



# EAST LANCS ROAD CLUB OPEN 10 MILE TIME TRIAL

THIS EVENT IS ROUND 4 OF THE CHESHIRE COURSES POINTS COMPETITION

Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations  
Commencing at 2:00 pm, on Saturday, 29<sup>th</sup> April 2017.

## PLEASE TAKE CARE TO READ ALL THE RIDER NOTES BELOW, INCLUDING IMPORTANT INSTRUCTIONS REGARDING THE EVENT HQ.

Course: J2/1

Timekeepers: Ms C. White & Mrs. C. Elliott.

Start: A537, approx 500 yards west from junction with the A34 at Monks Heath lights.

Event HQ: Lower Withington Parish Hall, Salters Lane, (B5392), Lower Withington, SK11 9DX

**Please do not rely on the postcode alone to find the venue**

**The distance from the Event HQ to the start is 5.4 miles. Please allow plenty of time to reach the start.**

Event Secretary

Jonathan Preston

23 Broadhalgh

Bamford

Rochdale

OL11 5LX

Tel: 01706 527738

Mob: 07985 248367

### Prize Values & Awards

One rider one prize, except team prize.

#### Overall Prizes

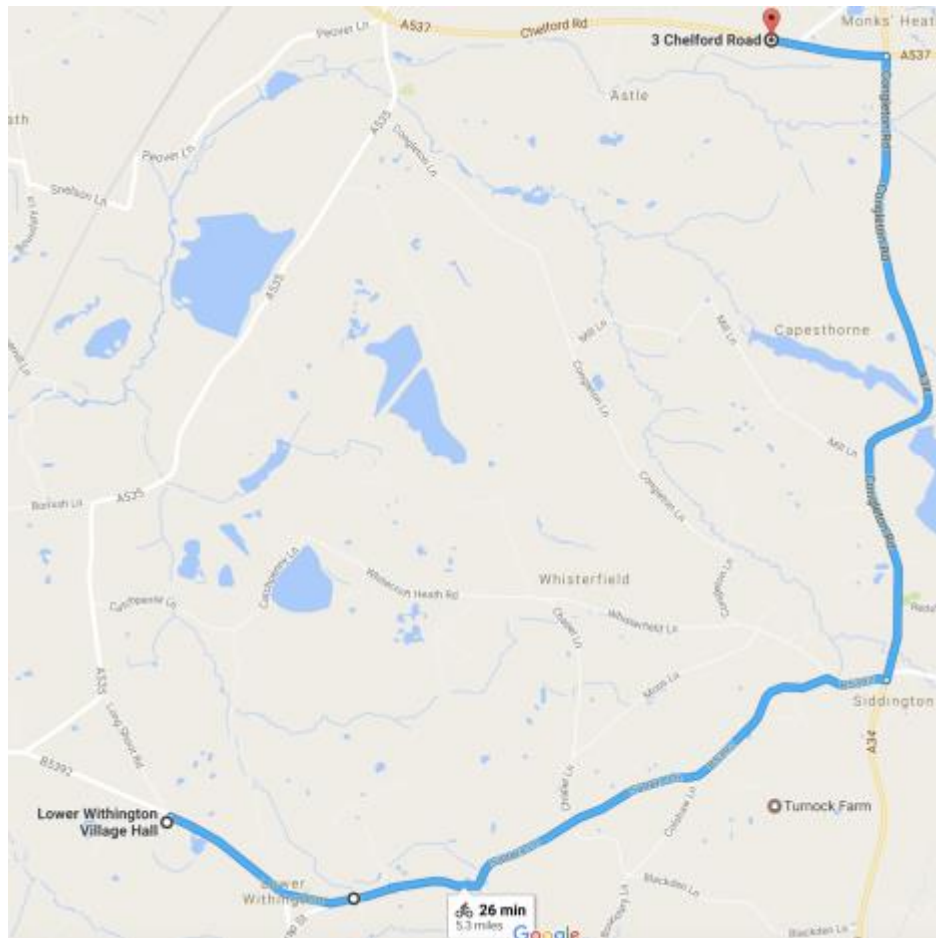
Category	First	Second	Third	Fourth
Fastest Overall	£35	£20	£15	£10
Vet 40	£20	£15	£10	
Vet 50	£20	£15	£10	
Vet 60	£20	£15	£10	
Vet 70	£20	£15		
Vet 80	£20			
Junior	£20	£15	£10	
Juvenile	£20	£15		

#### Team Prizes

	Rider 1	Rider 2	Rider 3
Fastest Team of 3	£20	£20	£20
Second Fastest Team of 3	£15	£15	£15

**Rider Instructions:** Numbers will be available at the HQ. You must sign on when collecting your number. Pin rear number low down and arm number on left shoulder. Risk Assessment document available at sign in. The event HQ opens at **12:30pm**. Signing-on will commence at **12:40 pm**.

