

West Cheshire TTCA

Liverpool TTCA

Manchester & District TTA

Merseyside Ladies CA



Associations

12 Hour

First rider starts at
06:10 hours on
Sunday 15th August 2021

promoted for and on behalf of Cycling Time Trials under its
rules, regulations and conditions
Incorporating the V.T.T.A. 12 Hour National Championship

Event Organiser

Ruth Williams

6 Balfour Road, Prenton, Merseyside CH43 4UD

Tel: 0151 653 7870 Mob (on the day): 07743483672

e-mail: ruthandbobmrc@btinternet.com

Any complaints should be sent to the event organiser, in writing, within 48 hours of the finish.

Timekeepers

Edwin Hargraves & Ian Price

Adrian Humpage & Martin Jackson

Bridget & Ian Boon

Sandra & Geoff Chaplin

Course Controller

Jon Williams & Sam Williams

Any issues on the day or any abandonments please call the course controllers on 07753612619.

Event HQ

Farndon Community Club, Sibbersfield Lane, Farndon, Cheshire, CH3 6NX

Toilet facilities available from 05:30 – 07:00 and from 16:00

Please follow our Facebook or Twitter page for latest updates:

www.facebook.com/MerseyRoads24

[Twitter.com/MerseyRoads24](https://twitter.com/MerseyRoads24)

COVID-19 Arrangements

Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.

An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.

Ideally all warm-ups should be done on the road, although static warm-ups can be permitted if strict social distancing can be maintained.

Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.

There is sufficient parking for all competitors to park at the HQ. Please park responsibly using all the space available. Park head to toe to allow for social distancing when preparing for the event.

Changing facilities will not be available. Toilets are available, please follow social distancing guidelines when using these facilities.

You must bring your own pen to sign on and off.

Start: Riders must maintain a 2m distance and there will be no pusher off.

Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race. There will be no result displayed at the HQ or prize presentation on the day.

It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

COVID-19 Arrangements – Support Crews

Support crews are requested not to congregate at Espley or Prees roundabouts. Please spread yourselves around the course.

Support crews should consist of as few helpers as is possible and within current government guideline. Support vehicles must ensure when stopped there is sufficient room to provide the government advised social distancing space in all directions so that each support crew will be minimum of twice the distance from the next. This is to ensure that people remain in a 'safe box' to conduct hand-ups.

Bottles should ONLY be retrieved by support crew. It is suggested that where that person does not live in the same household that nitrile gloves are used and the dropped bottles are deposited in a bucket of hot soapy water and NOT reused during the event. This is the responsibility of the supporter/competitor and not the organiser. The supporter is advised to change gloves/sanitise hands after retrieving/completing a hand-up. All rubbish must be collected afterwards. Support crews not following social distancing will potentially result in the competitor assisted being disqualified

COVID-19 Arrangements – Marshals

Please do not congregate at the HQ go straight to your marshalling position. If you are running late or unable to attend please let the race organiser know by calling Jon Williams on 07753612619

While marshalling please keep a 2 metre distance between other people

ASSOCIATIONS 2021 AWARDS

Greatest Distance: £80
2nd Greatest Distance: £60
3rd Greatest Distance: £40
Fastest Team of 3 Riders: £20 each

M.L.C.A:

Lady, with the Greatest Distance:
£40 donated by the Merseyside Ladies, and will hold the
Burma Cup for one year

W.C.T.T.C.A. Members only:

Greatest Distance to hold the Pullan Trophy for one year, £11 & Medal
Veteran, best on standard: £11 & Medal
Lady, greatest distance: £11 & Medal
Team of 3 riders: £11 & Medal to each rider

L.T.T.C.A. Members only:

Greatest Distance, £25 and hold the Percy Brazendale Trophy for one year
2nd Greatest Distance: £20
3rd Greatest Distance: £15
Best Novice: Plaque
Team of 3 riders: Will hold the Lewis Shield for one year

M.&D.T.T.A. Members only:

