



# Manchester and District Ladies' Cycling Association

11<sup>th</sup> June 2022

## 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 2021, or if none ridden, fastest time in last 3 years.*

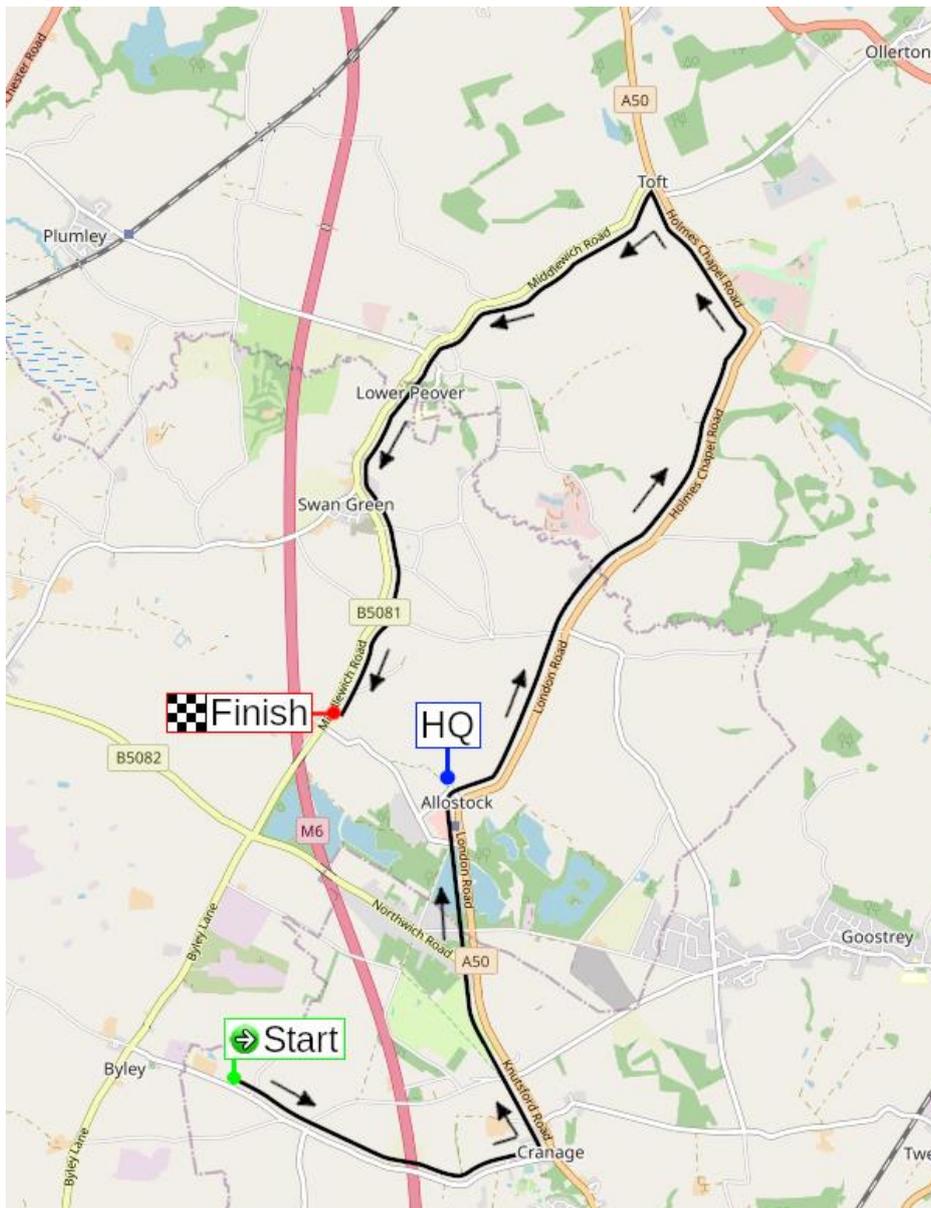
**Event Organiser:** K. Jackson, 7 Burford Crescent, Wilmslow, Cheshire, SK9 6BL. 01625 537401

**Timekeepers:** start Mr I Ross/ finish Mr M Jackson

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

**Headquarters:** Allostock Village Hall Car Park located in Chapel Lane, Allostock, Knutsford, WA16 9LP

**Signing on and collection of numbers** will be at the hall with numbers available from a table from 12.30pm onwards, please bring your own pen. 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. 3.0 miles from the HQ.

**To the Start** - Leave the Village Hall on Chapel Ln towards Princess Rd. Turn right onto Princess Rd then right onto Wash Ln. Turn left onto Middlewich Rd/B5081. At junction with The Three Greyhounds public house turn right then immediately left onto Byley Rd. Proceed for approx. 1.0 miles and turn left onto Moss Lane where the start can be found approx. 0.4 mile on the left.

**To return to the HQ** at the end of the time trial, continue on past the finish and turn left into Wash Lane. Turn left onto Princess Rd and left onto Chapel Ln to the HQ.

### **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** **1.616 m**

Turn left along the A50 to: -

**Toft 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**

		<b>Ladies</b>			<b>Men</b>	<b>Combined</b>	
1 <sup>st</sup>	£20.00	1 <sup>st</sup> handicap	£20.00	1 <sup>st</sup>	£20.00	1 <sup>st</sup>	£20.00 each
2 <sup>nd</sup>	£15.00	2 <sup>nd</sup> handicap	£15.00	2 <sup>nd</sup>	£15.00	2 <sup>nd</sup>	£15.00 each
3 <sup>rd</sup>	£12.00	3 <sup>rd</sup> handicap	£12.00	3 <sup>rd</sup>	£12.00	3 <sup>rd</sup>	£12.00 each

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

One rider one prize, except Combination.