**Directions to Start:** Right out of HQ onto Salters Lane (B5392), after 2.7 miles at junction, left onto Congleton Rd (A34), after 2.2 miles, left at Monks Heath traffic lights onto, Chelford Road (A537). Start in first lay-by approx 500yds on left. Please allow plenty of time to reach the start. NB. Do not go via Congleton Lane or Long Shoot Lane as these will bring you out on the course.



**Return to HQ.** Continue on Chelford Road (A537) from finish to Monks Heath traffic lights. Extreme care – turn right onto Congleton Road (A34) after 2.2 miles turn right onto Salters Lane (B5392) to Village Hall after 2.7 miles.

### **Warm-Up:**

#### **Warming Up – Riders must not warm up past the start and finish areas.**

Care at road junctions:

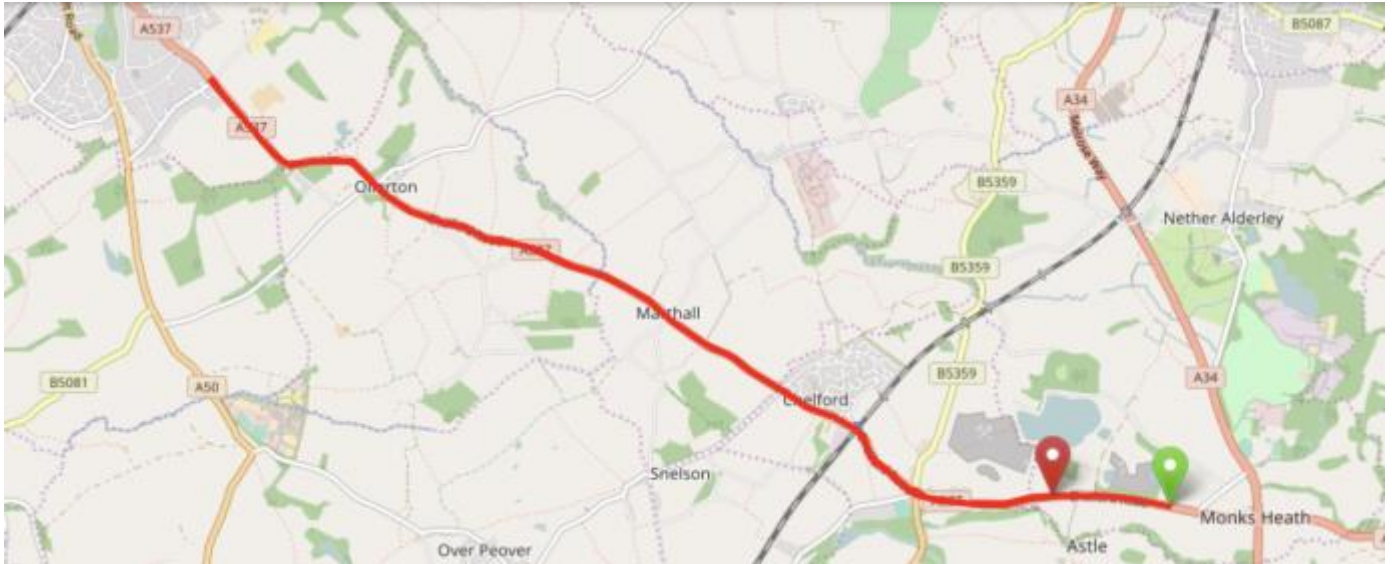
Riders must exercise caution at all junctions. Any competitor whose riding line causes her/him to cross the white line when approaching or leaving a junction will be liable to disqualification from the event and may be reported to the District Committee for further disciplinary action.

Any rider making a U turn in the vicinity of the start or finish will be disqualified. Observers will be used in this event.

### **Event H.Q.**

1. There will be no access to the event HQ before 12:00pm. Signing on will commence from 12:40pm.
2. Riders must ensure they do not block any pavements in the village and under no circumstances should they change in public view in the village.
3. No bicycles are allowed in the hall under any circumstances.
4. As a courtesy to other riders, supporters and children please do not change clothing in a manner that may cause offence.

