



# Manchester and District Ladies' Cycling Association

29<sup>th</sup> June 2019

## Ladies Open Handicapped and Men's Invitation 10 mile Time Trial

*Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.  
Handicapped using standard tables.*

**Event Organiser:** K. Jackson, 7 Burford Crescent, Wilmslow, Cheshire, SK9 6BL. 01625 537401

**Timekeepers:** Mr M Jackson & Mr I Ross

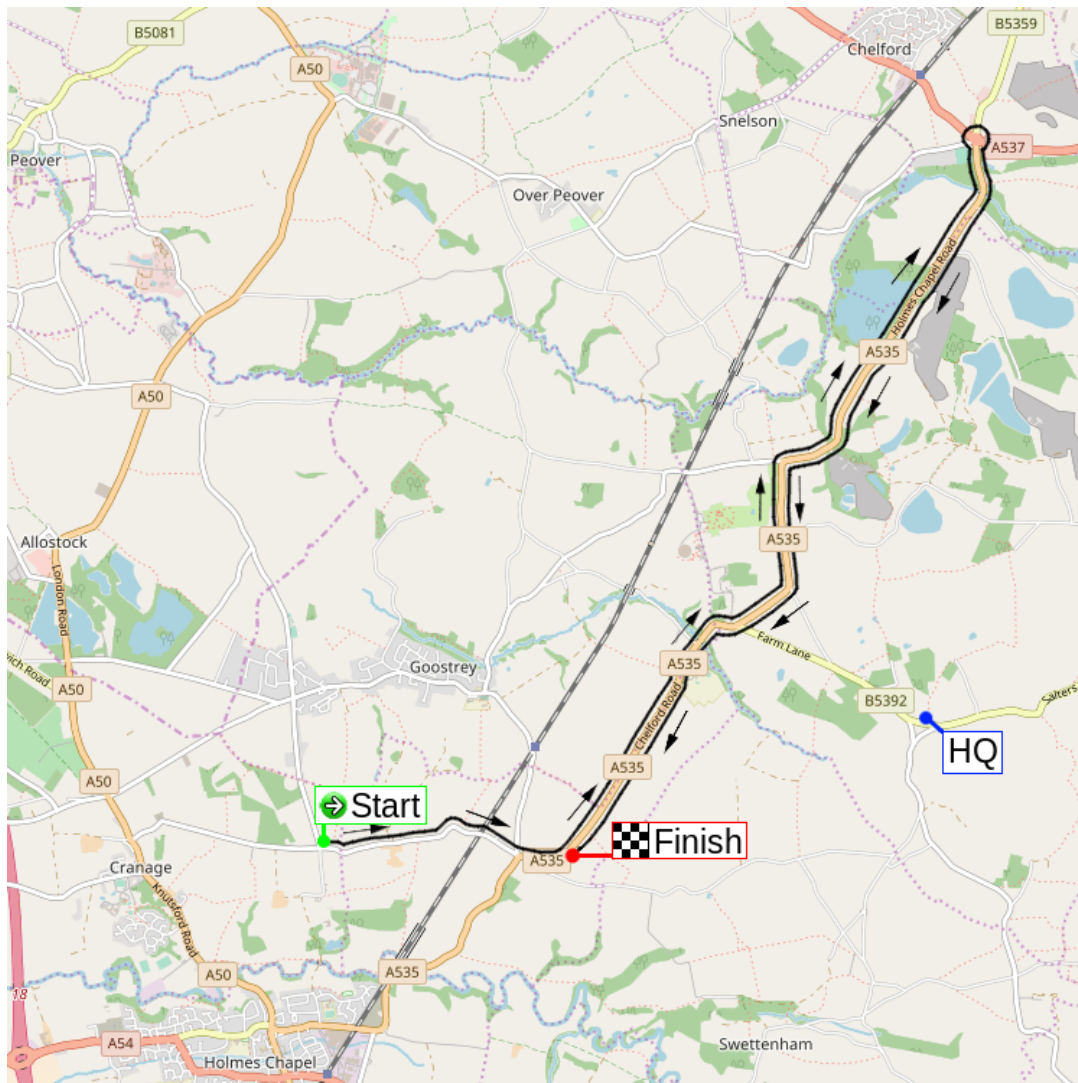
First rider off at **2:01 pm**

**Headquarters:** Lower Withington Methodist Hall, Salters Lane, (B5392), Lower Withington, SK11 9EA

Please do not rely on the postcode alone to find the venue. The car park is in the field next to the church.

