



EAST LANCS ROAD CLUB

OPEN 25 MILE TIME TRIAL

THIS EVENT IS ROUND 12 OF THE CHESHIRE COURSES POINTS COMPETITION



Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations
Commencing at 2:00 pm, on Saturday, 22nd June 2019.

PLEASE TAKE CARE TO READ ALL THE RIDER NOTES BELOW, INCLUDING IMPORTANT INSTRUCTIONS REGARDING THE EVENT HQ.

Course: J2/9

Timekeepers: Mr R Norton & Mr. G. Lawrence.

Start: Bomish Lane, approx. 300 yards from junction with the A535.

Event HQ: Cranage Village Hall, Knutsford Rd, Cranage, nr Holmes Chapel, CW4 8EQ.

The village hall is located approximately 2 miles north of Holmes Chapel on the west side of the A50.

Event Secretary:

Jason Codling

36 Wyndale Drive

Failsworth

Manchester

M35 0PY

Tel: 0161 682 1557

Mob: 07768275210

Prize Values & Awards

One rider one prize, except team prize.

Category	First	Second	Third
Fastest Overall	£35	£30	£20
Fastest Lady Overall	£35	£30	£20
Juvenile	£15	£12	
Vet 40	£15	£12	
Vet 50	£15	£12	
Vet 60	£15	£12	
Vet 70	£15	£12	
Lady V40	£15	£12	
Lady V50	£15		
Lady V60	£15		
Fastest team of 3	£15 each		

Rider Instructions: Numbers will be available at the HQ. You must sign on when collecting your number. Pin rear number low down and arm number on your Right shoulder. Risk Assessment document available at sign in. The event HQ opens at **1:00pm**. Signing-on will commence at **1:10 pm**.

Directions to Start: From the HQ car park, turn left onto the A50. Turn right into Goostrey Lane and follow through into village. Follow through Goostrey village where left into Church Bank, which becomes Blackden Lane. Follow Blackden Lane to junction with Bomish Lane, where right and follow Bomish Lane to start. The start is Approximately 4.5 miles from the HQ please allow yourself enough time to arrive at the start on time

Return to HQ. Please take care when returning to the event HQ as there may still be competitors on the course.

Warm-Up: Riders must not use Twemlow Lane or any part of the course for warming up or on their way to the start

Event H.Q.

1. There will be no access to the event HQ before 1:00pm. Signing on will commence from 1:10pm.

Course: J2/9 (25 Miles)

START at a "JS2" mark in **Bomish Lane** (Jodrell Bank to Goostrey road), at a telegraph pole No 2 approx. 300yds west of the A535. Proceed East to the A535 where **LEFT** to join the A535. Follow A535 to **CHELFORD ISLAND** (2.169 miles). Take the **2nd EXIT LEFT** on the A537 to **OLLERTON CROSS ROADS**, where **LEFT** into Seven Sisters Lane (5.219 Miles). Continue on Seven Sister Lane to A50, where **LEFT**. Follow A50 to Cranage, where **LEFT** into Twemlow Lane (11.408 miles). Follow Twemlow Lane to Twemlow Green, where **LEFT** onto A535. Proceed on A535 to **CHELFORD ISLAND** (18.064 miles). Take the **2nd EXIT LEFT** on the A537 to **OLLERTON CROSS ROADS**, where **LEFT** into Seven Sisters Lane (21.052 Miles). Continue on Seven Sister Lane to A50, where **LEFT**. Follow A50 to **FINISH** at a "JF2" mark opposite the right-hand field gate post opposite and just before the entrance to the Mount Pleasant Nursing Home, approximately 500 yards past the cross roads after the Drovers Public House.

Rider Notes:

1. No parking at the start or finish.
2. Riders must not stop at the finish but should continue on to the event headquarters, where times will be displayed.
3. 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.
4. **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.
5. Riders must take extra care when exiting from Seven Sisters Lane onto the A50.
6. 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.

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) – especially those riders who are not familiar with the course and it's junctions (plus its ruts and potholes).

IN THE INTERESTS OF YOUR OWN SAFETY,

Cycling Time Trials and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard.

In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

At HQ we have the signing-on team, the catering team and the results board.

