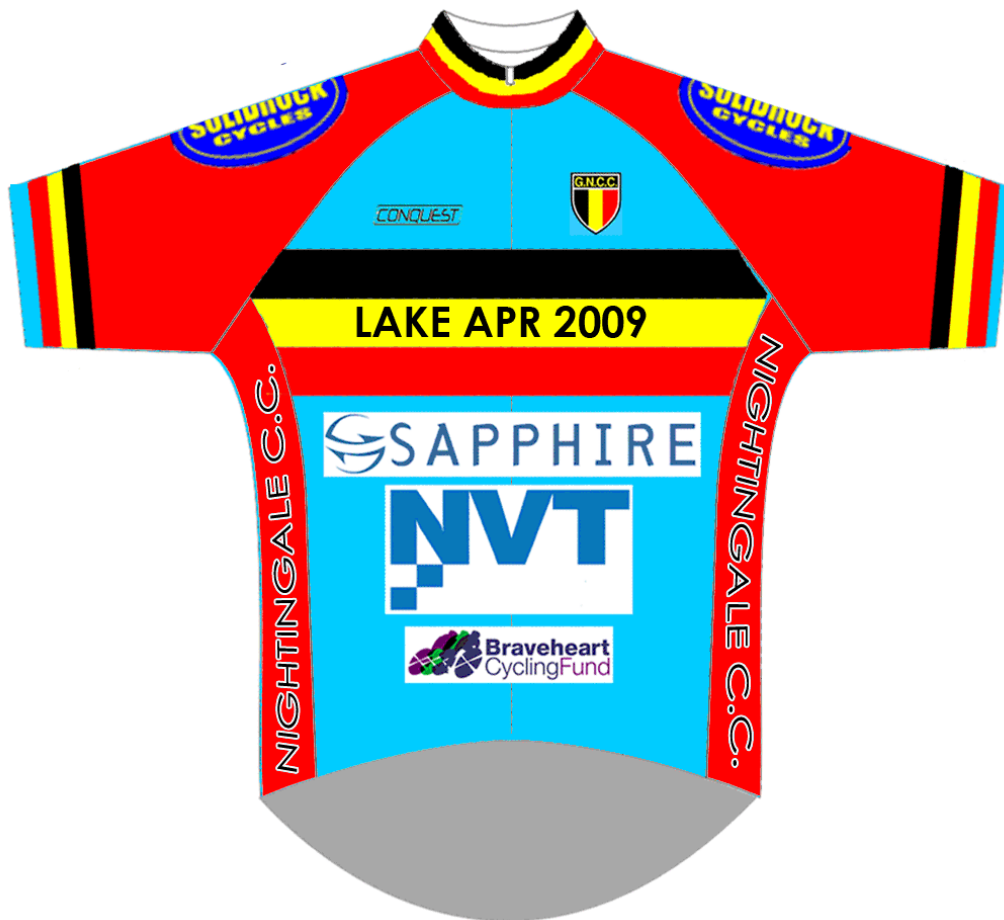


# Glasgow Nightingale Cycling Club

## Lake of Menteith Australian Pursuit Race 2009



Club website here.... <http://www.glasgownightingalecc.org.uk/pages/index.html>



2009 Race Winners Jersey, one each to be awarded to 1<sup>st</sup> Male & 1<sup>st</sup> Female Riders

### LAKE APR 2009 Features

**Specially designed winners jerseys for 1<sup>st</sup> male & 1<sup>st</sup> female competitor**

**Various Category Medals**

**Photo finish (All riders will be placed)**

**Town finish in Balfron**

**2 Service cars**

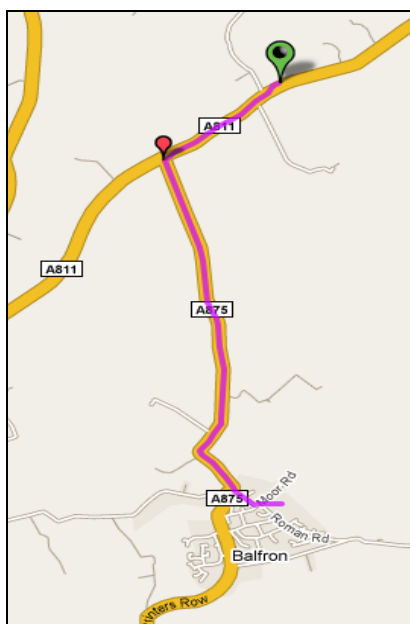
**Post race refreshments**

**Excellent facilities at Balfron School & Leisure Centre**

**Race photos**

**Race video**

## Race HQ



The HQ will again be located in Balfon High School & Leisure Centre, this provides the event with good parking, high quality changing facilities, showers and a good sized hall for presentations. Please use the changing facilities and do not change in the hall, this is a school during the week, so kids will be about at weekends too!

