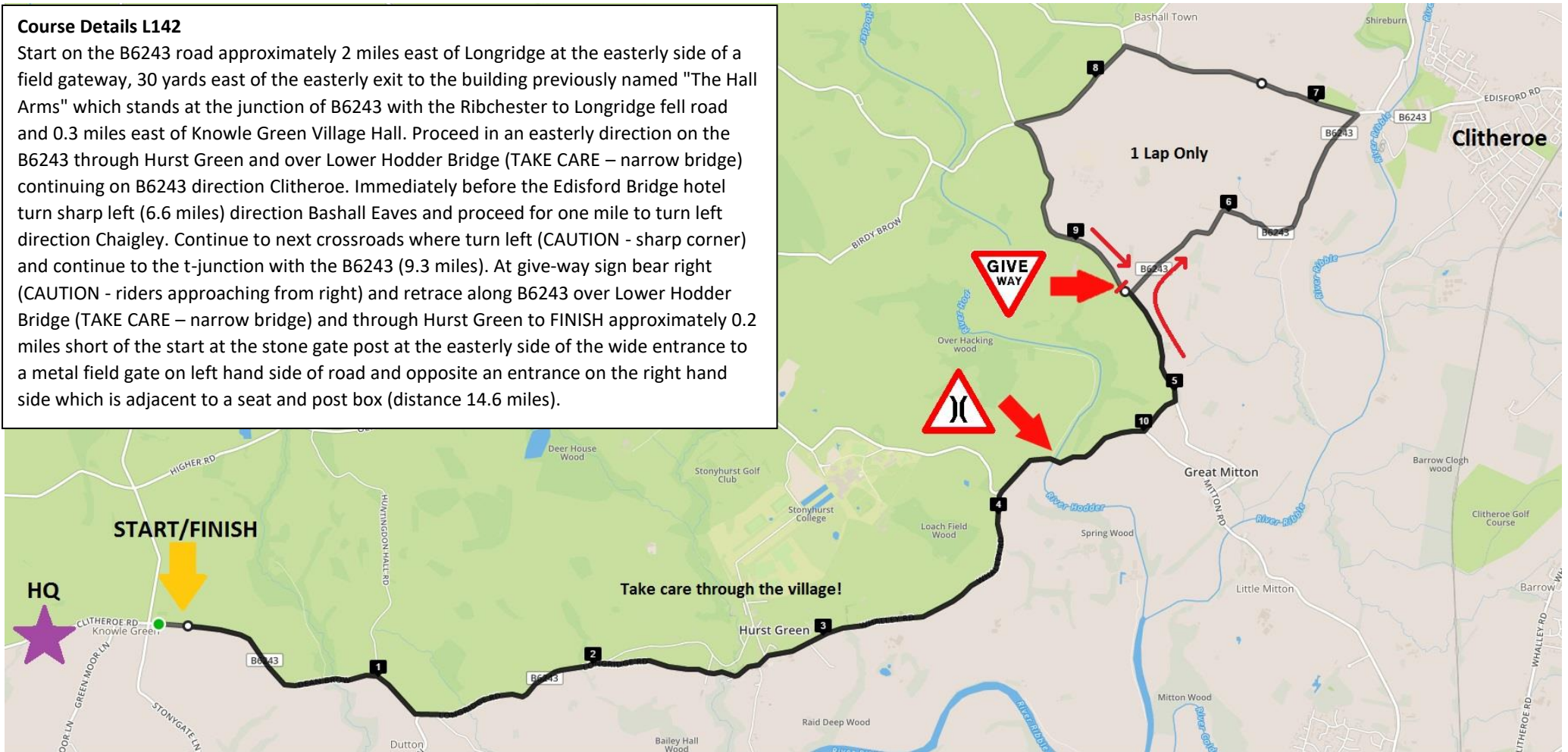
Awards – One rider one prize except for team prize.

| | Men | Women |
|-------------------------|-----|-------|
| 1 st Fastest | £30 | £30 |
| 2 nd Fastest | £25 | £25 |
| 3 rd Fastest | £20 | £20 |
| 4 th Fastest | £15 | £15 |
| 5 th Fastest | £10 | £10 |

