

**MANCHESTER & DISTRICT TIME TRIALS ASSOCIATION**  
**OPEN 25 MILE TIME TRIAL**

Incorporating the  
M&DTTA 25 CHAMPIONSHIP  
ROUND 1 OF THE M&DTTA MIDDLE DISTANCE CHAMPIONSHIP  
& ROUND 3 OF THE CHESHIRE COURSES POINTS COMPETITION

to be held on Saturday, 13<sup>th</sup> April 2024  
Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations

Course: J4/8

Timekeepers: Jim Williams & Martin Jackson

Handicap using CTT Tables.

Vets Age-Adjusted Time using VTTA Tables

Start: 14:05

Event HQ: Allostock Village Hall WA16 9LS, Open from 12:30

Event Sec: Ian Ross

26 Brook Road

Lymm

Cheshire WA13 9AH

Tel: 01925 755080

Mob: 07775953979

**Prize Values & Awards**

1<sup>st</sup> Fastest Male      £50

2<sup>nd</sup> Fastest Male      £40

3<sup>rd</sup> Fastest Male      £30

4<sup>th</sup> Fastest Male      £20

1<sup>st</sup> Fastest Female    £50

2<sup>nd</sup> Fastest Female    £40

3<sup>rd</sup> Fastest Female    £30

4<sup>th</sup> Fastest Female    £20

1<sup>st</sup> Vet on Age Adjusted Time    £45

2<sup>nd</sup> Vet on Age Adjusted Time    £35

3<sup>rd</sup> Vet on Age Adjusted Time    £25

1<sup>st</sup> Road bike          £40

2<sup>nd</sup> Road bike          £30

1<sup>st</sup> Handicap          £45

2<sup>nd</sup> Handicap          £35

3<sup>rd</sup> Handicap          £25

Fastest Team of 3    £20 each

One rider one prize except Team

**M&DTTA 25 Championship**

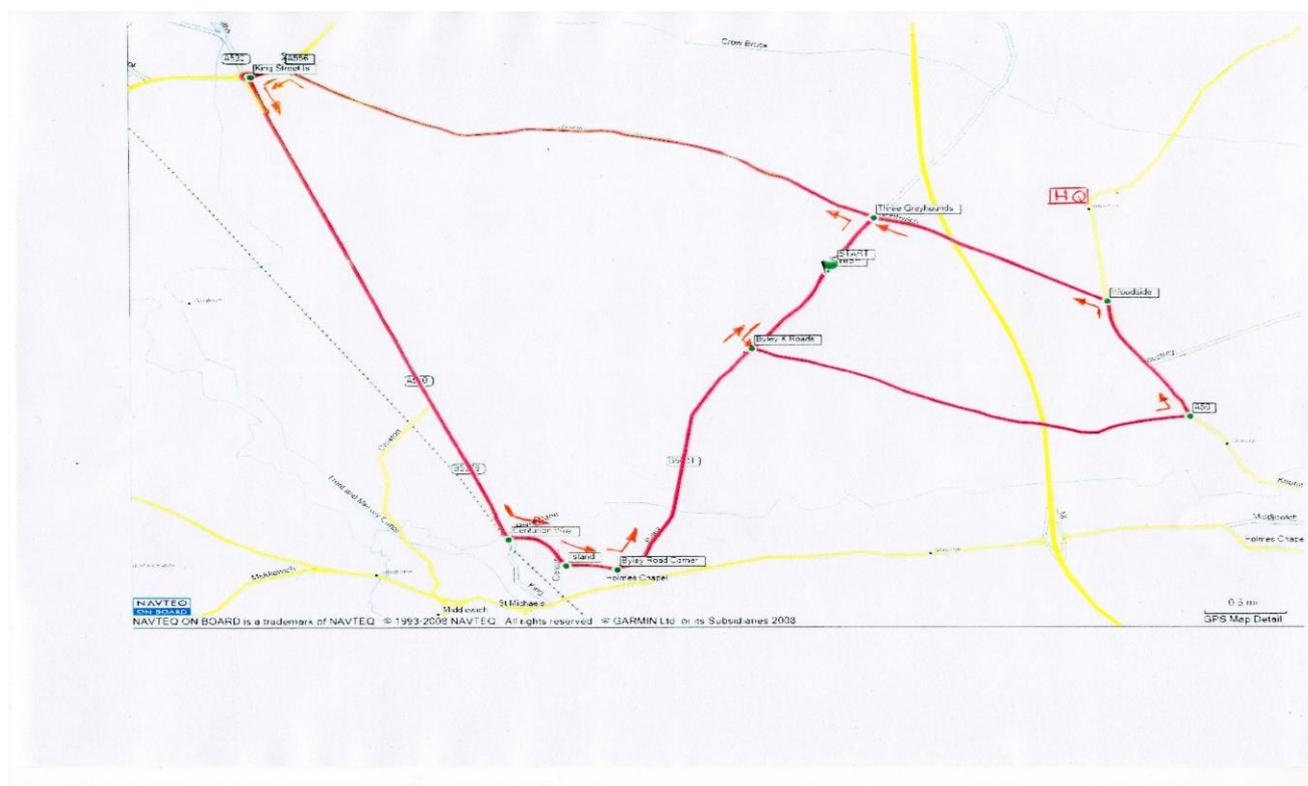
1<sup>st</sup> Fastest M&DTTA rider to hold the FITZROY TROPHY for one year + Association Medal.

