

	Frodsham Wheelers - twelve50 bikes Open 22 Mile Hilly - Solo & 2 Up March 16th 2019 - First rider off at 14:02 www.frodshamwheelers.co.uk		
	COURSE D22/1		
	<p>Be aware of course revision. Start at pump station , Long Lane, Bickerton Village. Left into A534 to Broxton Island where left onto A41. Proceed to Grindley Brook where left onto A49. Proceed to left turn onto A534 and at top of Gallantry Bank , left onto Brunty Bank. Finish after 1/4 mile at layby. SHOUT YOUR NUMBER - then proceed past finish , turn left at crossroads to return to HQ. Please do not stop at the finish.</p>		
	<p>HQ is Bickerton Village Hall. Please park at the rear car park. Signing on, refreshments and toilets are available in the hall at the rear of the building. Please remember to sign out at the end.</p>		

Important 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

It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so.

DO NOT park or stop your car within sight of the starting or finishing timekeeper.

DO NOT allow your friends and relations to follow you around the course - it's against CTT regulations.

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

Please ensure you have signed on before the start. Numbers and Signing on sheets are located in the event headquarters. Cakes and brews

It is an offence for a competitor in any event to use or to have administered any proscribed substance that might affect their competitive

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

Thanks for supporting our event- we're glad to be part of getting your season up and running. Have a safe ride , enjoy

Prize Pot!! All prizes vouchers for twelve50 bikes.

Position	Overall	2 up Team	Fastest junior	£	20.00
1st	£ 25.00	£ 40.00	Fastest lady	£	20.00
2nd	£ 20.00	£ 30.00	Fastest Vet (actual time)	£	20.00
3rd	£ 15.00	£ 20.00	Team of 3 - MUST include 1 lady.	£	30.00

One rider - one prize apart from team prize.

Promoted under CTT rules as per the current handbook

Promoted for and on behalf of Cycling Time Trials and under CTT rules as per the current handbook.

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

"Cycling isn't a game, it's a sport. Tough , hard , unpytting and it requires great sacrifices. One plays football or tennis or hockey. One doesn't play at cycling." Jean de Gribaldy.

