

Border City Whs CC (Hilly)(NLTTA Spoco)(High Heskett)

03/03/2024 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

Please park sensibly and as far away from any houses if your warming up on a turbo.

Numbers & signing on will be at the HQ. Signing on will be from 08:00 hrs., please remember all competitors are required to personally “sign in” and “sign out “ on completion of their ride.

Route from HQ to start

Turn Right out of HQ to join A6. Travel south for aproximantly 1.5 miles.

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

In the interests of General Safety:

? 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

Keith Bickley
18 Holmehead Way Carlisle
01228 535844

keith.trish.bickley@gmail.com

Time keepers/officials

Timekeepers Keith Bickley & Richard Abram

HQ Official Richard Bickley

Course records

Solo Open

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)

Solo Open (Junior)

00:34:19

Ted Birkbeck

05-Mar-23 | Border City Whs CC (Hilly)(NLTTA Spoco)(High Heskett)

Awards/prizes

Due to the lower number of entries this year and the mixture of demographic of riders and funds left after organising costs will be donated to

www.greatnorthairambulance.co.uk

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

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Start Number	Start Time	Rider	Club	Gender	Category
1	09:01:00	Emil Petrov	Border City Whs CC	Open	Senior
2	09:02:00	Nick Higginson	Cleveleys Road Club	Open	Vet
3	09:03:00	Derek Schofield	Rosendale RC	Open	Vet
4	09:04:00	Craig Horseman	Border City Whs CC	Open	Vet
5	09:05:00	Mike Westmorland	Border City Whs CC	Open	Vet
6	09:06:00	Carol Westmorland	Border City Whs CC	Female	Vet
7	09:07:00	David J Gibson	Border City Whs CC	Open	Vet
8	09:08:00	Dougi Hall	Border City Whs CC	Open	Vet
9	09:09:00	Bryan Pool	Border City Whs CC	Open	Vet
10	09:10:00	Alan King	Johnstone Wheelers	Open	Vet
11	09:11:00	Lucy Mikkelsen-Barron	Derwent Valley Cycling Club	Female	Senior
12	09:12:00	Richard Morgan	Barrow Central Wheelers	Open	Vet
13	09:13:00	Joe Boothroyd	Giant-Kendal-Sidas.uk	Open	Senior
14	09:14:00	David Hill	Giant-Kendal-Sidas.uk	Open	Senior
15	09:15:00	Edward Moss	Giant-Kendal-Sidas.uk	Open	Espoir
16	09:16:00	Ste Bolton	Giant-Kendal-Sidas.uk	Open	Senior
17	09:17:00	Chris Booth	Giant-Kendal-Sidas.uk	Open	Senior
18	09:18:00	Tony Scott	GTR - Return To Life p/b Streamline	Open	Vet
19	09:19:00	Allistair Moffat	Velo Club Cumbria	Open	Vet
20	09:20:00	David Thompson	Rock to Roll CC	Open	Vet
21	09:21:00	Rob Graham	GTR - Return To Life p/b Streamline	Open	Senior
22	09:22:00	Lewis Wake	Team Kirkley Cycles	Open	Senior