



Manchester and District Ladies' Cycling Association

Held Saturday 11th June 2022

Ladies Open Handicapped and Men's Invitation 10 mile Time Trial

*Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.
Handicapped using standard tables. Course J4/20*

Results Sheet and Prize List

Ladies

Fastest	Lucy Rogers	Congleton CC	23:38	£20.00
2nd	Claire Harrison	Congleton CC	24:39	£15.00
3rd	Katherine Swithenbank	Bury Clarion CC	25:52	£12.00
1st h'cap	Tracy Gregory	Buxton CC/Sett Valley Cycles	16:10	£20.00
2nd h'cap	Lucy Rogers	Congleton CC	16:30	*
3rd h'cap	Claire Harrison	Congleton CC	16:48	*
4th h'cap	Jenny Castle	Salford Cycling Club	17:46	£15.00
5th h'cap	Alison Stephenson	Congleton CC	17:55	£12.00
Fastest M&DLCA Vet on std	Lucy Rogers	Congleton CC	+6:03	Certificate

Men

Fastest	David Parkin	Chorley Cycling Club	20:27	£20.00
2nd	Alastair Ribbands	Congleton CC	20:35	£15.00
3rd	Alistair Rutherford	Manchester Bicycle Club	22:05	£12.00

Combined

Fastest	Alastair Ribbands	Claire Harrison	45:14	£20.00 each
2nd	Neil Swithenbank	Katherine Swithenbank	48:32	£15.00 each
3rd	Martin Wiggan	Lily Brindle	49:34	£12.00 each

* One rider one prize, except Combination.

Ladies' Results

Pos	Name	Club	Std	+/-	H/Cap	H/Cap Time	Actual Time
1	Lucy Rogers	Congleton CC	29:41	+6:03	7:08	16:30	23:38
2	Claire Harrison	Congleton CC	29:12	+4:33	7:51	16:48	24:39
3	Katherine Swithenbank	Bury Clarion CC			6:30	19:22	25:52
4	Lily Brindle	JRC Interflon Race Team			7:48	18:26	26:14
5	Sally Cunliffe	Ruthin Cycling Club / Clwb Seiclo Rhuthun	31:15	+4:53	3:46	22:36	26:22
6	Alison Stephenson	Congleton CC	29:35	+2:10	9:30	17:55	27:25
7	Tracy Gregory	Buxton CC/Sett Valley Cycles	30:08	+1:26	12:32	16:10	28:42
8	Sarah Mawbey-Jeffries	Manchester Triathlon Club	29:07	-0:31	NQT		29:38
9	Gill Aspin	Manchester Triathlon Club	29:12	-0:48	NQT		30:00
10	Kerry Gleave	Congleton CC	30:15	+0:03	11:26	18:46	30:12
11	Jacky Taylor	Manchester Triathlon Club	29:54	-0:46	NQT		30:40
12	Jenny Castle	Salford Cycling Club	29:02	-2:12	13:28	17:46	31:14
13	Michelle Wilder	Manchester Triathlon Club	29:48	-3:35	NQT		33:23

DNS (apols) Lynsey Astles, Michelle Fairclough

Men's Results

Pos	Name	Club	Invited by	Actual Time
1	David Parkin	Chorley Cycling Club	Gill Aspin	20:27
2	Alastair Ribbands	Congleton CC	Claire Harrison	20:35
3	Alistair Rutherford	Manchester Bicycle Club	Michelle Wilder	22:05
4	Kevin Blades	Bury Clarion CC	Lynsey Astles	22:07
5	Peter Lindfield	Tactic Sport UK Race Team	Sarah Mawbey-Jeffries	22:13
5	Philip Gleave	Congleton CC	Kerry Gleave	22:37
7	Neil Swithenbank	Bury Clarion CC	Katherine Swithenbank	22:40
8	Isaac Russell	Team PB Performance	Tracy Gregory	22:46
9	Mat Stephenson	Congleton CC	Alison Stephenson	22:48
10	Martin Wiggan	Seamons CC	Lily Brindle	23:20
11	Robbie Harcourt	Salford Cycling Club	Jenny Castle	24:15
12	Paul Robinson	Lyme Racing Club	M&DLCA	24:26
13	Nicholas Smith	Westmead Team 88	Sally Cunliffe	25:41
14	Andy Whitehead	Seamons CC	M&DLCA	25:48
15	Tony Johnson	Salford Cycling Club	Michelle Fairclough	26:06
16	Graeme Mc Culloch	Stretford Wheelers CC	M&DLCA	26:13
17	George Aldridge	Birkenhead North End CC	M&DLCA	27:08
18	William Renard	Macclesfield Wheelers	M&DLCA	27:55
19	John Verbickas	Seamons CC	M&DLCA	28:30

DNS (apols) Peter Jackson, Tim Smith, Kouros Driscoll DNS Steve Cartlidge, Christopher Higgins

Combined Results

Pos	Lady	Time	Man	Time	Combined
1	Claire Harrison	24:39	Alastair Ribbands	20:35	45:14
2	Katherine Swithenbank	25:52	Neil Swithenbank	22:40	48:32
3	Lily Brindle	26:14	Martin Wiggan	23:20	49:34
4	Alison Stephenson	27:25	Mat Stephenson	22:48	50:13
5	Gill Aspin	30:00	David Parkin	20:27	50:27
6	Tracy Gregory	28:42	Isaac Russell	22:46	51:28
7	Sarah Mawbey-Jeffries	29:38	Peter Lindfield	22:13	51:51
8	Sally Cunliffe	26:22	Nicholas Smith	25:41	52:03
9	Kerry Gleave	30:12	Philip Gleave	22:37	52:49
10	Michelle Wilder	33:23	Alistair Rutherford	22:05	55:28
11	Jenny Castle	31:14	Robbie Harcourt	24:15	55:29

Many thanks to the timekeepers, and all the helpers who helped sign on and marshall, including Ian & Mavis Ross, Phil & Pam Fern, Heather and John West, Marion Roberts, and John and Martin Jackson.

Event Organiser: K. Jackson, 7 Burford Crescent, Wilmslow, Cheshire 01625 537401

Timekeepers: Mr M Jackson & Mr I Ross

M&DLCA

Other M&DLCA events 2022 – see CTT website for further details, entries on-line, closing dates 10 days before event.

Course	Date & time	Organiser	Information
J2/9 25 miles	Sat 25 th June 14:00	Robbie Harcourt	M&DLCA Ladies 25 (in conjunction with Salford CC)
J4/9 25 miles	Sat 6 th August 14:00	Mavis Ross	M&DLCA Ladies 25(in conjunction with the Weaver Valley)

Each year, the M&DLCA awards several prizes and trophies to members of the M&DLCA and affiliated clubs. Clubs can affiliate by sending £10 affiliation fee to Mavis Ross, details are on our website on the affiliation form. Any event on a '25' or '50' mile 'J' course counts for these trophies, as long as copies of the results sheet and entry form are sent to the M&DLCA BAR Secretary, K. Jackson, but the only counting '10' mile events are those organised by the M&DLCA, **plus, for this year only, the 10 mile event on 19th March 2022 run by the M&DTTA.**

The onus is on the rider to submit, where required, copies of the entry form and results sheet to the M&DLCA BAR Secretary before 1st October of the current season.

Visit our website at <http://www.mdca.org.uk> for the latest news, results and photos

We also have a [Facebook page](#) for photos and posts, and on Twitter we are @ManDLCA.