1<sup>st</sup> Handicap M&DTTA rider to hold the F D BROWN TROPHY for one year + Association Medal.

1<sup>st</sup> Fastest M&DTTA lady to hold the DAVID HAMILTON TROPHY for one year + Association Medal.

1<sup>st</sup> Fastest Team of M&DTTA riders to hold the TOM WHITE TROPHY for one year + Association Medals.

## Course Details (J4/8)



**Start** on Kings Lane at a Telecoms manhole cover with the word “Broads” embossed on it and proceed approximately 0.1 miles to B5081 (Byley Road) where turn left. Proceed southwest along B5081 to **Byley Cross Roads 0.946 mls.** Left along Moss Lane/Byley Lane to **Cranage/A50 3.045 mls.** Left along A50 to **Woodside (Northwich Road/Pennys Lane) 3.970 mls.** Left along B5082 to join A556 at **Rudheath 8.161 mls.** Left along A556 to **King Street Island 8.229 mls.** Left along A530/B5309 to the traffic lights at **Centurian Way 11.914 mls.** Left along Centurian Way via unnamed Island to **Byley Road Corner (Kinderton) 12.475 mls.** Left along B5081 to **Allostock (Three Greyhounds PH) 15.403 mls.** Left along B5082 (Pennys Lane) to **Rudheath 18.373 mls.** Left along A556 to **King Street Island 18.512 mls.** Left along A530/B5309 to the traffic lights at **Centurian Way 22.127 mls.** Left along Centurian Way via unnamed Island to **Byley Road Corner (Kinderton) 22.688 mls.** Left along B5081 to **Finish 25.019 mls** On B5081 at 2<sup>nd</sup> Oak tree on the left after the entrance to Earnshaw House Farm.

**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.**

### **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.

A competitor who swings out to the right before executing a left turn should ensure that the road behind is clear of traffic before doing so. The practice is not encouraged by the District Committee and competitors who ride in this manner are warned that in many circumstances this manoeuvre will be regarded as a contravention of regulation 47(i), (iii), (v).

#### **No U-Turns**

Riders must not perform U turns in the vicinity of the start or finish of the event. Riders observed performing U turns will be reported to the District Committee who will consider disciplinary proceedings.

