

MANCHESTER & DISTRICT TIME TRIALS ASSOCIATION

OPEN 100 MILE TIME TRIAL

Incorporating the:
M&DTTA 100 CHAMPIONSHIP
PLUS ROUND 3 OF THE M&DTTA MIDDLE DISTANCE CHAMPIONSHIP
& ROUND 13 OF THE CHESHIRE COURSES POINTS COMPETITION

Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations
Commencing at 08:06 am, on Sunday, 1st July 2018

Course: J4/18 (Revised June 2016)

Timekeepers: Mr. TG Lawrence (Start & 50 mls) & Mr I.Ross (Finish)

Handicap: CTT Tables (Only riders with 100 time LTS)

Start: Middlewich Rd, Byley, approx. 1.5 miles from HQ

Event HQ: Allostock Village Hall, Chapel Lane. WA16 9LN, Map Ref: 118/742715
on A50, 3 miles north of Holmes Chapel – **open from 06:30**

Event Sec :

Dave Fearon *

12 Whitley Ave,

Barnton, Northwich,

Cheshire, CW8 4LW

Tel: 01606 74577

Mob: 07989-382344

Prize Values & Awards

We are very grateful to an Anonymous Donor for a generous donation to help secure the future of this event.

One rider one prize, except team prize.

Category	First	Second	Third	Fourth
Fastest	£70	£50	£30	£20
Fastest Lady	£50	£40		
Handicap	£30	£20		
No Handicap	£30			
Team of 3	£20 each			
Fastest Vet on Standard	£20	£10		
Fastest Vet Actual	£20	£10		
Fastest Lady Vet on STD	£20			

M&DTTA Awards

(Only members of affiliated clubs are eligible for these awards)

Fastest Association Rider to hold the “**South Lancs Trophy**” Plus Ass’n Medal
Fastest Association Rider on handicap to hold the “**Lilian Heald Trophy**” Plus Ass’n Medal
Best Association Veteran On Standard to hold the “**Nick Carter Trophy**” Plus Plaque
Fastest Association Team to hold the “**South Lancs Team Shield**” Plus Ass’n Medals
Trophies held for one year
Presented at the Annual luncheon in January 2019

Rider Instructions: Numbers will be available at the HQ. You must sign on when collecting your number & sign out when returning it. Pin rear number low down and arm number on Left shoulder. Risk Assessment document available at sign in.

Directions to Start: Right out of HQ, down to A50 where turn right. After approximately 1.5 miles turn right with care into Middlewich Rd, and the start is a few hundred yards on your right & 10 minutes ride from the HQ.

