



Dumfries Cycling Club

Sigma Sports Classic Series 2019

Round 4 of 6

Loch Ken Open Time Trial

Sunday 12th May 2019

Promoted for and on behalf of Cycling Time Trials

under its rules and regulations

Organiser: Cameron Scade, 29 Beck Avenue, Dumfries DG2 7BJ

racedumfriescc@gmail.com

Mob: 0797961906

Timekeeper: Catriona Stirling

Assistant Timekeeper: Helen Acklam

Observer: John Sturgeon

FIRST RIDER OFF AT 09:01.



A Welcome from our Chairman:

On behalf of all at Dumfries Cycling Club I would like to extend a very warm welcome to all riders taking part in the Loch Ken Open TT, Round 4 of the Sigma Sports Classic Series and a counting event in the AeroCoach CTT Scotland Super Series. It is an honour for our club to host this prestigious event and we hope that everyone will enjoy the challenge of this scenic course.

Dumfries Cycling Club is a long-established club with roots going back to the 1890's with the first racing medals presented in 1900. After a hiatus over the war years the club reformed and we have over 120 members today. Time trialling has always been an important element of our club activities and has been going from strength to strength over the last few years with midweek events under CTT arrangements attracting riders from across the region and south of the border. More local clubs are also now running time trials and we are now in the third year of the DG League presented by Studio VELO, which has helped boost participation levels locally to unprecedented levels.

Dumfries & Galloway is a great region to ride a bike with miles and miles of quiet roads, dramatic coastlines, forests, lochs and rolling hills. The Loch Ken TT course is no exception, taking in the best of the Galloway scenery in an iconic loop around the loch, although the riders will not be doing much in the way of sight-seeing! This course has featured in the Dumfries CC race calendar for many years but since 2017, thanks to CTT, we have been able to make it an Open event which will hopefully become a regular fixture nationally.

I would like to thank our members who have worked to organise this event and the small army of Dumfries CC volunteers who will turn out on the day to make it happen. Good luck to all riders.

Brian Morrell

Chairman, Dumfries CC



- Race HQ (Sign on/out) and changing/shower/parking facilities: Stewartry Rugby Club, Hobdell Pavilion Greenlaw, Castle Douglas DG7 2LH, DG7 2LH
Parking is also available within Castle Douglas if required. Please park considerately and do not park on the course.
- HQ will be open from 07:45. Refreshments will be available after the event.
- A copy of the CTT Risk Assessment and specific safety points will be displayed at the event HQ.

Course details: The start point is 0.7 miles south along the A713, turning left from the Rugby Club, so plan to give yourself enough time to reach the start on time without having to wait for too long. There is an area near the start which allows a safe turn to get to the start without the need for a U-Turn (see image below).

Course: WS25/01 (version) - one Lap of Loch Ken (26.3 miles)

Start at point adjacent to Castle Douglas 30mph limit signs on A713.

Follow A713 through villages of Crossmichael and Parton and on to Ken Bridge.

Left turn at Ken Bridge Hotel to join A712

Bear left in New Galloway to join A762. Proceed through New Galloway and Mosssdale towards Lauriston.