## 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.

## 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.

## 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)

### Order of Start

| <u>No</u> | <u>Name</u> |            | <u>Bike</u> | <u>Club</u>          | <u>Cat</u> | <u>Vet</u><br><u>AAT</u> | <u>H.Cap</u> | <u>Start</u> |
|-----------|-------------|------------|-------------|----------------------|------------|--------------------------|--------------|--------------|
| 5         | Steve       | Gibson     | RB          | Peak Road Club       | OV57       | 03:35                    | 11:55        | 14:05        |
| 6         | Eddie       | Humphreys  | RB          | Nottingham CI CC     | OV60       | 04:37                    | nqt          | 14:06        |
| 7         | Philip      | Gleave     | TT          | Congleton CC         | OS29       |                          | 15:19        | 14:07        |
| 8         | Lynsey      | Astles     | TT          | Congleton CC         | FV47       | 06:49                    | 21:12        | 14:08        |
| 9         | Zoe         | Shepherd   | RB          | Team Enable - M.I    | FV44       | 06:35                    | nqt          | 14:09        |
| 10        | Jasmine     | Holmes     | TT          | Total Tri Training   | FS25       |                          | 17:16        | 14:10        |
| 11        | Sally       | Cunliffe   | TT          | Velotik Racing Team  | FV67       | 14:31                    | 14:25        | 14:11        |
| 12        | Alison      | Stephenson | TT          | Congleton CC         | FV54       | 07:55                    | 17:41        | 14:12        |
| 13        | Janet       | Wyles      | TT          | Cheshire Maverick CC | FV57       | 08:45                    | 30:29        | 14:13        |
| 14        | Tracy       | Gregory    | TT          | Buxton CC            | FV58       | 09:06                    | 30:53        | 14:14        |
| 15        | Gail        | Lowe       | TT          | Congleton CC         | FV55       | 08:10                    | 17:20        | 14:15        |
| 16        | Laura       | Gray       | TT          | Total Tri Training   | FS29       |                          | 16:48        | 14:16        |
| 17        | Molly       | Savill     | TT          | Albarosa CC          | FS38       |                          | 18:22        | 14:17        |
| 18        | Jenny       | Zwijnen    | TT          | Total Tri Training   | FV42       | 06:28                    | 19:44        | 14:18        |
| 19        | Gaynor      | Beckett    | TT          | Congleton CC         | FV51       | 07:19                    | 21:26        | 14:19        |
| 20        | Joanna      | Cebat      | TT          | 360cycling           | FV44       | 06:35                    | 17:06        | 14:20        |
| 21        | Hayley      | Moore      | TT          | Ilkeston CC          | FV41       | 06:25                    | 12:08        | 14:21        |
| 22        | Stephen     | Wilkinson  | RB          | Team Wheelguru       | OV67       | 07:36                    | nqt          | 14:22        |
| 23        | Christopher | Hall       | RB          | BPC Race Team        | OS34       |                          | nqt          | 14:23        |
| 24        | Josh        | Thorpe     | RB          | Buxton CC            | OS33       |                          | nqt          | 14:24        |
| 25        | Alex        | Taylor     | RB          | Holmes Chapel Velo   | OV48       | 01:12                    | 22:49        | 14:25        |
| 26        | Phil        | Land       | RB          | Velo6 Racing         | OV51       | 01:53                    | 11:27        | 14:26        |
| 27        | Warren      | Giddins    | RB          | Warrington RC        | OV61       | 05:00                    | 14:50        | 14:27        |
| 28        | Paul        | Birkin     | RB          | Buxton CC            | OV62       | 05:23                    | 14:24        | 14:28        |

