



# Manchester and District Ladies' Cycling Association

5<sup>th</sup> June 2021

## Ladies Open Handicapped and Men's Invitation 10 mile Time Trials

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

*Handicapped using standard tables, using fastest time since 1<sup>st</sup> Jan 2020, or if none ridden, fastest time in last 3 years.*

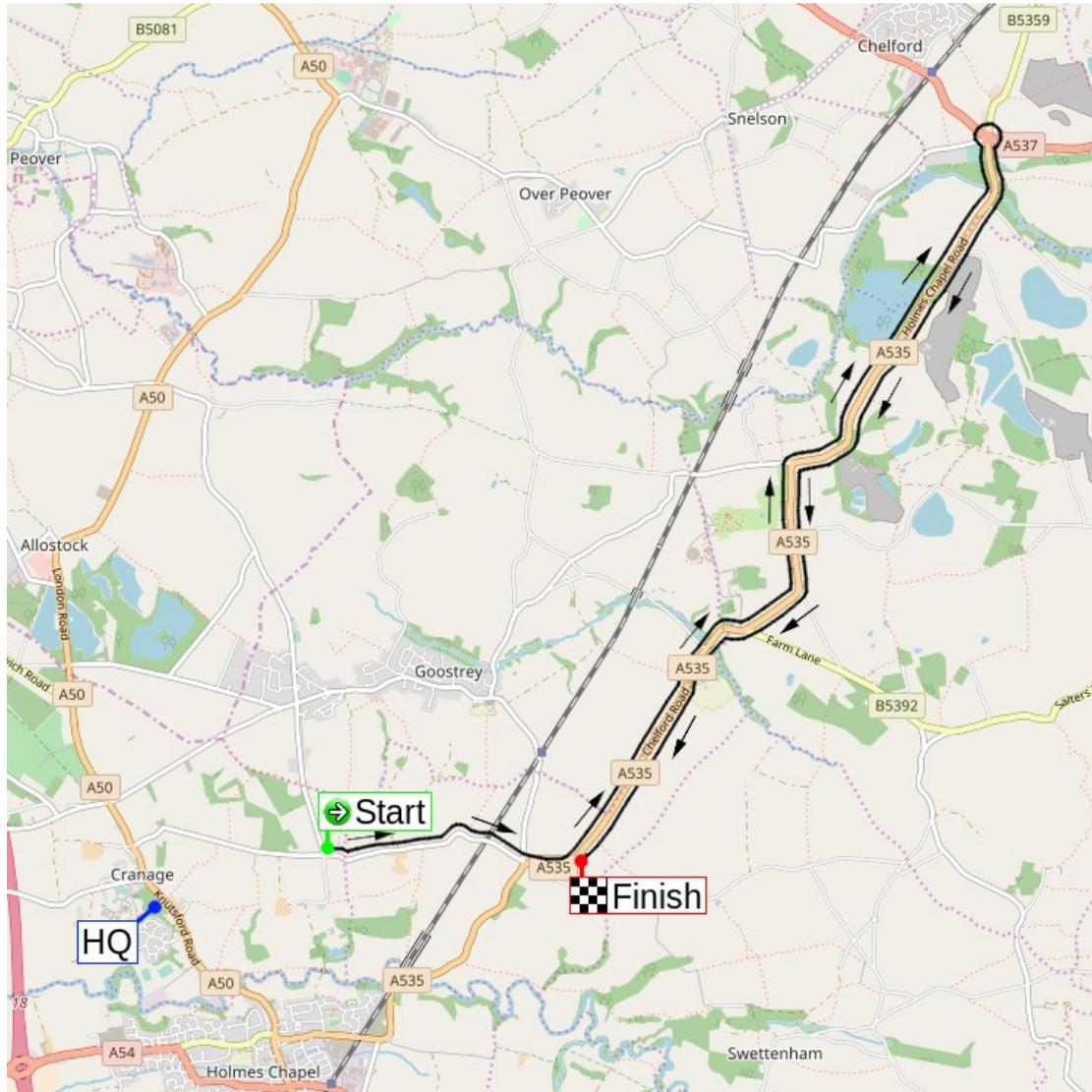
**Event Organiser:** K. Jackson, 7 Burford Crescent, Wilmslow, Cheshire, SK9 6BL. 01625 537401