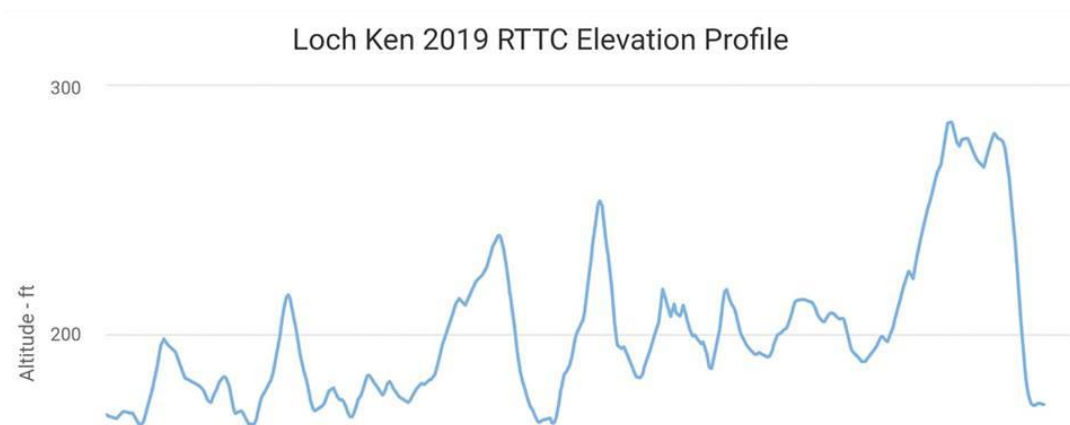
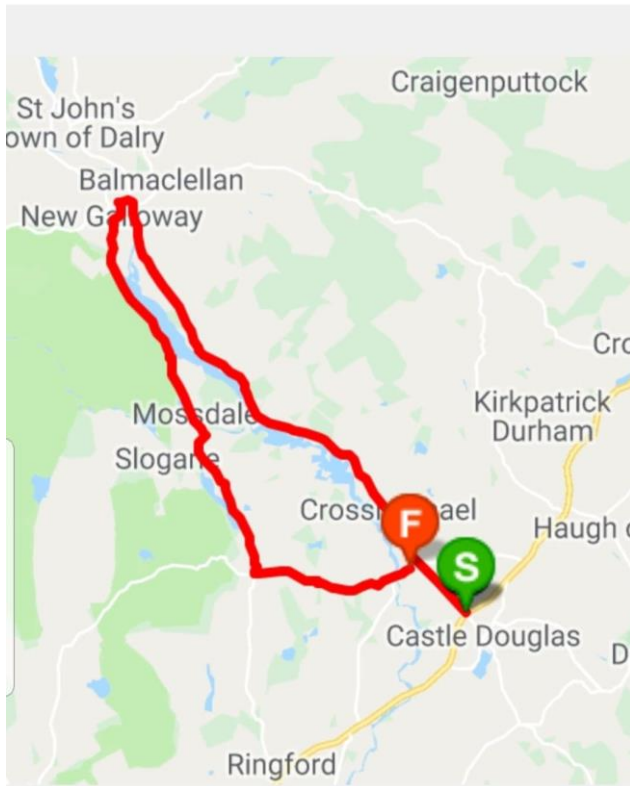
Left turn in Lauriston to join B795 and proceed to finish at Townhead of Greenlaw: 26.3 miles

*****Care should be taken in and around the villages the course passes through, particularly Crossmichael and New Galloway, where there may be an increased likelihood of parked vehicles and pedestrians. Extra care must also be taken on the descent after New Galloway and the descent down to Glenloch as you approach the finish. Great care must be taken after the finish which is followed by the junction onto the A713. Riders will rejoin the A713, turning right, to return to HQ.***

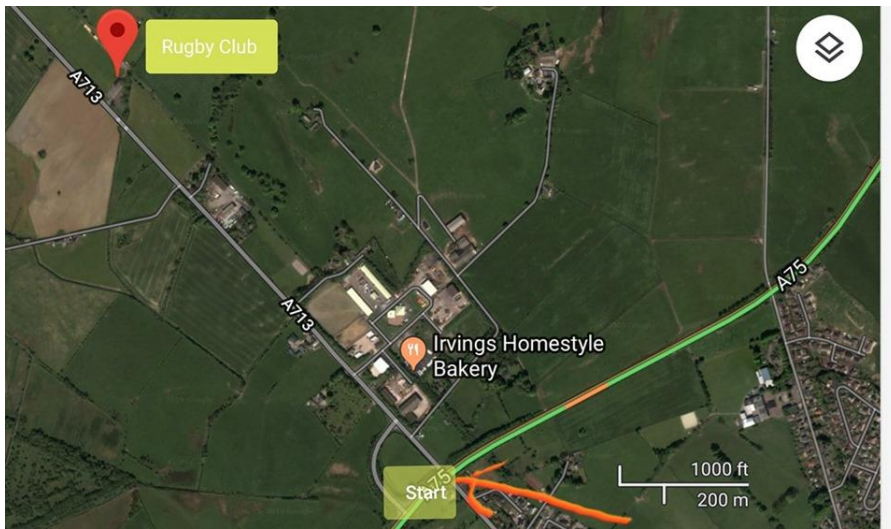
These are rural roads. They are in good condition although there are some stretches which are somewhat rough. The first and most noticeable of these is 0.5 miles north of Crossmichael on the left hand side of the road after the bend. Adopt primary position, away from the verge, to avoid it and save being rattled about. The second patch is immediately after the left turn at Lauriston. **