## Course: J2/1 (10 Miles)



**START** at a “JS2/1” mark on A537 in centre of the lay-by approx. 500yds west of the A34 Monks Heath traffic lights. Proceed west on the A537 across Chelford Island (3<sup>rd</sup> exit). Encircle Booths Hall Island (5.628 miles) and retrace the route via Chelford Island to **FINISH** at JF2/1 mark adjacent to second stud back at the first lay-by after Chelford Island (10 miles).

### Rider Notes:

1. No parking at the start or finish.
2. NO ‘U’ TURNS AT THE START.
3. NO ‘U’ TURNS AT THE FINISH. Riders should either dismount or continue forward into the Sand Quarry entrance where you can turn in the gateway and retrace along the A537 in the normal manner.
4. Riders must not stop at the finish but should continue on to the event headquarters, where times will be displayed.
5. Riders must negotiate Chelford Island in a safe and sensible manner in accordance with CTT Reg. 20 and the rules of the road. Riders must be able to brake and stop at the island if traffic conditions require this. Riders **MUST NOT** approach and encircle the island using tri-bars. **Remember** - traffic on the island has priority over traffic (including riders) entering it. Any rider seen to be in breach of this regulation will be disqualified from the event and may be reported for further disciplinary action.
6. Care At Road Junctions. Riders must exercise care at all junctions. Any competitor whose riding line causes him/her to cross the white line when approaching or leaving a junction will be liable to disqualification and may be reported to the District Committee for further disciplinary action.

The Risk Assessment document will be available at Signing-On but we highly recommend reading this, in advance, on the CTT District website ( [www.manchesterctt.org.uk](http://www.manchesterctt.org.uk) ) – especially those riders who are not familiar with the course and it’s junctions (plus its ruts and potholes).

#### IN THE INTERESTS OF YOUR OWN SAFETY,

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

At HQ we have the signing-on team, the catering team and the results board.

## East Lancs Road Club Open 10: Saturday 29th April 2017

No.	Name	Club	Category	Start Time	Time
1	M & D Ladies Event			02:01:00 PM	
2	M & D Ladies Event			02:02:00 PM	
3	M & D Ladies Event			02:03:00 PM	
4	M & D Ladies Event			02:04:00 PM	
5	M & D Ladies Event			02:05:00 PM	
6	M & D Ladies Event			02:06:00 PM	
7	M & D Ladies Event			02:07:00 PM	
8	M & D Ladies Event			02:08:00 PM	
9	M & D Ladies Event			02:09:00 PM	
10	M & D Ladies Event			02:10:00 PM	
11	M & D Ladies Event			02:11:00 PM	
12	M & D Ladies Event			02:12:00 PM	
13	M & D Ladies Event			02:13:00 PM	
14	M & D Ladies Event			02:14:00 PM	
15	M & D Ladies Event			02:15:00 PM	
16	M & D Ladies Event			02:16:00 PM	
17	M & D Ladies Event			02:17:00 PM	
18	M & D Ladies Event			02:18:00 PM	
19	M & D Ladies Event			02:19:00 PM	
20	M & D Ladies Event			02:20:00 PM	
21	M & D Ladies Event			02:21:00 PM	
22	M & D Ladies Event			02:22:00 PM	
23	M & D Ladies Event			02:23:00 PM	
24	M & D Ladies Event			02:24:00 PM	
25	M & D Ladies Event			02:25:00 PM	
26	M & D Ladies Event			02:26:00 PM	
27	M & D Ladies Event			02:27:00 PM	
28	M & D Ladies Event			02:28:00 PM	
29	M & D Ladies Event			02:29:00 PM	
30	No Rider			02:30:00 PM	
31	No Rider			02:31:00 PM	
32	No Rider			02:32:00 PM	
33	Samuel Wilson	East Lancashire RC	Senior	02:33:00 PM	
34	Andy Wood	Salford Cycling Club	V40	02:34:00 PM	
35	Jack Schofield	Congleton CC	Senior	02:35:00 PM	
36	David Trippier	East Lancashire RC	V50	02:36:00 PM	
37	Stuart Ward	Weaver Valley CC	V50	02:37:00 PM	
38	Shaun Leonard	East Lancashire RC	V50	02:38:00 PM	
39	Paul Timms	Rochdale Tri Club	Senior	02:39:00 PM	
40	Mark Nulty	Glossop Kinder Velo Cycling Club	Senior	02:40:00 PM	
41	Nathan Astley	Manchester Wheelers	V40	02:41:00 PM	
42	Fred Bamforth	Stretford Wheelers CC	V50	02:42:00 PM	
43	Paul Barber	Seamons CC	V50	02:43:00 PM	
44	Jonny Decamps	East Lancashire RC	V40	02:44:00 PM	
45	Paul Warrener	Rosendale RC	V50	02:45:00 PM	
46	Jim Dowell	Rochdale Tri Club	V50	02:46:00 PM	
47	Lee Winslow	Wills Wheels CC	V50	02:47:00 PM	
48	Mike Wilson	Warrington Road Club	V50	02:48:00 PM	
49	Jon Dance	ABC Centreville	V40	02:49:00 PM	
50	Chris Lea	Buxton CC/Sett Valley Cycles	V50	02:50:00 PM	