Greatest Distance: To hold the Alec Rea Trophy for one year
Lady, Greatest Distance: To hold the Edith Massey Trophy for one year
Best Novice: To hold The Saddle Trophy for one year
Team of 3 riders: To hold the L.H. Brookes Trophy for one year

**Thank you to the following who have
donated to this year's event**

**Congleton CC
Mersey Roads Club
Merseyside Ladies Cycling Association
Seamon CC**

Riders 2021

No	Name	Club		Age	Start time
10	Rob Rix	Southport CC		73	06:10
11	Adrian Lee	Reading CC		62	06:11
12	Simon Clifton	Liverpool Braveheart BC		46	06:12
13	Ian Peacock	Leek CC - Den Engel Belgian Bar		69	06:13
14	Nichola Rorke	Exeter Whs CC	F	51	06:14
15	Ian Casson	Birkenhead Victoria CC		69	06:15
16	Roger Squire	Fibrax Wrexham RC		52	06:16
17	Nigel Briggs	South Pennine RC		60	06:17
18	John Lowe	Withington Wheelers		52	06:18
19	Philip Johnson	Mersey Tri		35	06:19
20	David Parkin	Chorley Cycling Club		34	06:20
21	John Swinnerton	Crewe Clarion Wheelers	Tan	45	06:21
21	Adam Meadowcroft	Rapha Cycling Club	Tan	38	
23	Philip Gleave	Congleton CC		26	06:23
24	Jamie Pleavin	Liverpool Century RC		50	06:24
25	Daniel Shackleton	ABC Centreville		50	06:25
26	Michelle Fairclough	Salford Cycling Club	F	45	06:26
27	Matt Jones	Market Drayton Cycling Club		37	06:27
28	Chris Hopkinson	Team Hoppo		53	06:28
29	Ronan O'Cualain	Seamons CC		45	06:29
30	Victor Chetta	Pirate juice cc		43	06:30
31	Colin Hayes	Liverpool Century RC		52	06:31
32	James Meldrum	Liverpool Phoenix CC (Aintree)		41	06:32
33	Jed Friskney	MULE .C.C.		28	06:33
34	Paul Russell	Springfield Financial RT		54	06:34
35	Alan Chorley	Seamons CC		50	06:35
36	Sam Hughes	Liverpool Century RC		34	06:36
37	Sam Taylor	Weaver Valley CC		30	06:37
40	Brian Fogarty	Fogartys Insurance Tri Team		37	06:40

Tan = Tandem, F = Female

RIDERS INSTRUCTIONS

- * Any incidents should be reported immediately to the course controller Jon Williams (07753612619)
 - *At traffic lights riders must obey the highway code and STOP if the light is red
 - *Local regulation: Riders must not ride on tri bars within 25 metres of entering and 15 metres of exiting Prees Heath & Tern Hill Roundabouts
- * Cycling Time Trials (CTT) Strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard. All junior competitors **MUST** wear protective hard shell helmets
- * No competitor shall be permitted to start the event unless they have 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
 - * Riders who decide to abandon the event must let the officials know as soon as possible. You must sign off.
- * Support vehicles must be registered, please print one from the cycling time trials website and bring completed to the event. Please put in the box on the signing on table. No support can be given from a vehicle.
 - *Headphones must not be worn during the event
- * Course controller may direct riders to omit or repeat certain parts of the course, support teams should find out from the marshals if their rider is to be detoured.
 - * Please take extra care on the Quina Brook circuit when joining the A49.
 - * Riders must ensure their race numbers are visible at all times.
- * Please ask your support crew to behave safely and wear Hi Visibility clothing.
 - * This event **may** be subject to a Doping Control. As soon as you have finished you should return to the event HQ as it is **your responsibility** to check if you are required for Doping Control. **If required you must report to Doping Control as soon as possible after finishing.**

Course details 2021

Only the fastest riders will complete the full course.

Riders will be moved onto the next section of the race at the discretion of the course controller. This will depend upon the speed at which the fastest riders complete each section. Pay attention to the marshals at all times.

All distances are given in miles and decimal parts thereof.

