



# Manchester and District Ladies' Cycling Association

Saturday 20th April 2019

First rider off at 14:01

## GHS District Championship, Ladies Handicapped and Men's Invitation Open 10-mile Time Trial

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

**Event Organiser:** Katherine Jackson, 7 Burford Crescent, Wilmslow, SK9 6BL.

Tel: 01625 537401 Email: [katherine@jacksonjk.f9.co.uk](mailto:katherine@jacksonjk.f9.co.uk)

**Timekeepers:** Martin Jackson & Ian Ross

**Headquarters:** Goostrey Village Hall, Goostrey.

Signing on will be open from 1pm onwards.

Numbers will be at the HQ. Please note that 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.

### Course details: J2/3 – 10 miles

<b>START</b>	<b>0.000 m</b>
In Twemlow Lane at a JS4 mark just east of Hermitage Lane in line with the hedge on Hermitage Lane. Proceed eastwards to the A535 at	
<b>TWEMLOW GREEN</b>	<b>1.047 m</b>
Left along the A535 to	
<b>CHELFORD ISLAND</b>	<b>5.661 m</b>
Encircle the island and retrace along the A535 to	
<b>FINISH</b>	<b>10.000 m</b>
at a JF4 mark by the far post of the last field gate on the left of A535 at Twemlow Green before the Yellow Broom Restaurant	

### Directions from headquarters to start

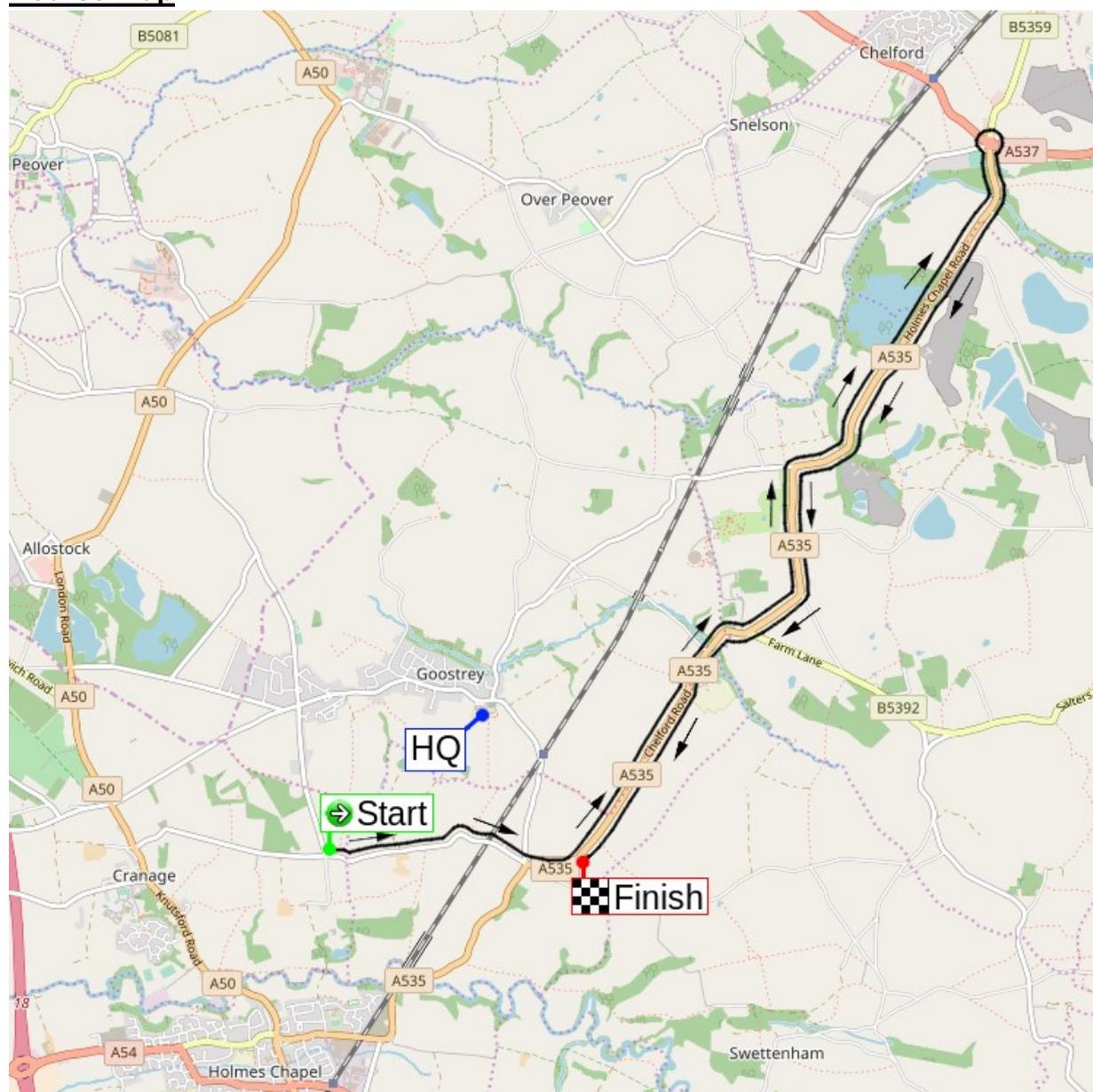
(approx 1.7 miles – please allow at least 10 mins)