**Timekeepers:** Mr M Jackson & Mr I Ross

First rider off at **2:01 pm**

**Headquarters:** **Cranage Village Hall Car Park** postcode CW4 8EQ located off the main A50 Knutsford Road, approximately 1 mile north of Holmes Chapel.

**Signing on and collection of numbers** will be outdoors, and available from a table in the car park from 12.30pm onwards, please bring your own pen. Please note that each rider must sign-on when collecting their number, and sign-off when returning it. Failure to do so will result in that rider being classified as DNF.



### Directions from headquarters to start, and from finish back to headquarters

The route will be signposted, please allow plenty of time to cycle there. Turn left out of the car park on to the A50, and then turn with care first right into Twemlow Lane. The A50 is a busy and fast road, so you may want to pull into Hall Farm Drive on the left until the A50 is clear to cross.

To return to the HQ at the end of the time trial, continue on past the finish and turn right, with care, back into Twemlow Lane. Ride along Twemlow Lane to the A50, turn left. Turn right off the A50 into the HQ, again, please take care crossing the A50.

### Course details: J2/3 – 10 miles

<b>START</b>	<b>0.000 m</b>
In Twemlow Lane at a JS4 mark just east of Hermitage Lane in line with the hedge on Hermitage Lane. Proceed eastwards to the A535 at	
<b>TWEMLOW GREEN</b>	<b>1.047 m</b>
Left along the A535 to	
<b>CHELFORD ISLAND</b>	<b>5.661 m</b>
Encircle the island and retrace along the A535 to	
<b>FINISH</b>	<b>10.000 m</b>
at a JF4 mark by the far post of the last field gate on the left of A535 at Twemlow Green before the Yellow Broom Restaurant	

### Prizes

		<b>Ladies</b>		<b>Men</b>		<b>Combined</b>
1 <sup>st</sup>	£30.00	1 <sup>st</sup> handicap	£25.00	1 <sup>st</sup>	£30.00	1 <sup>st</sup> £25.00 each
2 <sup>nd</sup>	£25.00	2 <sup>nd</sup> handicap	£20.00	2 <sup>nd</sup>	£25.00	2 <sup>nd</sup> £20.00 each
3 <sup>rd</sup>	£20.00	3 <sup>rd</sup> handicap	£15.00	3 <sup>rd</sup>	£20.00	3 <sup>rd</sup> £15.00 each

Certificate to be awarded to fastest M&DLCA Vet on standard at Annual Dinner.  
One rider one prize, except Combination.

### Covid Precautions

CTT has issued two PDF documents, a Covid-19 Risk Assessment and "Putting on a Cycling Time Trials Event during COVID19". If you haven't already read them please download them from the CTT website and read them carefully. These are the key messages:-

- **Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid19 symptoms.**
- **Do not gather in groups of more than 6, please remember social distancing in the car park and at the start**
- Vehicle parking is provided at Cranage Village Hall, on tarmac and on the grass sports field.
- The Village Hall building is not in use other than via the rear door to access the toilet area.
- There are men's and women's toilets: one in – one out, wear a mask and queue outside 2 metres apart if necessary. Users will have to apply hand sanitizer on entry.
- There are no changing facilities at the HQ, please come dressed ready to ride.
- Riders will sign-on at a table outside the hall. Please bring your own pen.
- No more than THREE riders are allowed to queue at the start, so time your arrival accordingly.
- Do not leave any clothing, bottles etc at the start.
- No assisted push-off. Riders will have to set off unassisted from the Start timekeeper. Do not cross the start point until you get the signal from the timekeeper.