Set in one of the most picturesque areas of Dumfries and Galloway, the Loch Ken course runs anti-clockwise, hugging the shores of the Loch with light traffic and some very fast sections. There is around 1000ft of climbing spread across its length. The two main climbs are in New Galloway at approximately half distance and after the Lauriston turn at about mile 21. Gradients stay under 4% and peak around 6% on a few short sections.

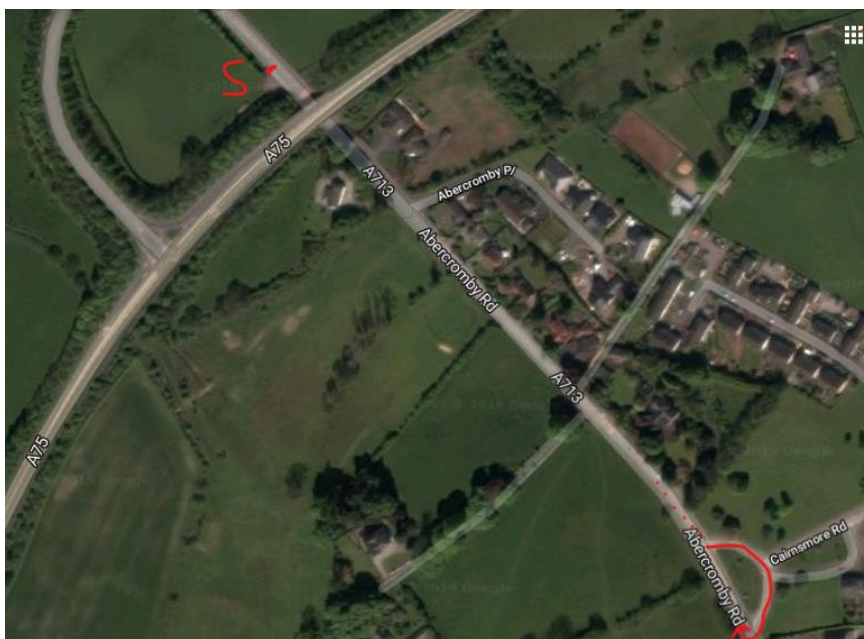
Total elevation for the course is 1076ft.



The Start:



Safe turning area shown in red at bottom right of image ('S' = start):



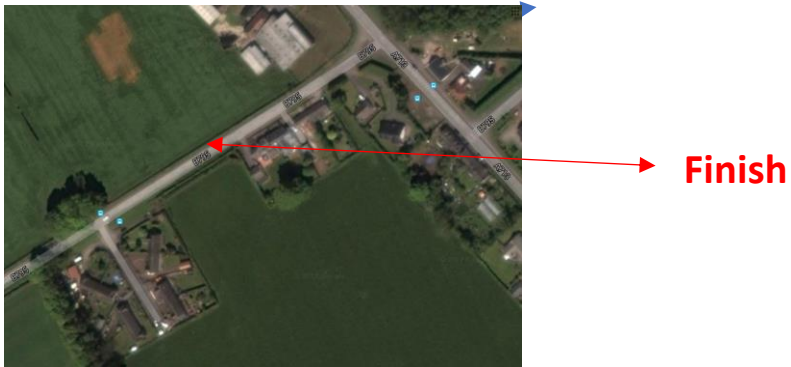
Approaching the start from Castle Douglas:



