

Border City Whs CC(Hilly) (NLTTA Spoco)(Lazonby circuit)

**A 20 mile hilly time trial promoted by Border City Wheelers
Cycling Club for and on behalf of Cycling Time Trials
under their rules and Regs.**

27/03/2022 10:00

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



Headquarters

Lazonby Village Hall, Lazonby, Cumbria, CA10 1AQ

The hall will be open from 8.45am

PLEASE REMEMBER THE CLOCKS GO FORWARD ONE HOUR AT 1AM SUNDAY 27TH MARCH 2022

Sign on, numbers, sign out and toilet facilities. Sorry but no refreshments this year.

Directions

From the A6

Take the B6413 from Plumpton, signed to Lazonby. Continue on the road until you reach Lazonby Village.

The Hall is on the right hand side of the road, on the corner of the junction between the B6413 and Scaur Lane.

Please if at all possible DO NOT park directly outside the hall. We have kindly been given permission to use the the car park at Bells of Lazonby which is next to the railway station. This can be found at the bottom of the steep hill on the left.

Route from HQ to start

The start is approximately 3/4 of a mile from the village hall.

NOTE THERE IS NO PARKING AT OR IN THE IMMEDIATE VICINITY OF THE START.

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.

There are two very fast descents on the course. One about one mile from the start of each lap and the other approaching the village of Lazonby. Please take extra care.

Local regulations

Cycling Time Trials – North D.C. 2021 - Miscellaneous Courses Regulations

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.

CTT Regulation 14 Competitors Machine – FRONT WHITE LIGHT & REAR RED LIGHT.
NO COMPETITOR shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine A WORKING FRONT WHITE LIGHT, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. A WORKING REAR RED LIGHT must be affixed to the rear of the machine, that is illuminated and in a position that is clearly visible to other road users.

CTT Regulation 17: Signing-on Sheet and Signing-Out Sheet:

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. In Type A events a competitor must return to the events HQ either during the event or within a reasonable time after the last rider has finished the even and must (i) return their number and (ii) sign the official Signing–Out Sheet

Local Reg No 5

For the duration of the event, competitors must not ride past the timekeepers, except when actually competing.

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 No10

Warming up on the course is not permitted during the duration of 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.

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.

HELMETS:

ALL COMPETITORS MUST wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15).

Organiser contact details

Adrian Sowerby
Hillgarth Carlisle
07496025702

adriansowerby52@gmail.com

Time keepers/officials

Timekeepers

Mr Richard Abram and Mr Keith Bickley

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 Open - 1st £30, 2nd £25 and 3rd £20

Male Vet 40, 50 and 60 - 1st £15 and 2nd £10

Female Open - 1st £30

Female Veteran - 1st £15

Please note ONE RIDER/ONE PRIZE - if a veteran finishes in the top 3 their vet prize will role down.

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	10:01:00	Carol Westmorland	Border City Whs CC		
2	10:02:00	Graham Carrick	Barrow Central Wheelers		
3	10:03:00	Andrew Barlow	Kent Valley RC		
4	10:04:00	Alex Forbes	Border City Whs CC		
5	10:05:00	Dan Kendall	Rock to Roll CC		
6	10:06:00	Richard Helm	Barrow Central Wheelers		
7	10:07:00	Robin Gillespie	Beacon Wheelers		
8	10:08:00	David Gibson	Border City Whs CC		
9	10:09:00	Micky Mallen	GS Metro		
10	10:10:00	Dan Taylor	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers		
11	10:11:00	Robbie Ferguson	Border City Whs CC		
12	10:12:00	Bradley Woodruffe	Ribble Cycles		
13	10:13:00	Paul Braithwaite	Pendle Forest CC		
14	10:14:00	Eamonn Quinn	Lakes Road Club		
15	10:15:00	Craig Horseman	Giant-Kendal-Sidas.uk		
16	10:16:00	Richard Belk	Kent Valley RC		
17	10:17:00	Nick Higginson	Cleveleys Road Club		
18	10:18:00	Stuart Henderson	VTTA (Yorkshire)		
19	10:19:00	Mike Westmorland	Border City Whs CC		
20	10:20:00	Jonny Hill	Barrow Central Wheelers		
21	10:21:00	Martin Welsh	Pendle Forest CC		
22	10:22:00	Neil Higgins	Team ASL-Bolton		
23	10:23:00	Alun Brown	Rapha Cycling Club		
24	10:24:00	Neil Withington	Beacon Wheelers		
25	10:25:00	Craig Battersby	Tactic Sport UK Race Team		
26	10:26:00	Peter Greenwood	Clayton Velo		
27	10:27:00	Jan Scotchford	North Lancashire Road Club		
28	10:28:00	Duncan Orme	Kent Valley RC		
29	10:29:00	Randle Shenton	Legato Racing Team (LRT)		
30	10:30:00	David Thompson	Rock to Roll CC		
31	10:31:00	Stephen Spellacy	Dumfries CC		
32	10:32:00	Bryan Pool	Border City Whs CC		

Start Number	Start Time	Rider	Club	Gender	Category
33	10:33:00	Lee Davison	Border City Whs CC		
34	10:34:00	David Hill	Giant-Kendal-Sidas.uk		
35	10:35:00	Richard Nesfield	Beacon Wheelers		
36	10:36:00	Derek Schofield	Rosendale RC		
37	10:37:00	David Huck	Barrow Central Wheelers		
38	10:38:00	Paul David Fleming	Preston Whs		
39	10:39:00	Kevin Crawley	Border City Whs CC		
40	10:40:00	Richard Bideau	Pendle Forest CC		