

# North Lancashire Road Club

## Event Details

**20/04/2019 07:00**

**L101**

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



## Headquarters

### HEADQUARTERS

The Headquarters for the event is Catterall Village Hall, PR3 0HD. Open from 06.00hrs. This is located on the B6434 1 mile south of Garstang, Please note that parking is limited and there is a height restriction. There is additional parking on Catterall Gates, 50 yards south of the HQ, on Cockerham Road from the traffic lights or on the main car parks in Garstang where parking charges may apply.

Riders **MUST** sign the signing on sheet in the HQ in order to obtain their race number and to sign out when returning their number. A copy of the risk assessment will be available for viewing.

### Route from HQ to start

Note: The event HQ is 2.2 miles from the start. (allow 15minutes).

### Course details

START approximately 700 yards north of the traffic lights on Garstang by-pass at a point in cycle lane on the A6 which is directly opposite Lamp-post No. 423. Proceed north on the A6 to turn by encircling the traffic island at Hampson Green (4.87 miles). Retrace along the A6 through starting point to FINISH at Lamp-post No.411 on east side of road 215 yards north of the traffic lights (10 MILES).

## Local regulations

The following local regulations will apply:

CTT Regulation 17: Signing-on Sheet and Signing-Out Sheet:

1.
  - (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.
2.
  - (b) In type A events a cometec must return to the events 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 officéal Signing-Out Sheet.

Local regulation No.2: Motor vehicles must NOT be parked on the grass verges on the B5272 (Cockerham Road) west of the A6. Or within 100yards of the traffic lights. Thereafter parking is only ALLOWED on the SOUTH side of the road.

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

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

Local Regulation No.10: Course L101 and L1015 – warming up on the course is not permitted during the event.

Local Regulation No.15: Riders must keep to the left hand side of the road except when overtaking.

Local Regulation No.16: For events on the course L101 competitors waiting for their start must keep off the A6 and use the adjacent cycle path without causing obstruction.

Riders must give their numbers at the finish and elsewhere on the course if requested.

Riders must not stop on the A6 after passing the time-keeper as this is a clearway. (The clearway is from the south end of Garstang by-Pass to Hampson Green Roundabout).

## Organiser contact details

Terry Parker  
4 Hindle Fold Lane Great Harwood  
07791 555823  
01254886808  
tr.parker@btinternet.com

## **Time keepers/officials**

Timekeepers: Start. Mr. D. Brown

Finish.Mr. P.Briscoe

## **Course records**

Men. James Gullen. 19:02. (2016)

Ladies. Joanna Rowsell MBE 21.19 (2014)

## **Awards/prizes**

Prize List Note: One rider on prize except for Team Prize.

**FASTEST MAN:** £50 plus the Michael Pryce Memorial Trophy to be held for one year. 2nd fastest man: £40, 3rd £25, 4th £15, 5th £10.

**FASTEST LADY:** £50 Plus the Christine Goodfellow Memorial Trophy to be held for one year. 2nd Fastest Lady: £40, 3rd £25, 4th 15, 5th 10.

**FASTEST JUNIOR:** £10

**FLAME ROUGE:** Entry fee refunded **FASTEST TEAM OF 3:** £10 per rider

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**FASTEST VETS:** 40-44 £10, 45-49 £10, 50-54 £10, 55-59 £10, 60-64 £10, 65-69 £10, 70-74 £10, 75+ £10.

## **NOTES TO COMPETITORS:**

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 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 race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official

signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

# Startsheet

## North Lancashire Road Club

Start Number	Start Time	Rider	Club	Gender	Category
35	07:35:00	John Draper	North Lancashire Road Club	Male	Vet
36	07:36:00	Derek Black	Wigan Whs CC	Male	Vet
37	07:37:00	David Stamp	North Lancashire Road Club	Male	Vet
38	07:38:00	Peter Knott	Kent Valley RC	Male	Vet
39	07:39:00	Fran Walker	Chorley Cycling Club	Female	Vet
40	07:40:00	Dan Dry	FitPRO	Male	Senior
41	07:41:00	Christopher Dursley	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Male	Vet
42	07:42:00	Michael Cox	North Lancashire Road Club	Male	Vet
43	07:43:00	Chris Turner	Chorley Cycling Club	Male	Vet
44	07:44:00	James Lawley	Barrow Central Wheelers	Male	Vet
45	07:45:00	Austin Foy	North Lancashire Road Club	Male	Vet
46	07:46:00	David Bigio	Croston Velo	Male	Senior
47	07:47:00	Lee Cookson	Chorley Cycling Club	Male	Senior
48	07:48:00	Andrew Russell	North Lancashire Road Club	Male	Vet
49	07:49:00	James Bentley	Lancashire RC	Male	Vet
50	07:50:00	Phil Barnes	SheHair Racing Team	Male	Vet
51	07:51:00	Tom Maher	Horwich Cycling Club	Male	Senior
52	07:52:00	Lindsey Styler	Croston Velo	Female	Senior
53	07:53:00	Julian Monk	Rosendale RC	Male	Vet
54	07:54:00	James Prossor	North Lancashire Road Club	Male	Vet
55	07:55:00	Paul Shallicker	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Male	Vet
56	07:56:00	Neil Hughes-hutchings	Morden CRC	Male	Senior
57	07:57:00	Dave Smalley	Team Swift	Male	Vet
58	07:58:00	Theresa Taylor	Ribble Valley Crossroads Care Cycling Team	Female	Vet
59	07:59:00	Gill Craske	North Lancashire Road Club	Female	Vet
60	08:00:00	Andrew Newey	Ribble Valley C&RC	Male	Senior
61	08:01:00	Peter Leonard	Southport CC	Male	Vet
62	08:02:00	Richard Fogarty	Fogartys Insurance Tri Team	Male	Senior
63	08:03:00	Francesca Counsell	Bella in Sella Racing	Female	Senior
64	08:04:00	Lisa Greenwood	Rosendale RC	Female	Vet
65	08:05:00	Graham Noble	Pirate juice cc	Male	Vet