The start area:



The finish area:



Approaching the finish area:



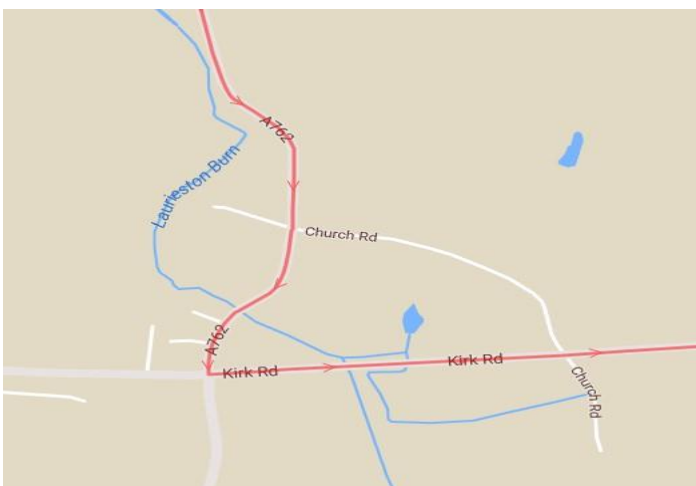
Approaching the right turn on to A713 after the finish, to return to HQ – CAUTION:



Left turn at Ken Bridge heading for New Galloway:



Left turn at Lauriston heading for the finish:





Up the hill through New Galloway - caution

Cars are parked at owners' risk. Vehicles of competitors / officials / marshals / helpers must be parked safely and without hindrance to other road users. Plenty of parking is available at Stewartry Rugby Club, but please park considerately and don't take up more space than is necessary. Do not park in the vicinity of the start/finish area.

Take extra care on fast descents and at junctions. Particular caution must be taken at the finish area where riders meet a T Junction with the A713 shortly after finishing.

- Please note that all competitors are required to sign the signing out sheet in person. Failure to do will result in the competitor being recorded as DNF.
- Riders must ensure their machine is in a safe condition to use so as not to put themselves and others at unnecessary risk.
- Competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event.
- Warming up on the course, other than to ride to the start, is not permitted during the duration of the event.
- Any competitor making a 'U' turn in the vicinity of the finish will be disqualified from the event. There is an area near the start which allows a safe turn to get to the start (see image above). We would encourage you to use it rather than making a U Turn in

the road. The start is on the edge of a residential area with a golf course nearby – please behave appropriately by using the toilets at HQ, not the roadside.

- Riders must keep to the left-hand side of the left lane of the road except when overtaking.
- Riders must NOT ride with their heads down.
- Riders must not take pace from faster riders passing (drafting). It is the responsibility of the rider who has been passed to drop back.
- To assist the timekeepers please ensure your number is properly displayed and call out your number at the finish.
- Riders must ride with care and attention, follow the rules of the road and ride responsibly, within the limits of their ability and the road conditions.
- **Failure to comply with the above may lead to disqualification.**

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 wear such a helmet. Cycling Time Trials recommends that a working rear light, either constant or flashing, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

This event may be subject to a Doping Control

It is your responsibility to check. 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.

Data Protection:

As an entrant to this event your information may be shared on the event or promoting club website, social media pages or in emails sent by or on behalf of the promoting club. This data will only be shared in relation to your participation in the event, e.g. the list of entrants, results or event reports. This data will be limited to your name, gender, age or age category, the name of the affiliated club or team of which you are a member and your finishing time and/or position.

AWARDS

Dumfries Cycling Club will present awards in addition to those awarded on behalf of Sigma Sports. (Prize fund values to be confirmed.)

*Riders may be awarded more than one prize.

