**Manchester and District**

Ladies’ Cycling Association

 **Held Saturday 23rd April 2022**

# Ladies Open Handicapped, Men’s Invitation

# and GHS 10 mile Time Trail

*Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.*

*Handicapped using standard tables. Course J2/3*

**Results Sheet and Prize List**

**GHS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fastest** | Mathew Siepan | Seamons CC | 26:32 |  |
| **2nd** | Nicholas Smith | Westmead Team 88 | 28:45 |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ladies** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fastest** | Lucy Rodgers | Congleton CC | 24:23 | £20:00 |
| **2nd** | Emma Bradfield | Warrington Tri Club | 26:09 | £15:00 |
| **3rd**  | Katherine Swithenbank | Bury Clarion | 26:19 | £12:00 |
|  |  |  |  |  |
| **1st h’cap** | Gaynor Beckett | Total Tri Training | 11:29 | £20:00 |
| **2nd h’cap** | Lucy Rodgers | Congleton CC | 18:11 | £1500 |
| **3rd h’cap** | Claire Harrison | Congleton CC | 19:13 | \* |
| **4th h’cap** | Katherine Swithenbank | Bury Clarion | 19:54 | \* |
| **5th h’cap** | Kerry Gleave | Congleton CC | 20:30 | \* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fastest M&DLCA Vet on std** | Lucy Rodgers | Congleton CC | +5:18 | Certificate |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Men** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fastest** | David Williams | Velotik Racing Team | 21:05 | £20:00 |
| **2nd** | Grant Bigham | WattShop | 21:07 | £15:00 |
| **3rd**  | Alastair Ribbands | Congleton CC | 21:14 | £12:00 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Combined** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fastest** | Alastair Ribbands | Claire Harrison | 48:00 | £20:00 each |
| **2nd** | Ian Bell | Lucy Rodgers | 48:14 | £15.00 each |
| **3rd**  | Neil Swithenbank | Katherine Swithenbank | 49:32 | £12.00 each |

**\*** One rider one prize, except Combination.

**Ladies’ Results**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Pos** | **Name** | **Club** | **Std** | **+/-** | **H/Cap** | **H/Cap Time** | **Actual Time** |
| 1 | Lucy Rodgers | Congleton CC | 29:41 | +5:18 | 6:12 | 18:11 | 24:23 |
| 2 | Emma Bradfield | Warrington Tri Club | 29:41 | +3:32 |  |  | 26:09 |
| 3 | Katherine Swithenbank | Bury Clarion |  |  | 6:25 | 19:54 | 26:19 |
| 4 | Claire Harrison | Congleton CC | 29:12 | +2:26 | 7:33 | 19:13 | 26:46 |
| 5 | Lynsey Astles | Congleton CC | 28:57 | +1:07 | 7:08 | 20:42 | 27:50 |
| 6 | Alison Stephenson | Congleton CC | 29:35 | +0:16 | 8:34 | 20:45 | 29:19 |
| 7 | Gaynor Beckett | Total Tri Training | 29:18 | -0:15 | 11:29 | 18:04 | 29:33 |
| 8 | Cheryl Hutchins | Total Tri Training | 30:39 | +1:03 |  |  | 29:36 |
| 9 | Kerry Gleave | Congleton CC | 30:08 | -0:30 | 10:08 | 20:30 | 30:38 |
| 10 | Carolyne Hulme | Cheshire Mavericks | 29:35 | -3:38 |  |  | 33:13 |

DNSa (Elisabeth Ogbonmwan, Holly Carter)

**Men’s Results**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Pos** | **Name** | **Club** | **Invited by** | **Actual Time** |
| 1 | David Williams | Velotik Racing Team |  | 21:05 |
| 2 | Grant Bigham | WattShop |  | 21:07 |
| 3 | Alastair Ribbands | Congleton CC | Claire Harrison | 21:14 |
| 4 | Mat Ivings | Buxton CC/Sett Valley Cycles |  | 22:19 |
| 5 | Kevin Blades | Bury Clarion CC |  | 23:04 |
| 6 | Neil Swithenbank | Bury Clarion CC | Katherine Swithenbank | 23:13 |
| 7 | Phillip Gleave | Congleton CC | Kerry Gleave | 23:25 |
| 8 | Mick Hutchins | Congleton CC | Lynsey Astles | 23:26 |
| 9 | Glynn Kneale | Bury Clarion CC |  | 23:47 |
| 10 | Ian Bell | Abergavenny RC | Lucy Rodgers | 23:51 |
| 11 | Simon Phillips | Stockport Tri Club | Carolyne Hulme | 25:14 |
| 12 | Jonathan Beckett | Bury Clarion CC |  | 25:57 |
| 13 | Stephen Costello | Bill Nickson Cycles |  | 26:40 |
| 14 | Jeff Upton | Stockport Tri Club | Gaynor Beckett | 27:24 |
| 15 | Andrew Ashmore | Buxton CC/Sett Valley Cycles |  | 27:35 |
| 16 | William Howarth | East Lancashire RC |  | 28:07 |
| 17 | James Brayford | Congleton CC | Alison Stephenson | 28:54 |
| 18 | Alan Shuttleworth | Weaver Valley CC |  | 33:46 |
| 19 | Vic Trigger | Crewe Clarion CC |  | 35:40 |

DNSa (Chris Bowman, Denis Thompson and Tim Smith)

**Combined Results**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Pos** | **Lady** | **Time** | **Man** | **Time** | **Combined** |
| 1 | Claire Harrison | 26:46 | Alastair Ribbands | 21:14 | 0:48:00 |
| 2 | Lucy Rodgers | 24:23 | Ian Bell | 23:51 | 0:48:14 |
| 3 | Katherine Swithenbank | 26:19 | Neil Swithenbank | 23:13 | 0:49:32 |
| 4 | Lynsey Astles | 27:50 | Mick Hutchins | 23:26 | 0:51:16 |
| 5 | Kerry Gleave | 30:38 | Phillip Gleave | 23:25 | 0:54:03 |
| 6 | Gaynor Beckett | 29:33 | Jeff Upton | 27:24 | 0:56:57 |
| 7 | Alison Stephenson | 29:19 | James Brayford | 28:54 | 0:58:13 |
| 8 | Carolyne Hulme | 33:13 | Simon Phillips | 25:14 | 0:58:27 |

Many thanks to the timekeepers, Ian & Mavis Ross and Kath and Martin Jackson, and all the helpers who helped sign on and marshall, including Marion Roberts, Mary Read, Rob Bailey Emma West, Kyle German and John West.

**Event Organiser***:* H West 49 Grendale Ave, Hazel Grove, Stockport SK7 6LJ.

**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** |
| J4/2010 miles | Saturday 11th June 14:00 | Kath Jackson | Ladies 10 mile Invitation |
| J4/950 miles | Sat 18th June13:00 | Ian Ross | M&DLCA open championship 50 (in conjunction with M&DTTA championship. All riders should enter the M&DTTA event) |
| J4/9 | Sat 6th August14:00 | 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.

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.mdlca.org.uk*](http://www.mdlca.org.uk) *for the latest news, results and photos*

*We also have a* [*Facebook page*](https://www.facebook.com/mdlca/) *for photos and posts, and on Twitter we are @ManDLCA.*