**The race start is approx 3 miles from the HQ, see map for details and allow enough time to reach the start area.**

**Address :** Balfon High School & Leisure Centre, Roman Road, Balfon, G63 0PW (signed, Balfon Campus)

**Google Maps link :** <http://www.google.co.uk/maps?f=q&hl=en&q=G630PW>

**Route to Race Start:** <http://www.bikely.com/maps/bike-path/Balfon-High-to-Start>

## 2009 Prizes

While retaining a reasonably low entry fee, the large amount of riders has allowed us to generate a respectable prize list, allowing competitors in various categories to receive prizes. We're also awarding some memento's of your success, in the way of jerseys and medals. Vets prizes are based on current age, not ages at beginning of year.

|                             |                      |
|-----------------------------|----------------------|
| 1 <sup>st</sup> Overall     | Jersey + Medal + £40 |
| 2 <sup>nd</sup> Overall     | Medal + £25          |
| 3 <sup>rd</sup> Overall     | Medal + £20          |
| 4 <sup>th</sup> Overall     | £18                  |
| 5 <sup>th</sup> Overall     | £16                  |
| 6 <sup>th</sup> Overall     | £14                  |
| 7 <sup>th</sup> Overall     | £12                  |
| 8 <sup>th</sup> Overall     | £10                  |
| 1 <sup>st</sup> Lady        | Jersey + Medal + £15 |
| 1 <sup>st</sup> Junior      | Medal + £15          |
| 1 <sup>st</sup> Vet over 40 | Medal + £15          |
| 1 <sup>st</sup> Vet over 50 | Medal + £15          |
| 1 <sup>st</sup> Vet over 60 | Medal + £15          |

## 2008 Race Results & Photos

|                 |                   |  |
|-----------------|-------------------|--|
| 1 <sup>st</sup> | James McPake      | Falkirk BC   |
| 2 <sup>nd</sup> | Jeremy Greengrass | Glasgow Nightingale CC/NVT/Sapphire/SolidRock Cycles |
| 3 <sup>rd</sup> | Colin May         | Edinburgh RC   |
| 4 <sup>th</sup> | Cameron Fisher    | Glasgow Nightingale CC/NVT/Sapphire/SolidRock Cycles |
| 5 <sup>th</sup> | Alan Hay          | Stirling Bike Club                                   |

<http://www.flickr.com/photos/nightingale-race-photos/sets/72157604244831639/>

## **2009 COURSE**

The 2009 route has change to previous editions, the first lap is identical, but the 2<sup>nd</sup> lap and finish will be very different. On the 2<sup>nd</sup> lap, after Flanders Moss, the riders will pass through Ballat Toll as usual (where a left turn was made on lap 1) ,but carry on to the first roundabout, Indian Road will NOT be used this year. Turn left at the roundabout towards Killearn and left at the T-junction in Killearn to head towards Balfron. The finish will be in the location used in the 2008 Sam Robinson RR, near the bottom of the hill through Balfron, opposite the garage, riders are advised to familiarise themselves with this during warm up for the event.

