

## **Border City Whs CC(Hilly) (NLTTA Spoco)(Lazonby circuit)**

**A 20 mile hilly time trial promoted by Border City Wheelers  
Cycling Club for and on behalf of Cycling Time Trials  
under their rules and Regs.**

**27/03/2022 10:00**

**L202**

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



## **Headquarters**

Lazonby Village Hall, Lazonby, Cumbria, CA10 1AQ

The hall will be open from 8.45am

PLEASE REMEMBER THE CLOCKS GO FORWARD ONE HOUR AT 1AM SUNDAY 27TH MARCH 2022

Sign on, numbers, sign out and toilet facilities. Sorry but no refreshments this year.

### **Directions**

From the A6

Take the B6413 from Plumpton, signed to Lazonby. Continue on the road until you reach Lazonby Village.

The Hall is on the right hand side of the road, on the corner of the junction between the B6413 and Scaur Lane.

Please if at all possible DO NOT park directly outside the hall. We have kindly been given permission to use the the car park at Bells of Lazonby which is next to the railway station. This can be found at the bottom of the steep hill on the left.

## **Route from HQ to start**

The start is approximately 3/4 of a mile from the village hall.

NOTE THERE IS NO PARKING AT OR IN THE IMMEDIATE VICINITY OF THE START.

## **Course details**

Lazonby 2-lap circuit Start west of entrance to highways depot on unclassified road (Lazonby – Calthwaite) one mile from centre of Lazonby. Follow this road for 3.4 miles west (care required on descent to low plains 0.5 miles before A6) to junction with A6. Left (give way) on to A6 and continue south for 2.5 miles to Plumpton, where left at junction with B6413. Follow B6413 east for 3.5 miles to junction with unclassified road (Lazonby – Calthwaite) where left (care – sharp corner, possible parked cars) and follow north then west for 0.6 miles to commence second lap – details as foregoing. Finish at high point on the road, 200 yds short of highways depot on left after completing two laps.

There are two very fast descents on the course. One about one mile from the start of each lap and the other approaching the village of Lazonby. Please take extra care.

## Local regulations

### Cycling Time Trials – North D.C. 2021 - Miscellaneous Courses Regulations

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 14 Competitors Machine – FRONT WHITE LIGHT & 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 front of their machine A WORKING FRONT WHITE LIGHT, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. A WORKING REAR RED LIGHT must be affixed to the rear of the machine, that is illuminated and in a position that is clearly visible to other road users.**

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

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.

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 Reg No 5

For the duration of the event, competitors must not ride past the timekeepers, except when actually competing.

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 No10

Warming up on the course is not permitted during the duration of the event

Local Reg No 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.

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 Regulations).

Riders must NOT ride with their heads down.

### **HELMETS:**

**ALL COMPETITORS MUST wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15).**

## **Organiser contact details**

Adrian Sowerby  
Hillgarth Carlisle  
07496025702

adriansowerby52@gmail.com

## **Time keepers/officials**

Timekeepers

Mr Richard Abram and Mr Keith Bickley

## **Course records**

### **Solo Male**

00:44:51

Tom Rigby

25-Mar-18 | border city whs cc (I&I spoco)

### **Solo Female**

00:55:58

Claire Swoboda

25-Mar-18 | border city whs cc (I&I spoco)

### **Solo Male (Junior)**

00:51:42

Archie Irving

26-Mar-17 | border city whs cc (I&I spoco)

## **Awards/prizes**

Male Open - 1st £30, 2nd £25 and 3rd £20

Male Vet 40, 50 and 60 - 1st £15 and 2nd £10

Female Open - 1st £30

Female Veteran - 1st £15

Please note ONE RIDER/ONE PRIZE - if a veteran finishes in the top 3 their vet prize will role down.

## **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

## Border City Whs CC(Hilly) (NLTTA Spoco)(Lazonby circuit)

Start Number	Start Time	Rider	Club	Gender	Category
1	10:01:00	Carol Westmorland	Border City Whs CC	female	Vet
2	10:02:00	Graham Carrick	Barrow Central Wheelers	male	Vet
3	10:03:00	Andrew Barlow	Kent Valley RC	male	Vet
4	10:04:00	Alex Forbes	Border City Whs CC	male	Vet
5	10:05:00	Dan Kendall	Rock to Roll CC	male	Senior
6	10:06:00	Richard Helm	Barrow Central Wheelers	male	Vet
7	10:07:00	Robin Gillespie	Beacon Wheelers	male	Vet
8	10:08:00	David Gibson	Border City Whs CC	male	Vet
9	10:09:00	Micky Mallen	GS Metro	male	Vet
10	10:10:00	Dan Taylor	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	male	Vet
11	10:11:00	Robbie Ferguson	Border City Whs CC	male	Vet
12	10:12:00	Bradley Woodruffe	Ribble Cycles	male	Senior
13	10:13:00	Paul Braithwaite	Pendle Forest CC	male	Vet
14	10:14:00	Eamonn Quinn	Lakes Road Club	male	Vet
15	10:15:00	Craig Horseman	Giant-Kendal-Sidas.uk	male	Vet
16	10:16:00	Richard Belk	Kent Valley RC	male	Vet
17	10:17:00	Nick Higginson	Cleveleys Road Club	male	Vet
18	10:18:00	Stuart Henderson	VTTA (Yorkshire)	male	Vet
19	10:19:00	Mike Westmorland	Border City Whs CC	male	Vet
20	10:20:00	Jonny Hill	Barrow Central Wheelers	male	Vet
21	10:21:00	Martin Welsh	Pendle Forest CC	male	Vet
22	10:22:00	Neil Higgins	Team ASL-Bolton	male	Vet
23	10:23:00	Alun Brown	Rapha Cycling Club	male	Vet
24	10:24:00	Neil Withington	Beacon Wheelers	male	Vet
25	10:25:00	Craig Battersby	Tactic Sport UK Race Team	male	Vet
26	10:26:00	Peter Greenwood	Clayton Velo	male	Vet
27	10:27:00	Jan Scotchford	North Lancashire Road Club	female	Vet
28	10:28:00	Duncan Orme	Kent Valley RC	male	Vet
29	10:29:00	Randle Shenton	Legato Racing Team (LRT)	male	Vet
30	10:30:00	David Thompson	Rock to Roll CC	male	Vet
31	10:31:00	Stephen Spellacy	Dumfries CC	male	Vet
32	10:32:00	Bryan Pool	Border City Whs CC	male	Vet

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
33	10:33:00	Lee Davison	Border City Whs CC	male	Vet
34	10:34:00	David Hill	Giant-Kendal-Sidas.uk	male	Senior
35	10:35:00	Richard Nesfield	Beacon Wheelers	male	Senior
36	10:36:00	Derek Schofield	Rosendale RC	male	Vet
37	10:37:00	David Huck	Barrow Central Wheelers	male	Senior
38	10:38:00	Paul David Fleming	Preston Whs	male	Vet
39	10:39:00	Kevin Crawley	Border City Whs CC	male	Vet
40	10:40:00	Richard Bideau	Pendle Forest CC	male	Vet