

	<p align="center"><b>Manchester &amp; District Time Trials Association</b>  <b>Present</b>  <b>AN OPEN 25 MILE TIME TRIAL</b>  <i>Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations</i></p> <p align="center"><b>To be held on Saturday 1st June 2019</b>  <b>on the J2/9 course.</b></p>	
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<b>Event HQ</b>	<p align="center"><b>Allstock Village Hall:</b> Chapel Lane, Allstock, Cheshire. WA16 9LN.</p> <p align="center">Ample parking available.      Open from approx. 12.30hrs      Grid Reference : SJ 7438 7133</p> <p align="center"><b>First Rider off at 14.24hrs</b>  <b>Please allow at least 15 mins. to ride to the Start</b></p>
<b>Event Officials</b>	<p><b>Timekeepers:</b> Ian Ross &amp; Martin Jackson (assisted by Graham Lawrence)</p> <p><b>Event Secretary:</b> Robbie Harcourt, 68 Bradford Road, Eccles, Manchester, M30 9FT  Tel. No: 0161 787 9085    Mob. No: 07713 403887 (Emergencies only on the day)</p>

Prizes				
<b>Fastest Overall</b>	<p align="center"><b>1<sup>st</sup> Overall : £40</b></p> <p align="center"><b>2nd : £30                                  3rd : £25                                  4th : £20                                  5th : £15</b></p>			
<b>Fastest junior</b>	<p align="center"><b>1<sup>st</sup> Junior: £25</b></p>			
<b>Fastest Veteran Overall</b>	<p align="center"><b>1st Vet Overall: £25.00</b></p> <p align="center"><b>2nd : £20.00                                  3rd : £15.00</b></p>			
<b>Veterans on Standard Best Plus times</b>	<b>1st V40-49 : £20</b>	<b>1st V50-59 : £20</b>	<b>1st V60-69 : £20</b>	<b>1st V70+ : £20</b>
	<b>2nd V40-49 : £15</b>	<b>2nd V50-59 : £15</b>	<b>2nd V60-69 : £15</b>	
	<b>3rd V40-49 : £10</b>	<b>3rd V50-59 : £10</b>		
<b>Fastest Club Team (team of 3)</b>	<p align="center"><b>1st : £10.00 each                          Bidlake system – fastest 3<sup>rd</sup> counter.</b></p>			
<p align="center"><b>NOTE</b>  One Rider, one prize, except Team Award.</p> <p align="center"><b>This event qualifies for the Cheshire Points Series (event 9 of 20).</b></p>				

<b>Course Details (J2/9)</b>	<p>START  At A "JS2" mark in Bomish Lane (Jodrell Bank to Goostrey road). At a 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 m  2nd exit left on the A537 to Seven Sisters lane at:- OLLERTON CROSS ROADS 5.219 m  left along the lane to the A50 and left on the A50 to Twemlow Lane at:- CRANAGE 11.408 m  left into and along the lane to join the A535 at Twemlow Green, left to:- CHELFORD ISLAND 18.064 m  2nd exit left on the A537 to Seven Sisters Lane at OLLERTON CROSS ROADS 21.052 m  left along the lane to the A50 and, left on the A50 to:- FINISH 25.000 m  At a "JF2" mark opposite the right hand field gate post opposite and just before the entrance to the Mount Pleasant Nursing Home, approx 500yds past the cross roads after the Drovers Public House.</p> <p>This event is preceded by the M&amp;DLCA 25 mile TT, no's 4-20.</p>
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<p><b>Notes</b></p>	<p>Signing-on sheet and issue/return of race numbers, refreshments, CAKES, &amp; finish times will be at the Event HQ.</p> <p>RACE NUMBERS: Available at HQ. Sign the Sign On sheet when you collect your number. Please note that for 2017 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.</p> <p>As an additional courtesy and aid to the finish timekeepers, if you have breath left, it is kindly requested that you bellow your number out when crossing the line. If however you feel this may cause bodily dysfunction please refrain. The timekeepers will not be able or willing to pick your carcass up and administer mouth to mouth resuscitation after the finish line!</p>
<p>PARKING</p>	<p>No parking at the start or finish. Vehicles must not be parked, however briefly, in any part of the access area to Mount Pleasant Nursing Home, opposite the finish.</p> <p>Riders must not stop at the finish but should continue on to the event headquarters where times will be displayed.</p>
<p>CARE AT ROAD JUNCTIONS</p>	<p>Riders must exercise care at all road 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.</p> <p>A competitor who swings out to the right before executing a left turn should ensure that the road behind is clear of traffic before doing so. The practice is not encouraged by the District Committee and competitors who ride in this manner are warned that in many circumstances this manoeuvre will be regarded as a contravention of regulation 19(a)(b)(d).</p>
<p>CARE EXITING SEVEN SISTERS LANE</p>	<p>Riders must take extra care when exiting from Seven Sisters Lane onto the A50.</p>
<p>CARE AT CHELFORD ISLAND</p>	<p>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.</p>
<p>CARE IN TWEMLOW LANE</p>	<p>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.</p> <p>In wet weather, the metal covers and edges become a skid risk. Please take care.</p>