Bold text indicates a mileage reference point.

<u>Section one</u>	Inter.	Cumul
From Farndon Community Club (HQ) to the start		
turn right out of gate then left on the A534,		
continue for 3/4 mile to the start in first lay-by		0.00
continue on A534 to Broxton Island	2.89	2.89
where Right on A41. Straight on via Hampton		
Heath RAB		
to RAB (Grindley Brook)	8.73	11.62
Right via A49/A41 (Whitchurch outer by-pass)		
Straight on at RAB (Wrexham Rd.) on A49/A41		
and take 3 rd exit at RAB (Wem Rd)	2.27	13.89
to continue on A49/A41 via Whitchurch south		
RAB		
where Right along dual carriageway (A49/A41)		
to RAB (Prees Heath)	1.70	15.59
<u>Section two</u>		
From Prees Heath follow A41 to RAB (Tern Hill)	6.98	22.57
where Right on A53 to RAB (Espley)	3.33	25.90
where Left on A442 to RAB (Shawbirch)	9.39	35.29
where encircle & retrace to RAB (Espley)	9.43	44.72
where encircle & retrace to RAB (Shawbirch)	9.39	54.11
where encircle & retrace to RAB (Espley)	9.43	63.54
where encircle & retrace to RAB (Shawbirch)	9.39	72.93
where encircle & retrace to RAB (Espley)	9.43	82.36
where Right on A53 to RAB (Tern Hill)	3.34	85.70
where Left on A41 to RAB (Prees Heath)	6.92	92.62
sharp Left at 1st exit of RAB & take A49		
southbound to RAB (Battlefield Church)	13.99	106.61
where encircle & retrace to RAB (Prees Heath)	14.02	120.63

Section three: Quina Brook circuit

(1 lap = 12.62 miles)

Inter.

Commence circuit at RAB (Prees Heath)

Straight on at 1st exit (*NOT the service road*)

via A49/A41 to **RAB (Wem Rd)** where **Left on**

B5476

1.66

122.29

via Tilstock & Quina Brook.

Turn **Left on unclassified road**

5.15

127.44

Proc. to 'T' junction with A49 where **Left on A49**

2.20

129.64

Proceed on A49 via Prees by-pass to **RAB (Prees Heath)**

3.61

133.25

to complete the circuit

Repeat this circuit as follows.

RAB (Prees Heath) 2nd time

12.62

145.87

RAB (Prees Heath) 3rd time

12.62

158.49

RAB (Prees Heath) 4th time

12.62

171.11

RAB (Prees Heath) 5th time

12.62

183.73

RAB (Prees Heath) 6th time

12.62

196.35

RAB (Prees Heath) 7th time

12.62

208.97

Proceed to Wem Rd. RAB Straight on along

1.66

210.63

A49/A41 to **RAB (Wrexham Rd)**

1.43

212.06

where **Left on A525 (SP Wrexham)**

Continue via Cross Lanes (**junc. A525/B5130**)

CAUTION! YOU MUST STOP IF TRAFFIC LIGHTS ARE ON RED

Proceed Straight on and take 2nd exit at Cross

Lanes **RAB**

11.19

221.82

first gate on left **TK1**

0.26

222.08

Finishing circuit details

one lap = 8.18 miles

2 nd exit at Bridge Road South RAB		
again 2 nd exit at Clywedog Road South RAB		
Straight on at Clywedog Road East RAB		
again Straight on at HMP RAB		
Left at 'T' junction		
TK2 entrance to Bicks Meat & Poultry	2.16	224.24
Left (1st exit) at Wrexham Industrial estate RAB		
to Lan-y-Pwll RAB where encircle and retrace to		
Wrexham Industrial estate RAB where Left (1st exit)		
along Bryn Lane to TK3 (entrance to field gate on left		
before entrance to Kellogs factory)	2.77	227.01
continue to T-Junction where turn RIGHT		
*RIDERS MUST KEEP LEFT OF THE CONES AT THIS		
TURN*		
continue on Oak Road/Redwither Road until LEFT on		
the A525 Bridge Road South		
Straight on at HMP RAB to continue on A525 Bridge		
Road South		
Straight on at Clywedog Road East RAB to continue on		
A525 Bridge Road South		
TK4 at total engineering solutions	1.96	228.97
Straight on at Clywedog Road South RAB to continue		
on A525 Bridge Road South		
At Bridge Road South RAB go Straight on continue on		
A525		
Continue to Cross Lanes RAB where encircle and		
retrace to TK1	1.29	230.26

