

Pendle Forest Cycling Club

www.pendleforestcyclingclub.co.uk

The Circuit of Ingleborough (L271)

A 27mile time trial promoted for and on behalf of Cycling Time Trials, under their rules and regulations (NLTTA 'SPOCO' counting event <https://nlтта.org.uk/spoco-2020-events/>)

SATURDAY 14 MARCH 2020 AT 10AM

Headquarters: Ingleborough Community Centre, Main Street, Ingleton, LA6 3HG

Event Secretary: Mr Danny Davies, 16 Waverley Close, Brierfield, Nelson, BB9 5HD
Tel: 01282 699918/07745841437/07746122331/email: dannypfcc@hotmail.co.uk

Timekeepers: Start: Mr Terry Parker Finish: Mr Peter Briscoe

Course details:

START near Western end of old unclassified road from Ingleton to Clapham opposite the Church Gate on south side of road which is just east of telegraph pole no2 at gateway to Fell End Farm and approximately 100yards east of derestriction sign. Proceed eastwards to T-junction with B6480 road in Clapham (3.57m). Turn left and through village on B6480 to junction with A65 (4.5m), where left along A65 to junction with road to Settle near Cave Hole Wood (7m). Bear left over Buck Haw Brow to Settle where after crossing River Ribble turn left onto B6479 (9.6m). Proceed in a northerly direction via Horton in Ribblesdale to T-junction with B6255 at Ribblehead (20.91m). Turn left and continue along B6255 towards Ingleton to FINISH at the first Storrs Common sign at small lay-by 400yards before 30mph restriction sign at approach to Ingleton (26.25m).

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.

VERY IMPORTANT - All competitors -please be aware of new

CTT reg 14i

No competitor shall be permitted to start either type a or type b event unless such competitor has affixed to the rear of their machine a working rear red light either flashing or constant, that it is illuminated and in a position that is clearly visible to other road users.

NO REAR LIGHT - NO RIDE!

CTT Regulation 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 open (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 number and (ii) sign the official Signing-Out Sheet.**

Reminder: You personally must sign the signing-on sheet when collecting and when returning your number. No-one else may sign for you.

Local Reg 5 In ALL events, competitors prior to starting are not permitted to ride past the start and finish timekeepers during the duration of the event.

Local Reg 6 Any competitor making a U turn in the vicinity of the start or finish will be disqualified from the event.

Local Reg 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 the regulations.)

Riders MUST NOT ride with their heads down.

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** which meets with internationally accepted safety standards. **(This is compulsory for junior and youth competitors.)**

Please note that special care is needed on the fast approach to Clapham village:

- 1. At the T-junction where turning left into the village. A busy working farmyard is situated here and there may be farm traffic manoeuvring in and out in addition to through traffic in both directions;**
- 2. At the blind left hand bend at the New Inn just after the bridge in Clapham village;**
- 3. After the village, at the junction with the A65 where fast through traffic will be encountered. The junction is at the end of a long straight stretch of the A65.**

Riders need to keep well into the left at all these locations. At the two junctions, riders need to ensure that they do take account of the traffic situation.

Please also note that there are rumble strips just before and after Selside. Those before Selside are just at the end of a long fast descent. Be aware of the state of the road surface at all times.

At the start: In order to avoid annoyance to the occupants of Fell End Farm and the wider Ingleton community, please use toilet facilities before proceeding to the start and avoid congregating in the entrance to the farm. No cars to be parked at the start or finish – there is ample parking at the HQ which is only 700 yards away from the start, **please make sure you obtain a parking ticket before signing on.**

Parking and toilets for the event are available at the headquarters.

