



Manchester and District Ladies' Cycling Association

25th May 2024

Ladies Open Handicapped and Open 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 1st Jan 2023, or if none ridden, fastest time in last 3 years.

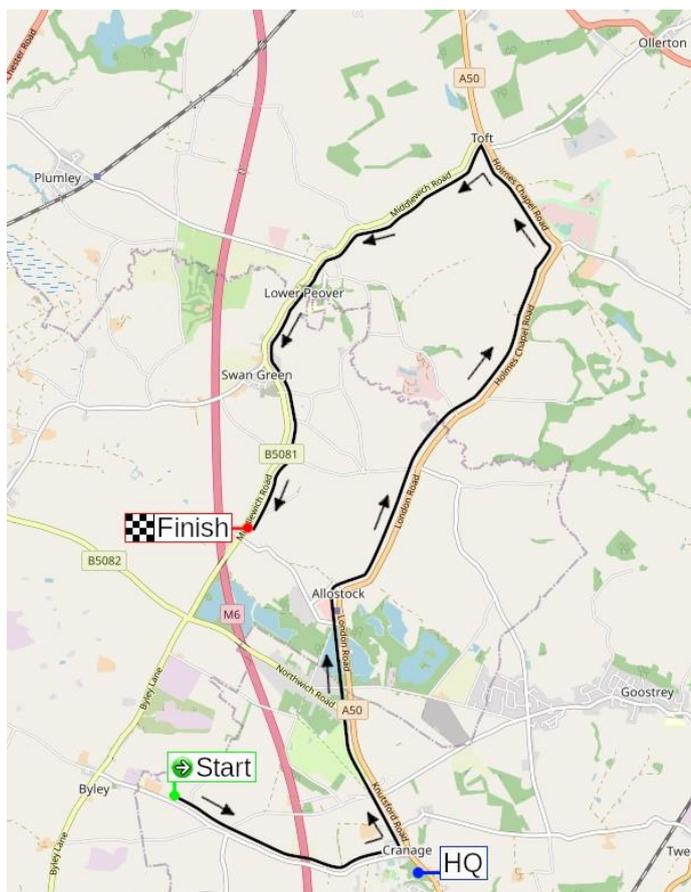
Event Organiser: K. Jackson, 7 Burford Crescent, Wilmslow, Cheshire, SK9 6BL. 074111 50578

Timekeepers: start Mr I Ross / finish Mr M Jackson

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

Headquarters: Cranage Village Hall 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 at the hall with numbers available from a table from 12.30pm onwards. Please note 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 to the start** which is approx. 2 miles from the HQ.

To the Start - turn left out of the HQ car park and turn next left into Byley Lane, continue along Byley Lane/Moss Lane to find the Start, just before Lowes Farm. Do Not U-Turn at the start, stop and cross on foot when safe to do so.

To return to the HQ at the end of the time trial, after FINISH: continue over the Motorway bridge to crossroads at Three Greyhounds Pub. Turn Left on Northwich Road until you get to a T-junction at the A50. Turn right onto A50 then continue back to HQ. There will be direction arrows to Start and from Finish.

Course details: J4/20 – 10 miles

START

On Moss Lane (Byley) adjacent to far gate post at first field gate on left after Lowes Farm Shop **0.000 m**
Proceed eastwards to: -

A50 Cranage (CAUTION when turning left onto the A50) **1.616 m**

Turn left along the A50 to: -

Toft Corner (CAUTION do not swing wide when negotiating this corner) **6.817 m**

Left onto the B5081 via Smithy Green and Lower Peover to the

FINISH **10.006 m**

approx. 15 yds at a 'Caution Cows' sign about 100 yds before Wash Lane

Prizes

| | | Ladies | | Men | | Combined | |
|-----------------|--------|--------------------------|--------|-----------------|--------|-----------------|-------------|
| 1 st | £30.00 | 1 st handicap | £30.00 | 1 st | £30.00 | 1 st | £30.00 each |
| 2 nd | £20.00 | 2 nd handicap | £20.00 | 2 nd | £20.00 | 2 nd | £20.00 each |
| 3 rd | £15.00 | 3 rd handicap | £15.00 | 3 rd | £15.00 | 3 rd | £15.00 each |

Fastest lady on a road bike: £15.00

Certificate to be awarded to fastest M&DLCA Vet on standard at Annual Dinner.

One rider one prize, except Combination and Team.

