**Sunday 15th July 2018 at 09.00 hrs**

**25 mile time trial on course L2511 Keswick circuit**

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations**

**EVENT SECRETARY TIMEKEEPERS**

# Bryan Pool Richard Abram

# 13 The Square Keith Bickley

# Dalston

# Carlisle

# CA5 7PH Phone 01228 711823 & 07974 153561 (on the day)

**Course Description**
START at painted mark on kerb against drain at east end of the first lay-by to the east of Simonscales Bridge over the A66. This lay-by is 0.75 miles from the roundabout junction with the A5086 Cockermouth/Egremont Road.
Proceed from the start along the A66 in an easterly direction to the A591 Keswick/Bothel roundabout junction (12.1 miles). Encircle the roundabout and retrace along the A66 to the roundabout at the Cockermouth/Egremont junction (24.8 miles) where turn left taking the A5086 Egremont road to FINISH beyond entrance to the Premier Inn at painted mark in line with large A5086 sign (25 miles).

Extra care to be taken by all riders entering the undulating carriageway section on the return leg approximately 5.5miles from the finish due to the carriage way narrowing in places.

**EVENT HEADQUARTERS: Eaglesfield Village Hall** Hotchberry Brow, Cockermouth CA13 0RN

Signing on sheets and numbers available from event HQ from 8.00am. Please remember to return your number and sign off at the HQ - **failure to do this will result in your being recorded as not finishing the event.** Refreshments will be served afterwards. Event HQ is approximately 2 miles from Start Area – allow 15 minutes.

**LOCAL REGULATIONS:** The following local regulations have been approved by the CTT National Committee in accordance with Regulation 38. Any breaches may lead to disciplinary action being taken.

**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. 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.

**IN ADDITION TO THE ABOVE**

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.

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

**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.**

**Competitors Machine – Lights: CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.**

### AWARDS (ONE RIDER ONE PRIZE)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Category | Overall | W | J | V40 | V50 | V60+ |
| 1st | £35 | £25 | £20 | £25 | £25 | £25 |
| 2nd | £25 | £20 |  | £20 | £20 | £20 |
| 3rd | £20 |  |  | £10 | £10 | £10 |
| 4th  | £15 |  |  |  |  |  |