Lap No	TK2	TK3	TK4	TK1
2	232.42	235.19	237.15	238.44
3	240.6	243.37	245.33	246.62
4	248.78	251.55	253.51	254.8
5	256.96	259.73	261.69	262.98
6	265.14	267.91	269.87	271.16
7	273.32	276.09	278.05	279.34
8	281.5	284.27	286.23	287.52
9	289.68	292.45	294.41	295.7
10	297.86	300.63	302.59	303.88
11	306.04	308.81	310.77	312.06
12	314.22	316.99	318.95	320.24

On the finishing circuit

Once a riders 12 hours has elapsed they should keep riding until they reach either TK1, TK2, TK3 or TK4. Final mileage will be extrapolated based on the speed between the TK passed before your time elapsed and the TK after time elapsed.

Marshalling Schedule

Principal Time keeper	Edwin Hargaves
Time Keeper/recorder 1	Bridget & Ian Boon
Time Keeper/recorder 2	Edwin Hargaves & Ian Price
Time Keeper/recorder 3	Adrian Humpage & Martin Jackson
Time Keeper/recorder 3	Sandra & Geoff Chaplin
Course Controller	Jon Williams & Sam Williams
Recorder	Barry Williams & Nick Lang

please wait for the last man marshal to tell you all riders have completed the section

Location	Job	Approx Time	Names
Section 1	course marshal		
Start			
Broxton Island	Roundabout Right Turn	06:05	Chester RC
Grindley Brook	Roundabout Right Turn	06:30	Anfield BC
Wrexham Road Island	Roundabout straight on	06:30	Graham Weigh
Wem Road Island	Roundabout Right	06:30	Pirate Juice
Whitchurch South	Roundabout Right	06:30	AN other
Prees Heath	Roundabout straight on & time check	06:40	Mersey Tri & Bob Jump
Section 1	Last man marshal		
Section 2	course marshal		
Tern Hill	right turn & Time check	07:00	Birkenhead Victoria
Espley	left turn & time check	07:10	Liverpool Bravehearts
Shawbirch	Roundabout encircle	07:30	North Shropshire Wheelers
	Lap/Time Check	07:30	North Shropshire Wheelers
Espley	Roundabout encircle		Fibrax Wrexham R.C
	Lap/Time Check		Fibrax Wrexham R.C
Tern Hill	Left Turn & time check	10:00	Birkenhead Victoria

Prees Heath Island (entrance from Tern Hill)	Roundabout Turn Left 1st exit & Time check	10:00	Bob Jump
Battlefield Island	Roundabout encircle & Time check	11:00	Mersey Tri
Section 2	Last man marshal		

Section 3	course marshal		
Prees Heath Island	Roundabout straight on 2nd exit	11:30	Birkenhead North End
Wem Road	Left turn & time check	11:35	Liverpool Phoenix
	Lap/Time Check		Andy & Diane White
Quina Brook	Left turn & time check	11:45	Port Sunlight Wheelers
Prees Green	Left turn & time check	11:50	Liverpool Century
Section 3	last man marshal		
Wrexham Road Island	Left turn & time check	14:30	Prescot Eagle
	Finishing Circuit	15:00	Manchester TTA

Advice for Marshals

The most important thing when marshalling is to ensure your own safety.

DO NOT STAND IN THE ROAD. Wear a Hi-vis jacket.

During the 12 hour event the Time Check cards completed by marshals are very important. If you don't see a riders number please just write the time and a ? in the number column.