Invitation event and Combined Prizes – explanatory note

The open event is an invitation event, in that the ladies who are riding the ladies' event can 'invite' or nominate one of the riders in the open event to be their teammate for the purposes of the combined prizes. In practice there are some ladies who do not do this, and men in the invitation event who have not been nominated. To try and make sure that there is some competition for the combined prizes the organiser has matched up any 'spare ladies' with unallocated men. For this event ladies have been matched with men from their own club, and where this is not possible they have been matched with juveniles and juniors in the men's field.

Health Precautions

- **Competitors should not attend if they feel ill in ANY way especially if they or family members have any symptoms.**
- Competitors with an elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and they should DNS and leave immediately and not go to the start line if they feel this is the case.
- The Village Hall building will be ventilated as well as possible.
- Please observe good practice in handwashing/sanitising.
- No assisted push-off. For this event we ask riders to set off unassisted from the Start timekeeper. Do not cross the start point until you get the signal from the timekeeper.
- Do not approach the timekeepers or any other officials.
- Face masks are now self-choice in all areas.

HQ Contact on the day Katherine Jackson 07411150578

Notes and Local Regulations

The course 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).

NO PARKING AT START OR FINISH OTHER THAN TIMEKEEPER VEHICLES NO MATTER HOW BRIEF.

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 riders must avoid traffic on the major road and stop if it is unsafe to proceed.

A50 Cranage and Toft Corners –You must not swing wide to negotiate corners and you must come off your “Tri Bars” when turning onto the A50 and when turning left onto the B5081.

Failure to do so will disqualify you from the event and you may be reported to the District Committee 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.

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 (CTT Reg 15) Note change to rule re: All competitors

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard as detailed in CTT Reg 15.

Lights

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.

Front Light. CTT Reg 14(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white 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.

Road Bike Criteria

The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front and rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

Helmets used in Road Bike category events must not cover the ears or have a teardrop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer's intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet. The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars.

Female category

| No. | Name | Cat | Machine | Club | H/Cap | Std | Start |
|-----|--------------------|---------|-----------|---------------------------|-------|-------|-------|
| 1 | Alice Taylor | Senior | TT Bike | Congleton CC - MyWindsock | 6:36 | | 2:01 |
| 2 | Lynsey Astles | Veteran | TT Bike | Congleton CC - MyWindsock | 8:59 | 28:52 | 2:02 |
| 3 | Jill Wesley | Veteran | Road Bike | Macclesfield Wheelers | 13:01 | 29:34 | 2:03 |
| 4 | Jenny Castle | Veteran | Road Bike | CiclosMajor.com | 15:04 | 28:52 | 2:04 |
| 5 | Emily Martin | Senior | TT Bike | Team Bottrill | 3:39 | | 2:05 |
| 6 | Claire Harrison | Veteran | TT Bike | Congleton CC - MyWindsock | 7:38 | 28:57 | 2:06 |
| 7 | Gaynor Beckett | Veteran | TT Bike | Congleton CC - MyWindsock | 10:35 | 29:01 | 2:07 |
| 8 | Sue Satchithananda | Veteran | Road Bike | Crewe Clarion Wheelers | 11:15 | 29:09 | 2:08 |
| 9 | Caroline Hart | Veteran | Road Bike | Salford Cycling Club | NQT | 28:47 | 2:09 |
| 10 | Anna Weaver | Senior | TT Bike | Team Kirkley Cycles | 4:57 | | 2:10 |
| 11 | Gail Lowe | Veteran | TT Bike | Congleton CC - MyWindsock | 6:46 | 29:20 | 2:11 |
| 12 | Sally Cunliffe | Veteran | TT Bike | Velotik Racing Team | 9:02 | 31:48 | 2:12 |
| 13 | Alison Stephenson | Veteran | TT Bike | Congleton CC - MyWindsock | 8:44 | 29:14 | 2:13 |
| 14 | Janine Day | Veteran | TT Bike | Crewe Clarion Wheelers | NQT | 28:49 | 2:14 |
| 15 | Denise Hurst | Veteran | Road Bike | Congleton CC - MyWindsock | 14:57 | 32:37 | 2:15 |

