



RON SPENCER MEMORIAL TIME TRIAL



Ron Spencer joined Warrington Road Club in 1958 as a youngster and soon became one of the best Time Trial riders not only in the club, but soon enough the whole UK. Ron was National 12-hour champion in 1963 and second in the BBAR that year. Thirty years later, he was still clocking fast standards against the clock under the hour until his untimely passing in 2011. Warrington Road Club dedicate this Time Trial to the memory of Ron Spencer, to our former President and an active part of the cycling community.

**Many thanks for your entry in this event. Please read the details on this start sheet carefully.
See you on the day and have a safe ride**



FOUNDED 1923

Presents the Ron Spencer Memorial 25 Mile Time Trial On Saturday 20th August 2022 1st rider off at 14.01

The event is 'Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations'.

Event Secretary:

Alan Ottiwell, 73 Highfield Road, Lymm, Cheshire, WA13-0DT (07814-327863) alanottiwell@hotmail.co.uk

Event HQ:

CRANAGE VILLAGE HALL, 7 miles south of Knutsford and 1 mile north of Holmes Chapel on the A50.
Postcode CW4-8EQ. Open from 12:30pm

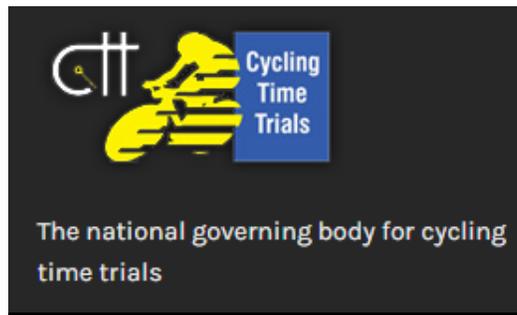
Time Keepers:

Jim Williams and Martin Jackson

Prizes			
	1st	2nd	3rd
Fastest Overall	£40	£25	£15
Fastest Vet on Standard	£40	£25	£15
Fastest Female	£40	£25	
Fastest Road Bike	£40	£25	

One Rider One Prize

In addition, the fastest **Warrington RC** rider to hold the **Ron Spencer Memorial Trophy** for one year



COURSE J4/8 25 miles

Start On Kings Lane at a Telecoms manhole cover with the word "Broads" embossed on it and proceed approximately 0.1 miles to B5081 (Byley Road) where turn left. Proceed West along the B5081 to:-

Byley Cross Roads 0.946 m 0.946 m Where left along Moss Lane/ Byley Lane to:-

Cranage 2.098 m 3.045 m **Take care at junction** Left along the A50 to:-

Woodside (Northwich Rd / Pennys Lane) 0.926 m 3.970 m Left along the B5082 to join the A556 at:-

Rudheath 4.191 m 8.161 m **Take care at junction** Left along the A556 to join the A530 at:-

King Street Island 0.139 m 8.299 m Left along the A530/B5309 to the Traffic Lights at the junction with:-

Centurion Way (Middlewich) Traffic Lights 3.615 m 11.914 m Filter left along Centurion Way via a Traffic Island to:-

Byley Road Corner (Kinderton) 0.561 m 12.475 m Left along the B5081 to:-

Allostock (Three Greyhounds Public House) 2.928 m 15.403 m Left along the B5082 (Pennys Lane) to:-

Rudheath 2.970 m 18.373 m **Take care at junction** Left along the A556 to join the A530 at:-

King Street Island 0.139 m 18.512 m Left along the A530/B5309 to the Traffic Lights at the junction with:-

Centurion Way (Middlewich) Traffic Lights 3.615 m 22.127 m Filter Left along Centurion Way via a Traffic Island to:-

Byley Road Corner (Kinderton) 0.561 m 22.688 m Left along the B5081 to:-

Finish 2.331 m 25.019 m On the B5081 at the 2nd Oak tree on the left after the entrance to Earnshaw House Farm

Directions to the start from HQ:

Please allow sufficient time to get to the start, which is approx 3 miles from the HQ. Turn left out of the HQ and immediately left again into Byley Lane. Continue to Byley Cross Roads where turn right and continue on the B5081 to Kings Lane on the right, where you will see the Warrington Road Club Flags at the start. Please take great care on your ride to the start: **beware other riders coming the opposite way**

Directions from the Finish back to HQ:

Once you've crossed the line, continue along the B5081 to the Three Greyhounds Public House. **Beware other riders coming from the right.** Turn right and follow the B5082 & A50 back to the HQ. Cross over the A50 **with care**

RACE NUMBERS:

Available at the HQ. Sign the Sign On Sheet when you collect your number. All competitors are required personally to sign the Sign Out Sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF

RULES FOR ROAD BIKES

To be consistent with the CTT Manchester District Kudos series the following rules apply to the use of road bikes:

1. No Tri-bars, clip-ons, or aero-extensions to be used
2. Hands must be on the handlebars/brake hoods at all times, ie. no forearms resting on the bars
3. Maximum wheel rim depth, 65mm
4. No visors, no ear-covering crash hats, including the Aerohead

COVID 19

1. Competitors should not attend if they feel ill in ANY way or if family members have any symptoms
2. 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

SAFETY RULES AND REGULATIONS

All competitors must obey traffic regulations as set out in the Highway Code and follow the additional rules and regulations set out below