- There are no HQ catering facilities. Please bring your own post-ride recovery snacks and drinks.
- There is no public display Results Board, results will be available on the CTT website after the event. Please return to HQ promptly to sign out with your own pen, and return your number. Then please go home and do not congregate.
- Do not approach the timekeepers.

### **Notes and Local Regulations**

The Risk Assessment document will be available at Signing-On but we highly recommend reading this, in advance, on the CTT District website (<https://manchester.ctt.org.uk/>) – especially those riders who are not familiar with the course and its junctions (plus its ruts and potholes).

### **Care at road junctions**

Riders must exercise care at all 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.

At give way junctions (such as turning left from Twemlow Lane onto the A535) riders must avoid traffic on the major road and stop if it is unsafe to proceed.

### **Chelford Island**

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 approach and encircle the island using tri-bars. Remember - traffic on the island has priority over traffic (including riders) entering 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.

### **Safe riding**

Riding with your head down such that you do not have a good view of the road ahead is dangerous - please watch out for potholes, obstacles, and other road users.

Marshalls do not have the authority to control other road users, so please take care.

### **Start and finish**

No “U” turns in the vicinity of the start or finish.

Riders must not stop at the finish, but should instead continue along the A535 to Twemlow Lane (take care when turning right from the A535 onto Twemlow Lane), then back to the headquarters.

### **Vehicles**

A competitor must not be preceded, accompanied, followed by or in any way receive assistance from a motorised vehicle or its occupants during events shorter than 100km (CTT Reg 22).

No parking for riders or spectators at the start or finish. This is both for the safety of riders at the start, and because of limited space. **Parking is available at the headquarters, please be considerate towards local residents.**

### **Helmets**

It is strongly advised for your own safety that you wear a hard shell helmet that meets an internationally accepted safety standard.

All competitors who will be under the age of 19 on 31<sup>st</sup> December of this year MUST wear a properly affixed helmet of hard/soft shell construction. For these riders, a helmet is required (CTT Reg 15), instead of just strongly advised.

### Rear Light

CTT Reg 14(i) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

### Other notes

A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken. (CTT Reg 21)

**Riders should not warm up on the course after the event has started.**

### M&DLCA

**Other M&DLCA events 2021 – 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 26 <sup>th</sup> June 14:00	Robbie Harcourt	(in conjunction with Salford CC)
J2/3 10 miles	Sat 24 <sup>th</sup> July 14:00	Heather West	Ladies' event, men's invitation event and youth event
J2/9 25 miles	Saturday 7 <sup>th</sup> Aug 14:00	Mavis Ross	(in conjunction with Weaver Valley)
J4/9 50 miles	Sat 4 <sup>th</sup> Sept 13:00	Ian Ross	M&DLCA open championship 50 (in conjunction with M&DTTA championship. All riders should enter the M&DTTA Event )

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 9<sup>th</sup> October 2021 being run by the M&DTTA.** This is because we had to cancel one of our own 10 mile events due to COVID restrictions.

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 1<sup>st</sup> October of the current season.

Visit our website at <http://www.mdlca.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.