### **ROUTE DETAILS**

**Date** : Sunday 22/3/09, first group sets off at 10:30am.

**Route** : Held on the Lake of Menteith circuit, 2 laps as follows, full course distance 47 Miles.

○ **1st Circuit**

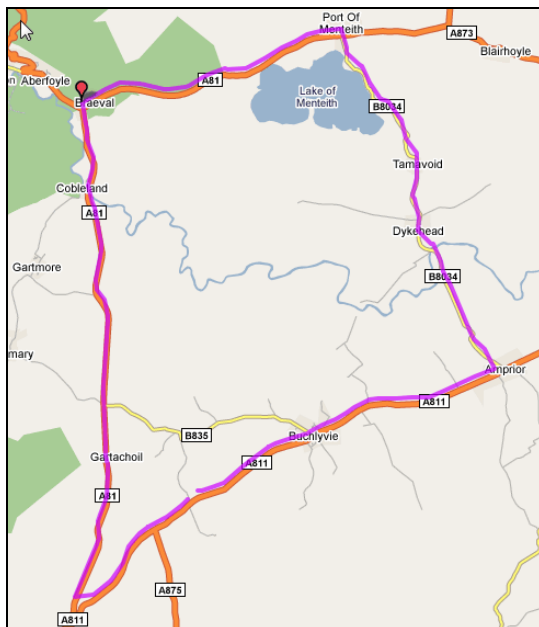
Start Lay-by A811 ¾ mile from junction of A875, onto Arnprior, turn left at Arnprior onto B8034 to Port of Menteith. Turn Left onto A81 to junction with A821. Turn left at junction to Ballat Toll. Turn left at Ballat Toll onto A811 back to start.

**Link:** <http://www.bikely.com/maps/bike-path/Lake-APR-Lap-1>

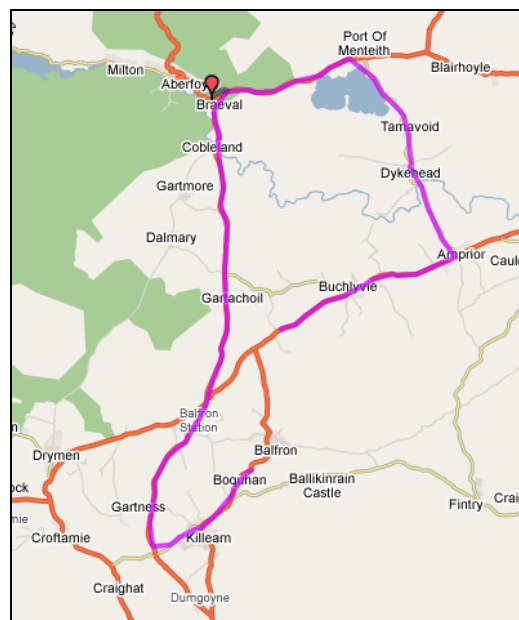
○ **2nd Circuit**

Re-trace 1st circuit to Ballat Toll. Straight on at Ballat Toll to roundabout. Turn left at Station Road (B834), left at top of hill onto Balfron Road (A875). Finish after '30' signs into Balfron town, finish line opposite garage at bottom of hill.

**Link:** <http://www.bikely.com/maps/bike-path/Lake-APR-Lap2-2009>



**Lap1**



**Lap2**

## Race Credits

**Promoting club:** **Glasgow Nightingale Cycling Club**  
**Members & Friends volunteering for marshalling, catering and providing various events throughout the year, please feel free to thank a helper or marshall, without them the event could not take place.**