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|------------------|----------------------------|
| 1st Fastest V40 | £10 |
| 1st Fastest V45 | £10 |
| 1st Fastest V50 | £10 |
| 1st Fastest V55 | £10 |
| 1st Fastest V60 | £10 |
| 1st Fastest V65 | £10 |
| 1st Fastest V70+ | £10 |
| 1st Fastest Jun | £10 |
| Team Prize | Fastest team of 3 £10 each |

Course Details L142

Start on the B6243 road approximately 2 miles east of Longridge at the easterly side of a field gateway, 30 yards east of the easterly exit to the building previously named "The Hall Arms" which stands at the junction of B6243 with the Ribchester to Longridge fell road and 0.3 miles east of Knowle Green Village Hall. Proceed in an easterly direction on the B6243 through Hurst Green and over Lower Hodder Bridge (TAKE CARE – narrow bridge) continuing on B6243 direction Clitheroe. Immediately before the Edisford Bridge hotel turn sharp left (6.6 miles) direction Bashall Eaves and proceed for one mile to turn left direction Chaigley. Continue to next crossroads where turn left (CAUTION - sharp corner) and continue to the t-junction with the B6243 (9.3 miles). At give-way sign bear right (CAUTION - riders approaching from right) and retrace along B6243 over Lower Hodder Bridge (TAKE CARE – narrow bridge) and through Hurst Green to FINISH approximately 0.2 miles short of the start at the stone gate post at the easterly side of the wide entrance to a metal field gate on left hand side of road and opposite an entrance on the right hand side which is adjacent to a seat and post box (distance 14.6 miles).



Beware of bad road conditions due to the recent bad weather!

If there is a problem with a section of the course there is a chance we may have to use an alternate course.

Information will be displayed at the HQ with the signing on sheet.

| No | Start Time | First Name | Surname | Club | Category | |
|----|------------|------------|------------|---|----------|--|
| 1 | 11:01 | Robert | Hulme | West Pennine Road Club | M - SEN | |
| 2 | 11:02 | Anna | Weaver | East Lancashire RC | F - SEN | |
| 3 | 11:03 | John | Wade | North Lancashire Road Club | M - V55 | |
| 4 | 11:04 | James | Bentley | Lancashire RC | M - V60 | |
| 5 | 11:05 | Glen | Turnbull | MTS Cycle Sport | M - V45 | |
| 6 | 11:06 | Emma | Houterman | North Lancashire Road Club | F - SEN | |
| 7 | 11:07 | David | Stammers | Team ASL-Bolton | M - SEN | |
| 8 | 11:08 | Patrick | Casey | Team Lifting Gear Products/Cycles In Motion | M - JUN | |
| 9 | 11:09 | Margaret | Mcnelis | North Wirral Velo | F - V55 | |
| 10 | 11:10 | Richard | Bideau | Pendle Forest CC | M - V45 | |
| 11 | 11:11 | Phil | Barnes | SheHair Racing Team | M - V65 | |
| 12 | 11:12 | Kevin | Blades | Bury Clarion CC | M - V45 | |
| 13 | 11:13 | Samuel | Wilson | East Lancashire RC | M - SEN | |
| 14 | 11:14 | Peter | Rowe | Kent Valley RC | M - V55 | |
| 15 | 11:15 | Kieran | Lacey | Barrow Central Wheelers | M - V40 | |
| 16 | 11:16 | Andrew | Newey | Ribble Valley C&RC | M - SEN | |
| 17 | 11:17 | Eamonn | Quinn | Lakes Road Club | M - V60 | |
| 18 | 11:18 | Martyn | Stewart | East Lancashire RC | M - SEN | |
| 19 | 11:19 | Peter | Traynor | Wigan Whs CC | M - SEN | |
| 20 | 11:20 | Craig | Battersby | Team Chronomaster | M - V45 | |
| 21 | 11:21 | Sharon | Clifford | SheHair Racing Team | F - V55 | |
| 22 | 11:22 | Carl | Potter | Lancashire RC | M - V45 | |
| 23 | 11:23 | Jason | Mcdonald | Bury Clarion CC | M - V45 | |
| 24 | 11:24 | Jason | Codling | East Lancashire RC | M - V45 | |
| 25 | 11:25 | David | Hargreaves | North Lancashire Road Club | M - V70+ | |
| 26 | 11:26 | John | Huggon | Ribble Valley C&RC | M - V60 | |