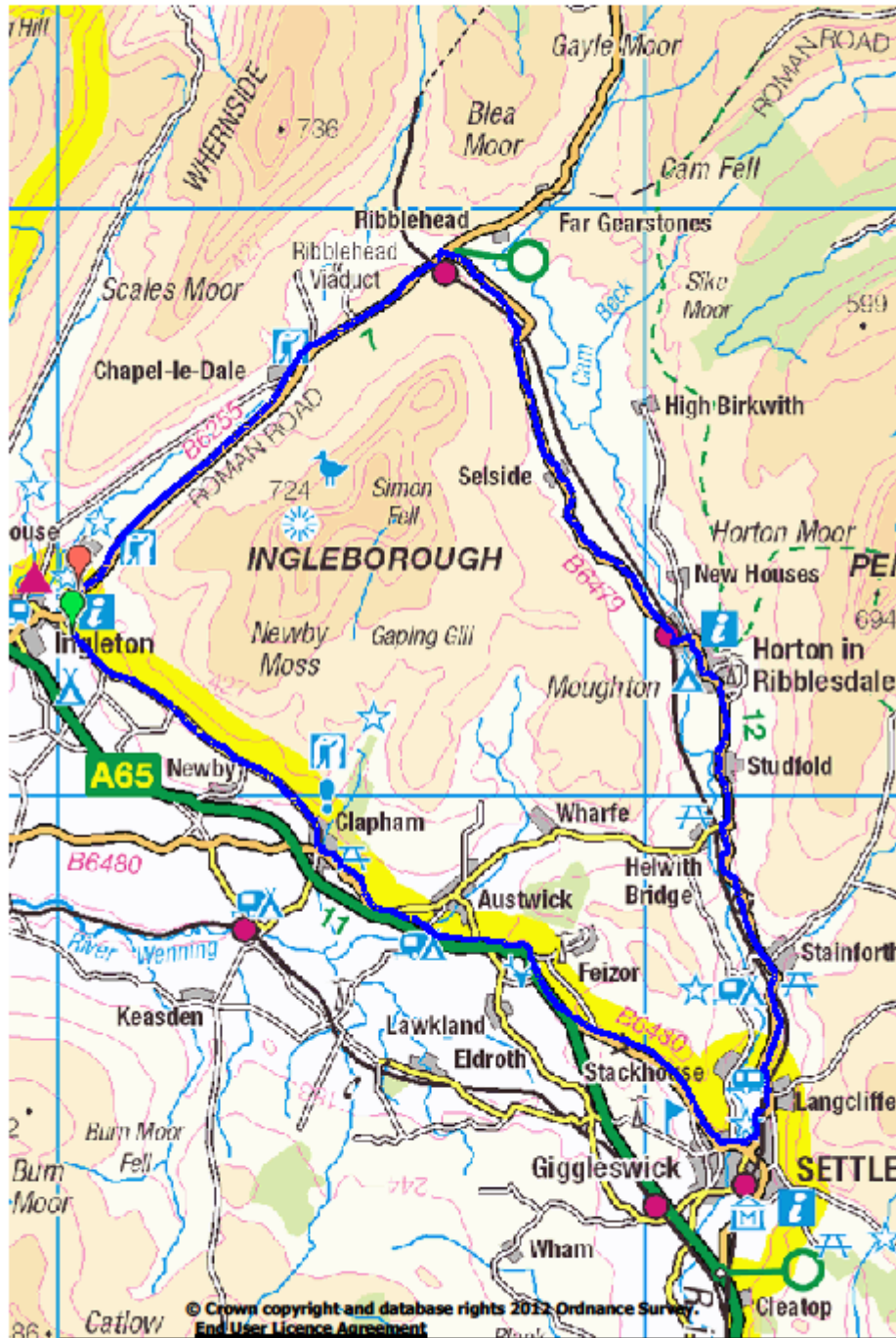
Awards

Fastest :	1st	£50	2nd	£35	3rd	£25	4th	£20	5th	£15
Fastest W:	1st	£50	2nd	£35						
M40:	1st	£15	2nd	£10	3rd	£5				
W40/50	1st	£15								
M50:	1st	£15	2nd	£10	3rd	£5				
M60/M70	1st	£15	2nd	£10	3rd	£5				
Junior/Juvenile	1st	£15	2nd	£10						
Team of 3:	1st	£30	2nd	£15						