Open category

| No. | Name | Cat | Machine | Club | Invited by | Start |
|-----|-----------------|---------|-----------|---------------------------|-------------------|-------|
| 25 | Isaac Russell | Senior | TT Bike | Team PB Performance | | 2:25 |
| 26 | Martin Harney | Veteran | TT Bike | Manchester Bicycle Club | | 2:26 |
| 27 | George Aldridge | Veteran | TT Bike | Birkenhead North End CC | | 2:27 |
| 28 | Robbie Harcourt | Veteran | Road Bike | CiclosMajor.com | Jenny Castle | 2:28 |
| 29 | Phil Guy | Veteran | Road Bike | North Shropshire Wheelers | | 2:29 |
| 30 | Mat Stephenson | Veteran | TT Bike | Congleton CC - MyWindsock | Alison Stephenson | 2:30 |
| 31 | Jacob Bradbury | Junior | TT Bike | Manchester Wheelers | Emily Martin | 2:31 |
| 32 | Nick Hickman | Veteran | Road Bike | Bedfordshire Road CC | | 2:32 |
| 33 | Mark Williams | Veteran | Road Bike | Macclesfield Wheelers | Jill Wesley | 2:33 |
| 34 | Simon Davis | Veteran | TT Bike | VTTA (Midlands) | | 2:34 |

| | | | | | | |
|----|----------------------|---------|-----------|---------------------------|--------------------|------|
| 35 | James Brayford | Senior | TT Bike | Congleton CC - MyWindsock | Gail Lowe | 2:35 |
| 36 | Andy Whitehead | Veteran | TT Bike | Seamons CC | | 2:36 |
| 37 | Chris Wilcox | Veteran | TT Bike | Stone Wheelers CC | | 2:37 |
| 38 | Nick Bailey | Veteran | TT Bike | Congleton CC - MyWindsock | Denise Hurst | 2:38 |
| 39 | Vic Trigger | Veteran | Tricycle | Crewe Clarion Wheelers | Sue Satchithananda | 2:39 |
| 40 | Toby Williams | Senior | TT Bike | Velotik Racing Team | | 2:40 |
| 41 | Mike Walker | Veteran | TT Bike | Congleton CC - MyWindsock | Lynsey Astles | 2:41 |
| 42 | Tony Clarke | Veteran | TT Bike | Total Tri Training | | 2:42 |
| 43 | Tony Perrin | Veteran | TT Bike | Stone Wheelers CC | | 2:43 |
| 44 | Malcolm Giles | Veteran | Road Bike | Pocomotion Road Club | | 2:44 |
| 45 | Lloyd Smith | Senior | TT Bike | Weaver Valley CC | | 2:45 |
| 46 | Lucy Rogers | Veteran | TT Bike | Congleton CC - MyWindsock | | 2:46 |
| 47 | Paul Emmins | Senior | TT Bike | Salford Cycling Club | Caroline Hart | 2:47 |
| 48 | Adrian Fox | Veteran | TT Bike | Congleton CC - MyWindsock | Gaynor Beckett | 2:48 |
| 49 | Alistair Smith | Veteran | TT Bike | Chesterfield Coureurs CC | | 2:49 |
| 50 | David James Williams | Veteran | TT Bike | Velotik Racing Team | Sally Cunliffe | 2:50 |
| 51 | Phil Land | Veteran | TT Bike | Velo6 Racing | | 2:51 |
| 52 | Alex Mollart | Veteran | TT Bike | Congleton CC - MyWindsock | Claire Harrison | 2:52 |
| 53 | Peter Jackson | Veteran | TT Bike | Macclesfield Wheelers | | 2:53 |
| 54 | Stuart Day | Veteran | TT Bike | Crewe Clarion Wheelers | Janine Day | 2:54 |
| 55 | Casper Von Folsach | Senior | Road Bike | HUUB WattShop | | 2:55 |
| 56 | Nicholas Smith | Junior | TT Bike | ESV Manchester | Anna Weaver | 2:56 |
| 57 | David Tobin | Veteran | Road Bike | Manchester Wheelers | | 2:57 |
| 58 | John Verbickas | Veteran | TT Bike | Seamons CC | | 2:58 |
| 59 | William Renard | Veteran | TT Bike | Macclesfield Wheelers | | 2:59 |
| 60 | Alastair Ribbands | Veteran | TT Bike | Congleton CC - MyWindsock | Alice Taylor | 3:00 |

M&DLCA

Other M&DLCA events 2024 – see CTT website for further details, entries on-line, closing dates 10 days before event.

| Course | Date & time | Organiser | Information |
|-------------------|------------------------------------|------------|---|
| J4/9 50 miles | Sat 15 th June 14:00 | Ian Ross | M&DLCA open championship 50 (in conjunction with M&DTTA championship. All riders should enter the M&DTTA event) |
| J2/21 25 Miles | Sun 6 th July 14:00 | Mavis Ross | M&DLCA Ladies 25(in conjunction with the Weaver Valley) |
| J2/9 25 miles | Sat 20 th July 14:00 | Mavis Ross | Ladies 25 mile Invitation |

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 23rd March 2024 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.mdlca.org.uk> for the latest news, results and photos
We also have a [Facebook page](#) for photos and posts.