<p>OBSERVERS</p>	<p><b>Will be present around the course and will report competitors whose riding is considered to be in breach of the Regulations.</b></p> <p>'U' turns- in the vicinity of the Start and Finish must be avoided, and any rider observed performing this manoeuvre will be reported to the District Committee and will risk disqualification from the event.</p>
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**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 & JUVENILE competitors must wear Protective Hard Shell Helmets.**

**It is recommended that a working rear light, either in flashing or constant mode, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**

No	Name	Club	Category	Std	Start time
29	Vic Trigger	Crewe Clarion Whs	V70 (trike)	01:24:56	2:29pm
30	Nigel Wood	Seamons CC	V50	01:09:16	2:30pm
31	John Spearman	Seamons CC	V40	01:07:16	
32	Syd Brown	Innovation Racing	Junior		
33	Stephen Dooley	Seamons CC	Senior		
34	Andy Cummings	Warrington Triathlon Club	V40	01:06:00	
35	Scott Gurnett	Minehead Cycling Club	Senior		
36	Cole Drews	Team Wheelguru	Senior		
37	Derek Schofield	Rossendale RC	V60	01:12:05	
38	David Steele	Lyme Racing Club	V70	01:19:15	
39	Harry Davies	Seamons CC	V70	01:15:46	
40	Ben Norbury	Congleton CC	Senior		2:40pm
41	Stuart Ward	Weaver Valley CC	V50	01:08:38	
42	Paul Connor	Weaver Valley CC	V40	01:07:28	
43	Paul Barber	Seamons CC	V60	01:10:30	
44	Greg Dancer	Stone Wheelers CC	V60	01:11:44	
45	Andy Gray	SKCC	V40	01:06:40	
46	Martin Wiggan	Seamons CC	V40	01:07:16	
47	David Fox	Warrington Road Club/Horton Light Engineering/RS Cyclesport	V50	01:09:16	
48	Christopher Thomas	Rossendale RC	V40	01:07:51	
49	Jamie Platt	Manchester Triathlon Club	Senior		
50	Rod Mason	Stockport Clarion CC	V40	01:06:27	2:50pm
51	Robert Pollen	Ashley Touring CC	V40	01:06:14	
52	Tim Marshall	Seamons CC	V40	01:06:27	
53	Anthony Lock	Rapha Cycling Club	Senior		
54	Kenneth Trigger	Crewe Clarion Whs	V60	01:12:51	
55	Craig Moody	Giant Halifax Race Team	V50	01:08:26	
56	Mark Goodchild	Preston CC	V50	01:08:51	
57	Andy Milligan	Weaver Valley CC	V50	01:08:26	
58	Steve Marlow	Weaver Valley CC	V60	01:11:44	
59	John Verbickas	Seamons CC	V70	01:15:12	
60	Sam Hughes	Liverpool Century RC	Senior		3:00pm
61	Paul Whittaker	Stockport Clarion CC	V40	01:07:40	
62	Colin Carthy	Weaver Valley CC	V50	01:08:26	
63	Andy Whitehead	Seamons CC	V50	01:09:16	
64	David Wilson	Eat Plants Not Pigs CC	V40	01:07:51	
65	Mat Stephenson	Congleton CC	V50	01:08:15	
66	Luke Vallance	Wrexham RC	V40	01:07:40	
67	Colin Birchall	HD Revolutions	V40	01:07:40	
68	Dan Robson	Weaver Valley CC	V50	01:08:26	
69	Tristan Abbott	Chester RC	Senior		
70	Matthew Wilde	HD Revolutions	Senior		3:10pm
71	Peter Rogers	Chorlton Velo	V50	01:08:38	
72	Richard Coates	Leek CC - Den Engel Belgian Bar	V50	01:08:38	
73	Alex Taylor	Manchester Triathlon Club	Senior		
74	Lloyd Smith	Winsford Wheelers Cycling Club	Senior		