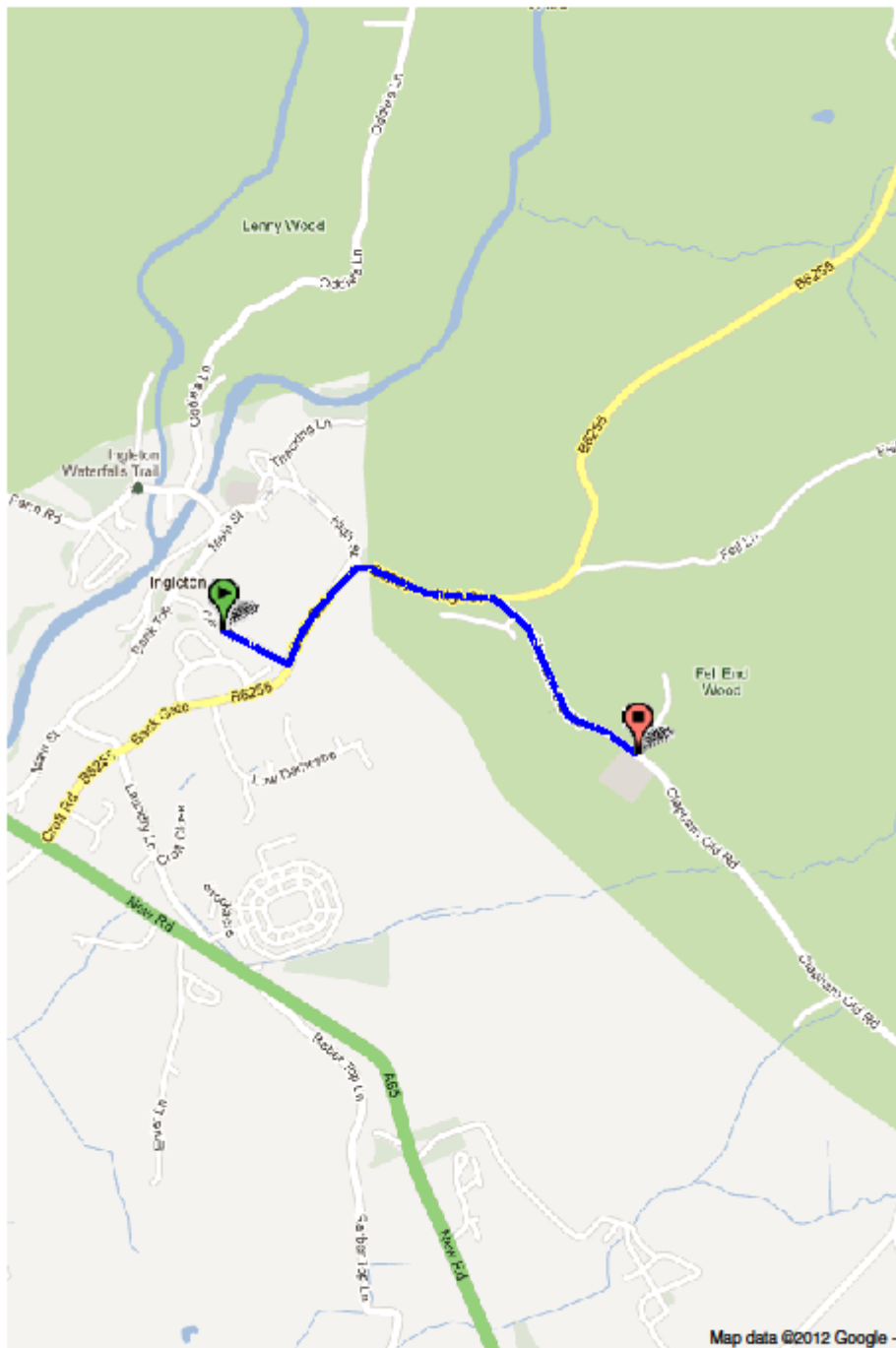
One rider, one prize except for team prize.