1. CTT Regulations 14(i), 14(j), 15: **COMPULSORY LIGHTS & HELMETS** No competitor will be allowed to start without a working white front light and red rear light, either flashing or constant, and fitted to their machine in a position clearly visible to other road users. All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. **No lights or no helmet = no ride**
2. **Care at Road Junctions:** Riders must exercise caution 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.** 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 19(a)(b)(d)
3. Riders must **exercise extreme caution when joining the A556** and be in single file. Proceed with caution keeping close to the verge. Any rider who joins the A556 in a manner which causes him/her to cross the dividing line of the two lane carriageway will be disqualified from the event and may be reported to the District Committee for disciplinary action
4. No parking at the start or the finish, other than officials. Do not obstruct or distract the timekeepers
5. After finishing riders must continue along the course and not stop at the timekeeper
6. 'U' turns in the vicinity of the start and finish will lead to disqualification
7. **Dangerous riding causes accidents and most certainly endangers the future of our sport. Ride with your head up at all times.**

OBSERVERS ARE BEING USED DURING THIS EVENT

START SHEET Warrington Road Club
- The Ron Spencer Memorial 25 mile TT - 20th August 2022

No	Time off	Age		Name	Club	Standard
ROAD BIKE EVENT						
1	14:01	54	M	Carl Hitchenson	Weaver Valley CC	01:08:52
2	14:02	32	M	Jemil Tokdemir	Team ASL-Bolton	
3	14:03	35	M	Anthony Spruce	Winsford Wheelers Cycling Club	
4	14:04	53	M	Jimmy Froggatt	SKCC	01:08:37
5	14:05	51	M	Mark Shepherd	Stafford RC	01:08:10
6	14:06	47	M	Jon Dance	ABC Centreville	01:07:19
7	14:07	42	M	Karl Norman	Bury Clarion CC	01:06:22
8	14:08	51	M	Mark Lovatt	Congleton CC - MyWindssock	01:08:10
TT BIKE EVENT						
11	14:11	59	M	Robbie Harcourt	Salford Cycling Club	01:10:14
12	14:12	45	M	Michael Kateley	Team Wheelguru	01:06:55
13	14:13	41	F	Deirdre McCarthy	Manchester Triathlon Club	01:12:24
14	14:14	79	M	David Griffiths	Crewe Clarion Wheelers	01:19:02
15	14:15	37	M	John Peasland	Buxton CC/Sett Valley Cycles	
16	14:16	55	M	Stephen Sladin	Congleton CC - MyWindssock	01:09:07
17	14:17	59	M	Andy Whitehead	Seamons CC	01:10:14
18	14:18	32	M	James Manthorp	Truro CC	
19	14:19	55	F	Jacky Taylor	Manchester Triathlon Club	01:15:42
20	14:20	52	M	Phil Gayes	Leek CC - Den Engel Belgian Bar	01:08:23
21	14:21	49	M	Roderz Hill	TricentralUK	01:07:43
22	14:22	61	M	Tony Perrin	Stone Wheelers CC	01:10:51
23	14:23	49	F	Gaynor Beckett	Total Tri Training	01:14:08
24	14:24	71	M	Len Best	Matlock CC	01:14:52
25	14:25	62	M	Stephen Turner	Westmead Team 88	01:11:11
26	14:26	57	M	David Jones	North Cheshire Clarion	01:09:39
27	14:27	15	M	Chester Romei	North Shropshire Wheelers	
28	14:28	59	M	Chris Gibbs	Mersey Tri	01:10:14
29	14:29	41	F	Beth Wilson	Total Tri Training	01:12:24
30	14:30	19	F	Maddie Leech	CAMS Racing	
31	14:31	48	M	Michael Summers	Glossop Kinder Velo Cycling Club	01:07:43
32	14:32	65	M	Peter Jackson	Macclesfield Wheelers	01:12:15
33	14:33	57	M	Simon Fox	Port Sunlight Wheelers	01:09:39
34	14:34	51	F	Julie Fletcher - Fox	Knutsford Tri Club	01:14:38
35	14:35	48	M	Alan Broadbent	Graham Weigh Racing-Deeside Olympic	01:07:31
36	14:36	46	M	Alex Critcher	Team Wheelguru	01:07:07
37	14:37	56	M	Paul Warrener	Rossendale RC	01:09:23
38	14:38	46	F	Michelle Fairclough	Salford Cycling Club	01:13:27
39	14:39	55	F	Janet Wyles	Total Tri Training	01:15:52
40	14:40	51	M	Kevin Blades	Bury Clarion CC	01:08:10
41	14:41	70	M	Ian Peacock	Leek CC - Den Engel Belgian Bar	01:14:23
42	14:42	60	M	Kelvin Milward	Congleton CC - MyWindssock	01:10:32
43	14:43	69	M	Derek Schofield	Rossendale RC	01:13:55
44	14:44	52	F	Allison Stephenson	Congleton CC - MyWindssock	01:14:53
45	14:45	40	M	Stephen Dooley	Seamons CC	01:06:00
46	14:46	50	M	Paul Basson	ABC Centreville	01:07:56
47	14:47	57	M	Richard Coates	Leek CC - Den Engel Belgian Bar	01:09:39
48	14:48	42	M	Oliver Reece	Cheshire Maverick Cycle Club	01:06:22
49	14:49	44	M	Craig Chapman	Manchester Triathlon Club	01:06:44
50	14:50	54	M	Mat Stephenson	Congleton CC - MyWindssock	01:08:52
51	14:51	60	M	Warren Giddins	Warrington Road Club/Horton Light Engineering	01:10:32
52	14:52	54	M	Nick Bowden	Buxton CC/Sett Valley Cycles	01:08:52
53	14:53	52	M	Simon Bytheway	Rochdale Tri Club	01:08:23
54	14:54	52	M	Stephen Taylor	Manchester Triathlon Club	01:08:23
55	14:55	52	M	Steven Hilton	Warrington Road Club/Horton Light Engineering	01:08:23