75	Austin Foy	North Lancashire Road Club	V40	01:06:14	
76	David Ireland	East Lancashire RC	V50	01:08:26	
77	Jonathan Currie	Stockport Tri Club	Senior		
78	Steve Mcquade	Crewe Clarion Whs	V50	01:08:51	
79	Alan Roberts	Stone Wheelers CC	V70	01:14:10	
80	Phil Robinson	Janus Road Club	V50	01:08:03	3:20pm
81	Michael Greaney	Stockport Clarion CC	V40	01:07:05	
82	Tony Perrin	Stone Wheelers CC	V50	01:09:44	
83	Chris Wilcox	Lyme Racing Club	V50	01:09:16	
84	Harry Wilson	Innovation Racing	Juvenile		
85	Alastair Ribbands	Manchester Wheelers	Senior		
86	Duncan Poole	Congleton CC	V40	01:07:16	
87	David Burgess	Stockport Tri Club	Senior		
88	Craig Howarth	Rossendale RC	V40	01:07:28	
89	Richard Mace	Velo Karbona	V40	01:07:28	
90	Daniel Shackleton	ABC Centreville	V40	01:07:40	3:30pm
91	Mark Pickles	Manchester Wheelers	V40	01:07:40	
92	Andrew Harrington	Wrexham RC	V50	01:09:03	
93	Graeme Mc Culloch	Stretford Wheelers CC	V50	01:09:30	
94	Adrian Derbyshire	Leek CC - Den Engel Belgian Bar	V40	01:07:28	
95	Tristan Pilling	Team SB Hub	Junior		
96	Kelvin Milward	Congleton CC	V50	01:09:30	
97	Paul Warrener	Rossendale RC	V50	01:08:38	
98	Jamie Humphries	Westmead Team 88	V40	01:06:52	
99	Kenny Mitchell	Manchester Triathlon Club	V50	01:08:15	
100	Ben Stead	ABC Centreville	Senior		3:40pm
101	Stephen Sladin	Congleton CC	V60	01:08:26	
102	Philip Kelly	Velo Karbona	V50	01:08:26	
103	Paul Dean	Macclesfield Wheelers	V50	01:09:30	
104	David Butters	...a3crg	V50	01:09:03	
105	Jonathan Lloyd	Westmead Team 88	V50	01:08:15	
106	Peter Howarth	Stretford Wheelers CC	V50	01:09:44	
107	Jonathan Read	Velo Karbona	Senior		
108	Joshua Ruddiman	HD Revolutions	Senior		
109	Ronan O'cualain	Seamons CC	V40	01:06:27	
110	Simon Wilson	Ribble Pro Cycling	Senior		3:50pm
112	Murray Kirton	A5 Rangers CC	V70 (tandem)		3:52pm
113	David Stockley	A5 Rangers CC	V70 (tandem)	01:18:27	
114	Becky Lewis	Mid Shropshire Wheelers	Senior (tandem)		3:54pm
115	Howard Lewis	Mid Shropshire Wheelers	V40 (tandem)	01:07:28	