



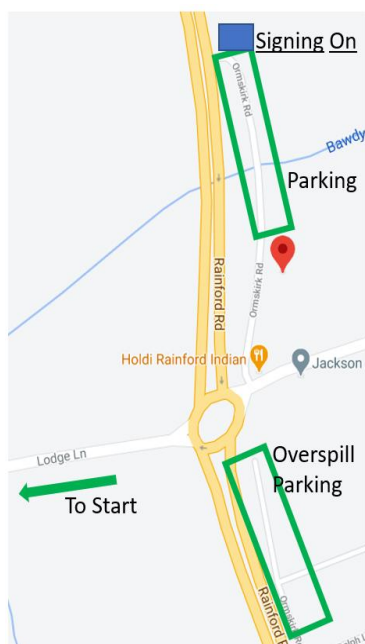
## Mersey Tri 10 Mile Time Trial, sponsored by Tactic Sport - Saturday 24/4/21 14:00

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

### Time Keepers

John Lahiff (Principal), Bob Jump (Assistant).

### Race Day Parking and signing on



Signing on will be in the layby (Ormskirk RD) near to the Wheatsheaf/Holdi Indian restaurant (sat nav WA11 7TA).

In line with the CTT Covid restrictions there are **no** changing or **toilet facilities**. Please arrive race ready.

Each competitor must sign on when collecting and returning their race numbers at the signing on area, this is a CTT Requirement. Please pick up your number from the signing on area and return it to the soap filled bucket at the end of the race, do not forget to sign out.

Numbers should be pinned to the lower back area and be clearly visible. Make sure you call out your number at the finish, otherwise your time may not be recorded. Do not ask for your time at the finish.

Parking will be available near to signing on, please pay attention to the marshals who will advise you on the best place to park, please **do not park near to the houses/bungalows** in the local area or in the Holdi car park. **NO** parking near to the start or finish.

**Overspill parking** is available in the layby shown on the map restaurant, again **No parking near to local residences**.

### Rules and Regulations

In the interests of your own safety cycling time trials and event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard. In accordance with regulation 15: all juvenile and junior competitors must wear protective hard shell helmets.

Riders must **cover the shoulders and top of your arm** (traditional tri suits are not acceptable if they do not cover the shoulders and upper arm).

All competitors – please be aware of CTT Regulation 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. **NO REAR LIGHT – NO RIDE**.

Riders **MUST NOT** stand in the road at the start or finish. Riders **MUST NOT** make U-turns in the road near the start or finish. Riders **MUST NOT** ride with their head down. Any rider observed to be riding in an unsafe manner or disregarding the Highway Code may face disciplinary action.