No.	Rider	Club	Category	Start Time
8	Darryl Nolan	East Lancashire RC	V70	14:08
9	Aaron Norris	Bury Clarion CC	Sen	14:09
10	Marcus Abbotts	Audlem Cycling Club	V50	14:10
11	Richard Mace	Velo Karbona	V40	14:11
12	Alan Roberts	Stone Wheelers CC	V70	14:12
13	Bill Sedgwick	Southport CC	V60	14:13
14	Phil Hull	East Lancashire RC	V40	14:14
15	Jamie Platt	Manchester Triathlon Club	Sen	14:15
16	Derek Hodgins	Stockport Clarion CC	V80	14:16
17	Lesley Norbury	Congleton CC	LV60	14:17
18	Paul Crankshaw	Wigan Triathlon club	V50	14:18
19	Esther Burt	Macclesfield Wheelers	Lsen	14:19
20	Colin Latter	Weaver Valley CC	V50	14:20
21	David Wilson	Eat Plants Not Pigs CC	V50	14:21
22	Damian Ellis	Leek CC - Den Engel Belgian Bar	V50	14:22
23	Robbie Harcourt	VTTA (Manchester & NW Group)	V50	14:23
24	Paul Marshall	Wigan Whs CC	V40	14:24
25	Eurwyn Parry	Rhos-on-Sea CC	V40	14:25
26	Harry Wilson	Innovation Racing	Juv	14:26
27	Claire Deane	Manchester Triathlon Club	V50	14:27
28	David Simmons	Birkenhead North End CC	V40	14:28
29	David Berry	Wigan Triathlon club	Sen	14:29
30	Alan Shuttleworth	Weaver Valley CC	V70	14:30
31	David Pottinger	North Wirral Velo	V50	14:31
32	Stephen Booth	Audlem Cycling Club	V60	14:32
33	Vic Trigger	Crewe Clarion Whs	V70	14:33
34	Sam Kelly	East Lancashire RC	Juv	14:34
35	Lynne Ewington	Velo Karbona	V50	14:35
36	Lynne Skellern	Macclesfield Wheelers	V50	14:36
37	Nev Ashman	Manchester Velo Cycle Racing Club	V80	14:37
38	Kevin Woodward	Salford Cycling Club	V40	14:38
39	Richard Collins	Wigan Whs CC	V40	14:39
40	Daniel Shackleton	ABC Centreville	V40	14:40
41	Paul Preece	Stockport Clarion CC	V40	14:41
42	Monica Dew	Storey Racing	Sen	14:42
43	Liam Abbotts	Audlem Cycling Club	Sen	14:43
44	Phil Brooke	SKCC	V40	14:44
45	Philip Gleave	Congleton CC	Sen	14:45
46	Kirk Yearsley	Salford Cycling Club	Sen	14:46
47	Chris Wilcox	Lyme Racing Club	V50	14:47
48	Mark Gittins	Frodsham Wheelers	Sen	14:48
49	Dan Robson	Weaver Valley CC	V50	14:49
50	John Spearman	Seamons CC	V40	14:50
51	Andy Milligan	Weaver Valley CC	V50	14:51
52	Dan Prescott	Wigan Triathlon club	V40	14:52
53	Ian Casson	Birkenhead Victoria CC	V60	14:53
54	David Fox	Warrington Road Club/Horton Light Engineering/RS Cyclesport	V50	14:54
55	Sam Taylor	Weaver Valley CC	Sen	14:55
56	Ronan O'cualain	Seamons CC	V40	14:56
57	Paul Mannion	Manchester Triathlon Club	V50	14:57
58	Richard Pearn	St Helens CRC	V50	14:58
59	Michelle Fairclough	Salford Cycling Club	V50	14:59
60	Michael Greaney	Stockport Clarion CC	V40	15:00

No.	Rider	Club	Category	Start Time
61	Paul Basson	ABC Centreville	V40	15:01
62	Kenny Mitchell	Manchester Triathlon Club	V50	15:02
63	Duncan Poole	Congleton CC	V40	15:03
64	Chris Southworth	Leigh Premier Road Club	V40	15:04
65	Kelvin Milward	Congleton CC	V50	15:05
66	Stephen Hilton	Wigan Triathlon club	V40	15:06
67	Rod Mason	Stockport Clarion CC	V40	15:07
68	Mike Wilson	Warrington Road Club/Horton Light Engineering/RS Cyclesport	V60	15:08
69	Lee Hemmings	Rochdale Tri Club	V40	15:09
70	Paul Ashworth	East Lancashire RC	Sen	15:10
71	Philip Hill	Chester RC	V50	15:11
72	Martin Harney	Manchester Bicycle Club	V50	15:12
73	Karen Bailey	East Lancashire RC	V40	15:13
74	Andrew Dow	Chorlton Velo	V40	15:14
75	David Ireland	East Lancashire RC	V50	15:15
76	Paul Connor	Weaver Valley CC	V40	15:16
77	Claire Harrison	Pro Vision Cycle Clothing	V40	15:17
78	Graeme Mc Culloch	Stretford Wheelers CC	V50	15:18
79	Sean Spillane	Wigan Triathlon club	V40	15:19
80	Stephen Sladin	Congleton CC	V50	15:20
81	Mark Goodchild	Preston CC	V50	15:21
82	John Lowe	Withington Wheelers	V50	15:22
83	Oliver Bentley	East Lancashire RC	Jun	15:23
84	Simon Wilson	Ribble Pro Cycling	Sen	15:24
85	John Cripps	Leigh Premier Road Club	Sen	15:25
86	Roy Nield	Lancashire RC	V50	15:26
87	Craig Sephton	Weaver Valley CC	V40	15:27
88	George Aldridge	Birkenhead North End CC	V60	15:28
89	John Leach	Rossendale RC	V70	15:29
90	Duncan McLaren	Stockport Clarion CC	V40	15:30
91	Scott Gurnett	Minehead Cycling Club	Sen	15:31
92	Phil Gayes	Leek CC - Den Engel Belgian Bar	V40	15:32
93	Neah Evans	Team HUUB	Sen	15:33
94	Alistair Stanway	Weaver Valley CC	V50	15:34
95	Phil Robinson	Janus Road Club	V50	15:35
96	Jonathan Lloyd	Westmead Team 88	V50	15:36
97	Greg Dancer	Stone Wheelers CC	V50	15:37
98	Andy Gorton	East Lancashire RC	V40	15:38
99	James Willetts	Team JMC	Sen	15:39
100	Norman Tyrer	Wigan Triathlon club	V50	15:40
101	Gary Tye	Preston CC	V50	15:41
102	Phil Murphy	Total Tri Training	Sen	15:42
103	Stephen Turner	Westmead Team 88	V50	15:43
104	Simon Higgins	Liverpool Century RC	V50	15:44
105	Ian Pollard	Cotswold Veldrijden	V50	15:45
106	Ben Norbury	Congleton CC	Sen	15:46
107	Carl King	VTTA (Manchester & NW Group)	V50	15:47
108	Alistair Rutherford	Secret-training CC	Sen	15:48
109	Robin Green	Runcorn CC	V40	15:49
110	Joseph Dobson	Manchester Bicycle Club	Sen	15:50