

	<p style="text-align: center;">VTTA Manchester & North West Group Present AN OPEN 15 MILE TIME TRIAL <i>Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations</i></p> <p style="text-align: center;">To be held on Saturday 29th June 2024 on the J4/32 course.</p>	
Event HQ	<p style="text-align: center;">Cranage Village Hall: Knutsford Rd, Crewe, CW4 8EQ. Signposted off the A50 Holmes Chapel to Knutsford Road (1 mile north of Holmes Chapel). Ample parking available. Open from approx. 12.30hrs Grid Reference : SJ753684</p> <p style="text-align: center;"><i>First Rider off at 14.50hrs</i></p>	
Event Officials	<p>Timekeepers: Ian Ross & Martin Jackson</p> <p>Event Secretary: Robbie Harcourt, 68 Bradford Road, Eccles, Manchester, M30 9FT Tel. No: 0161 787 9085 Mob. No: 07713 403887 (Emergencies only on the day)</p>	

Prizes				
	Open		Female	
Fastest Overall	£30		£30	
Fastest Roadbike	£30		£30	
Fastest Veteran Overall on AAT	£30 +medal		£30 + medal	
Veteran on ATT	V40-49	£30	V40-49	£30
	V50-59	£30	V50+	£30
	V60-69	£30	-	-
	V70+	£30	-	-
Fastest Club Team (team of 3, open and/or female)	£15.00 each Bidlake system – fastest 3 rd counter on AAT.			
Lanterne	£15			
<p>NOTE</p> <p>Only VTТА members will be eligible for prizes on AAT but non-members joining before the start day will be eligible. One Rider, one prize, except Team Award.</p> <p>This event qualifies for the Cheshire Points Series (event 12 of 20).</p>				

Course Details (J4/32) 15 miles	<p>START At a "JS32" mark in Twemlow Lane, Approx 1/2 mile west of Hermitage Lane adjacent to Power Pole 20 yds East of a house called "Oaklands". Proceed east to A535 at:- TWEMLow GREEN 1.302miles Proceed along A535 to:- CHELFORD ISLAND 5.909miles 2nd exit left on the A537 to:- OLLERTON CROSS ROADS 8.945 miles where turn left into 7 Sisters Lane and proceed to :- TOFT 10.193miles Turn left at A50 junction and proceed to:- FINISH 4.816 15.009miles At a "JF32" mark on the A50 opposite a small 50 mph sign 2yds beyond an iron field Gate but before "Plum Tree Farm" approx. 150 yds short of Twemlow Lane</p>
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Directions to the start:

The start is 1 mile from the HQ so please allow sufficient time to get there. From the HQ, turn left on to the A50 Knutsford Road and first right into Twemlow Lane. Continue for 3/4 mile to the start.

Directions from the finish:

Continue along the A50, TAKE CARE, RIDE SINGLE FILE.

Approximately 0.5 miles to HQ on the right.

CTT Regulation 20. Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- (c) conform to all traffic signs, signals and direction indicators;
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.

There have been a number of recent cases of inconsiderate riding reported. When riding to the start or having finished an event, you should be aware that others may still be racing. Common sense should apply here but as examples:

- 1. Please keep to the left and don't require overtaking riders to be in the middle of the road to overtake.
- 2. Please don't ride two abreast going to the start or after finishing and whilst still on the course as again this causes overtaking riders to be in the middle of the road.
- 3. Please take care when existing a junction onto the course in case riders are passing.

These are really issues of common sense and courtesy but are required to keep our events as safe as possible and minimising inconvenience to other road users. Ultimately, we must remember that we are competing on open roads, and it wouldn't take much for that ability to be taken away.

Please be courteous to your fellow competitors and other road users!

Notes	Signing-on sheet and issue/return of race numbers, refreshments, CAKES, & finish times will be at the Event HQ.
	Riders must not stop at the finish but should continue on to the event headquarters where the draft finish times will be available.
	RACE NUMBERS: Available at 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.
	This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.
PARKING	No parking at the start or finish.
CARE AT ROAD JUNCTIONS	Local regulation 3: Riders must exercise care at all road 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. Local regulation 6. Riders must take extra care when exiting from Seven Sisters Lane onto the A50.
CARE AT CHELFORD ISLAND	Local regulation 5. 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.
CARE IN TWEMLOW LANE	Local regulation 7. 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.

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.

No helmet, no lights = no ride!

OBSERVERS	<p>Will be present around the course and will report competitors whose riding is considered to be in breach of the Regulations.</p> <p>Riders must not perform U-turns in the vicinity of the start or finish of the event. Riders observed performing U-turns will be disqualified and reported to the District Committee who will consider disciplinary proceedings.</p>
Accompanying vehicles	<p>There have some recent cases of vehicles accompanying riders during events. Note the following CTT regulation:</p> <p>Following, preceding or accompanying vehicles are NOT permitted during this event. This is covered in Regulation 22 and contravention will result in riders being called to a disciplinary hearing by the District Committee.</p>



Veterans Time Trials Association

Competitive Cycling for Life

OVER 40? KEEP ON TIME TRIALLING!