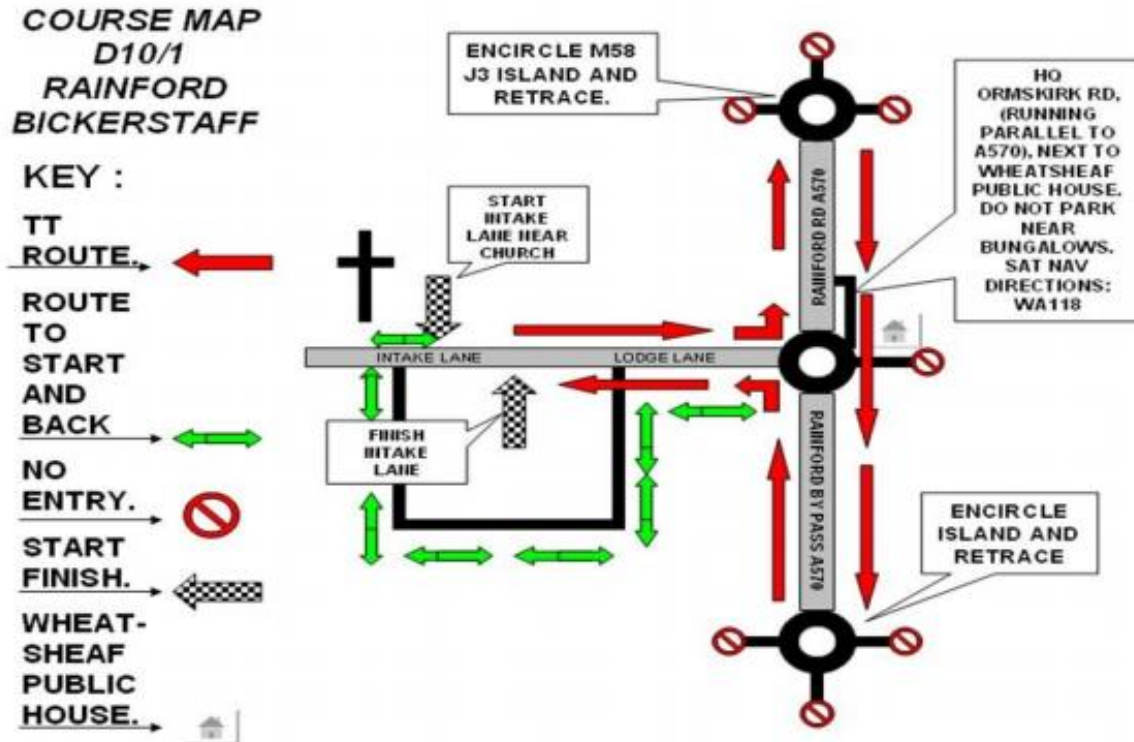
### Covid Regulations

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should **NOT** start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Warm-ups should be done on the road, static warm-ups are not permitted.
- Competitors must not gather in anyway regardless of current guidelines in the car park, signing on area or elsewhere.

- Competitors must not leave any personal items with the time keeper.
- Competitors on finishing must not stop at the finish and must not loiter at the signing on area/car park and must pack away and leave immediately upon completion of the race.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required. It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

### Riding to and from the Start/Finish

Please use the following map to ride up to the start. Competitors who have not yet started should not travel in the direction of finish past the timekeeper at the finishing point, follow the **green arrows** to the start and to return .



### Course Description (red arrows above)

Start at the field entrance on Intake Lane at the first raised kerbstone 210 yds south of Bickerstaffe church.

Proceed to Wheat-sheaf island A570 Rainford Bypass and turn left (1.691 miles)

Proceed to M58 island -take care here - and encircle (3.353 miles)

Straight across Wheat-sheaf island (*Holdi Indian restaurant*) and proceed to Rainford island (6.98 miles)

retrace back on A570 to Wheat-sheaf island (8.736 miles) Left along Lodge Lane / Intake Lane to finish at second gatepost on edge of plantation (10 miles).

## Results and Prizes

Results will be available via the Mersey Tri Facebook page (<https://www.facebook.com/MerseyTri>) and via the CTT website as soon as possible following the event. Additional prizes for the category winners have been provided by race sponsor Tactic Sport ([www.tactic-sport.com](http://www.tactic-sport.com)).

Category	1st	2nd	3 <sup>rd</sup>
Male	£40 (Plus a Tactic Sport base layer)	£30	£20
Female	£40 (Plus a Tactic Sport base layer)	£30	£20
Junior (under 18)	£25 (Plus a Tactic Sport base layer)	£15	
Fastest team of 3	£20 per rider		
Second team of 3	£12 per rider		
Fastest Female team of 3	£20 per rider		
Second Female team of 3	£12 per rider		

Prize money (cheques) will be sent out in the post after the event using the details you have registered with CTT.

## Race Sponsor

We are very happy to be sponsored by Tactic Sport who have provided some additional prizes.

Website: [www.tactic-sport.com](http://www.tactic-sport.com)

Facebook: @tacticsportuk

Instagram: @tactic\_uk



**TACTIC**

[www.tactic-sport.com/en](http://www.tactic-sport.com/en)

 [www.facebook.com/tacticsportuk/](http://www.facebook.com/tacticsportuk/)

 @tactic\_uk

## Race Organiser

Barry Williams, all enquires to be emailed to [barrywilliams83@googlemail.com](mailto:barrywilliams83@googlemail.com)