List of competitors and starting order:

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	09:01:00	Graeme	Church	Team Milton Keynes	Male	C1
2	09:02:00	Maggi	Biggs	Team Bader Amputees	Female	C4
3	09:03:00	Nicholas	Fairfield	City RC (Hull)	Male	C4
4	09:04:00	Sophie	Heighton	Stockton Wheelers CC	Female	Juvenile
5	09:05:00	Thomas	Heighton	Stockton Wheelers CC	Male	Juvenile
6	09:06:00	Fabien	Large	NOPINZ	Male	Junior
7	09:07:00	Alexander	Munro	SVTTA	Male	Veteran
8	09:08:00	John	Smelt	Dumfries CC	Male	Veteran
9	09:09:00	Daniel	O'Neill	Regent Connor CC	Male	Veteran
10	09:10:00	Eddie	Glover	Dumfries CC	Male	Veteran
11	09:11:00	George	Skinner	Royal Albert CC	Male	Veteran
12	09:12:00	Lindsay	Foster	Ayrodynamic Triathlon Club	Male	Veteran
13	09:13:00	Glenn	Marland	Dumfries CC	Male	Veteran
14	09:14:00	David	Barry	sportfagley	Male	Veteran
15	09:15:00	John	Gemmell	Ayr Roads CC	Male	Veteran
16	09:16:00	Alex	McPhee	Dooley's RT	Male	Veteran
17	09:17:00	Freddie	Connor	VC Glasgow South	Male	Veteran
18	09:18:00	David	Fulton	Carrick CC	Male	Veteran
19	09:19:00	Chris	Godfree	Edinburgh Road Club	Male	Veteran
20	09:20:00	Ian	Taylor	Beacon Roads CC	Male	Veteran
21	09:21:00	Ian	Hannah	Dumfries CC	Male	Veteran
22	09:22:00	Iain	Martin	Glasgow Green Cycle Club	Male	Veteran
23	09:23:00	David	Holland	Dumfries CC	Male	Veteran
24	09:24:00	Keith	Adcock	Beacon Roads CC	Male	Veteran
25	09:25:00	John	McKie	Ayr Roads CC	Male	Veteran
26	09:26:00	Charles	Adams	VC Glasgow South	Male	Veteran
27	09:27:00	Gordon	McNeil	Dumfries CC	Male	Veteran
28	09:28:00	Gregor	Sharp	Hawick Cycling Club	Male	Veteran
29	09:29:00	Thomas	Gooding-Hill	Ayr Roads CC	Male	Veteran
30	09:30:00	Lewis	Beck	Inverclyde Velo	Male	Veteran
31	09:31:00	Ian	Elliot	Hawick Cycling Club	Male	Veteran
32	09:32:00	Derek	Skinner	Fullarton Wheelers	Male	Veteran
33	09:33:00	David	Hargreaves	North Lancashire RC	Male	Veteran
34	09:34:00	Murray	Doyle	Bute Wheelers	Male	Veteran
35	09:35:00	Kevin	Jamieson	Fechan Flyers	Male	Veteran
36	09:36:00	Stephen	Spellacy	Dumfries CC	Male	Veteran
37	09:37:00	Gav	McDonald	Derwent Valley CC	Male	Veteran
38	09:38:00	Jim	Sutherland	Loudoun Road Club	Male	Veteran
39	09:39:00	Craig	Gibson	Dumfries CC	Male	Veteran
40	09:40:00	Steve	Smales	Harrogate Nova CC	Male	Veteran
41	09:41:00	Alex	McAllister	Ayr Roads CC	Male	Veteran
42	09:42:00	Stephen	Stewart	Loudoun Road Club	Male	Veteran
43	09:43:00	Scott	Glasgow	Glasgow Nightingale CC	Male	Veteran