Please do not try to come through Goostrey village, it is their Rose Festival and roads will be closed.

**Signing on will be open from 1pm onwards. Numbers will be at the headquarters. 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.**



### **Directions from headquarters to start, and from finish back to headquarters**

The route will be signposted, and maps will be available at the headquarters. It is about 3 miles to the start, please allow plenty of time to cycle there. To avoid riding on the course you should cycle south via Trap Street and then bear right into Long Lane, slight right into Forty Acre Lane and follow to the junction with the A535, just past the Yellow Broom. With care turn left onto the A535, and then first right at Twemlow Green into Twemlow Lane

To return to the HQ at the end of the time trial, continue on past the finish and turn left at the Yellow Broom into Forty Acre Lane. Cycle back the way you came to get to the start.

### **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	

### **Prizes**

		<b>Ladies</b>		<b>Men</b>		<b>Combined</b>	
1 <sup>st</sup>	£25.00	1 <sup>st</sup> handicap	£20.00	1 <sup>st</sup>	£25.00	1 <sup>st</sup>	£20.00 each
2 <sup>nd</sup>	£20.00	2 <sup>nd</sup> handicap	£15.00	2 <sup>nd</sup>	£20.00	2 <sup>nd</sup>	£15.00 each
3 <sup>rd</sup>	£15.00	3 <sup>rd</sup> handicap	£10.00	3 <sup>rd</sup>	£15.00	3 <sup>rd</sup>	£10.00 each

Fastest team of two Ladies: £15.00 each

Fastest team of two Men: £15.00 each

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

One rider one prize, except Combination and Team.

### **Notes**

The Risk Assessment document will be available at Signing-On but we highly recommend reading this, in advance, on the CTT District website ( [www.manchesterctt.org.uk](http://www.manchesterctt.org.uk) ) – especially those riders who are not familiar with the course and its junctions (plus its ruts and potholes).

### **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.

## Ladies

Num	Name	Cat	Club	H/Cap	Std	Start
1	Michelle Fairclough	V	Salford Cycling Club	7:57	28:31	2:01
2	Jeanette Barber	V	Seamons CC	9:14	30:09	2:02
3	Carol Robson	V	Weaver Valley CC	10:16	29:16	2:03
4	Kirsten Osborn		Macclesfield Wheelers	12:59		2:04
5	Sarah Grant		Pro Vision Cycle Clothing	6:02		2:05
6	Gail Lowe	V	Lyme Racing Club	8:15	29:06	2:06
7	Julie Holden	V	Salford Cycling Club	9:50	28:52	2:07
8	Jill Wesley	V	Macclesfield Wheelers	11:15	29:16	2:08
9	Alison Stephenson	V	Congleton CC		29:01	2:09
10	Claire Harrison	V	Pro Vision Cycle Clothing	5:53	28:42	2:10
11	Heather Bamforth	V	The Racing Chance Foundation	7:31	28:14	2:11
12	Julia Wardley-kershaw		St Ives CC	8:53		2:12
13	Janet Hatton	V	Macclesfield Wheelers	10:30	29:32	2:13
14	Kerry Gleave	V	Congleton CC	13:33	29:32	2:14
15	Emily Martin		Weaver Valley CC	6:04		2:15
16	Diana Bite		University Of Manchester CC	8:02		2:16
17	Karen Helsby	V	The Racing Chance Foundation	9:37	29:21	2:17
18	Elaine Blades-jordan	V	Rochdale Tri Club	10:45	28:26	2:18
19	Esther Burt		Macclesfield Wheelers			2:19
20	Jayne Dickens	V	Pro Vision Cycle Clothing	5:26	29:06	2:20
21	Katie Helsby		The Racing Chance Foundation	7:03		2:21
22	Lynsey Astles	V	Weaver Valley CC	9:06	28:31	2:22
23	Lynne Ewington	V	Velo Karbona	10:03	29:32	2:23