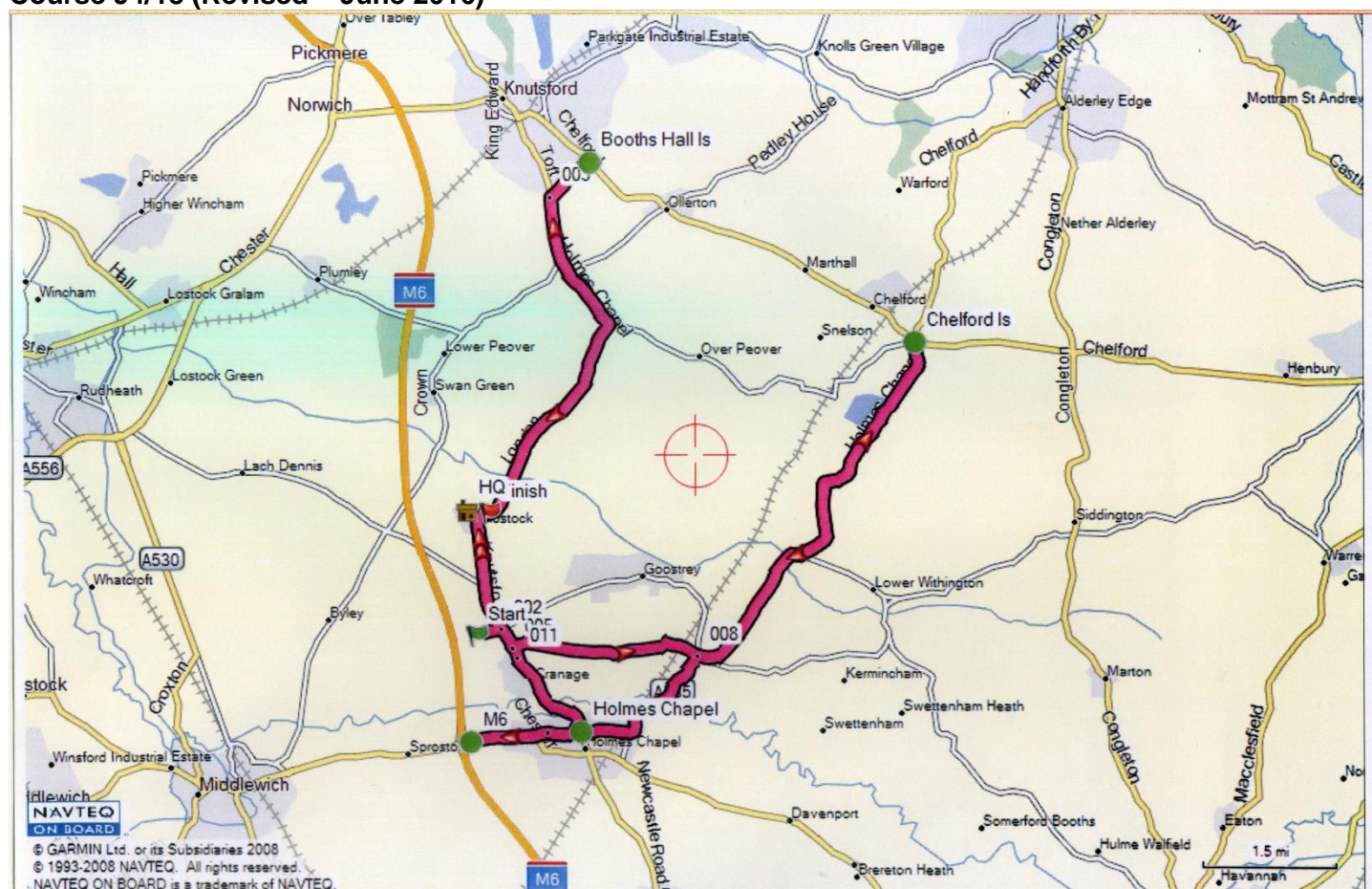
Warm-Up: Please do not overtake the start timekeeper when warming-up and no U-turns at start. Get off and walk across the road to start.

Please: only the Timekeeper's Car at the Start and Finish.

Car-Supported riders must complete registration form at sign in.

Self-Supporting riders can place their bottles (clearly marked with race number) on a labelled table at HQ, which will be transported to Twemlow Lane, near Hermitage X-roads, for self-serving at approx. 13.5, 43.5 and 73.5 miles. Later riders please note if table marshall has left HQ when you arrive, you need to take your own bottles to the table on Twemlow Lane approximately 3 miles away from the HQ.

Course J4/18 (Revised – June 2016)



START: in Middlewich Rd Cranage 200yds before Kings Lane before the entrance to Woodlea Farm Nursery going towards A50. Turn left on A50 and proceed towards Knutsford, turning right (with care) into Goughs Lane to **Booths Hall Island** (6.427). Encircle and re-trace to the A50 where turn left (with care). At **Twemlow Lane** (12.773) turn left into lane and proceed to junction with A535 and left to **Chelford Island**, (19.412) encircle island and return down A535 via Holmes Chapel mini islands to **M6 Junction 18** (27.076). Encircle island and at **Holmes Chapel Mini Islands** (28.529) turn left. Go along A50 to Goughs Lane turn right (with care). Proceed to **Booths Hall Island** (36.059).

Encircle island and commence a second lap as before back to **Booths Hall Island** (65.691).

Encircle island and commence a third lap as before back to **Booths Hall Island** (95.323).