## Ladies

No.	Name	Cat	Club	H/Cap	Std	Start
1	Sally Cunliffe	Veteran	Ruthin Cycling Club/Clwb Seiclo Rhuthun	6:04	31:06	2:01
2	Lynsey Astles	Veteran	Congleton CC	7:08	28:57	2:02
3	Lucy Bulkeley	Senior	Velotik Racing Team	8:33		2:03
4	Lesley Norbury	Veteran	Congleton CC	11:12	31:15	2:04
5	Monica Greenwood	Senior	Macclesfield Wheelers	6:00		2:05
6	Emily Martin	Senior	Weaver Valley CC	7:26		2:06
7	Gail Lowe	Veteran	Congleton CC	7:48	29:35	2:07
8	Michelle Fairclough	Veteran	Salford Cycling Club	9:08	28:57	2:08
9	Lauren Lett	Senior	Liverpool Phoenix CC (Aintree)	11:43		2:09
10	Frances Owen	Senior	Fibrax Wrexham RC	3:25		2:10
11	Lucy Rogers	Veteran	Congleton CC	6:48	29:35	2:11
12	Jasmine Dean	Espoir	Velo Club Cumbria	NQT		2:12
13	Katherine Swithenbank	Senior	Bury Clarion CC	7:58		2:13
14	Kerry Gleave	Veteran	Congleton CC	10:47	30:01	2:14
15	Anna Weaver	Senior	East Lancashire RC	5:30		2:15
16	Claire Harrison	Veteran	Congleton CC	6:55	29:07	2:16
17	Naomi Wright	Senior	Manchester Triathlon Club	7:56		2:17
18	Alison Stephenson	Veteran	Congleton CC	8:34	29:29	2:18
19	Jeanette Barber	Veteran	Seamons CC	9:43	30:56	2:19

## Men

Num	Name	Club	Invited by	Start
24	Paul Barber	Seamons CC	Jeanette Barber	2:24
25	David Parkin	Salford Cycling Club	Michelle Fairclough	2:25
26	James Brayford	Lyme Racing Club	Gail Lowe	2:26
27	Andy Gray	Congleton CC	Lynsey Astles	2:27
28	Paul Robinson	Lyme Racing Club	M&DLCA	2:28
29	Nicholas Smith	Westmead Team 88	M&DLCA	2:29
30	David Crawley	Velotik Racing Team	Lucy Bulkeley	2:30
31	Mat Stephenson	Congleton CC	Alison Stephenson	2:31
32	Matthew Last	Manchester Bicycle Club	M&DLCA	2:32
33	Tim Smith	Westmead Team 88	M&DLCA	2:33
34	Louis Thomas-Messenger	Macclesfield Wheelers	Monica Greenwood	2:34
35	Ben Norbury	Congleton CC	Claire Harrison	2:35
36	Stephen Dooley	Seamons CC	M&DLCA	2:36
37	Neil Swithenbank	Bury Clarion CC	M&DLCA	2:37
38	Kevin Woodward	Salford Cycling Club	M&DLCA	2:38
39	Steven Johnson	Liverpool Phoenix CC (Aintree)	Lauren Lett	2:39
40	Andrew Bradbury	Congleton CC	Lucy Rogers	2:40
41	Richard Collins	Wigan Whs CC	Frances Owen	2:41
42	Kevin Blades	Bury Clarion CC	M&DLCA	2:42
43	Robert Bagot	Warrington Road Club/Horton Light Engineering	M&DLCA	2:43
44	Ross Hooley	Innovation Racing	M&DLCA	2:44
45	Tristan Pilling	University of Derby Cycling Club	Jasmine Dean	2:45
46	Daniel Chesters	Warrington Road Club/Horton Light Engineering	M&DLCA	2:46
47	Jonathan Lloyd	Westmead Team 88	M&DLCA	2:47
48	George Booth	TricentralUk	M&DLCA	2:48
49	Adrian Fox	Congleton CC	Lesley Norbury	2:49
50	Darren Maironis	Velotik Racing Team	Sally Cunliffe	2:50
51	Adrian Hughes	Seamons CC	Anna Weaver	2:51
52	Austin Foy	North Lancashire Road Club	M&DLCA	2:52

53	Robert Pollen	Ashley Touring CC	M&DLCA	2:53
54	George Aldridge	Birkenhead North End CC	M&DLCA	2:54
55	Daniel Shackleton	ABC Centreville	Naomi Wright	2:55
56	Sam Taylor	Weaver Valley CC	Emily Martin	2:56
57	Philip Gleave	Congleton CC	Kerry Gleave	2:57
58	David Tobin	Manchester Wheelers	M&DLCA	2:58
59	John Leach	Rossendale RC	M&DLCA	2:59
60	Alexander Royle	Manchester Bicycle Club	Katherine Swithenbank	3:00