



Manchester and District Ladies' Cycling Association

Saturday, 1st June 2019 on the J2/9 course

Ladies Open Handicapped 25 mile Time Trial Round 9 of the M&DTTA Cheshire Courses Points Competition

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.
Handicapped using standard tables

Timekeepers: Ian Ross & Martin Jackson

First rider off at 2.04 pm

Event HQ: Allostock Village Hall WA16 9LN (open from 12 noon)

Numbers at the headquarters – riders must sign the signing on sheet when collecting their number.

Prizes

| | | | |
|----------------------------|-----|--------------------------|----------|
| Fastest | £15 | 1 st handicap | £12 |
| 2 nd | £14 | 2 nd handicap | £11 |
| 3 rd | £13 | 3 rd handicap | £10 |
| Fastest team of two ladies | | | £10 each |

One rider one prize except team

Certificate to be awarded to fastest Association Vet on standard at the Annual Dinner

Course: J2/9

START at a JS2 mark in Bomish Lane (Badger Bank to Goostrey road) at telegraph pole no.2 approx. 300yds west of the A535. Proceed east to the A535 and forward on the A535 to :

Chelford Island (2.169 mls) where 2nd exit left onto the A537 to Seven Sisters Lane at:

Ollerton Cross-roads (5.219 mls) where left along the lane to the A50 and left at Twemlow Lane at:

Cranage (11.408 mls) where left into and along the lane to join the A535 at Twemlow Green, left to:

Chelford Island (18.064 mls) where 2nd exit left onto the A537 to Seven Sisters Lane, left along the lane to join the A50, left again to:

FINISH (25.000 mls) at the J2/9 mark opposite the right hand field gate post, opposite and just before the entrance to the Mount Pleasant Nursing Home.

Event Organiser: Robbie Harcourt, 68 Bradford Road, Eccles, Manchester M30 9FT, Tel: 0161 787 9085

Event Refreshments: Refreshments will be available at the HQ as will the results board.

RACE NUMBERS: Available at HQ. Sign the Sign On sheet when you collect your number. Please note that all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.

M&DTTA 25 to follow this event.

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.

Order of Start

| No | Name | Club | Cat | H.Cap | Standard | Start |
|----|---------------------|---------------------------|---------|----------|----------|--------|
| 4 | Patricia Stacey | Lyme Racing Club | Veteran | 00:29:47 | 01:16:00 | 2:04pm |
| 5 | Claire Harrison | Pro Vision Cycle Clothing | Veteran | 00:15:56 | 01:12:46 | |
| 6 | Lynne Ewington | Velo Karbona | Veteran | 00:20:37 | 01:14:44 | |
| 7 | Kerry Gleave | Congleton CC | Veteran | 00:35:16 | 01:14:44 | |
| 8 | Jill Wesley | Macclesfield Wheelers | Veteran | 00:29:23 | 01:14:17 | |
| 9 | Lydia Yates | Velo Karbona | Senior | 00:36:36 | | |
| 10 | Neah Evans | Team HUUB | Senior | 00:15:21 | | 2:10pm |
| 11 | Jane Yianni | Withington Wheelers | Veteran | 00:19:49 | 01:14:31 | |
| 12 | Lynne Skellern | Macclesfield Wheelers | Veteran | 00:22:47 | 01:13:55 | |
| 13 | Carol Robson | Weaver Valley CC | Veteran | 00:26:18 | 01:14:17 | |
| 14 | Alison Stephenson | Congleton CC | Veteran | 00:33:34 | 01:13:38 | |
| 15 | Michelle Fairclough | Salford Cycling Club | Veteran | 00:19:17 | 01:12:19 | 2:15pm |
| 16 | Gemma Webster | Harry Middleton CC | Senior | 00:20:00 | | |
| 17 | Lynsey Astles | Weaver Valley CC | Veteran | 00:21:45 | 01:12:19 | |
| 18 | Lesley Norbury | Congleton CC | Veteran | 00:28:21 | 01:17:14 | |
| 19 | Jeanette Barber | Seamons CC | Veteran | 00:20:40 | 01:16:35 | |
| 20 | Emily Martin | Weaver Valley CC | Senior | 00:13:31 | 01:16:00 | 2:20pm |

Warnings:

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.

Riders must take extra care when exiting from Seven Sisters Lane onto the A50.

Be aware that there is a double bend shortly after turning into Twemlow Lane at Cranage. Riders need to anticipate this and be prepared to negotiate it in a safe manner. In wet weather the metal covers and edges become a skid risk. Please take care.

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 USE** their tri-bars between the first bollard they pass on entering the island and the last bollard they pass leaving 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.

Vehicles must not be parked, however briefly, in any part of the access area to Mount Pleasant Nursing Home, opposite the finish.

Other M&DLCA Events 2019

| Dist | Date | Organiser | In conjunction with: |
|------|------------------------|--------------|--------------------------|
| 10 | 19 th June: | Kath Jackson | M&DLCA Ladies Invitation |
| 25 | 28 th June: | Mavis Ross | Weaver Valley CC |
| 50 | 3 rd July: | Ian Ross | M&DTTA |

Each year the M&DLCA awards several prizes and trophies to members of the M&DLCA and affiliated clubs, which are presented at our annual dinner dance in November at the Alma Lodge, Stockport (actual date to be confirmed). An M&DLCA 10 and any 25 and 50 on a J course will qualify for the BAR as long as copies of the start and result sheets are sent to the M&DLCA BAR Secretary, Kath Jackson, at the end of the season.