

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

**20 mile cycle time trial**

**26/03/2023 10:00**

**L202**

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



## **Headquarters**

Lazonby Village Hall, Lazonby, Penrith, Cumbria CA10 1AQ

Please park responsibly, the road outside the hall is narrow and on a steep hill so please be considerate and park a little way from the hall if possible.

HQ open from 9am

## **Route from HQ to start**

Turn left out of the hall, up the hill and then turn right. The start is approximately three quarters of a mile from the HQ.

## **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.

## Local regulations

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.

## Organiser contact details

Adrian Sowerby  
Hillgarth Carlisle  
07496025702

adriansowerby52@gmail.com

## Time keepers/officials

Time keepers Keith Bickley and Richard Abram

## 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 - first three overall, plus winners of Vet 40, 50, 60 and 70 (one rider, one prize, if top 3 vet prize roles down).

Female - Winner and fist veteran (any catergory).

## **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
2	10:02:00	Chris Edmundson	Preston Whs	male	Vet
3	10:03:00	Peter Rowe	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	Craig Horseman	Giant-Kendal-Sidas.uk	male	Vet
7	10:07:00	David J Gibson	Border City Whs CC	male	Vet
8	10:08:00	Jan Scotchford	North Lancashire Road Club	female	Vet
9	10:09:00	Derek Schofield	Rosendale RC	male	Vet
10	10:10:00	Matt Morris	Wigan Whs CC	male	Senior
11	10:11:00	Richard Belk	Kent Valley RC	male	Vet
12	10:12:00	Ted Birkbeck	Giant-Kendal-Sidas.uk	male	Junior
13	10:13:00	Rachael Maxwell	Border City Whs CC	female	Vet
14	10:14:00	Edward Moss	Giant-Kendal-Sidas.uk	male	Espoir
15	10:15:00	Paul Braithwaite	Pendle Forest CC	male	Vet
16	10:16:00	Nick Higginson	Cleveleys Road Club	male	Vet
17	10:17:00	Mike Westmorland	Border City Whs CC	male	Vet
18	10:18:00	Randle Shenton	Legato Racing Team (LRT)	male	Vet
19	10:19:00	Tim Burdon	Allen Valley Velo	male	Vet
20	10:20:00	Nick Badcock	Allen Valley Velo	male	Vet
21	10:21:00	Andrew Barlow	Kent Valley RC	male	Vet
22	10:22:00	Martin Welsh	Pendle Forest CC	male	Vet
23	10:23:00	Neil Withington	Beacon Wheelers	male	Vet
24	10:24:00	Peter Greenwood	Clayton Velo	male	Vet
25	10:25:00	Marc Anderson	GTR - Return To Life p/b Streamline	male	Vet
26	10:26:00	Duncan Orme	Kent Valley RC	male	Vet
27	10:27:00	Tony Scott	GTR - Return To Life p/b Streamline	male	Vet
28	10:28:00	Daniel McParland	Tri Preston	male	Vet
29	10:29:00	Simon Horsley	Legato Racing Team (LRT)	male	Vet
30	10:30:00	Richard Nesfield	Giant-Kendal-Sidas.uk	male	Senior
31	10:31:00	Bryan Pool	Border City Whs CC	male	Vet
32	10:32:00	Matthew Atkinson	Beacon Wheelers	male	Senior

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<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
33	10:33:00	Darren Harvey	Pendle Forest CC	male	Vet
34	10:34:00	David Hill	Giant-Kendal-Sidas.uk	male	Senior
35	10:35:00	Richard Bideau	Pendle Forest CC	male	Vet