



Manchester and District Ladies' Cycling Association

Saturday, 20th July 2024 on the J2/9 course

Ladies Open Handicapped and Open Invitation 25 mile Time Trial

Round 17 of the M&DTTA Cheshire Courses Points Competition

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

Handicapped using CTT standard tables

Event Organiser: Mavis Ross, 26 Brook Road, Lymm, Cheshire WA13 9AH. Tel: 01925 755080, mob 07881306416. Ian Ross mob 07775953979

timekeepers: Martin Jackson & Ian Ross

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

Headquarters: Goostrey Village Hall, postcode CW4 8PE located in Goostrey Primary School on Main Road, Goostrey.

Signing on and collection of numbers will be available from 12.30 pm onwards. Please note 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.

Prizes

Ladies				Open		Combined	
1 st	£30	1 st Handicap	£30	1 st	£30	1 st	£30 each
2 nd	£20	2 nd Handicap	£20	2 nd	£20	2 nd	£20 each
3 rd	£15	3 rd Handicap	£15	3 rd	£15	3 rd	£15 each
1 st Road Bike £20				1 st Road Bike £20			

One rider one prize except combined

Certificate to be awarded to fastest M&DLCA Vet on Age-Adjusted Time

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.

Invitation event and Combined Prizes – explanatory note The open event is an invitation event, in that the ladies who are riding the ladies' event can 'invite' or nominate one of the riders in the open event to be their teammate for the combined prizes. In practice, some ladies do not do this, and some open event riders have not been nominated. To try and make sure that there is some competition for the combined prizes the organiser has matched up any 'spare ladies' with unallocated open riders. For this event, ladies have been matched with open riders from their club, where possible.

Order of Start

Female

No.	Name		Club	Bike	Cat	AAT	H/Cap	Start
1	Lynsey	Astles	Congleton CC	TT	V48	06:55	21:12	14:01
2	Jenny	Castle	CiclosMajor.com	Road	V48	06:55	37:01	14:02
3	Sue	Satchithananda	Crewe Clarion Whs	Road	V53	07:41	29:15	14:03
4	Tracy	Gregory	Buxton CC	TT	V59	09:30	30:53	14:04
5	Joanna	Cebrat	360cycling	TT	V45	06:40	17:06	14:05
6	Claire	Harrison	Congleton CC	TT	V50	07:10	18:45	14:06
7	Sally	Cunliffe	Velotik RT	TT	V67	14:31	22:49	14:07
8	Alice	Larkin	High Peak Cycles RT	Road	V50	07:10	36:05	14:08
9	Jacky	Taylor	Man Tri Club	TT	V57	08:45	39:40	14:09
10	Alice	Taylor	Congleton CC	TT	S33	na	16:34	14:10
11	Gail	Lowe	Congleton CC	TT	V55	08:10	17:21	14:11
12	Hebe	Picking	Jadan Vive Le Velo	TT	S19	na	18:24	14:12
13	Jenny	Zwijnen	Total Tri Training	TT	V43	06:32	19:44	14:13
14	Gillian	Shaw	Seamons CC	TT	V48	06:55	21:30	14:14
15	Samantha	Bissell	City RC (Hull)	TT	V40	06:22	17:26	14:15
16	Sally	Maitland	Ratae RC	Road	V57	08:45	20:25	14:16
17	Janine	Day	Crewe Clarion Whs	TT	V47	06:49	31:10	14:17
18	Emily	Martin	Team Bottrill	TT	S34	na	08:50	14:18
19	Corrine	Hall	Storey Racing	Tan	S33			14:20
20	Lora	Fachie	Storey Racing	Tan	S35			14:20