| <b>No</b> | <b>Name</b> |                  | <b>Bike</b> | <b>Club</b>           | <b>Cat</b> | <b>Vet<br/>AAT</b> | <b>H.Cap</b> | <b>Start</b> |
|-----------|-------------|------------------|-------------|-----------------------|------------|--------------------|--------------|--------------|
| 29        | David       | Bennett          | RB          | Ratae RC              | OV54       | 02:40              | 13:09        | 14:29        |
| 30        | Eddie       | Monteith         | RB          | Warrington RC         | OS34       |                    | 12:02        | 14:30        |
| 31        | Jarod       | Garrington       | TT          | Velotik Racing Team   | OV52       | 02:08              | 11:57        | 14:31        |
| 32        | Mat         | Stephenson       | TT          | Congleton CC          | OV56       | 03:16              | 11:26        | 14:32        |
| 33        | James       | Scott-Farrington | TT          | Wigan Whs CC          | OS29       |                    | nqt          | 14:33        |
| 34        | Richard     | Tennant          | TT          | Manchester Tri Club   | OS28       |                    | 15:38        | 14:34        |
| 35        | Kevin       | Blades           | TT          | 360cycling            | OV53       | 02:24              | 10:49        | 14:35        |
| 36        | Michael     | Kateley          | TT          | Team Wheelguru        | OV47       | 01:01              | 13:28        | 14:36        |
| 37        | Richard     | Golding          | TT          | Equipe Velo           | OV55       | 02:58              | 16:06        | 14:37        |
| 38        | Arran       | McCloskey        | TT          | TricentralUk          | OS27       |                    | 16:48        | 14:38        |
| 39        | Alan        | Shuttleworth     | TT          | Weaver Valley CC      | OV77       | 13:33              | 30:56        | 14:39        |
| 40        | Stephen     | Dooley           | TT          | Seamons CC            | OV41       | 00:06              | 09:48        | 14:40        |
| 41        | Dan         | Elliot           | TT          | TricentralUk          | OS27       |                    | 11:54        | 14:41        |
| 42        | Barrie      | Whittaker        | TT          | Lyme Racing Club      | OV67       | 07:03              | 14:14        | 14:42        |
| 43        | Colin       | Calderbank       | TT          | Salford Cycling Club  | OV58       | 03:55              | nqt          | 14:43        |
| 44        | Lucy        | Rogers           | TT          | Congleton CC          | OV55       | 02:58              | 14:54        | 14:44        |
| 45        | Lewis       | Eccleston        | TT          | Manchester Tri Club   | OS31       |                    | 10:30        | 14:45        |
| 46        | Dean        | Hanwell          | TT          | Total Tri Training    | OS38       |                    | 13:24        | 14:46        |
| 47        | Richard     | Marshall         | TT          | Team Wheelguru        | OV49       | 01:25              | 15:53        | 14:47        |
| 48        | Peter       | Jackson          | TT          | Macclesfield Whs      | OV66       | 07:07              | 15:40        | 14:48        |
| 49        | Daniel      | Goodwin          | TT          | Glossop Kinder Velo   | OS37       |                    | 25:40        | 14:49        |
| 50        | Ste         | Bolton           | TT          | Giant-Kendal-Sidas.uk | OS36       |                    | 09:25        | 14:50        |
| 51        | Lloyd       | Smith            | TT          | Weaver Valley CC      | OS32       |                    | 11:44        | 14:51        |
| 52        | Paul        | Taylor           | TT          | North Lancs RC        | OV55       | 02:58              | 14:00        | 14:52        |
| 53        | Stewart     | Tennant          | TT          | Manchester Tri Club   | OV59       | 04:16              | 33:06        | 14:53        |
| 54        | Chris       | Wilcox           | TT          | Stone Wheelers CC     | OV61       | 05:00              | 18:26        | 14:54        |
| 55        | Adrian      | Hughes           | TT          | Seamons CC            | OV56       | 03:16              | 10:10        | 14:55        |
| 56        | Mike        | Walker           | TT          | Congleton CC          | OV45       | 00:39              | 13:10        | 14:56        |
| 57        | Mike        | Hoodless         | TT          | Team Wheelguru        | OV42       | 00:13              | nqt          | 14:57        |
| 58        | Tony        | Perrin           | TT          | Stone Wheelers CC     | OV63       | 05:48              | 22:38        | 14:58        |
| 59        | Len         | Best             | TT          | Matlock CC            | OV73       | 10:52              | 23:59        | 14:59        |
| 60        | Toby        | Williams         | TT          | Velotik Racing Team   | OS30       |                    | 07:00        | 15:00        |
| 61        | Stuart      | Mccormick        | TT          | Chester RC            | OV56       | 03:16              | 11:33        | 15:01        |
| 62        | David       | Fox              | TT          | Warrington RC         | OV61       | 05:00              | 14:00        | 15:02        |
| 63        | Simon       | Price            | TT          | Ruthin CC             | OV62       | 05:23              | 26:36        | 15:03        |
| 64        | Matthew     | Collins          | TT          | Liverpool Century RC  | OV43       | 00:21              | 18:20        | 15:04        |
| 65        | Bradley     | Murphy           | TT          | Chorlton Velo         | OV49       | 01:25              | 10:08        | 15:05        |
| 66        | Alex        | Critcher         | TT          | Team Wheelguru        | OV48       | 01:12              | 13:02        | 15:06        |
| 67        | Sam         | Shepherd         | TT          | Total Tri Training    | OS38       |                    | 15:44        | 15:07        |
| 68        | Martin      | Sturge           | TT          | Graham Weigh Racing   | OV57       | 03:35              | 11:49        | 15:08        |
| 69        | Mike        | Cole             | TT          | Huddersfield RC       | OV79       | 15:03              | 23:50        | 15:09        |
| 70        | Matthew     | Bottrill         | TT          | Team Bottrill         | OV46       | 00:49              | 06:39        | 15:10        |
| 71        | Robin       | Hennessy         | TT          | Velotik Racing Team   | OS38       |                    | 14:29        | 15:11        |
| 72        | Daniel      | Mathers          | TT          | Seamons CC            | OV51       | 01:53              | 13:59        | 15:12        |
| 73        | Chris       | Lawson           | TT          | Graham Weigh Racing   | OV59       | 04:16              | 22:42        | 15:13        |
| 74        | Nicholas    | Smith            | TT          | ESV Manchester        | OJ16       |                    | 16:38        | 15:14        |
| 75        | Chris       | Standidge        | TT          | Total Tri Training    | OV44       | 00:30              | 10:03        | 15:15        |
| 76        | Neil        | Swithenbank      | TT          | 360cycling            | OV45       | 00:39              | 12:39        | 15:16        |
| 77        | Duncan      | Whalley          | TT          | ABC Centreville       | OY15       |                    | nqt          | 15:17        |
| 78        | Christopher | Maffei           | TT          | 360cycling            | OV69       | 08:36              | 20:05        | 15:18        |

