



Manchester and District Ladies' Cycling Association

Saturday, 24th June 2023 on the J2/9 course

Ladies Open Handicapped 25 mile Time Trial Round 12 of the M&DTTA Cheshire Courses Points Competition

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.
Handicapped using standard tables

Timekeepers: Ian Ross & Martin Jackson

First rider off at 2.30 pm

Event HQ: Allstock Village Hall WA16 9LN (open from 12.30pm)

Numbers at the headquarters – riders must sign the signing on sheet when collecting their number.

Prizes

Fastest	£15	1 st handicap	£12
2 nd	£14	2 nd handicap	£11
3 rd	£13	3 rd handicap	£10
Fastest team of two ladies			£10 each

One rider one prize except team

Certificate to be awarded to fastest Association Vet on standard at the Annual Dinner

Course: J4/8

START at a JS2 mark in Bomish Lane (Badger Bank to Goostrey road) at telegraph pole no.2 approx. 300yds west of the A535. Proceed east to the A535 and forward on the A535 to :

Chelford Island (2.169 mls) where 2nd exit left onto the A537 to Seven Sisters Lane at:

Ollerton Cross-roads (5.219 mls) where left along the lane to the A50 and left at Twemlow Lane at:

Cranage (11.408 mls) where left into and along the lane to join the A535 at Twemlow Green, left to:

Chelford Island (18.064 mls) where 2nd exit left onto the A537 to Seven Sisters Lane, left along the lane to join the A50, left again to:

FINISH (25.000 mls) at the J2/9 mark opposite the right hand field gate post, opposite and just before the entrance to the Mount Pleasant Nursing Home.

At the Finish, please call out your number. The time-keeper is located on the right side of the road.

Event Organiser: Robbie Harcourt, 68 Bradford Road, Eccles, Manchester M30 9FT, Tel: 0161 787 9085

Event Refreshments: Refreshments will be available at the HQ as will the results board.

Numbers will be available at the HQ. You must sign on when collecting your number and sign out when returning your number. Failure to do so will result in you being classified as DNF.

IMPORTANT NOTES:

Unfortunately, the event clashes with the Goostrey Rose Fair and Procession with the main road through the village, which we normally use to access the start, being closed to through traffic for a period of time.

Therefore, riders will have to ride along part of the course (Twemlow Lane and the A535 to Bomish Lane) to get to the start. Please allow sufficient time (at least 20 minutes) and be aware that there will be riders on this part of the course both competing and riding to the start, the start is approx. 7 miles from the HQ.

There have been a number of recent cases of inconsiderate riding reported. When riding to the start or having finished an event, you should be aware that others may still be racing. Common sense should apply here but as examples:

1. Please keep to the left and don't require overtaking riders to be in the middle of the road to overtake.
2. Please don't ride two abreast going to the start or after finishing and whilst still on the course as again this causes overtaking riders to be in the middle of the road.
3. Please take care when existing a junction onto the course in case riders are passing.

These are really issues of common sense and courtesy but are required to keep our events as safe as possible and minimising inconvenience to other road users. Ultimately, we must remember that we are competing on open roads, and it wouldn't take much for that ability to be taken away.

Please be courteous to your fellow competitors and other road users!

Order of Start

No	Name	Club	Cat	H.Cap	Vet Age adjustment	Start
10	Elaine Jewkes	Chester RC	Vet	00:31:30	00:09:42	14:30
11	Michelle Fairclough	Velotik Racing Team	Vet	00:22:48	00:07:40	14:31
12	Caroline Hadfield	Rochdale Tri Club	Vet	NQT	00:07:27	14:32
13	Tracy Gregory	Buxton CC/Sett Valley Cycles	Vet	00:30:53	00:10:37	14:33
14	Lynsey Astles	Congleton CC - MyWindsock	Vet	00:21:56	00:07:40	14:34
15	Emma-Jane Bradfield	Total Tri Training	Vet	00:20:30	00:09:25	14:35
16	Kelsie Johnson	Total Tri Training	Senior	00:31:19		14:36
17	Cheryl Hutchins	Total Tri Training	Vet	00:26:35	00:12:01	14:37
18	Elizabeth Batt	Buxton CC/Sett Valley Cycles	Vet	00:18:56	00:10:37	14:38
19	Gaynor Beckett	Total Tri Training	Vet	00:21:26	00:08:23	14:39
20	Claire Harrison	Congleton CC - MyWindsock	Sen	00:18:51	00:08:08	14:40

Helmets

CTT Reg 15 All competitors MUST wear a properly affixed helmet of hard/soft shell construction that meets international standards.

Front and Rear Lights

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.

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.

No helmet, no lights = no ride.

Salford CC 25 to follow this event.

Warnings:

CTT Regulation 20. Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- (c) conform to all traffic signs, signals and direction indicators;
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.

Local regulation 5.

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 USE their tri-bars between the first bollard they pass on entering the island and the last bollard they pass leaving 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.

Local regulation 3:

Care at road junctions:

Riders **must** exercise caution at all junctions. Any competitor whose riding line causes her/him to cross the white line when approaching or leaving a junction will be liable to disqualification from the event and may be reported to the District Committee for further disciplinary action.

A competitor who swings out to the right before executing a left turn should ensure that the road behind is clear of traffic before doing so. The practice is not encouraged by the District Committee and competitors who ride in this manner are warned that in many circumstances this manoeuvre will be regarded as a contravention of regulation 47(i), (iii), (v).

Local regulation 4.

Vehicles must not be parked, however briefly, in any part of the access area to Mount Pleasant Nursing Home, opposite the finish.

Riders must not stop at the finish but should continue on to the event headquarters where times will be displayed.

Local regulation 6.

Riders must take extra care when exiting from Seven Sisters Lane onto the A50.

Local regulation 7.

Be aware that there is a double bend shortly after turning into Twemlow Lane at Cranage. Riders need to anticipate this and be prepared to negotiate it in a safe manner. In wet weather the metal covers and edges become a skid risk. Please take care.

No U-Turns

Riders must not perform U-turns in the vicinity of the start or finish of the event. Riders observed performing U-turns will be disqualified and reported to the District Committee who will consider disciplinary proceedings.

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.

Observers will be used in this event.

Other M&DLCA Events 2023

Dist	Date	Organiser	In conjunction with:
25	5 th August:	Mavis Ross	Weaver Valley CC

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> for the latest news, results and photos.

We also have a Facebook page for photos and posts, and on Twitter we are @ManDLCA.