Open

No.	Name		Club	Bike		Invited by		Start
24	Philip	Gleave	Congleton CC	TT		Alice	Taylor	14:24
25	Kevin	Blades	360cycling	TT		Joanna	Cebrat	14:25
26	Robbie	Harcourt	CiclosMajor.com	TT		Jenny	Castle	14:26
27	Mick	Hutchins	Congleton CC	TT				14:27
28	Phil	Land	Velo6 Racing	TT		Hebe	Picking	14:28
29	Stuart	Day	Crewe Clarion Whs	TT		Janine	Day	14:29
30	Joe	Rendall	Congleton CC	TT				14:30
31	Alex	Moss	Congleton CC	TT		Claire	Harrison	14:31
32	Josh	Thorpe	Buxton CC	Road		Tracy	Gregory	14:32
33	Alex	Mollart	Congleton CC	TT		Lynsey	Astles	14:33
34	Martin	Harney	Manchester BC	TT		Sally	Maitland	14:34
35	Richard	Shaw	Seamons CC	TT		Gillian	Shaw	14:35
36	Jonathan	Lloyd	Westmead Tm 88	TT		Emily	Martin	14:36
37	Richard	Tennant	Man Tri Club	TT		Jacky	Taylor	14:37
38	Paul	Emmins	Salford Cycling Club	TT				14:38
39	Vic	Trigger	Crewe Clarion Whs	Trike				14:39
40	Richard	Bowditch	Congleton CC	TT		Gail	Lowe	14:40
41	Tom	Minshull	High Peak Cycles RT	TT		Alice	Larkin	14:41
42	Tony	Clarke	Total Tri Training	TT		Jenny	Zwijnen	14:42
43	Stephen	I'Anson	Buxton CC	TT				14:43
44	Glynn	Kneale	Bury Clarion CC	TT				14:44
45	Luke	Buswell	Manchester BC	Road		Sue	Satchithananda	14:45
46	Chris	Lea	Buxton CC	TT				14:46
47	Cecil	Hopkinson	Wigan Whs CC	TT				14:47
48	James	Smith	Total Tri Training	TT				14:48

No	Name		Club	Bike		Invited by		Start
49	Stephen	Fletcher	Bury Clarion CC	Road				14:49
50	Alistair	Rutherford	Manchester BC	TT				14:50
51	Steven	Hankey	Warrington RC	TT				14:51
52	Lucy	Rogers	Congleton CC	Road				14:52
53	Mark	Jones	360cycling	TT				14:53
54	Jemil	Tokdemir	Spectrum Racing	TT				14:54
55	Davey	Allanson	360cycling	TT		Samantha	Bissell	14:55
56	Neil	Cooper	Liverpool Cent RC	TT				14:56
57	Mark	Fenn	Shropshire CCA	Road				14:57
58	Len	Best	Matlock CC	TT				14:58
59	Robert	Garbett	Wrekinsport CC	TT				14:59
60	Stephen	Dooley	Seamons CC	TT				15:00
61	Michael	Summers	Team Wheelguru	TT				15:01
62	George	Coombes	Newport CC	TT				15:02
63	Paul	Robinson	Stone Wheelers CC	TT				15:03
64	Mark	Donnelly	Birkenhead NE CC	TT				15:04
65	Albie	Jones	North Cheshire CI	TT				15:05
66	Alex	Hodgkinson	Ilkeston Cycle Club	TT				15:06
67	Christopher	Maffei	360cycling	TT				15:07
68	Mike	Cole	Huddersfield RC	TT				15:08
69	Ian	Casson	Birkenhead Vic CC	TT				15:09
70	Alexander	Royle	Manchester BC	TT				15:10
71	Alex	Critcher	Team Wheelguru	TT				15:11
72	Nick	Bowden	Buxton CC	TT				15:12
73	Steve	Hulme	Congleton CC	TT				15:13
74	Andy	Whitehead	Seamons CC	TT				15:14
75	Casper	Von Folsach	HUUB WattShop	Road				15:15
76	David	Fox	Warrington RC	TT				15:16
77	Martin	Lee	Bury Clarion CC	TT				15:17
78	Tony	Perrin	Stone Wheelers CC	TT				15:18
79	Daniel	Goodwin	Glossop Kinder	TT				15:19
80	David J	Williams	Velotik RT	TT		Sally	Cunliffe	15:20

Notes and Local Regulations

The Risk Assessment document will be available at Signing-On.

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.

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.

Remember – traffic on the island has priority over traffic (including riders) entering it.

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. Vehicles must not be parked, however briefly, in any part of the access area of Mount Pleasant Nursing Home, opposite the finish. **Parking is available at the headquarters, please be considerate towards local residents.**

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.

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 back to the headquarters.

No parking for riders or spectators at the start or finish. **Parking is available at the headquarters, please be considerate towards local residents.**

Helmets

All competitors **MUST** wear a properly affixed helmet of hard/soft shell construction that meets international standards.

Front and Rear Lights

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, and to the rear of their machine a working rear red light, each of which shall be either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Road Bike Criteria

The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front and rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

Helmets used in Road Bike category events must not cover the ears or have a teardrop/pointy style “tail”, any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer's intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet. The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the “Puppy Paws” Position or simulate a Tri-Bar position by resting the forearms on the handlebars.

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 the two organised by the M&DLCA plus the 10 mile event on 23/03/2024 run by the M&DTTA.

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.