Emergency contact on the day in case of injury or DNF, 07377808945

## Start List

1	14:01:00	Simon	Aldridge	Liverpool Phoenix CC (Aintree)
2	14:02:00	Andy	Whitehead	Seamons CC
3	14:03:00	Scott	Phillips	Liverpool Phoenix CC (Aintree)
4	14:04:00	George	Aldridge	Birkenhead North End CC
5	14:05:00	Alan	Old	Port Sunlight Wheelers
6	14:06:00	Max	Jones	Innovation Racing
7	14:07:00	Chris	Ryan	Mersey Tri
8	14:08:00	Sam	Molony	Nantwich Cycling Group
9	14:09:00	Colin	Hayes	Liverpool Century RC
10	14:10:00	Peter	Crease	Royal Navy & Royal Marines CA
11	14:11:00	Paul	Williams	North Endurance
12	14:12:00	Paul	Dean	Macclesfield Wheelers
13	14:13:00	Paul	Lomax	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers
14	14:14:00	Conor	McKinnon	Dolan Ellesse
15	14:15:00	Richard	Pearn	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers
16	14:16:00	Michael	Stanley	North Wirral Velo
17	14:17:00	David	Fox	Warrington Road Club/Horton Light Engineering
18	14:18:00	Christopher	Higgins	Strada Velocita
19	14:19:00	Richard	Gadsden	Liverpool Braveheart Bicycle Club
20	14:20:00	Samuel	Wilson	East Lancashire RC
21	14:21:00	Rhys	Thomas	Cardiff Triathletes
22	14:22:00	Mark	Dempsey	Mersey Tri
23	14:23:00	Tim	Whitefoot	Crewe Clarion Wheelers
24	14:24:00	Tim	Marshall	Seamons CC
25	14:25:00	Dean	Hanwell	North Endurance
26	14:26:00	Matt	Yardley	Macclesfield Wheelers
27	14:27:00	Neil	Jones	Port Sunlight Wheelers
28	14:28:00	Alex	Nurse	Liverpool Century RC
29	14:29:00	Jeff	Mace	Chester RC
30	14:30:00	Mark	Clair	Mersey Tri
31	14:31:00	Steven	Hilton	Warrington Road Club/Horton Light Engineering
32	14:32:00	Lauren	Lett	Liverpool Phoenix CC (Aintree)
33	14:33:00	Lizzie	O'Mahony	Mersey Tri
34	14:34:00	Caroline	Malone	Bury Clarion CC
35	14:35:00	Katherine	Swithenbank	Bury Clarion CC
36	14:36:00	Jessica	Haney	Mersey Tri
37	14:37:00	Lisa	Gawthorne	Mersey Tri
38	14:38:00	Louise	Tobias	Pirate juice cc
39	14:39:00	Shirley	Fox	Liverpool Phoenix CC (Aintree)
40	14:40:00	Vivien	Hanson	Harry Middleton CC
41	14:41:00	Evelyn	Field	Liverpool Century Cycling Academy
42	14:42:00	Lorna	Harper	Mersey Tri
43	14:43:00	Carole	James	Southport CC
44	14:44:00	Jasmine	Baker	Mersey Tri
45	14:45:00	Rhianna	Parkinson	Manchester Triathlon Club
46	14:46:00	Kate	Baker	Avid Sport
47	14:47:00	Hannah	Fawcett	Liverpool Braveheart Bicycle Club
48	14:48:00	Samantha	Howard	Mersey Tri
49	14:49:00	Janet	Fairclough	Liverpool Phoenix CC (Aintree)
50	14:50:00	Angela	Dolan	Dolan Ellesse