## 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.

## Men

Num	Name	Club	Invited by	Start
30	Sam Taylor	Weaver Valley CC	Emily Martin	2:30
31	Mark Fenton	Pro Vision Cycle Clothing	Jayne Dickens	2:31
32	Paul Barber	Seamons CC	Jeanette Barber	2:32
33	Trevor Thirsk	Stretford Wheelers CC	M&DLCA	2:33
34	George Griffin	Team JRC	M&DLCA	2:34
35	Nigel Finch	Mercia - Lloyds Cycles CC	Janet Hatton	2:35
36	William Howarth	East Lancashire RC	Karen Helsby	2:36
37	Mark Williams	Manchester Wheelers	Jill Wesley	2:37
38	Julian Ainsworth	Salford Cycling Club	Julie Holden	2:38
39	Paul Jordan	Rochdale Tri Club	Elaine Blades-jordan	2:39
40	Alexander Royle	Manchester Bicycle Club	Alison Stephenson	2:40
41	Paul Connor	Weaver Valley CC	Julia Wardley-kershaw	2:41
42	George Aldridge	Birkenhead North End CC	Sarah Grant	2:42
43	Dan Robson	Weaver Valley CC	Carol Robson	2:43
44	James Helsby	The Racing Chance Foundation	Katie Helsby	2:44
45	John Spearman	Seamons CC	Kirsten Osborn	2:45
46	Fred Bamforth	Stretford Wheelers CC	Heather Bamforth	2:46
47	Jeff Upton	Stockport Tri Club	M&DLCA	2:47
48	Darryl Nolan	East Lancashire RC	M&DLCA	2:48
49	Guillaume Barthet	Manchester Bicycle Club	M&DLCA	2:49
50	Tristan Pilling	Team SB Hub	Esther Burt	2:50
51	Mat Stephenson	Congleton CC	Kerry Gleave	2:51
52	David Bratt	Pro Vision Cycle Clothing	Claire Harrison	2:52
53	Steve Mcquade	Crewe Clarion Whs	M&DLCA	2:53
54	Paul Lowe	Lyme Racing Club	Gail Lowe	2:54
55	Dave Walker	Weaver Valley CC	Lynsey Astles	2:55
56	Kevin Woodward	Salford Cycling Club	Michelle Fairclough	2:56
57	Graeme Mc Culloch	Stretford Wheelers CC	M&DLCA	2:57
58	Kenneth Stevens	South Pennine RC	M&DLCA	2:58
59	Michael Boyes	Liverpool Century RC	M&DLCA	2:59
60	Joseph Dobson	Manchester Bicycle Club	Diana Bite	3:00
61	David Trippier	East Lancashire RC	Lynne Ewington	3:01

## 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.**

## 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.

### M&DLCA

**Other M&DLCA events 2019 – see CTT website for further details, entries on-line, closing dates 10 days before event.**

Course	Date & time	Organiser	Information
2/9 25 miles	Saturday 6 <sup>th</sup> July 14:00	Mavis Ross	(in conjunction with Weaver Valley)
J4/16 50 miles	Saturday 3 <sup>rd</sup> August 14:00	Ian Ross	M&DLCA open championship 50 (in conjunction with M&DTTA championship. All riders should enter the M&DTTA Event )

Each year, the M&DLCA awards several prizes and trophies to members of the M&DLCA and affiliated clubs, these are presented at our annual dinner dance in November. 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, **plus, for this year only, the 10 mile event organised by Withington Wheelers on 31<sup>st</sup> August 2019.** This is because we had to cancel one of our own 10 mile events due to unsafe conditions.

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 1<sup>st</sup> 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.