Pendle Forest CC offers an additional prize of £50 to the overall winner if the course and event record is broken. The current record of 59 minutes 21 seconds was set by James Gullen at the 2017 event, beating the previous record of 1 hour 0 mins 52 seconds set by Tejvan Pettinger in 2015. Prior to that Gethin Butlers record of 1 hour 1 min 17 secs had stood since 1998.

Map of Course L271 Circuit of Ingleborough



HQ to Start of Event L271 Circuit of Ingleborough



Pendle Forest Cycling Club present the L271 Circuit of Ingleborough on 14 March 2020

number	start_time	firstname	lastname	club	category
1					
2					
3					
4					
5	10:05	Martin	Ralph	Pendle Forest CC	Veteran40
6	10:06	Mark	Wildsmith	Settle Wheelers	Veteran40
7	10:07	David	Tinker	Clayton Velo	Veteran60
8	10:08	Joe	Kiely	HMT Hospitals Giant Cycling Team	Junior
9	10:09	Bryn	Lawrence	C and N Cycles RT	Juvenile
10	10:10	Carl	Potter	Lancashire RC	Veteran40
11	10:11	Mark	Stickland	Settle Wheelers	Veteran50
12	10:12	Nigel	Briggs	South Pennine RC	Veteran60
13	10:13	Chris	Smedley	Nelson Whs CC	Veteran40
14	10:14	James	Claydon	Bill Nickson Cycles	Senior
15	10:15	Paul	Braithwaite	Pendle Forest CC	Veteran40
16	10:16	Steven	Parsonage	Durham University Cycling Club	Senior
17	10:17	Mark	Smith	ABC Centreville	Veteran50
18	10:18	Andrew	Niblock	Beacon Wheelers	Senior
19	10:19	Theodor	Obholzer	Durham University Cycling Club	Espoir
20	10:20	Ewan	Farrow	Ilkley CC	Senior
21	10:21	Eamonn	Quinn	Lakes Road Club	Veteran60
22	10:22	Douglas	Jaram	Hull Thursday RC	Veteran50
23	10:23	Richard	Fogarty	Fogartys Insurance Tri Team	Veteran40
24	10:24	Chris	Stanley	North Lancashire Road Club	Veteran40
25	10:25	David	Trotter	Lancaster CC	Veteran40
26	10:26	Tom	Gibson	Kent Valley RC	Senior
27	10:27	Mark	Chadwick	Wigan Whs CC	Veteran40
28	10:28	David	Hilditch	Ribble Valley C&RC	Veteran60
29	10:29	Paul	Stupples	St Helens Tri	Veteran50
30	10:30	Ben	Harrison	Crimson Orientation Marketing RT	Veteran40
31	10:31	Aidan	Lawrence	HMT Hospitals Giant Cycling Team	Junior
32	10:32	Tim	Norton	Lancaster CC	Veteran60
33	10:33	Tom	Maher	Horwich Cycling Club	Veteran40
34	10:34	Thomas	Clough	Springfield Financial Racing Team	Senior
35	10:35	David	Murphy	Liverpool Mercury Dolan CC	Senior
36	10:36	Neil	Hughes-Hutchings	Morden CRC	Veteran40
37	10:37	Mick	Braithwaite	Cybele Cycling Club	Veteran40
38	10:38	Francis	Woodcock	Team SB Hub	Junior
39	10:39	Ben	Beachell	Rhos-on-Sea CC	Veteran50
40	10:40	Sean	Owens	Springfield Financial Racing Team	Veteran40
41	10:41	Joanna	Cebrat	Bury Clarion CC	WVveteran40
42	10:42	Hannah	Benson	Ilkley CC	WVveteran40
43	10:43	Alex	Fairer	Barrow Central Wheelers	WSenior
44	10:44	Victoria	Peel	Pendle Forest CC	WSenior
45	10:45	Christina	Wiejak	Jadan CycleSpace- Vive Le Velo	WSenior
46	10:46	Sharon	Lovidge	Barrow Central Wheelers	WVveteran40

