

# **Border City Whs CC (Hilly)(NLTTA Spoco)(High Hesket)**

**05/03/2023 09:00**

**L135**

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



## **Headquarters**

Low Hesket Village Hall

Southwaite Rd, Low Hesket, Carlisle CA4 0ES

## **Route from HQ to start**

Turn Right out of HQ and ride south for around 1 mile.

## **Course details**

L135 – High Hesket A6 START at the South end of layby on High Hesket A6 by-pass, just north of direction sign for Ling. Proceed south on the A6 to Stoneybeck roundabout (Bowscar), where take 6th exit to retrace along A6. Proceed north on A6 to finish adjacent to field gate opposite the start. (13.6m)

## Local regulations

- Riders must **not ride with their head down**.
- Riders must keep to the left hand side of the road except when overtaking, failure to comply may lead to disqualification. Please consider you're own & other road users safety.
- Riders must call their numbers at the Finish & elsewhere on the course as requested.
- Riders **must not stand in the road at the start or finish** (this constitutes an obstruction & 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**
- **Helmets: The CTT state that helmets are Mandatory for all riders.** Helmet must be hard/soft shell construction to a recognised standard (see regulation 15).
- **Lights:** The CTT requires that a working **white front** light and **red rear** light (either flashing or constant) are fitted to the machine in a position visible to other road users & is active while the machine is in use.
- Competitors, prior to starting, are not permitted to ride past the finish timekeeper for the duration of the event. **Warming Up:** Please avoid warming up on the course once the race is in progress.)

## Organiser contact details

Richard Bickley  
11 Gayle Avenue Shap  
07821 746288

richardbickley@ymail.com

## Time keepers/officials

Timekeepers Keith Bickley & Richard Abram

## Course records

### Solo Male

00:28:38

Lewis Wake

06-Mar-22 | Border City Whs CC (Hilly)(NLTTA Spoco)(High Heskett)

### Solo Female

00:39:31

Carol Westmorland

06-Mar-22 | Border City Whs CC (Hilly)(NLTTA Spoco)(High Heskett)

## **Awards/prizes**

There will be no prize money for this event. Any profits will be give to the charity The Great North Air Ambulance.

### **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)(High Hesket)

Start Number	Start Time	Rider	Club	Gender	Category
1	09:01:00	Craig Horseman	Giant-Kendal-Sidas.uk	male	Vet
2	09:02:00	Jan Scotchford	North Lancashire Road Club	female	Vet
3	09:03:00	Ted Birkbeck	Giant-Kendal-Sidas.uk	male	Junior
4	09:04:00	Tim Bennett	Kent Valley RC	male	Vet
5	09:05:00	Peter Rowe	Kent Valley RC	male	Vet
6	09:06:00	Richard Belk	Kent Valley RC	male	Vet
7	09:07:00	David J Gibson	Border City Whs CC	male	Vet
8	09:08:00	Kevin Crawley	Border City Whs CC	male	Vet
9	09:09:00	Rachael Maxwell	Border City Whs CC	female	Vet
10	09:10:00	Mike Westmorland	Border City Whs CC	male	Vet
11	09:11:00	Dougi Hall	Border City Whs CC	male	Vet
12	09:12:00	Neil Withington	Beacon Wheelers	male	Vet
13	09:13:00	Edward Moss	Giant-Kendal-Sidas.uk	male	Espoir
14	09:14:00	Andrew Barlow	Kent Valley RC	male	Vet
15	09:15:00	Simon Horsley	Legato Racing Team (LRT)	male	Vet
16	09:16:00	Bryan Pool	Border City Whs CC	male	Vet
17	09:17:00	Lee Davison	Border City Whs CC	male	Vet
18	09:18:00	Tony Scott	GTR - Return To Life p/b Streamline	male	Vet
19	09:19:00	David Hill	Giant-Kendal-Sidas.uk	male	Senior
20	09:20:00	Dan Kendall	Rock to Roll CC	male	Senior
21	09:21:00	Chris Booth	Giant-Kendal-Sidas.uk	male	Senior
22	09:22:00	Rob Graham	GTR - Return To Life p/b Streamline	male	Senior
23	09:23:00	Marc Anderson	GTR - Return To Life p/b Streamline	male	Vet
24	09:24:00	Matt Morris	Wigan Whs CC	male	Senior
25	09:25:00	David Thompson	Rock to Roll CC	male	Vet
26	09:26:00	Richard Nesfield	Giant-Kendal-Sidas.uk	male	Senior
27	09:27:00	Lewis Wake	Team Kirkley Cycles	male	Senior