## East Lancs Road Club Open 10: Saturday 29th April 2017

No.	Name	Club	Category	Start Time	Time
51	Alex Hitchmough	St Helens CRC	V40	02:51:00 PM	
52	Robbie Harcourt	Salford Cycling Club	V50	02:52:00 PM	
53	Richard Bassett	Manchester Wheelers	Senior	02:53:00 PM	
54	Richard Yates	The Racing Chance Foundation	Senior	02:54:00 PM	
55	Chris Siepen	Seamons CC	Senior	02:55:00 PM	
56	Phil Brooke	Wills Wheels CC	V40	02:56:00 PM	
57	Andy Whitehead	Seamons CC	V50	02:57:00 PM	
58	Graham Peel	Crewe Clarion Whs	Senior	02:58:00 PM	
59	Mick Roberts	Kidsgrove Wheelers CC	V40	02:59:00 PM	
60	steven whittington	ABC Centreville	V40	03:00:00 PM	
61	Nigel Wood	Vision Racing	V50	03:01:00 PM	
62	Christian Fox	Manchester Wheelers	V40	03:02:00 PM	
63	Edward Baldwin	Seamons CC	V40	03:03:00 PM	
64	Andrew Yates	The Racing Chance Foundation	V50	03:04:00 PM	
65	Alistair Stanway	Weaver Valley CC	V40	03:05:00 PM	
66	John Spearman	Seamons CC	V40	03:06:00 PM	
67	Duncan Poole	Congleton CC	V40	03:07:00 PM	
68	Alan Peter Meinhardt	Pro Vision Cycle Clothing	V50	03:08:00 PM	
69	David Hurst	Congleton CC	V70	03:09:00 PM	
70	Adrian Hughes	Seamons CC	V40	03:10:00 PM	
71	Paul Shallicker	Coveryourcar.co.uk RT	V40	03:11:00 PM	
72	Daniel Shackleton	ABC Centreville	V40	03:12:00 PM	
73	Martin Alcock	Niteriders	V40	03:13:00 PM	
74	Andrew Pyatt	Janus RC	V40	03:14:00 PM	
75	Mostyn Bullock	Buxton CC/Sett Valley Cycles	V50	03:15:00 PM	
76	Jason Codling	East Lancashire RC	V40	03:16:00 PM	
77	Steven Drew	Leigh Premier Road Club	V40	03:17:00 PM	
78	David Bentley	East Lancashire RC	V40	03:18:00 PM	
79	David Taylor	Withington Wheelers	Junior	03:19:00 PM	
80	James Lindsay	Hoppers Rollers	Senior	03:20:00 PM	
81	Ashly Rosewarne	Liverpool Phoenix CC (Aintree)	V50	03:21:00 PM	
82	David Price	Chorlton Velo	Senior	03:22:00 PM	
83	Chris Warner	Stone Wheelers CC	V50	03:23:00 PM	
84	Oliver Bentley	East Lancashire RC	Junior	03:24:00 PM	
85	Joseph Hudson	Poppycock Racing	Senior	03:25:00 PM	
86	Robert Pollen	Ashley Touring CC	Senior	03:26:00 PM	
87	Stephen Sladin	Congleton CC	V50	03:27:00 PM	
88	Jack Millar	East Lancashire RC	Junior	03:28:00 PM	
89	Steven Smith	Rochdale Tri Club	V60	03:29:00 PM	
90	Andy Gorton	East Lancashire RC	V40	03:30:00 PM	
91	Austin Foy	Fogarty Insurance Tri Team	Senior	03:31:00 PM	
92	Adam Darby	Salford Cycling Club	Senior	03:32:00 PM	
93	Andy Robinson	Vision Racing	V40	03:33:00 PM	
94	James Morgan	Salford Cycling Club	Senior	03:34:00 PM	
95	Anthony Blair	Manchester Bicycle Club	V40	03:35:00 PM	
96	Nathan Turnbull	Leigh Premier Road Club	V40	03:36:00 PM	
97	Josh Decamps	East Lancashire RC	Junior	03:37:00 PM	
98	Andrew Barratt	Kidsgrove Wheelers CC	V40	03:38:00 PM	
99	Adrian Markham	Salford Cycling Club	V40	03:39:00 PM	
100	Eric Grill	AeroCoach	Senior	03:40:00 PM	

