

Frodsham WHEELERS	Frodsham Wheelers - twelve50 bikes	
	Frodsham Wheelers Charity Open 10 Mile Time Trial Saturday September 1st 2018 www.frodshamwheelers.co.uk	
Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations		

D10/1

Start at the field entrance on Intake Lane at the first raised kerbstone 210 yds south of Bickerstaffe church. Proceed to Wheatsheaf island A570 Rainford Bypass and turn left (1.691m) Proceed to M58 island -care- and encircle (3.353m) Straight across Wheatsheaf island and proceed to Rainford island (6.98m) and retrace back on A570 to Wheatsheaf island (8.736m) Left along Lodge Lane / Intake Lane to finish at second gatepost on edge of plantation (10.035m)

HQ will be the gazebo's at the end of the layby off the Rainford bypass in Ormskirk Road - WA11 7TA. Numbers will be issued there at the signing on point, and can be exchanged for a brew, a cake and a chat at the finish. Results board here as well. **If you park in Ormskirk Road , when riding to the start, please turn into Ben Lane and do a loop up to Bickerstaffe Church so that you are not turning in the road near the start.**

Important Safety Notices to all riders

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a CYCLE SAFETY HELMET that meets an internationally accepted safety standard. All riders under the age of 18 on the day of the event MUST wear such a helmet. It is also advised that your machine be fitted with a working red LED light at the rear to enhance your visibility to other road users.

DO call your number to the finishing timekeeper or your time may not be recorded.

Please respect other road users and competitors and assist the time keepers by not crowding the start or finish areas.

It is an offence for a competitor in any event to use or to have administered any proscribed substance that might affect their competitive performance. A rider receiving medical treatment which could include a proscribed substance must not compete in time trials.

Anyone seen performing a U turn on any road connected with the event will be disqualified.

The use of performance-enhancing drugs and other doping behaviour seriously damages the legitimacy of cycling and undermines the integrity of clean riders. The anti-doping principle of strict liability means that a rider is responsible for their conduct, the decisions they make and the results of any test they undergo regardless of whether or not they intended to cheat. It is therefore VITAL that all riders conduct themselves within the rules and make informed decisions to ensure they race CLEAN

The important bit - Prize Pot!! (One rider - One prize excluding team award)

Position	Overall	Other Categories	
1st	£ 25.00	Fastest lady	£ 25.00
2nd	£ 20.00	Fastest Vet (actual time)	£ 25.00
3rd	£ 15.00	Fastest 2 up team	£ 25.00
4th	£ 10.00	Team of 3 - must include at least 1 lady	£ 30.00
5th	£ 5.00		

There will be a marshal at the start to keep riders safe. Please obey their instructions to keep the road clear, not to crowd the timekeeper so we can make sure everyone stays safe.

Organiser - Chris Hanson-Jones , 115 Heath Road South , Weston , Runcorn , WA7 4QH to whom any complaints should be made within 48hrs of the event.

Timekeepers for the day are Mr Stuart Dale and Mr John Lahiff.