When marshalling at a roundabout please have somebody standing at the entrance point of the roundabout indicating which way to turn and the exit point showing the way so it is as clear as possible where the riders must go. If you have enough marshals then cover all the exits from the roundabout to ensure riders do not take the wrong one.

PLEASE USE APPROPRIATE CYCLE EVENT WARNING SIGNAGE

Previous Winners of the Open 12

1962 G.P. Hughes	Birkenhead N.E.	252.306 miles
1963 G.P. Hughes	Birkenhead N.E.	250.315 miles
1964 W.K. Aitken	Crewe Wheelers	251.221 miles
1965 E.G. Richards	Merseyside Wheelers	260.155 miles
1966 A. Ashworth	Birkenhead N.E.	263.008 miles
1967 D.F. Short	Liverpool Eagle R.C.	257.177 miles
1968 J. Leach	Clayton Velo	245.693 miles
1969 E.G. Richards	Merseyside Wheelers	252.084 miles
1970 J. Atkinson	Mersey Roads Club	239.956 miles
1971 D.J. Wooton	Port Sunlight Wheelers	248.239 miles
1972 R.C. Goodfellow	Beacon Roads C.C.	255.466 miles
1973 A.R. Masterson	Birkenhead N.E.	249.700 miles
1974 A. Roberts	Chester R.C.	248.449 miles
1975 K. Boardman	Birkenhead Victoria C.C.	252.872 miles
1976 P. Guy	Chester R.C.	254.813 miles
1977 P. Guy	Chester R.C.	254.347 miles
1978 M. Judge	Seamons C.C.	244.796 miles
1979 G.C. Smith	Merseyside Wheelers	253.298 miles
1980 K.S. Denny	Liverpool Century R.C.	250.817 miles
1981 P. Guy	Mid Shropshire Wheelers	261.625 miles
1982 A.R. Masterson	Birkenhead N.E.	255.455 miles
1983 G.C. Smith	Merseyside Wheelers	262.262 miles
1984 K. Crosbie	Merseyside Wheelers	252.945 miles
1985 N.R. Oakley	Wrexham R.C.	269.163 miles
1986 C.M. Mellor	Holme Valley Wheelers	250.894 miles
1987 J.J. Parker	Wrekinsport C.C.	246.266 miles
1988 P.S. Kavanagh	VC Halton	258.228 miles
1989 P.S. Kavanagh	VC Halton	254.369 miles
1990 K. Silvester	Mid Shropshire Wheelers	242.49 miles
1991 P. Guy	Mid Shropshire Wheelers	248.85 miles
1992 P.B. Goodfellow	Sheffield Univ. C.C.	260.41 miles
1993 Nick Gardiner	Oxford Polytechnic C.C.	276.81 miles
1994 Keith Murray	North Wirral Velo - Kodak	257.97 miles
1995 Roy Hodgkinson	Crewe Clarion Wheelers	270.99 miles
1996 Tim Phillips	Worcester St. Johns C.C.	246.76 miles
1997 Paul Costain	Port Sunlight Wheelers	261.80 miles
1998 Eamonn Deane	Bournemouth Jubilee Wheelers	273.80 miles
1999 Keith Murray	Pete Read Racing-Steve Goff	262.46 miles
2000 Steve Davies	Seamons CC	257.25 miles
2001 Nick Giles	Warrington Road Club	264.21 miles
2002 Robert Nelson	Dukinfield Cyclists Club	259.61 miles
2003 Darren White	North Shropshire Wheelers	262.16 miles
2004 Chris Hopkinson	Matlock C.C.	260.28 miles