44	09:44:00	William	Hannay	Fullarton Wheelers	Male	Veteran
45	09:45:00	Paul	Robinson	Loudoun Road Club	Male	Veteran
46	09:46:00	Mark	Smart	VC Norwich	Male	Veteran
47	09:47:00	Gary	Jamieson	Fechan flyers	Male	Veteran
48	09:48:00	Tony	Scott	Loudoun Road Club	Male	Veteran
49	09:49:00	Ian	Archibald	Johnstone Wheelers	Male	Veteran
50	09:50:00	David	Baird	Loudoun Road Club	Male	Veteran
51	09:51:00	Simon	Dighton	Beacon Roads CC	Male	Veteran
52	09:52:00	Howard	Heighton	Ferryhill Wheelers	Male	Veteran
53	09:53:00	Rob	Vessey	Didcot Phoenix CC	Male	Veteran
54	09:54:00	James	Cusick	Dooley's RT	Male	Veteran
55	09:55:00	Mark	Skilling	Carrick CC	Male	Veteran
56	09:56:00	Marc	Anderson	Loudoun Road Club	Male	Veteran
57	09:57:00	Ben	Lane	GS Metro	Male	Veteran
58	09:58:00	Jason	Roberts	Bioracer-Moriarty Bikes	Male	Veteran
59	09:59:00	Lewis	Duff	GTR - Return To Life	Male	Veteran
60	10:00:00	Simon	Deeley	Team HUUB	Male	Veteran
61	10:01:00	Douglas	Watson	GTR - Return To Life	Male	Veteran
62	10:02:00	Rhiannon	Robinson	Allen Valley Velo	Female	Veteran
63	10:03:00	Zosia	Martin	Glasgow Green Cycle Club	Female	Veteran
64	10:04:00	Alexandra	Michnowicz	Glasgow Green Cycle Club	Female	Senior
65	10:05:00	Frances	Butler	Dumfries CC	Female	Veteran
66	10:06:00	Jesse	Mitchell	Johnstone Wheelers	Female	Senior
67	10:07:00	Jane	Emslie	Edinburgh Road Club	Female	Senior
68	10:08:00	Gill	McNeil	Dumfries CC	Female	Veteran
69	10:09:00	Lorna	Todd	Ayrodynamic Triathlon Club	Female	Veteran
70	10:10:00	Alison	Vessey	Didcot Phoenix CC	Female	Veteran
71	10:11:00	Sarah	Lewthwaite	Team Sportslab	Female	Veteran
72	10:12:00	Jennifer	Smart	Team Velovelocity	Female	Veteran
73	10:13:00	Karen	Taylor	Team Sportslab	Female	Veteran
74	10:14:00	Fiona	Burnie	GS Metro	Female	Senior
75	10:15:00	Lynsey	Curran	Dooley's RT	Female	Senior
76	10:16:00	Katie	Archibald	Team HUUB	Female	Senior
77	10:17:00	Stuart	Garner	Dumfries CC	Male	Senior
78	10:18:00	Steven	Harkness	Hawick Cycling Club	Male	Senior
79	10:19:00	Nathan	Chapman	Dumfries CC	Male	Espoir
80	10:20:00	Euan	Munro	Edinburgh Road Club	Male	Senior
81	10:21:00	Nik	Charlton	Glasgow Wheelers	Male	Senior
82	10:22:00	Sandy	Waller	Edinburgh Road Club	Male	Senior
83	10:23:00	Jamie	Little	Classic Racing Team	Male	Senior
84	10:24:00	Daniel	Kirk	Edinburgh Road Club	Male	Senior
85	10:25:00	Ryan	Glasgow	Glasgow Nightingale CC	Male	Espoir
86	10:26:00	Darren	Carruthers	Glasgow Green Cycle Club	Male	Senior
87	10:27:00	Joe	Hands	GTR - Return To Life	Male	Senior
88	10:28:00	Gavin	Church	Dumfries CC	Male	Senior
89	10:29:00	Cameron	Oliver	RT 23	Male	Espoir

90	10:30:00	Neil	Griffiths	Glasgow Wheelers	Male	Senior
91	10:31:00	William	Bonar	GTR - Return To Life	Male	Senior
92	10:32:00	David	Fellows	Solihull CC	Male	Senior
93	10:33:00	Peter	Hook	VC York	Male	Senior
94	10:34:00	Gavin	Shirley	Dooley's RT	Male	Senior
95	10:35:00	Adam	Wild	GS Metro	Male	Espoir
96	10:36:00	Kyle	Gordon	RT 23	Male	Senior
97	10:37:00	Chris	Smart	GTR - Return To Life	Male	Senior