## East Lancs Road Club Open 10: Saturday 29th April 2017

No.	Name	Club	Category	Start Time	Time
101	Steven Hankey	Warrington Road Club	V40	03:41:00 PM	
102	Ian Middleton	Vision Racing	V60	03:42:00 PM	
103	John Lowe	Withington Wheelers	V40	03:43:00 PM	
104	David Friend	Warrington Road Club	Senior	03:44:00 PM	
105	Ben Trippier	Maxxis 4 Racing Team	Senior	03:45:00 PM	
106	Jim Duffy	Weaver Valley CC	V40	03:46:00 PM	
107	Ian Roberts	The Racing Chance Foundation	V60	03:47:00 PM	
108	Stephen Lucas	Weaver Valley CC	V50	03:48:00 PM	
109	Wayne Jones	Stretford Wheelers CC	V40	03:49:00 PM	
110	Ian Holbrook	Stone Wheelers CC	V40	03:50:00 PM	
111	Chris Edmondson	Velotik Racing Team	V40	03:51:00 PM	
112	Mark Horsley Frost	Buxton CC/Sett Valley Cycles	V40	03:52:00 PM	
113	Barry Armstrong	Seamons CC	V60	03:53:00 PM	
114	Peter Matthew	East Lancashire RC	V70	03:54:00 PM	
115	John Morgan	Coveryourcar.co.uk RT	V40	03:55:00 PM	
116	Mark Tickle	Leigh Premier Road Club	Senior	03:56:00 PM	
117	Noah Codling	East Lancashire RC	Junior	03:57:00 PM	
118	Lee Wood	Congleton CC	V40	03:58:00 PM	
119	Max Bentley	East Lancashire RC	Juvenile	03:59:00 PM	
120	Jonathan Gildea	Para-T	Senior	04:00:00 PM	
121	Tony Haley	Vision Racing	V50	04:01:00 PM	
122	David Fox	Warrington Road Club	V50	04:02:00 PM	
123	Andrew Ashmore	Buxton CC/Sett Valley Cycles	V40	04:03:00 PM	
124	Steve McQuade	Newcastle Racing Club Vekta Velosport	V50	04:04:00 PM	
125	Peter Walker	Leigh Premier Road Club	V40	04:05:00 PM	
126	Paul Ashworth	East Lancashire RC	Senior	04:06:00 PM	
127	Jack Smith	Innovation Racing	Junior	04:07:00 PM	
128	Kevin Woodward	Salford Cycling Club	V40	04:08:00 PM	
129	Mel Stelfox	Stretford Wheelers CC	V40	04:09:00 PM	
130	Darren Maironis	Velotik Racing Team	V40	04:10:00 PM	
131	Paul Woodrow	Maxxis 4 Racing Team	Senior	04:11:00 PM	
132	Ben McCaulder	Stone Wheelers CC	V40	04:12:00 PM	
133	Simon Williams	Ashley Touring CC	Senior	04:13:00 PM	
134	Trevor Thirsk	Stretford Wheelers CC	V50	04:14:00 PM	
135	Ian Slater	St Helens Tri	V40	04:15:00 PM	
136	Mark Pickles	Manchester Wheelers	V40	04:16:00 PM	
137	Mark Maguire	Vision Racing	Senior	04:17:00 PM	
138	Derek Hodgins	Stockport Clarion CC	V80	04:18:00 PM	
139	Paul Ekgren	Withington Wheelers	V50	04:19:00 PM	
140	David Crawley	Velotik Racing Team	V40	04:20:00 PM	
141	David Fearon	Weaver Valley CC	V50	04:21:00 PM	
142	Kelvin Milward	Congleton CC	V50	04:22:00 PM	
143	Stephen Taylor	Manchester Tri Club	V40	04:23:00 PM	
144	Michael Coulter	East Lancashire RC	V40	04:24:00 PM	
145	Kris Bowditch	Lyme Racing Club	V40	04:25:00 PM	
146	Andrew Jones	Vision Racing	Senior	04:26:00 PM	
147	Paul Furness	Seamons CC	V40	04:27:00 PM	
148	Tony Perrin	Stone Wheelers CC	V50	04:28:00 PM	
149	Philip Dowson	The Racing Chance Foundation	Senior	04:29:00 PM	
150	Tristan Pilling	Middleton CC	Juvenile	04:30:00 PM	