Left out of the junction leading to the headquarters, onto Main Rd heading west towards A50.

After 0.9 miles, left at the crossroads onto Hermitage Lane.

Follow Hermitage Lane to the junction with Twemlow Lane. The start is at this junction.

## Course map



## Notes

### **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 (such as turning left from Twemlow Lane onto the A535) riders must avoid traffic on the major road and stop if it is unsafe to proceed.

### **Chelford Island**

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.

### 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.

To enhance visibility to other road users, it is recommended that a working rear light, either flashing or constant, is fitted and used.

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.

Riders must not stop at the finish, but should instead continue along the A535 to Twemlow Lane (take care when turning right from the A535 onto Twemlow Lane), then back to the headquarters. Results will be available at the headquarters.

### 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 assembling at the start, and because of limited space. **Parking is available at the headquarters, please be considerate towards local residents, and if the village hall car park is full please use other nearby car parks.**

### Helmets

It is strongly advised for your own safety that you wear a hard shell helmet that meets an internationally accepted safety standard.

All competitors who will be under the age of 19 on 31<sup>st</sup> December of this year **MUST** wear a properly affixed helmet of hard/soft shell construction. For these riders, a helmet is required (CTT Reg 15), instead of just strongly advised.

### 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.

Results and refreshments will be available in the headquarters, cake donations are very welcome.

### Prizes

Ladies	Fastest Handicap	Men	Combined (each)
1 <sup>st</sup> £25	1 <sup>st</sup> £20	1 <sup>st</sup> £25	1 <sup>st</sup> £20
2 <sup>nd</sup> £20	2 <sup>nd</sup> £15	2 <sup>nd</sup> £20	2 <sup>nd</sup> £15
3 <sup>rd</sup> £15	3 <sup>rd</sup> £10	3 <sup>rd</sup> £15	3 <sup>rd</sup> £10

Fastest team of two ladies from the same club: £15 each

Fastest team of two men from the same club: £15 each

Certificates to be awarded to GHS competitors on completion of event.

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

One rider one prize except Combination and Team awards.

## GHS

<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Start</b>
1	Daniel Yates	Innovation Racing	14:01
2	Oliver Smyth	Macclesfield Wheelers	14:02
3	Sam Kelly	East Lancashire RC	14:03
4	Harry Wilson	Innovation Racing	14:04
5	Francis Woodcock	Bury Clarion CC	14:05
6	Lachlan Hacker	Giant Halifax Race Team	14:06
7	Ross Hooley	Innovation Racing	14:07
8	Joseph Cosgrove	Liverpool Century Cycling Academy	14:08
9	Maisy Vasic	Team 22	14:09