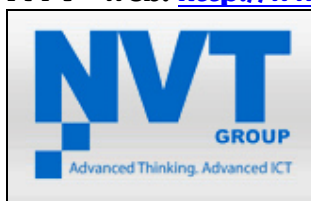
**Race Organiser:** **Colin Bark**

**Commissaires:** **Gus McLafferty**  
**Bill Davidson**

**Club Sponsors:** **Sapphire** web: <http://www.sapphire.net/>



**NVT** web: <http://www.nvtgroup.co.uk/index.html>



**SolidRock Cycles** web: <http://www.solidrockcycles.com/>



**Ladies Prize:** **Lomond Soap** web: <http://www.lomondsoap.com/>



**Finish Parking:** **William Shearer & Co** **Tel: 01360 440464**

**First Aid:** **St Andrews Ambulance** web: <http://www.firstaid.org.uk/>

**[Please feel free to visit the above websites](#)**

## RIDERS

| <b>Group 1</b> |         | <b>10:30am</b>      |   |        |
|----------------|---------|---------------------|---|--------|
| 1              | Robert  | McCall              | Glasgow Nightingale/NVT/Sapphire/Solid Rock | Cat 4  |
| 2              | Keith   | Hood                | Ayr Roads / Harry Fairbairn CC              | Cat 4  |
| 3              | Andrew  | Agnew               | Wallacehill CC                              | Cat 4  |
| 4              | James   | Langsdale           | Kelso Wheelers CC                           | Cat 4  |
| 5              | Martin  | Michael             | East Kilbride RC                            | Cat 4  |
| 6              | Robert  | Kelly               | Ayr Roads / Harry Fairbairn CC              | Cat 4  |
| 7              | Iain    | Gordon              | Edinburgh Road Club                         | Cat 4  |
| 8              | Mark    | Tandy               | Deeside Thistle CC                          | Cat 4  |
| 9              | Steve   | McInnes             | Glasgow Nightingale/NVT/Sapphire/Solid Rock | Cat 4  |
| 10             | John    | Anderson            | Glasgow Couriers                            | Cat 4  |
| <b>Group 2</b> |         | <b>At 1 minute</b>  |   |        |
| 11             | Bill    | McMillan            |   | Cat 3  |
| 12             | Gerald  | Grant               | Falkirk BC                                  | Cat 4  |
| 13             | Paul    | Hornby              | Glasgow Ivy CC                              | Cat 4  |
| 14             | Julian  | Duncan              | Glasgow Wheelers                            | Cat 4  |
| 15             | David   | Leese               | Glasgow Nightingale/NVT/Sapphire/Solid Rock | Cat 4  |
| 16             | Gillian | Palmer              | Sandy Wallace Cycles                        | Cat 4  |
| 17             | Dan     | Sims                | Edinburgh Triathletes                       | Cat 4  |
| 18             | Scott   | McCrossan           | PedalPower.org.uk / Endura RT               | Junior |
| 19             | Douglas | Rae                 | Classic Walls RT                            | Junior |
| 20             | Brian   | Richardson          | Hawick CC                                   | Cat 4  |
| <b>Group 3</b> |         | <b>At 2 minutes</b> |   |        |
| 21             | David   | Lang                | Glasgow Wheelers                            | Cat 3  |
| 22             | Alex    | McAllister          | Ayr Roads / Harry Fairbairn CC              | Cat 4  |
| 23             | James   | Docherty            | Inverclyde Velo                             | Cat 4  |
| 24             | Scott   | Smith               | Glasgow Nightingale/NVT/Sapphire/Solid Rock | Cat 4  |
| 25             | Phil    | Deveney             | Glasgow Nightingale/NVT/Sapphire/Solid Rock | Cat 4  |
| 26             | Gordon  | Jackson             | Hawick CC                                   | Cat 4  |
| 27             | Ciaran  | Dougherty           | East Kilbride RC                            | Cat 4  |
| 28             | Sadiq   | Mir                 | West Lothian Clarion                        | Cat 4  |
| 29             | Steve   | Nutley              | Fife Cycling 2000                           | Cat 4  |
| 30             | Duncan  | Warwick             | Deeside Thistle CC                          | Cat 4  |
| <b>Group 4</b> |         | <b>At 3 minutes</b> |   |        |
| 31             | Paul    | Gallacher           | Fife Cycling 2000                           | Cat 3  |
| 32             | Scott   | Newman              | Inverclyde Velo                             | Cat 4  |
| 33             | Richard | Small               | Unattached                                  | Cat 4  |
| 34             | Graeme  | SMALL               | East Kilbride RC                            | Cat 4  |
| 35             | Matt    | Hennon              | Inverclyde Velo                             | Cat 4  |
| 36             | Guto    | Williams            | East Kilbride RC                            | Cat 4  |
| 37             | Steven  | Robertson           | eastkilbride rc                             | Cat 4  |
| 38             | Malcolm | Paterson            | Glasgow Nightingale/NVT/Sapphire/Solid Rock | Cat 4  |
| 39             | Scot    | Bullivant           |   | Cat 4  |
| 40             | Magnus  | Davidson            | Equipe Velo Ecosse                          | Junior |
| <b>Group 5</b> |         | <b>At 4 minutes</b> |   |        |
| 41             | Steve   | Beech               | Sandy Wallace Cycles                        | Cat 3  |
| 42             | Mark    | Skilling            | Ayr Roads / Harry Fairbairn CC              | Cat 4  |
| 43             | David   | Millar              | Glasgow Couriers / D.B. Developments        | Cat 3  |
| 44             | Drew    | Clark               | Wallacehill CC                              | Cat 3  |
| 45             | Willie  | Laithwaite          | Ivy CC                                      | Cat 3  |
| 46             | Jocky   | Johnstone           | Team Icarus                                 | Cat 3  |