Start Number	Start Time	Rider	Club	Gender	Category
66	08:06:00	Martin Welsh	Pendle Forest CC	Male	Vet
67	08:07:00	Christopher Thomas	Rossendale RC	Male	Vet
68	08:08:00	Ian Earnshaw	Allterrain road club	Male	Vet
69	08:09:00	Darren Nicholls	Chorley Cycling Club	Male	Vet
70	08:10:00	Shaun Mchugh	North Lancashire Road Club	Male	Vet
71	08:11:00	Mark Bleasdale	Fogartys Insurance Tri Team	Male	Vet
72	08:12:00	Gavin Wright	Bury Clarion CC	Male	Vet
73	08:13:00	Terry Bolland	Harry Middleton CC	Male	Vet
74	08:14:00	Emily Warner	North Lancashire Road Club	Female	Vet
75	08:15:00	John Fiddies	Team Lusso	Male	Vet
76	08:16:00	Paul Hill	Lancashire RC	Male	Vet
77	08:17:00	Sean Greenwood	Rossendale RC	Male	Senior
78	08:18:00	Brett Hazelwood	Horwich Cycling Club	Male	Senior
79	08:19:00	Jason Craven	Rossendale RC	Male	Vet
80	08:20:00	John Morgan	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Male	Vet
81	08:21:00	Stuart Crawford	Chorley Cycling Club	Male	Vet
82	08:22:00	Sue Cheetham	North Lancashire Road Club	Female	Vet
83	08:23:00	Chris Jones	Calderdale Tri Club	Male	Vet
84	08:24:00	William Cocker	Bolton Clarion CC	Male	Vet
85	08:25:00	Leon Barnes	Lancaster CC	Male	Senior
86	08:26:00	Roy Flanagan	Rossendale RC	Male	Vet
87	08:27:00	John Huggon	Ribble Valley C&RC	Male	Vet
88	08:28:00	Peter Haigh	Nelson Whs CC	Male	Vet
89	08:29:00	Dave Lewis	Chorley Cycling Club	Male	Senior
90	08:30:00	Paul David Fleming	Preston Whs	Male	Vet
91	08:31:00	Rebecca Rimmington	Team Merlin	Female	Senior
92	08:32:00	Douglas Holmes	Chorley Cycling Club	Male	Vet
93	08:33:00	Jessica Bosley	Derby Triathlon Club	Female	Senior
94	08:34:00	John Wade	North Lancashire Road Club	Male	Vet
95	08:35:00	Andy Horner	Ribble Cycles	Male	Vet
96	08:36:00	Andrew Greenhalgh	Team ASL-Bolton	Male	Vet
97	08:37:00	Mark Webb	Preston CC	Male	Vet
98	08:38:00	Craig Howarth	Rossendale RC	Male	Vet
99	08:39:00	Julie Mann	Transition Race Team	Female	Vet
100	08:40:00	Derek Parkinson	Springfield Financial Racing Team	Male	Vet
101	08:41:00	Deborah Moss	Team Merlin	Female	Vet

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
102	08:42:00	Tim Berry	Preston CC	Male	Vet
103	08:43:00	Phillip Warner	North Lancashire Road Club	Male	Vet
104	08:44:00	Elaine Blades-jordan	Rochdale Tri Club	Female	Vet
105	08:45:00	Brian Fogarty	Fogartys Insurance Tri Team	Male	Senior
106	08:46:00	Lee Spoor	Tri Preston	Male	Vet
107	08:47:00	Dave Topping	North Lancashire Road Club	Male	Vet
108	08:48:00	Karen Bailey	East Lancashire RC	Female	Vet
109	08:49:00	Jeffrey Leahy	Bolton Clarion CC	Male	Vet
110	08:50:00	Liam Bosley	Derby Mercury R C	Male	Senior
111	08:51:00	Roy Nield	Lancashire RC	Male	Vet
112	08:52:00	Aidan Holgate	North Lancashire Road Club	Male	Senior
113	08:53:00	Deborah John	The Racing Chance Foundation	Female	Vet
114	08:54:00	Kevin Wilson	Crest CC	Male	Senior
115	08:55:00	Paul Russell	Springfield Financial Racing Team	Male	Vet
116	08:56:00	Tom Kelsall	Garstang CC	Male	Senior
117	08:57:00	David Haworth	North Lancashire Road Club	Male	Vet
118	08:58:00	Colin Carefoot	Preston CC	Male	Vet
119	08:59:00	Karen Cooper	North Lancashire Road Club	Female	Vet
120	09:00:00	Simon Wilson	Ribble Pro Cycling	Male	Senior