## Ladies

<b>Num</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>H/Cap</b>	<b>Std</b>	<b>Start</b>
20	Alix Archer	V	Maxx R. T.	5:24	29:11	14:20
21	Heather Bamforth	V	The Racing Chance Foundation	7:31	28:14	14:21
22	Julie Hamilton	V	Salford Cycling Club	8:24	28:20	14:22
23	Jill Wesley	V	Macclesfield Wheelers	11:15	29:16	14:23
24	Kerry Gleave	V	Congleton CC	13:33	29:27	14:24
25	Emily Martin		Weaver Valley CC	6:32		14:25
26	Louise Burnie		Manchester Wheelers	8:20		14:26
27	Karen Helsby	V	The Racing Chance Foundation	9:37	29:16	14:27
28	Niamh Coulter	Jun	East Lancashire RC	11:41		14:28
29	Esther Burt		Macclesfield Wheelers			14:29
30	Chelsea McCloskey-Lambert		Manchester Wheelers	5:48		14:30
31	Katie Helsby		The Racing Chance Foundation	7:03		14:31
32	Janet Grint	V	Stockport Tri Club	8:49	28:31	14:32
33	Carol Robson	V	Weaver Valley CC	10:16	29:16	14:33
34	Patricia Stacey	V	Lyme Racing Club	12:07	29:55	14:34
35	Monica Dew		Storey Racing	6:02		14:35
36	Michelle Fairclough	V	Salford Cycling Club	7:57	28:31	14:36
37	Lynsey Astles	V	Weaver Valley CC	9:29	28:26	14:37
38	Gillian Doolan	V	Stockport Tri Club	11:25	29:11	14:38
39	Kirsten Osborn		Macclesfield Wheelers			14:39
40	Jessica Evans	V	ASSOS Equipe UK	4:56	28:14	14:40
41	Sarah Storey	V	Storey Racing	6:46	28:20	14:41
42	Jeanette Barber	V	Seamons CC	9:14	30:09	14:42
43	Julie Holden	V	Salford Cycling Club	9:50	28:47	14:43

## Men

<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Invited by</b>	<b>Start</b>
50	Matt Nowell	Saint Piran	Kerry Gleave	14:50
51	Gavin Lynch	Glossop Kinder Velo Cycling Club		14:51
52	William Howarth	East Lancashire RC		14:52
53	Dan Robson	Weaver Valley CC	Carol Robson	14:53
54	David Steele	Lyme Racing Club	Patricia Stacey	14:54
55	Simon Phillips	Stockport Tri Club	Gillian Doolan	14:55
56	Ian Roberts	The Racing Chance Foundation	Katie Helsby	14:56
57	Paul Barber	Seamons CC	Jeanette Barber	14:57
58	Michael Coulter	East Lancashire RC	Niamh Coulter	14:58
59	Mark Williams	Manchester Wheelers	Jill Wesley	14:59
60	Alexander Royle	Manchester Bicycle Club	Esther Burt	15:00
61	Joel Ackers	Innovation Racing	Alix Archer	15:01
62	Gordon Wordsworth	Rutland Cycling Club		15:02
63	William Ackers	Innovation Racing		15:03
64	Damian Ellis	Leek CC - Den Engel Belgian Bar		15:04
65	Stephen Turner	Westmead Team 88	Lynsey Astles	15:05
66	Kevin Woodward	Salford Cycling Club	Michelle Fairclough	15:06
67	Joseph Molyneaux	Leek CC - Den Engel Belgian Bar		15:07
68	Julian Ainsworth	Salford Cycling Club	Julie Hamilton	15:08
69	Simon Robinson	Macclesfield Wheelers	Kirsten Osborn	15:09
70	Gavin McCloskey-Lambert	Manchester Wheelers	Chelsea McCloskey-Lambert	15:10
71	David Trippier	East Lancashire RC	Monica Dew	15:11
72	Fred Bamforth	Stretford Wheelers CC	Heather Bamforth	15:12
73	Brian Turrall	Team Wheelguru		15:13
74	Max Thickett	Stockport Tri Club	Janet Grint	15:14
75	Alastair Ribbands	Manchester Wheelers	Louise Burnie	15:15
76	Jonathan Lloyd	Westmead Team 88		15:16
77	Barney Storey	Storey Racing	Sarah Storey	15:17
78	Steve Mcquade	Crewe Clarion Whs		15:18
79	Steve Helsby	The Racing Chance Foundation	Karen Helsby	15:19
80	Dan Evans	ASSOS Equipe UK	Jessica Evans	15:20
81	John Spearman	Seamons CC	Emily Martin	15:21
82	Derek Schofield	Rosendale RC		15:22
83	Barry Armstrong	Seamons CC		15:23
84	Chris Rix	Salford Cycling Club	Julie Holden	15:24

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