T-o-S	Number	Rider		Club	Gender	Age
14:02	1	Martin	Shepherd	Rochdale Tri Club	Male	Veteran
	2	Sam	Shepherd	Rochdale Tri Club	Male	Espoir
14:04	3	Richard	Elmitt	Wrexham RC	Male	Veteran
	4	Jan	Kardasz	Wrexham RC	Male	Veteran
14:06	5	Hayley	Moore	Ilkeston Cycle Club	Female	Senior
	6	Richard	Golding	Ilkeston Cycle Club	Male	Veteran
14:08	7	Nick	Giles	Team Poco Loco CRT	Male	Veteran
	8	Angelo	Derosa	Team Poco Loco CRT	Male	Veteran
14:10	9	Steve	Lee	Team Wheelguru	Male	Veteran
	10	Cole	Drews	Team Wheelguru	Male	Senior
14:12	11	Toby	Williams	Velotik Racing Team	Male	Senior
	12	Chris	Mann	Velotik Racing Team	Male	Junior
14:13	13	Sarah	Illidge	Frodsham Wheelers	Female	Senior
14:14	14	Susie	Woods	Chester Triathlon Club	Female	Veteran
14:15	15	Brigid	Night	Frodsham Wheelers	Female	Veteran
14:16	16	Louise	Tobias	Chester RC	Female	Veteran
14:17	17	Sue	Ellis	Chester Triathlon Club	Female	Veteran
14:18	18	Rebecca	Holland	Chester RC	Female	Senior
14:19	19	Julia	Smith	Port Sunlight Wheelers	Female	Veteran
14:20	20	Jill	Wilkinson	Chester RC	Female	Veteran
14:21	21	Leigh	Jenkins	Chester Triathlon Club	Female	Senior
14:22	22	Louise	Plevin	Total Tri Training	Female	Senior
14:23	23	Carolyn	Pollard	Chester Triathlon Club	Female	Senior
14:24	24	Carolyn	Hume	Stockport Tri Club	Female	Veteran
14:25	25	Sally	Cunliffe	Clwb Seiclo Rhuthun / Ruthin C.C.	Female	Veteran
14:30	30	Matt	Stell	Springfield Financial Racing Team	Male	Veteran
14:31	31	Nic	Wright	Rhyl CC	Male	Veteran
14:32	32	Matthew	Welsh	Graham Weigh Racing-Deeside Olympic	Male	Senior
14:33	33	Sam	Shepherd	Knutsford Tri Club	Male	Senior
14:34	34	Jac	Gruffydd	Energy Cycling Club/Clwb Beicio Egni	Male	Espoir
14:35	35	Alex	Ward	Mersey Tri	Male	Senior
14:36	36	D J	Fanning	Velo Club Melyd	Male	Veteran
14:37	37	Neil	Wilson	Paramount CRT	Male	Veteran
14:38	38	Martin	Harney	Manchester Bicycle Club	Male	Veteran
14:39	39	Philip	Hill	Chester RC	Male	Veteran
14:40	40	Kevin	Larmer	Port Sunlight Wheelers	Male	Veteran
14:41	41	David	Cuthill	North Wirral Velo	Male	Senior
14:42	42	Luke	Taylor	Runcorn CC	Male	Senior
14:43	43	Dave	Newton	Chester RC	Male	Veteran
14:44	44	Leigh	Jones	Graham Weigh Racing-Deeside Olympic	Male	Senior
14:45	45	Steve	Hall	Thatto Cycles Racing Team	Male	Senior
14:46	46	Martin	Sturge	Graham Weigh Racing-Deeside Olympic	Male	Veteran
14:47	47	John	Moore	Manchester Bicycle Club	Male	Veteran
14:48	48	Tony	Dooley	Chester Triathlon Club	Male	Veteran
14:49	49	Tim	Williams	Chester RC	Male	Veteran
14:50	50	Dyfan	Evans	Wrexham RC	Male	Senior
14:51	51	Neil	Jones	Port Sunlight Wheelers	Male	Veteran
14:52	52	Mark	Taylor	Chester Triathlon Club	Male	Senior
14:53	53	Peter	Norman	Wrexham RC	Male	Veteran
14:54	54	Andy	Whitehead	Seamons CC	Male	Veteran
14:55	55	Arthur	Winstanley	Liverpool Phoenix CC (Aintree)	Male	Veteran
14:56	56	David	Arundale	Frodsham Wheelers	Male	Veteran
14:57	57	Chris	Lawson	Graham Weigh Racing-Deeside Olympic	Male	Veteran
14:58	58	Dean	Smith	Frodsham Wheelers	Male	Veteran
14:59	59	Luke	Vallance	Wrexham RC	Male	Veteran
15:00	60	Joseph	Dobson	Manchester Bicycle Club	Male	Senior
15:01	61	Andrew	Tibbett	Chester RC	Male	Senior
15:02	62	Phillip	Warburton	Liverpool Phoenix CC (Aintree)	Male	Veteran
15:03	63	Paul	Robertshaw	Chester RC	Male	Veteran
15:04	64	James	Mackie	Port Sunlight Wheelers	Male	Senior
15:05	65	Mike	Booker	Chester RC	Male	Senior
15:06	66	Gary	Brooks	Port Sunlight Wheelers	Male	Veteran
15:07	67	Daniel	Walker	Frodsham Wheelers	Male	Senior
15:08	68	Dylan	Roberts	Wrecsam Triathlon Club	Male	Senior
15:09	69	Robin	Green	Runcorn CC	Male	Veteran
15:10	70	Graham	Kemp	Team Bottrill	Male	Veteran
15:11	71	Alan	Orme	Frodsham Wheelers	Male	Veteran
15:12	72	Leigh	Holland	Chester RC	Male	Senior
15:13	73	Paul	Edwards	Graham Weigh Racing-Deeside Olympic	Male	Veteran
15:14	74	Andy	Large	Chester RC	Male	Veteran
15:15	75	Phil	Ellison	Thatto Cycles Racing Team	Male	Veteran
15:16	76	Ian	Pollard	Cotswold Veldrijden	Male	Veteran
15:17	77	Jeff	Mace	Chester RC	Male	Veteran
15:18	78	Christian	Fox	B38/Cycles In Motion	Male	Veteran
15:19	79	Edward	Chilton	Liverpool Phoenix CC (Aintree)	Male	Senior
15:20	80	Thomas	Brazier	Synergy Cycles Race Team	Male	Senior

Heads up - safe riding - good luck everyone!!