2005 Neil Skellern	Congleton Cycling Club	267.11 miles
2006 Neil Skellern	Congleton Cycling Club	269.12 miles
2007 Neil Skellern	Congleton Cycling Club	267.60 miles
2008 Andrew Wilkinson	Port Sunlight Wheelers	283.12 miles
2009 Andrew Wilkinson	Port Sunlight Wheelers	302.46 miles
2010 Neil Skellern	Congleton Cycling Club	276.89 miles
2011 Andy Bason	Team Peddle Revolution	302.80 miles
2012 Mark Turnbull	Leigh Premier Road Club	286.89 miles
2013 Grigor Wallace	Team Midland Racing	288.02 miles
2014 Ultan Coyle	Feather Cycles Racing	280.61 miles
2015 Rob Townsend	Team Swift	292.46 miles
2016 Victor Chetta	Mid Shropshire Wheelers	282.66 miles
2017 Victor Chetta	Mid Shropshire Wheelers	288.93 miles
2018 Andy Jackson	AeroCoach	284.58 miles
2019 Ben Norbury	Congleton Cycling Club	282.68 miles
2020 Adam Wild	GS Metro	295.30 miles

Previous Holders of the MLCA Burma Cup

1963 C.Hawes	Merseyside Wheelers	221.775 miles
1964 A. Bradburn	Merseyside Wheelers	222.570 miles
1965 W. Boulton	Exodus R.C.	216.629 miles
1966 J. Kershaw	Liverpool Eagle R.C.	248.248 miles
1967 R. Williams	Liverpool Eagle R.C.	225.559 miles
1970 C. Moody	Birdwell Wheelers	220.740 miles
1975 A.D. Hooton	Prescot Eagle R.C.	177.903 miles
1976 J. Pierce	Merseyside Wheelers	193.871 miles
1979 J. Colman	Scarborough Paragon C.C.	203.934 miles
1983 J. Kershaw	Prescot Eagle R.C.	224.742 miles
1984 E. Carpenter	Southborough Wheelers	212.048 miles
1986 L. Meliia	Mersey Roads Club	206.938 miles
1988 S. Hiley	St. Anne's C.C. Ormskirk	183.698 miles
1989 S. Hiley	St. Anne's C.C. Ormskirk	203.116 miles
1991 L.E.A. Taylor	Walsall R.C.C.	210.13 miles
1992 C. Roberts	Crewe Clarion Wheelers	253.92 miles
1993 L.E.A. Taylor	Walsall Roads C.C.	234.03 miles
1994 C. Roberts	Crewe Clarion Wheelers	256.78 miles
1995 C. Roberts	Crewe Clarion Wheelers	248.83 miles
1996 L.E.A. Taylor	Walsall Roads C.C.	242.15 miles
1997 C. Roberts	Crewe Clarion Wheelers	244.14 miles
1998 C. Roberts	North Shropshire Wheelers	247.42 miles
1999 C. Roberts	North Shropshire Wheelers	245.30 miles
2000 C. Roberts	North Shropshire Wheelers	248.77 miles
2001 L.E.A. Taylor	Walsall Roads C.C.	249.02 miles

2002 L.E.A. Taylor	Walsall Roads C.C.	244.48 miles
2004 Ann Wooldridge	Walsall Roads C.C.	228.21 miles
2005 Lynne Entwistle	Lyme Racing Club	187.23 miles
2006 Lynne Taylor	Walsall Roads C.C.	232.80 miles
2007 Christine Roberts	North Shropshire Wheelers	235.45 miles
2008 Jane Kew	Weaver Valley C.C.	210.60 miles
2009 Christine McLean	Shetland Wheelers	236.85 miles
2010 Deborah Hales	Cestria CC	218.47 miles
2011 Lynne Taylor	Born to Bike RT	252.55 miles
2012 Jenny York	Mid Shropshire Wheelers	218.64 miles
2013 Helen Bennett	Cadence RT	230.74 miles
2014 Hannah Fawcett	Liverpool Bravehearts	223.62 miles
2015 Jasmijn Muller	Paceline RT	256.41 miles
2016 Pauline Atkinson	Seamons CC	231.24 miles
2017 Christina Mackenzie	Stirling Bike Club	246.60 miles
2018 Hannah Fawcett	Liverpool Bravehearts	223.95 miles
2019 Jill Wilkinson	Chester RC	240.95 miles
2020 Christina Mackenzie	Stirling BC	251.93 miles