

# **Seamons CC (incl. VTTA Manchester & NW Group)(Cheshire Points Series 16 of 20)**

**The event is 'Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations'**

**13/07/2024 14:00**

**J2/9**

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



## Headquarters

**Allostock Village Hall**, Chapel Lane, Cheshire, WA16 9LN. Signposted off the A50 Holmes Chapel to Knutsford road (3 miles north of Holmes Chapel). **Note – no cycling shoes to be worn in the village hall**

## Route from HQ to start

Directions to the start:

**The start is 4.5 miles from the HQ so please allow sufficient time to get there.** Suggested route to start: from the HQ, carry on to the end of Chapel Lane. Turn right on to the A50 London Road and first left on to New Plat Lane. Go left on to the Main Road and proceed through Goostrey Village and turn left at the church on to Blackden Lane. Bear right on to Bomish Lane and continue to the start, shortly after Jodrell Bank.

## Course details

COURSE J 2/9 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 and forward on the A535 to:-

CHELFORD ISLAND 2.169 m 2nd exit left on the A537 to Seven Sisters lane at:-

OLLERTON CROSS ROADS 5.219 m left along the lane to the A50 and left on the A50 to Twemlow Lane at:-

CRANAGE 11.408 m left into and along the lane to join the A535 at Twemlow Green, left to:-

CHELFORD ISLAND 18.064 m 2nd exit left on the A537 to Seven Sisters Lane at

OLLERTON CROSS ROADS 21.052 m left along the lane to the A50 and, left on the A50 to:-

FINISH 25.000 m At a “JF2” mark opposite the right hand field gate post opposite and just before the entrance to the Mount Pleasant Nursing Home, approx 500yds. past the cross roads after the Drovers Public House.

NOTES to appear on the Start Sheet

1 No parking at the start or finish. Vehicles must not be parked, however briefly, in any part of the access area to Mound Pleasant Nursing Home, opposite the 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 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.

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.

## Local regulations

# SAFETY NOTES

1. No parking at the start or finish. Vehicles must not be parked, however briefly, in any part of the access area to Mount Pleasant Nursing Home, opposite the finish. No parking for competitors or helpers at the start on Bomish Lane
2. Riders must not stop at the finish or ask the timekeeper for times but should continue on to the event headquarters.
3. Competitors must ride in a safe manner within the rules of the roads and not take risks. Bicycles must be safe to ride according to Regulation 14.
4. 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.
5. 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.
6. Riders must take care when turning left into Seven Sisters Lane and Twemlow Lane not to swing right into the path of following traffic before turning left.
7. Riders must take extra care when exiting from Seven Sisters Lane onto the A50 and must not cross the . Observers will report riders who breach this rule.
8. 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.
9. All competitors must wear a properly affixed helmet which must be of hard/soft/ shell construction. See Regulation 15.
10. It is mandatory that a working front and 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. See Regulation 14
11. Following, preceding or accompanying vehicles are **NOT** permitted during this event. This is covered in Regulation 21, 22 and contravention will result in riders being called to a disciplinary hearing by the District Committee.

# GENERAL NOTES

1. Riders must sign the signing on sheet and collect their number at the HQ before starting.
2. Riders must return their number to the HQ after riding and sign out. A rider who fails to

sign the official signing-out sheet and return their number shall be recorded as DNF.

3. 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.
4. 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 & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm. Road Bikes competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" position or simulate a TriBar position by resting the forearms on the handlebars.