47	10:47	Gill	Arnett	Hopey Bicycle Repairs	WVeteran40
48	10:48	Jan	Scotchford	North Lancashire Road Club	WVeteran50
49	10:49	David	Gamble	Bury Clarion CC	Veteran50
50	10:50	Joe	Howcroft	Otley CC	Espoir
51	10:51	Simon	Diggins	Bury Clarion CC	Veteran40
52	10:52	Nick	Higginson	Cleveleys Road Club	Senior
53	10:53	Sam	Howcroft	Otley CC	Junior
54	10:54	Kevin	Blades	Bury Clarion CC	Veteran40
55	10:55	Paul	Nelson	Ribble Valley Crossroads Care Cycling Team	Senior
56	10:56	Martin	Horrobin	Horwich Cycling Club	Veteran50
57	10:57	Steven	Forrest	Fogartys Insurance Tri Team	Veteran40
58	10:58	Mark	Jones	Bury Clarion CC	Veteran40
59	10:59	Paul	Warrener	Rosendale RC	Veteran50
60	11:00	Paul David	Fleming	Preston Whs	Veteran50
61	11:01	Gavin	Wright	Bury Clarion CC	Veteran40
62	11:02	Nick	Giles	Poco Loco Cycling R.T.	Veteran60
63	11:03	Mark	Bleasdale	Fogartys Insurance Tri Team	Veteran40
64	11:04	Patrick	Hickey	Rosendale RC	Senior
65	11:05	Peter	Greenwood	Team Swift	Veteran60
66	11:06	Joseph	Cadwallader	Bury Clarion CC	Veteran40
67	11:07	David	Hunt	Wakefield Triathlon Club	Veteran40
68	11:08	Martin	Brass	Pendle Forest CC	Veteran60
69	11:09	David	Tabron	Horwich Cycling Club	Senior
70	11:10	Ben	Stead	3 RT	Senior
71	11:11	Jon	Longworth	Bury Clarion CC	Veteran40
72	11:12	Neil	Withington	Beacon Wheelers	Veteran40
73	11:13	Nick	Badcock	Team Kirkley Cycles	Senior
74	11:14	David	Rundall	Chorley Cycling Club	Veteran70
75	11:15	Simon	Deeley	Team HUUB	Veteran40
76	11:16	Jason	Mcdonald	Bury Clarion CC	Veteran40
77	11:17	Derek	Schofield	Rosendale RC	Veteran60
78	11:18	Randle	Shenton	Team Swift	Veteran60
79	11:19	Duncan	Orme	Kent Valley RC	Veteran40
80	11:20	Hayden	Allen	PMRR	Senior
81	11:21	Harvey	Stroh	Pendle Forest CC	Espoir
82	11:22	David	Hargreaves	North Lancashire Road Club	Veteran70
83	11:23	Dan	Kendall	Rock to Roll CC	Senior
84	11:24	Martin	Welsh	Pendle Forest CC	Veteran60
85	11:25	David	Gleave	Velo Club Cumbria	Senior
86	11:26	Steven	Guymer	Squadra RT	Senior
87	11:27	Tobias	Edwards	Huddersfield Star Whs	Espoir
88	11:28	Chris	Watts	Ilkley CC	Veteran40
89	11:29	Roy	Flanagan	Rosendale RC	Veteran60
90	11:30	Richard	Bideau	Pendle Forest CC	Veteran40