|  |
| --- |
|  |
|  |

**Manchester and District**

 Ladies’ Cycling Association

**Saturday, 25th June 2022 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 2.20 pm

Event HQ: Cranage Village Hall CW4 8EQ (open from 12.30pm)

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

### Prizes

 Fastest £15 1st handicap £12 2nd £14 2nd handicap £11

 3rd £13 3rd 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: J2/9**

**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.

*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.

**Salford CC 25 to follow this event.**

**IMPORTANT NOTE:**

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 (20 minutes) and be aware that there will be additional numbers of riders on this part of the course both competing and riding to the start.

**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.

• Face masks are now self-choice in all areas.

|  |
| --- |
| **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. |

Order of Start

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **No** | **Name** | **Club** | **Cat** | **H.Cap** | **Standard** | **Start** |
| 20 | Lynsey Astles | Congleton CC | Vet | 00:19:04 | 01:13:00 | 14:20 |
| 21 | Tracy Gregory | Buxton CC/Sett Valley Cycles | Vet | 00:35:47 | 01:15:28 | 14:21 |
| 22 | Anne Haslam | Buxton CC/Sett Valley Cycles | Vet | 00:32:33 | 01:16:00 | 14:22 |
| 23 | Cheryl Hutchins | Total Tri Training | Vet | 00:26:35 | 01:16:35 | 14:23 |
| 24 | Janet Wyles | Total Tri Training | Vet | 00:30:29 | 01:14:58 | 14:24 |
| 25 | Liz Batt | Buxton CC/Sett Valley Cycles | Vet | 00:18:56 | 01:15:28 | 14:25 |
| 26 | Jan Scotchford | North Lancashire Road Club | Vet | 00:20:12 | 01:14:58 | 14:26 |
| 27 | Gaynor Beckett | Total Tri Training | Vet | 00:24:16 | 01:13:38 | 14:27 |
| 28 | Kerry Gleave | Congleton CC | Vet | 00:25:45 | 01:15:44 | 14:28 |
| 29 | Alison Stephenson | Congleton CC | Vet | 00:25:08 | 01:14:17 | 14:29 |
| 30 | Jasmine Holmes | University Of Manchester CC | Sen | 00:17:51 |   | 14:30 |

***Warnings:***

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.

Any rider making a U turn in the vicinity of the start or finish will be disqualified.

Observers will be used in this event.

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

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.

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 approach and encircle the island using tri-bars. Remember - traffic on the island has priority over traffic (including riders) entering 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.

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

**Other M&DLCA Events 2022**

|  |  |  |  |
| --- | --- | --- | --- |
| Dist | Date | Organiser | In conjunction with: |
| 25 | 6th 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.