Sponsored Clubs:

Warrington Road Club/Horton Light Engineering

Congleton CC - MyWindSock

Buxton CC – Sett Valley Cycles

## **Organiser contact details**

Charles Carraz  
36 Barkers Lane Sale  
07789 747116  
0161 478 6894  
seamonsttsec@hotmail.co.uk

## **Time keepers/officials**

Time Keepers:

Ian Ross (start) and Bob Norton (finish)

## **Course records**

### **Solo Open**

00:47:49

Ryan Mullen

03-Jul-21 | Westmead Team 88 (Cheshire points series 13 of 20)

### **Solo Female**

00:54:40

Abi Smith

10-Jul-21 | Macclesfield Wheelers (Cheshire Points Series 5 of 20)

### **Solo Open (Junior)**

00:52:44

Aidan Lawrence

19-Sep-20 | Stretford Wheelers (SWCC Centennial 25)(Cheshire Points Series 20 of 20)

### **Solo Female (Junior)**

00:57:28

Maddie Leech

19-Sep-20 | Stretford Wheelers (SWCC Centennial 25)(Cheshire Points Series 20 of 20)

### **Tandem**

00:53:01

Becky Lewis, Howard Lewis

01-Jun-19 | Manchester & District Time Trials Association (Cheshire Points Series 9 of 20)(Tandems)(fee per rider)

### **Team TT**

00:48:01

William Tidball, Alfie George, Oscar Nilsson-Julien

24-Jun-21 | Warrington Road Club (4 up TTT)(fee per rider) (Bioracer Kudos Series 7)

## **Awards/prizes**

**Prize list:** (1 prize per rider except team prize)

	<b>Overall</b>	<b>Female</b>	<b>VTTA AAT</b>	<b>Road</b>	<b>Handicap</b>	<b>Team of 3</b>
1st	£30	£30	£30	£30	£30	£20
2nd	£20	£20	£20	£20	£20	
3rd	£10	£10	£10	£10	£10	

## **NOTES TO COMPETITORS:**

## 17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded 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.

# Startsheet

## Seamons CC (incl. VTTA Manchester & NW Group)(Cheshire Points Series 16 of 20)

Start Number	Start Time	Rider	Club	Gender	Category
1	14:01:00	Matthew Siepen	Seamons CC	Open	Espoir
2	14:02:00	James Rees	Audax UK	Open	Vet
3	14:03:00	Lynsey Astles	Congleton CC - MyWindsock	Female	Vet
4	14:04:00	John Leach	Rossendale Cycling Club	Open	Vet
5	14:05:00	David Wright	Warrington Road Club/Horton Light Engineering	Open	Vet
6	14:06:00	John Proudlove	Velo6 Racing	Open	Vet
7	14:07:00	Robbie Harcourt	CiclosMajor.com	Open	Vet
8	14:08:00	Sean Cordell	Manchester Wheelers	Open	Vet
9	14:09:00	David Griffiths	Crewe Clarion Wheelers	Open	Vet
10	14:10:00	Lloyd Smith	Weaver Valley CC	Open	Senior
11	14:11:00	Derek Black	Wigan Whs CC	Open	Vet
12	14:12:00	Laura Gray	Total Tri Training	Female	Senior
13	14:13:00	Stephen Cooke	Walsall Roads Cycling Club	Open	Vet
14	14:14:00	Kelsie Johnson	Total Tri Training	Female	Senior
15	14:15:00	Anna Weaver	Team Kirkley Cycles	Female	Senior
16	14:16:00	Neil Hollingsworth	Rochdale Tri Club	Open	Vet
17	14:17:00	Claire Harrison	Congleton CC - MyWindsock	Female	Vet
18	14:18:00	David Wingate	Seamons CC	Open	Vet
19	14:19:00	Vicki Faulkner	Rochdale Tri Club	Female	Senior
20	14:20:00	Steve Gibson	Peak Road Club	Open	Vet
21	14:21:00	Adrian Fox	Congleton CC - MyWindsock	Open	Vet
22	14:22:00	Anna Birrell	Total Tri Training	Female	Senior
23	14:23:00	Paul Emmins	Salford Cycling Club	Open	Senior
24	14:24:00	John Verbickas	Seamons CC	Open	Vet
25	14:25:00	Eddie Monteith	Warrington Road Club/Horton Light Engineering	Open	Senior
26	14:26:00	Rufus Brunt	Seamons CC	Open	Vet
27	14:27:00	Neil Laing	Southport CC	Open	Vet
28	14:28:00	Sally Cunliffe	Velotik Racing Team	Female	Vet