|  |         |            |   |       |
|--|---------|------------|---|-------|
| 47                                     | John    | McCrary    | Glasgow United CC                           | Cat 3 |
| 48                                     | Alwyn   | Joy        | Glasgow United CC                           | Cat 3 |
| 49                                     | James   | Melville   | Glasgow United CC                           | Cat 3 |
| 50                                     | Peter   | Lambie     | Fife Cycling 2000                           | Cat 3 |
| <b>Group 6 At 5 minutes</b>            |         |            |   |       |
| 51                                     | Gregor  | Yeoman     | East Kilbride RC                            | Cat 3 |
| 52                                     | Craig   | Gilmour    | Ayr Roads CC                                | Cat 3 |
| 53                                     | Franco  | Porco      | Falkirk BC                                  | Cat 3 |
| 54                                     | Ian     | Willcox    | Unattached                                  | Cat 3 |
| 55                                     | Alan    | Brown      |   | Cat 3 |
| 56                                     | Richard | MacPherson | Glasgow United CC                           | Cat 3 |
| 57                                     | Alan    | Quinn      | Glasgow United CC                           | Cat 3 |
| 58                                     | Graeme  | Cockburn   | Glasgow Nightingale/NVT/Sapphire/Solid Rock | Cat 4 |
| 59                                     | Michael | Graham     | Classic Walls RT                            | Cat 4 |
| 60                                     | Jeremy  | Greengrass | Glasgow Nightingale/NVT/Sapphire/Solid Rock | Cat 4 |
| <b>Group 7 At 6 minutes 30 seconds</b> |         |            |   |       |
| 61                                     | Barry   | McGurk     | Glasgow Couriers - DB Developments          | Cat 3 |
| 62                                     | Dominic | Hines      | Edinburgh RC - thebicycleworks              | Cat 3 |
| 63                                     | Stevie  | Crowther   | Team Leslie Bikshop - Right Move Windows    | Cat 3 |
| 64                                     | Scott   | Johnstone  | Team Icarus                                 | Cat 3 |
| 65                                     | Kieran  | McCluskey  | Team Icarus                                 | Cat 3 |
| 66                                     | Eddie   | Cowle      | Stirling Bike Club                          | Cat 3 |
| 67                                     | Barry   | Cranstoun  | East Kilbride RC                            | Cat 3 |
| 68                                     | James   | Daly       | Johnstone Wheelers                          | Cat 3 |
| 69                                     | Paul    | McDonald   | JWCC  | Cat 3 |
| 70                                     | Derek   | Walker     | East Kilbride Road Club                     | Cat 3 |
| <b>Group 8 At 8 minutes</b>            |         |            |   |       |
| 71                                     | Rab     | Wardell    | KUK Kinesis                                 | Cat 1 |
| 72                                     | Keith   | Smith      | Glasgow Wheelers                            | Cat 2 |
| 73                                     | Paul    | Coats      | Squadra Via Mazzini RaceTool Bicycles       | Cat 2 |
| 74                                     | Andrew  | Whitehall  | Glasgow Wheelers                            | Cat 2 |
| 75                                     | Euan    | Pope       | Glasgow Couriers - DB Developments          | Cat 2 |
| 76                                     | Stuart  | Macgregor  | dooleys rt                                  | Cat 2 |
| 77                                     | Barry   | Crumlish   | Glasgow Couriers - DB Developments          | Cat 2 |
| 78                                     | Alex    | Bhogal     | KINESIS KUK                                 | Cat 1 |
| 79                                     | Michael | Nicholson  | Dooleys Cycles RT                           | Cat 2 |
| 80                                     | Neil    | Cameron    | Falkirk BC                                  | Cat 2 |

| <b>RESERVES</b> |            |            |   |       |
|-----------------|------------|------------|---|-------|
| 81              | Vincent    | Veilleux   | KUK KINESIS                                 | Cat 1 |
| 82              | Chris      | McLean     | Edinburgh RC                                | Cat 4 |
| 83              | Andrew     | Kilpatrick | Fife Cycling 2000                           | Cat 4 |
| 84              | Paul       | Waite      | Fife Cycling 2000                           | Cat 3 |
| 85              | Kristoffer | Aksnes     | Glasgow Wheelers                            | Cat 4 |
| 86              | Steven     | Dunn       | Falkirk BC                                  | Cat 2 |
| 87              | Calum      | MacNeill   | Glasgow Nightingale/NVT/Sapphire/Solid Rock | Cat 3 |
| 88              | Kenneth    | Armstrong  | Ayr Roads CC                                | Cat 3 |
| 89              | Craig      | Moffat     | Falkirk Bicycle Club                        | Cat 3 |

Riders must be signed on by 10am, reserves will be allocated from 10am onwards in the order shown above.