The event also includes the Mappin & Webb handicap Trophy for BCW riders.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 5 | 09:05:00 | Emil Petrov | Border City Whs CC | M | Sen | 28 |
| 6 | 09:06:00 | Alvaro Martin Hernandez | West Lothian Clarion | M | Sen | 35 |
| 7 | 09:07:00 | Tim Bennett | Kent Valley RC | M | Vet | 52 |
| 8 | 09:08:00 | Steve Cowlbeck | VTTA (North Midlands) | M | Vet | 48 |
| 9 | 09:09:00 | William Armstrong | Velo Club Cumbria | M | Vet | 64 |
| 10 | 09:10:00 | David Turner | Cleveleys Road Club | M | Vet | 47 |
| 11 | 09:11:00 | Andrew Dent | Pendle Forest CC | M | Vet | 55 |
| 12 | 09:12:00 | David Hill | Velo Club Cumbria | M | Esp | 20 |
| 13 | 09:13:00 | Andy Stubbs | Barrow Central Wheelers | M | Vet | 62 |
| 14 | 09:14:00 | Ian Brown | Stretford Wheelers CC | M | Vet | 71 |
| 15 | 09:15:00 | Mick Black | Springfield Financial Racing Team | M | Vet | 71 |
| 16 | 09:16:00 | Neil Withington | Beacon Wheelers | M | Sen | 39 |
| 17 | 09:17:00 | Bill Maxwell | Border City Whs CC | M | Vet | 70 |
| 18 | 09:18:00 | David Golden | Army Cycling Union | M | Vet | 58 |
| 19 | 09:19:00 | Martin Ferguson | Hoppers Rollers | M | Vet | 44 |
| 20 | 09:20:00 | Dan Taylor | Coveryourcar.co.uk RT | M | Vet | 40 |
| 21 | 09:21:00 | John Mason | Velo Club Cumbria | M | Vet | 46 |
| 22 | 09:22:00 | Katie Lukas | Beacon Wheelers | F | Vet | 44 |
| 23 | 09:23:00 | Richard Tyson | Rock to Roll CC | M | Vet | 51 |
| 24 | 09:24:00 | Clifford Degraff | Velo Club Cumbria | M | Vet | 53 |
| 25 | 09:25:00 | Patrick Pennefather | Border City Whs CC | M | Sen | 39 |
| 26 | 09:26:00 | Archie Irving | Beacon Wheelers | M | Juv | 15 |
| 27 | 09:27:00 | Martyn Blenkinship  | Border City Whs CC | M | Vet | 47 |
| 28 | 09:28:00 | Carol Westmorland | Border City Whs CC | F | Vet | 49 |
| 29 | 09:29:00 | James Bell | Border City Whs CC | M | Sen | 35 |
| 30 | 09:30:00 | Peter Greenwood | Team Swift | M | Vet | 66 |
| 31 | 09:31:00 | Charlotte Boothman | ABC Centreville | F | Sen | 35 |
| 32 | 09:32:00 | Phil Shaw | Kent Valley RC | M | Vet | 51 |
| 33 | 09:33:00 | Simon Hayes | Velo Club Cumbria | M | Vet | 47 |
| 34 | 09:34:00 | Eddie Fryer | Manx Road Club Team Manx Telecom | M | Vet | 71 |
| 35 | 09:35:00 | Paul Braithwaite | Pendle Forest CC | M | Vet | 42 |
| 36 | 09:36:00 | Kenneth Brown | Velo Club Cumbria | M | Sen | 37 |
| 37 | 09:37:00 | Mike Westmorland | Border City Whs CC | M | Vet | 73 |
| 38 | 09:38:00 | Kieran Hoban | Velo Club Cumbria | M | Sen | 23 |
| 39 | 09:39:00 | Victoria Howden  | LincsQuad | F | Sen | 37 |
| 40 | 09:40:00 | Steve Daintith | Coveryourcar.co.uk RT | M | Vet | 45 |
| 41 | 09:41:00 | Benjamin Horrobin | Horwich Cycling Club | M | Esp | 18 |
| 42 | 09:42:00 | Julian Cook | Velo Club Cumbria | M | Vet | 46 |
| 43 | 09:43:00 | Craig Wilson | Nelson Whs CC | M | Vet | 51 |
| 44 | 09:44:00 | David Smith | Border City Whs CC | M | Vet | 55 |
| 45 | 09:45:00 | Steven Whittington | ABC Centreville | M | Vet | 45 |
| 46 | 09:46:00 | Kenneth Brown | Velo Club Cumbria | M | Vet | 61 |
| 47 | 09:47:00 | Martin Horrobin | Horwich Cycling Club | M | Vet | 51 |
| 48 | 09:48:00 | Stephen Turner | Border City Whs CC | M | Vet | 54 |
| 49 | 09:49:00 | Dave Smalley | Clayton Velo | M | Vet | 69 |
| 50 | 09:50:00 | Richard Bickley | Border City Whs CC | M | Sen | 35 |
| 51 | 09:51:00 | Carl King | VTTA (Manchester & NW Group) | M | Vet | 49 |
| 52 | 09:52:00 | Richard Shield | Velo Club Cumbria | M | Sen | 34 |
| 53 | 09:53:00 | Paul Hill | Lancashire RC | M | Vet | 48 |
| 54 | 09:54:00 | Richard Belk | Kent Valley RC | M | Vet | 67 |
| 55 | 09:55:00 | Craig Horseman  | Beacon Wheelers | M | Vet | 44 |
| 56 | 09:56:00 | Tony Workman | Lancashire RC | M | Vet | 45 |
| 57 | 09:57:00 | Sean Hoban | Velo Club Cumbria | M | Vet | 51 |
| 58 | 09:58:00 | Peter Macklam | Leeds St Christophers | M | Vet | 75 |
| 59 | 09:59:00 | Ian Barnett | Chorley Cycling Club | M | Vet | 48 |
| 60 | 10:00:00 | Philip Jones | Transition Race Team  | M | Sen | 27 |
| 61 | 10:01:00 | Russell Mclean | Beacon Wheelers | M | Sen | 39 |
| 62 | 10:02:00 | Chris Bateman | Border City Whs CC | M | Sen | 27 |
| 63 | 10:03:00 | Stephen Kirkbride | Border City Whs CC | M | Vet | 51 |
| 64 | 10:04:00 | Glenn Bowyer | Lancashire RC | M | Vet | 56 |
| 65 | 10:05:00 | Jon Sturman | Blumilk.com | M | Vet | 48 |
| 66 | 10:06:00 | Peter Haigh | Nelson Whs CC | M | Vet | 64 |
| 67 | 10:07:00 | Deborah Moss | Team Merlin | F | Vet | 48 |
| 68 | 10:08:00 | Matthew Atkinson | Beacon Wheelers | M | Sen | 30 |
| 69 | 10:09:00 | Syd Brown | Stretford Wheelers CC | M | Juv | 15 |
| 70 | 10:10:00 | Stephen Irwin | North Lancashire Road Club | M | Vet | 47 |
| 71 | 10:11:00 | Paul Russell | Springfield Financial Racing Team | M | Vet | 51 |
| 72 | 10:12:00 | Russell Marsden | Pendle Forest CC | M | Vet | 50 |
| 73 | 10:13:00 | Glenn Howarth | Kent Valley RC | M | Vet | 59 |
| 74 | 10:14:00 | Steve Wilkinson | Nelson Whs CC | M | Vet | 55 |
| 75 | 10:15:00 | Derek Parkinson | Springfield Financial Racing Team | M | Vet | 44 |