Start Number	Start Time	Rider	Club	Gender	Category
29	14:29:00	Neil Walker	Dukinfield Cyclists' Club	Open	Vet
30	14:30:00	Phil Land	Velo6 Racing	Open	Vet
31	14:31:00	Stephen I'Anson	Buxton CC/Sett Valley Cycles	Open	Vet
32	14:32:00	Nathan Whitehall	Congleton CC - MyWindsock	Open	Vet
33	14:33:00	Gillian Shaw	Seamons CC	Female	Vet
34	14:34:00	Oliver Thomas Johnstone	Macclesfield Wheelers	Open	Vet
35	14:35:00	Philip Knupfer	Manchester Bicycle Club	Open	Vet
36	14:36:00	Alice Taylor	Congleton CC - MyWindsock	Female	Senior
37	14:37:00	Miles Haslam	Buxton CC/Sett Valley Cycles	Open	Vet
38	14:38:00	Chris Wilcox	Stone Wheelers CC	Open	Vet
39	14:39:00	Tracy Gregory	Buxton CC/Sett Valley Cycles	Female	Vet
40	14:40:00	Richard Bowditch	Congleton CC - MyWindsock	Open	Vet
41	14:41:00	Keri Parton	Team Bottrill	Female	Senior
42	14:42:00	Tim Marshall	Seamons CC	Open	Vet
43	14:43:00	Ian Casson	Birkenhead Victoria CC	Open	Vet
44	14:44:00	Alexander Bayliss	Lyme Racing Club	Open	Senior
45	14:45:00	Tony Clarke	Total Tri Training	Open	Vet
46	14:46:00	David Fox	Warrington Road Club/Horton Light Engineering	Open	Vet
47	14:47:00	Alex Mollart	Congleton CC - MyWindsock	Open	Vet
48	14:48:00	Simon Bytheway	Rochdale Tri Club	Open	Vet
49	14:49:00	Janet Wyles	Cheshire Maverick Cycle Club	Female	Vet
50	14:50:00	Alan Chorley	Seamons CC	Open	Vet
51	14:51:00	Jamie Platt	Manchester Triathlon Club	Open	Vet
52	14:52:00	Stephen Winrow	Wigan Whs CC	Open	Senior
53	14:53:00	Nick Bailey	Congleton CC - MyWindsock	Open	Vet
54	14:54:00	Lisa Ho	Newcastle (Staffs) Tri Club	Open	Senior
55	14:55:00	Richard Marshall	Team Wheelguru	Open	Vet
56	14:56:00	Philip Gleave	Congleton CC - MyWindsock	Open	Senior
57	14:57:00	Andy Whitehead	Seamons CC	Open	Vet
58	14:58:00	Derek Schofield	Rossendale Cycling Club	Open	Vet

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
59	14:59:00	Anne Haslam	Buxton CC/Sett Valley Cycles	Female	Vet
60	15:00:00	Matt Morris	Wigan Whs CC	Open	Senior
61	15:01:00	Graham Noble	Graham Weigh Racing-Deeside Olympic	Open	Vet
62	15:02:00	Gail Lowe	Congleton CC - MyWindsock	Female	Vet
63	15:03:00	Ged McGrath	SKCC	Open	Vet
64	15:04:00	Jon Dance	ABC Centreville	Open	Vet
65	15:05:00	Alex Critcher	Team Wheelguru	Open	Vet
66	15:06:00	Martin Harney	Manchester Bicycle Club	Open	Vet
67	15:07:00	David Burgess	Total Tri Training	Open	Senior
68	15:08:00	Adam Bailey	Macclesfield Wheelers	Open	Vet
69	15:09:00	Euan Douglas	Manchester Triathlon Club	Open	Senior
70	15:10:00	Chris Standidge	Total Tri Training	Open	Vet