Bib	Start time	Rider		Club	Cat
1		David	Bassett	Port Sunlight Wheelers	Vet
2	14:02	Jason	Costain	Port Sunlight Wheelers	Vet
3		Ian	Brown	Stretford Wheelers CC	Vet
4	14:04	Syd	Brown	Stretford Wheelers CC	Juv
5		Julia	Smith	Port Sunlight Wheelers	Vet
6	14:06	Mike	Dyson	Port Sunlight Wheelers	Vet
7		Gemma	Webster	Harry Middleton CC	Sen
8	14:08	Inder	Bhamra	Harry Middleton CC	Sen
9		Chris	Lawson	Chester RC	Vet
10	14:10	Philip	Hill	Chester RC	Vet
11		Mark	Webb	Preston CC	Vet
12	14:12	Tim	Berry	Preston CC	Vet
13		Duff	Fawcett	Liverpool Braveheart Bicycle Club	Vet
14	14:14	Hannah	Fawcett	Liverpool Braveheart Bicycle Club	Sen
15					
16	14:16				
17	14:17	Susan	Wilde	Frodsham Wheelers	Vet (W)
18	14:18	Lynsey	Astles	Weaver Valley CC	Vet (W)
19	14:19	Jane	Yianni	Withington Wheelers	Vet (W)
20	14:20	Brigid	Night	Frodsham Wheelers	Vet (W)
21	14:21	Dianne	Turner	Frodsham Wheelers	Vet (W)
22	14:22	Karen	Bailey	East Lancashire RC	Vet (W)
23	14:23	Caroline	Leighton	Lancashire RC	Vet (W)
24	14:24	Sue	Cheetham	North Lancashire Road Club	Vet (W)
25	14:25	Theresa	Taylor	Ribble Valley Crossroads Care Cycling Team	Vet (W)
26	14:26				
27	14:27				
28	14:28				
29	14:29				
30	14:30				
31	14:31	Glenn	Bowyer	Lancashire RC	Vet
32	14:32	Nigel	Gleeson	VTTA (Merseyside)	Vet
33	14:33	Roy	Nield	East Lancashire RC	Vet
34	14:34	Steve	Marlow	Weaver Valley CC	Vet
35	14:35	Dave	Isherwood	Team Swift	Vet
36	14:36	Stephen	Smout	North Shropshire Wheelers	Vet
37	14:37	Robin	Green	Runcorn CC	Vet
38	14:38	Mark	Hulme	West Pennine Road Club	Vet
39	14:39	Robert	Bush	CC Sudbury	Vet
40	14:40	Kevin	Larmer	Port Sunlight Wheelers	Vet
41	14:41	Nick	Jackson	Giant Halifax Race Team	Jun
42	14:42	Rod	Goodfellow	North Lancashire Road Club	Vet
43	14:43	Mark	Donnelly	Birkenhead North End CC	Vet
44	14:44	John	Leach	Rosendale RC	Vet
45	14:45	Ciaran	Pickering	Team Sportslab	Vet
46	14:46	Trevor	Bracegirdle	Stretford Wheelers CC	Vet
47	14:47	Edward	Chilton	Liverpool Phoenix CC (Aintree)	Esp
48	14:48	David	Fox	Warrington Road Club/Horton Light Engineering/RS Cyclesport	Vet
49	14:49	Derek	Black	Wigan Whs CC	Vet
50	14:50	Tony	Greenhalgh	Team Chronomaster	Vet
51	14:51	Ian	Corrin	Port Sunlight Wheelers	Vet
52	14:52	Daniel	Walker	Frodsham Wheelers	Sen
53	14:53	Peter	Leonard	Southport CC	Vet
54	14:54	Stephen	Longdon	Stretford Wheelers CC	Vet
55	14:55	Mark	Brearton	Wigan Whs CC	Vet
56	14:56	Keith	Boardman	Birkenhead North End CC	Vet
57	14:57	Graham	Noble	Chester RC	Vet
58	14:58	Alex	Nurse	Liverpool Century RC	Sen
59	14:59	Philip	Norcop	Kidsgrove Wheelers CC	Vet
60	15:00	Stephen	Feeney	Team Chronomaster	Vet
61	15:01	George	Aldridge	Birkenhead North End CC	Vet
62	15:02	Kevin	Sales	Frodsham Wheelers	Vet
63	15:03	Barry	Teal	Chorley Cycling Club	Vet
64	15:04	David	Short	Prescot Eagle RC	Vet
65	15:05	Paul	Warrener	Rosendale RC	Vet
66	15:06	Cyril	Wynne	Stretford Wheelers CC	Vet
67	15:07	Steve	Downey	Pirate juice cc	Sen
68	15:08	Robert	Hulme	West Pennine Road Club	Sen
69	15:09	Keith	Clarke	Liverpool Braveheart Bicycle Club	Vet
70	15:10	Michael	Lewis	Rhyl CC	Sen
71	15:11	Rod	Bulmer	Mersey Tri	Vet
72	15:12	David	Arundale	Frodsham Wheelers	Vet
73	15:13	Phil	Brooke	Wills Wheels Cycling Club	Vet
74	15:14	James	Muscart	Mersey Tri	Sen
75	15:15	Alistair	Stanway	Weaver Valley CC	Vet
76	15:16	Mike	Wilson	Warrington Road Club/Horton Light Engineering/RS Cyclesport	Vet
77	15:17	Nathan	Astley	Manchester Wheelers	Vet
78	15:18	Phil	Roberts	Lune RCC	Vet
79	15:19	Jac	Gruffydd	Energy Cycling Club/Ciwb Beicio Egni	Esp
80	15:20	Steve	Daintith	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers	Vet