**If you are over 40 and
into time trialling,
then the VTTA is for you**

**VTTA age adjusted racing
provides equal competition
and brings out your best**

- We have members spread across 16 regional groups, providing **UK wide activity**.
- All VTTA events and competitions use our **age adjustments system**, which compensates for age and gender so women and men from 40 to 90+ can compete equally.
- We promote about 100 time trial events a year, including eight **national championships**.
- We run **season long national competitions** over a range of distances.
- We offer indoor smart trainer competition with our **age adjusted Zwift time trial series**.
- We recognise the increasing popularity of **road bikes** in our events and competitions.
- Our **regional groups** also offer competitions, awards and social activities for their own members.
- Riders can also compete 'against themselves' in **individual challenges** called 'Standards', in which your performance is compared against previous seasons.
- We also manage national and group **age records** for men and women at the different time trial distances and on indoor and outdoor velodromes.
- Members receive our quarterly magazine '**The Veteran**' and our annual **handbook**.

Membership fees vary by group but are typically about £20.

Most VTTA members also retain membership of their cycling club, but you can join and race for us as your main club if you wish.



**You can find out more and join
any VTTA Group online at:
www.vtta.org.uk**

**JOIN
US...**



No	Name		Club	Category	VTTA Age Adjustment	VTTA member	Start time
6	Vic	Trigger	Crewe Clarion Wheelers	V70	00:11:59	Man & NW	14:06
7	Keith	Nield	Chester RC	V80	00:10:15	Merseyside	
8	Philip	Gleave	Congleton CC	S			
9	Denise	Hurst	Congleton CC	VF70	00:09:49		
10	Isaac	Russell	Team PB Performance	S			14:10
11	Graham	Peel	Crewe Clarion Wheelers	V40	00:00:17		
12	Euan	Douglas	Manchester Triathlon Club	S			
13	Lynsey	Astles	Congleton CC	VF40	00:04:06	Man & NW	
14	Simon	Davis	VTTA (Midlands)	V40	00:00:35	Midlands	
15	Mike	Walker	Congleton CC	V40	00:00:23	Man & NW	
16	Tracy	Gregory	Buxton CC	VF50	00:05:37	N Midlands	
17	Alice	Taylor	Congleton CC	SF			
18	Garry	Shuker	Walsall Roads CC	V60	00:04:44	Midlands	
19	John	Verbickas	Seamons CC	V70	00:08:20	Man & NW	
20	Mick	Hutchins	Congleton CC	V40	00:00:50	Man & NW	14:20
21	Paul	Basson	ABC Centreville	V50	00:01:15		
22	Martin	Harney	Manchester BC	V60	00:02:56		
23	Paul	Targett	VTTA N Lancs & Lakes	V50	00:02:30	N Lancs & Lakes	
24	Matthew	Bell	Warrington RC	S			
25	Lucy	Rogers	Congleton CC	V50	00:01:44	Man & NW	
26	Derek	Schofield	Rossendale RC	V70	00:05:40		
27	Michael	Cox	North Lancashire RC	V70	00:08:20		
28	Tony	Perrin	Stone Wheelers CC	V60	00:03:24		
29	John	Leach	Rossendale RC	V70	00:08:47	N Lancs & Lakes	
30	Daniel	Chesters	Warrington RC	V40	00:00:35		14:30
31	James	Smith	Total Tri Training	S			
32	Peter	Jackson	Macclesfield Wheelers	V60	00:04:26	Man & NW	
33	Alan	Roberts	Stone Wheelers CC	V70	00:07:30		
34	William	Renard	Macclesfield Wheelers	V70	00:07:54	Man & NW	
35	James	Meldrum	Mersey Tri	V40	00:00:17	Merseyside	
36	Warren	Mason	VTTA (North)	V50	00:02:30	N Lancs & Lakes	
37	Chris	Wilcox	Stone Wheelers CC	V60	00:02:56	Man & NW	
38	Dave	Roberts	Warrington RC	V50	00:02:06		
39	Gillian	Shaw	Seamons CC	VF40	00:04:06		
40	Eddie	Monteith	Warrington RC	S			14:40
41	Jonathan	Lloyd	Westmead Team 88	V50	00:01:55	Man & NW	
42	Andy	Whitehead	Seamons CC	V60	00:02:56		
43	Nick	Bailey	Congleton CC	V50	00:01:55	Man & NW	
44	Bartosz	Lukasik	Macclesfield Wheelers	V40	00:00:07		
45	Matthew	Siepen	Seamons CC	J			
46	Paul	Emmins	Salford CC	S			
47	Claire	Harrison	Congleton CC	V50	00:00:58	Man & NW	
48	Jenny	Zwijnen	Total Tri Training	VF40	00:03:53		
49	Gareth	Hinde	Warrington RC	V50	00:01:15		
50	Adrian	Hughes	Seamons CC	V50	00:02:06	Man & NW	14:50
51	David	Wright	Warrington RC	V60	00:03:54	Man & NW	
52	Chris	Siepen	Seamons CC	V40	00:00:29	Man & NW	

53	Robert	Bagot	Warrington RC	V40	00:00:42		
54	Tim	Smith	Manchester BC	V40	00:00:50		
55	Stephen	Dooley	Seamons CC	V40	00:00:07	Man & NW	
56	Stuart	Henderson	ADDFORM Vive Le Velo	V40	00:00:42	Yorkshire	
57	Richard	Shaw	Seamons CC	V50	00:01:44	Man & NW	
58	Louis	Thomas-Messenger	Macclesfield Wheelers	S			
59	Alan	Chorley	Seamons CC	V50	00:01:15	Man & NW	
60	Alexander	Royle	Manchester BC	S	00:00:42	Man & NW	15:00

Sponsored clubs:

Warrington Road Club/Horton Light Engineering

ADDFORM Vive Le Velo

Congleton CC – MyWindsock

Buxton CC/Sett Valley Cycles