51	14:51:00	Sue	Cheetham	North Lancashire Road Club
52	14:52:00	Deborah	Moss	Team Merlin
53	14:53:00	Charlotte	Boothman	Team Lusso
54	14:54:00	James	Mackie	Port Sunlight Wheelers
55	14:55:00	Andy	Langan	Birkenhead North End CC
56	14:56:00	Paul	Birkin	Buxton CC/Sett Valley Cycles
57	14:57:00	Chris	Quin	Onimpex Bioracer RT
58	14:58:00	Philip	Johnson	Mersey Tri
59	14:59:00	Peter	Grindley	Liverpool Century RC
60	15:00:00	Robert	Kelly	Mersey Tri
61	15:01:00	Chris	Humphries	St Helens CRC
62	15:02:00	David	Cuthill	North Wirral Velo
63	15:03:00	Alex	Coates	Leek CC - Den Engel Belgian Bar
64	15:04:00	Harrison	Wood	George Fox Cycling Solutions
65	15:05:00	Neil	Buckley	Port Sunlight Wheelers
66	15:06:00	Kamil	Waligora	East Lancashire RC
67	15:07:00	Paul	Welsby	DRAG2ZERO
68	15:08:00	Mark	Donnelly	Birkenhead North End CC
69	15:09:00	Daniel	Styler	Croston Velo
70	15:10:00	Malcolm	Horner	Warrington Road Club/Horton Light Engineering
71	15:11:00	David	Crawley	Velotik Racing Team
72	15:12:00	Andrew	Clarke	North Shropshire Wheelers
73	15:13:00	George	Higgins	Birkenhead North End CC
74	15:14:00	Steffan	North	SKCC
75	15:15:00	Dean	Golba	Total Tri Training
76	15:16:00	Dave	Connor	Mersey Tri
77	15:17:00	Alex	Ward	North Endurance
78	15:18:00	David	Watt	Velo Club Melyd
79	15:19:00	Philip	Hill	Pirate juice cc
80	15:20:00	Sam	Hughes	Liverpool Century RC
81	15:21:00	Stephen	Dooley	Seamons CC
82	15:22:00	Andrew	Tibbett	Pirate juice cc
83	15:23:00	Stuart	McCormick	Pirate juice cc
84	15:24:00	James	Duffy	Bury Clarion CC
85	15:25:00	James	Meldrum	Liverpool Phoenix CC (Aintree)
86	15:26:00	John	Cripps	Warrington Road Club/Horton Light Engineering
87	15:27:00	Paul	Shallicker	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers
88	15:28:00	Matthew	Wales	Pirate juice cc
89	15:29:00	David	Bigio	Croston Velo
90	15:30:00	Paul	Basson	ABC Centreville
91	15:31:00	Arthur	Winstanley	Liverpool Phoenix CC (Aintree)
92	15:32:00	Richard	Evans	Birkenhead North End CC
93	15:33:00	Graham	Noble	Pirate juice cc
94	15:34:00	Mark	Berry	Rosendale RC
95	15:35:00	Robbie	Lawton	Mersey Tri
96	15:36:00	Daniel	Shackleton	ABC Centreville
97	15:37:00	Robin	Hennessy	North Wirral Velo
98	15:38:00	Joe	Cosgrove	Dolan Ellesse
99	15:39:00	Adrian	Hughes	Seamons CC
100	15:40:00	Paul	Blackburn	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers
101	15:41:00	Thomas	Hanlon	Tactic Sport UK Race Team
102	15:42:00	Adam	Darby	Velotik Racing Team
103	15:43:00	Mark	Chadwick	Wigan Whs CC

104	15:44:00	John	Morgan	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers
105	15:45:00	Rhys	Britton	Team Inspired
106	15:46:00	William	Tidball	Team Inspired
107	15:47:00	Stephen	Feeney	Tactic Sport UK Race Team
108	15:48:00	David	Parkin	Salford Cycling Club
109	15:49:00	Jack	Rootkin-Gray	Team Inspired
110	15:50:00	Luke	Jackson	CCN UK
111	15:51:00	Gavin	McCloskey-Lambert	Manchester Wheelers
112	15:52:00	Craig	Battersby	Tactic Sport UK Race Team
113	15:53:00	David James	Williams	Velotik Racing Team
114	15:54:00	Tony	Greenhalgh	Tactic Sport UK Race Team
115	15:55:00	Ben	Stead	3 RT
116	15:56:00	George	Elliott	Liverpool Century RC
117	15:57:00	Kieran	Morris	Oswestry Paragon CC
118	15:58:00	Sean	Mullen	Port Sunlight Wheelers
119	15:59:00	Phil	Williams	Team Bottrill
120	16:00:00	Dan	Evans	ASSOS Speed Club UK
121		Steven	Johnson	Liverpool Phoenix CC (Aintree)
122		Wesley	Iyanda	Liverpool Phoenix CC (Aintree)
123		Jamie	Fletcher	Fibrax Wrexham RC
124		Alex	Dickinson	Manchester Triathlon Club
125		Jon	Blackshaw	Liverpool Phoenix CC (Aintree)
126		Chris	Ball	Mersey Tri
127		Callum	Healey	Mersey Tri
128		Jamie	Pleavin	Liverpool Century RC
129		Mike	Walker	Nantwich Cycling Group
130		Benjamin	Stones	Mersey Tri
131		Jay	Brittles	Mersey Tri
132		Owen	Barden	Mersey Tri
133		Grant	Davidson	Mersey Tri
134		Louis	Johnson	Mersey Tri