Have a safe ride and don't forget to keep your head up

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|----|-------|------------|-------------|-----------------------------------|----------|--|
| 27 | 11:27 | Fraser | Snape | North Lancashire Road Club | M - V50 | |
| 28 | 11:28 | Claire | Rushton | Kent Valley RC | F - V40 | |
| 29 | 11:29 | Daniel | Davies | Pendle Forest CC | M - V70+ | |
| 30 | 11:30 | Hayley | Simmonds | AeroCoach | F - SEN | |
| 31 | 11:31 | Thomas | Clough | Springfield Financial Racing Team | M - SEN | |
| 32 | 11:32 | Patrick | Hickey | Rossendale RC | M - SEN | |
| 33 | 11:33 | Andy | Gorton | East Lancashire RC | M - V45 | |
| 34 | 11:34 | Joseph | Cooke | East Lancashire RC | M - SEN | |
| 35 | 11:35 | Charlotte | Boothman | Team Lusso | F - SEN | |
| 36 | 11:36 | Martin | Welsh | Pendle Forest CC | M - V55 | |
| 37 | 11:37 | Richard | Dewhurst | Limitless Triathlon Coaching | M - SEN | |
| 38 | 11:38 | Tim | Norton | Lancaster CC | M - V60 | |
| 39 | 11:39 | David | Tinker | Clayton Velo | M - V60 | |
| 40 | 11:40 | Paul | Braithwaite | Pendle Forest CC | M - V40 | |
| 41 | 11:41 | Paul | Warrener | Rossendale RC | M - V50 | |
| 42 | 11:42 | Tim | Bennett | Kent Valley RC | M - V50 | |
| 43 | 11:43 | Karen | Bailey | East Lancashire RC | F - V40 | |
| 44 | 11:44 | Corinne | Side | University of Derby Cycling Club | F - SEN | |
| 45 | 11:45 | Roy | Nield | Lancashire RC | M - V50 | |
| 46 | 11:46 | Gavin | Wright | Bury Clarion CC | M - V45 | |
| 47 | 11:47 | Tony | Bowler | Rossendale RC | M - V50 | |
| 48 | 11:48 | Martin | Brass | Pendle Forest CC | M - V55 | |
| 49 | 11:49 | Mark | Smith | ABC Centreville | M - V50 | |
| 50 | 11:50 | Paul David | Fleming | Preston Whs | M - V50 | |
| 51 | 11:51 | Tim | Lawson | Secret-training CC | M - V50 | |
| 52 | 11:52 | Roy | Flanagan | Rossendale RC | M - V60 | |
| 53 | 11:53 | Michael | Stanley | North Wirral Velo | M - V55 | |

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|----|-------|---------|-----------|----------------------------|----------|--|
| 54 | 11:54 | Paul | Stupples | St Helens Tri | M - V50 | |
| 55 | 11:55 | Peter | Greenwood | Team Swift | M - V65 | |
| 56 | 11:56 | Jon | Longworth | Bury Clarion CC | M - V45 | |
| 57 | 11:57 | David | Rundall | Chorley Cycling Club | M - V70+ | |
| 58 | 11:58 | Martin | Ralph | Pendle Forest CC | M - V45 | |
| 59 | 11:59 | Gill | Arnett | Hohey Bicycle Repairs | F - V40 | |
| 60 | 12:00 | Andy | Horner | Ribble Cycles | M - V55 | |
| 61 | 12:01 | Paul | Taylor | North Lancashire Road Club | M - V50 | |
| 62 | 12:02 | David | Ireland | East Lancashire RC | M - V50 | |
| 63 | 12:03 | Derek | Schofield | Rosendale RC | M - V65 | |
| 64 | 12:04 | Andrew | Gibson | East Lancashire RC | M - V60 | |
| 65 | 12:05 | Matthew | Jackson | East Lancashire RC | M - SEN | |
| 66 | 12:06 | Daniel | Styler | Croston Velo | M - SEN | |
| 67 | 12:07 | Mark | Berry | Rosendale RC | M - V40 | |
| 68 | 12:08 | Ewan | Farrow | Ilkley CC | M - SEN | |
| 69 | 12:09 | Michael | Taylor | Rosendale RC | M - V55 | |
| 70 | 12:10 | Ronnie | Coleman | Team Chronomaster | M - V40 | |

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