



PENDLE FOREST CYCLING CLUB

The Circuit of Ingleborough

Saturday, 16th March 2024 at 10am

Headquarters	Ingleborough Community Centre, Main Street, Ingleton, LA6 3HG	
Event Secretary	Richard Bideau 01282 421328 / 07478 349168 richard@crystallineceramics.co.uk	
Timekeepers	Start - Chris Smedley	Finish - Peter Briscoe

Welcome to the Circuit of Ingleborough hilly time trial. Please read this important information. Additional information can be found on the [Pendle Forest website](#).

Please follow these essential rules:

- Complete a [parental consent form](#) if under the age of 18
- Don't warm up or cool down on the course
- Sign on before riding
- Attach your race number
- Wear an approved helmet
- Have a working front light
- Have a working rear light
- Start at your allocated time
- Obey the Highway Code
- Follow the course
- Don't interact with other riders on the course
- Don't have a preceding or following vehicle
- Sign off after finishing
- Return your race number

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

An NLTTA SpoCo counting event



Course Details

Code: L271

Start: Near Western end of old unclassified road from Ingleton to Clapham opposite the church gate on south side of the road which is just east of telegraph pole no 2 at the gateway to Fell End Farm and approximately 100yards east of the derestriction sign. Proceed eastwards to T-Junction with B6480 road in Clapham (3.57miles). Turn left and through the 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 Storrs Common sign at small lay-by 400yards before 30mph restriction sign at approach to Ingleton (26.25m).

CTT Reg14j: No competitor shall be permitted to start either a 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.

CTT Reg 14k: 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.

CTT Reg 15 HELMETS: All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:(a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing. (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

NO FRONT AND REAR LIGHT OR NO HELMET = 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/off sheet when collecting and when returning your number.

No-one else may sign for you.

CTT Regulation 22: Use of Motor Vehicles

A competitor shall not be preceded, accompanied, followed by or in any way receive assistance from a motorised vehicle or its occupants, except in events at distances of 100km or more ...

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.

Local Reg 5: For the duration of the event, competitors must not ride past the timekeepers, except when actually competing.

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 riders must give their number at the start and 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 head down.

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 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 situated in the HQ or on the HQ car park before proceeding to the start and avoid congregating in the entrance to Fell End Farm. No cars to be parked at the start or the finish – there is ample parking at the HQ which is only 700yards away from the start. Please make sure you purchase a parking ticket before signing on.

Provisional results will be posted in the HQ and an online link for provisional times will be available via Pendle Forest CC website. There will be a prize presentation in the HQ where Refreshments will be available.

AWARDS

Overall

Both time trial and road bike categories are eligible for the overall awards

	Open	Female
1 st	£50	£50
2 nd	£30	£30
3 rd	£20	£20
Junior	£15	£15
Youth	£15	£15
V40	£15	£15
V50	£15	£15
V60	£15	£15
V70	£15	

Road Bike

	Open	Female
1 st	£30	£30
Junior/Youth	£15	£15

All rides, TT, road, open, female, count to the fastest team of 3 prize of £30.

One rider, one prize except for team prize

Pendle Forest CC offers an additional prize of £100 to the fastest rider if the course and event records are broken. The current records are:

Open: 0:59:21 James Gullen, 2017.

Female: 01:12:23 Karen Steele, 2000.

Prize money will be paid by bank transfer, please send bank account details to the event secretary.