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|-----------|-------------|----------|-------------|----------------------|------------|--------------------------|--------------|--------------|
| 79        | Paul        | Emmins   | TT          | Salford Cycling Club | OS39       |                          | 23:31        | 15:19        |
| 80        | Alastair    | Ribbands | TT          | Congleton CC         | OV40       | 00:00                    | 06:33        | 15:20        |
| 81        | Richard     | Shaw     | TT          | Seamons CC           | OV55       | 02:58                    | 11:00        | 15:21        |
| 82        | Neil        | Cooper   | TT          | Liverpool Century RC | OV56       | 03:16                    | 13:49        | 15:22        |
| 83        | Stephen     | Taylor   | TT          | Manchester Tri Club  | OV54       | 02:40                    | 20:32        | 15:23        |
| 84        | Nick        | Bailey   | TT          | Congleton CC         | OV56       | 03:16                    | nqt          | 15:24        |
| 85        | Tony        | Cullen   | TT          | TricentralUk         | OV50       | 01:39                    | 09:52        | 15:25        |
| 86        | David       | Berry    | TT          | Wigan Whs CC         | OS36       |                          | 12:37        | 15:26        |
| 87        | Roderz      | Hill     | TT          | TricentralUk         | OV51       | 01:53                    | 14:49        | 15:27        |
| 88        | Jacob       | Bradbury | TT          | Manchester Whs       | OJ17       |                          | nqt          | 15:28        |
| 89        | Dave        | Gaskell  | TT          | Knutsford Tri Club   | OV50       | 01:39                    | 20:40        | 15:29        |
| 90        | David       | Williams | TT          | Velotik Racing Team` | OV45       | 00:39                    | 6:23         | 15:30        |

### 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.*