### **Invitation event and Combined Prizes – explanatory note**

The men's 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 men's event to be their team mate for the purposes of the combined prizes. In practice there are some ladies who do not do this, and a number of 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 the faster unallocated men plus the juvenile rider in the field have been used to achieve this, with the fastest man matched with the slowest lady.

**Covid Precautions** CTT has issued a document "Covid-19 Risk Assessment 23 02 22". If you haven't already read this, please download from the CTT website and read carefully.

<https://www.cyclingtimetrials.org.uk/documents/index/covid-19>

These are the key messages: -

- Whilst no longer mandatory, please maintain social distancing when possible whether riding, officiating or spectating.
- **Competitors should not attend if they feel ill in ANY way especially if they or family members have any symptoms.**

- Competitors and spectators are encouraged to undertake a lateral flow test prior to attending the event, and if positive they should not attend the event.
- 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 and we advise all those entering the HQ be sensible regarding keeping a safe distance from one another.
- Please follow government guidelines on handwashing/sanitising.
- There are no changing facilities so please arrive ready to race or be discreet if changing in your car.
- No assisted push-off. The M&DTTA have decided to continue to ask riders to set off unassisted from the Start timekeeper. Do not cross the start point until you get the signal from the timekeeper.
- We will be offering HQ catering and a Results board.
- Do not approach the timekeepers or any other officials.
- Ensure that you review the Risk Assessment at time of signing on!
- 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.

**Toft Corner** –You must not swing wide to negotiate this corner and you must come off your “Tri Bars”. 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.**

#### **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
J4/9 50 miles	Sat 18 <sup>th</sup> June 14:00	Ian Ross	M&DLCA open championship 50 (in conjunction with M&DTTA championship. All riders should enter the M&DTTA event)
J2/9 25 miles	Sat 25 <sup>th</sup> June 14:00	Robbie Harcourt	M&DLCA Ladies 25 (in conjunction with Salford CC)
J4/9 25 miles	Sat 6 <sup>th</sup> 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 19<sup>th</sup> 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 1<sup>st</sup> 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.

## Ladies

No.	Name	Cat	Club	H/Cap	Std	Start
1	Lynsey Astles	Veteran	Congleton CC	8:04	29:02	2:01
2	Tracy Gregory	Veteran	Buxton CC/Sett Valley Cycles	12:32	30:08	2:02
3	Michelle Wilder	Veteran	Manchester Triathlon Club	NQT	29:48	2:03
4	Lucy Rogers	Veteran	Congleton CC	7:08	29:41	2:04
5	Lily Brindle	Junior	JRC Interflon Race Team	7:48		2:05
6	Kerry Gleave	Veteran	Congleton CC	11:26	30:15	2:06
7	Jenny Castle	Veteran	Salford Cycling Club	13:28	29:02	2:07
8	Gill Aspin	Veteran	Manchester Triathlon Club	NQT	29:12	2:08
9	Sally Cunliffe	Veteran	Ruthin Cycling Club / Clwb Seiclo Rhuthun	3:46	31:15	2:09
10	Michelle Fairclough	Veteran	Salford Cycling Club	7:33	29:02	2:10
11	Alison Stephenson	Veteran	Congleton CC	9:30	29:35	2:11
12	Jacky Taylor	Veteran	Manchester Triathlon Club	NQT	29:54	2:12
13	Katherine Swithenbank	Senior	Bury Clarion CC	6:30		2:13
14	Claire Harrison	Veteran	Congleton CC	7:51	29:12	2:14
15	Sarah Mawbey-Jeffries	Veteran	Manchester Triathlon Club	NQT	29:07	2:15

## Men

Num	Name	Club	Invited by	Start
20	Alastair Ribbands	Congleton CC	Claire Harrison	2:20
21	Kevin Blades	Bury Clarion CC	Lynsey Astles	2:21
22	Robbie Harcourt	Salford Cycling Club	Jenny Castle	2:22
23	George Aldridge	Birkenhead North End CC	M&DLCA	2:23
24	Peter Jackson	Macclesfield Wheelers	M&DLCA	2:24
25	Peter Lindfield	Tactic Sport UK Race Team	Sarah Mawbey-Jeffries	2:25
26	Neil Swithenbank	Bury Clarion CC	Katherine Swithenbank	2:26
27	Paul Robinson	Lyme Racing Club	M&DLCA	2:27
28	Steve Cartlidge	Stone Wheelers CC	M&DLCA	2:28
29	Tony Johnson	Salford Cycling Club	Michelle Fairclough	2:29
30	Alistair Rutherford	Manchester Bicycle Club	Michelle Wilder	2:30
31	Mat Stephenson	Congleton CC	Alison Stephenson	2:31
32	Tim Smith	Westmead Team 88	Lucy Rogers	2:32
33	Andy Whitehead	Seamons CC	M&DLCA	2:33
34	William Renard	Macclesfield Wheelers	M&DLCA	2:34
35	Kouros Driscoll	Seamons CC	Jacky Taylor	2:35
36	Philip Gleave	Congleton CC	Kerry Gleave	2:36
37	Christopher Higgins	Strada Velocita	M&DLCA	2:37
38	Nicholas Smith	Westmead Team 88	Sally Cunliffe	2:38
39	John Verbickas	Seamons CC	M&DLCA	2:39
40	David Parkin	Chorley Cycling Club	Gill Aspin	2:40
41	Isaac Russell	Team PB Performance	Tracy Gregory	2:41
42	Martin Wiggan	Seamons CC	Lily Brindle	2:42
43	Graeme McCulloch	Stretford Wheelers CC	M&DLCA	2:43