Encircle Island and continue via Goughs Lane, along A50 to:-

Finish: On A50 just past centre of lay-by between bends at Allstock going South (100.058).

Return to HQ: Continue from finish for approximately 100yds and turn right back to HQ on Chapel Lane.

Important Requests & Warnings:

Care at road junctions: Riders **must** exercise caution at all junctions. Any competitor who's 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 maneuver will be regarded as a contravention of regulation 47(i), (iii), (v).

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.

Special Note - Riders **MUST NOT** approach or negotiate **ANY JUNCTION** using tri-bars.

LOCAL REGULATION COVERING USE OF TRI-BARS ON CHELFORD ISLAND

Riders must negotiate Chelford Island in a safe and sensible manner in accordance with CTT Regulation 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.

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.

Officials / Helpers: We will have approximately 50 enthusiasts assisting at this event. They have a separate set of instructions and a schedule as well as these Start documents.

At HQ we have the signing-on team, the catering team and the results team. The course has, in addition to the Timekeepers and their Assistants, Start Stewards, Marshals and Checkers, spread over 2 Groups / Shifts, so please show your appreciation and ride safely.

Call out your number: Timekeepers carry out a difficult job but we all too often take them for granted until they make a mistake, which occurs very occasionally. Please help to make their job easier and also to guarantee that your time is correct by shouting out your number clearly, as you cross the finish line for the final time.

M&DTTA 100-mile Championship on Sunday, 1st July 2018

No.	Start	Category	Name	Club	VTTA Standard	LTS best	H'cap (m:s)
6	08:06	Sen	Adam Dauer	Rapha	0:00:00	05:45:00	2:14:24
7	08:07	Vet	Steve McQuade	Crewe Clarion Whs	4:59:49	NQT	NQT
8	08:08	Vet	Mike Nolan	Cheshire Maverick Cycle Club	4:52:32	NQT	NQT
9	08:09	Sen	Adam Coates	Stafford Triathlon Club	0:00:00	NQT	NQT
10	08:10	Sen	Marko Mather	TricentralUk	0:00:00	NQT	NQT
11	08:11	Sen	Stephen Magrath	Blaydon CC	0:00:00	NQT	NQT
12	08:12	Lady Sen	Chelsea McCloskey-Lambert	Manchester Wheelers	0:00:00	NQT	NQT
13	08:13	Sen	Edward Clarkson	York Triathlon RT	0:00:00	NQT	NQT
14	08:14	Vet	Richard Wilder	Sportzmad	4:51:31	NQT	NQT
15	08:15	Vet	Mark Pryal	Seamons CC	4:53:33	NQT	NQT
16	08:16	Vet	Kenneth Dorrington	Warrington Road Club/Horton Light Engineering/RS Cyclesport	5:08:49	NQT	NQT
17	08:17	Lady Vet	Polly Wilding	Congleton CC	5:13:37	NQT	NQT
18	08:18	Vet	Cliff Veighey	Manchester Triathlon Club	4:50:29	NQT	NQT
19	08:19	Lady Sen	Rachel Heaney	Tri Preston	0:00:00	NQT	NQT
20	08:20	Sen	Mark Brown	Seamons CC	0:00:00	04:46:14	1:19:34
21	08:21	Sen	Robert Anthony	Manchester Triathlon Club	0:00:00	NQT	NQT
22	08:22	Sen	Neil Laing	Southport CC	0:00:00	04:42:32	1:16:06
23	08:23	Vet	Andy Newby	Weaver Valley CC	4:50:29	NQT	NQT
24	08:24	Lady Vet	Claire Harrison	Vision Racing /Delamere Dairy/GRM Property Consultants/Swinnerton Cycles	5:13:37	NQT	NQT
25	08:25	Lady Vet	Mel Hayes	Manchester Triathlon Club	5:20:20	05:05:23	1:37:26
26	08:26	Vet	Roger Squire	Wrexham RC	4:55:34	04:53:46	1:26:35
27	08:27	Sen	Antony Walton	Tri Preston	0:00:00	05:29:49	2:00:14
28	08:28	Sen	Tom Pickering	Manchester Triathlon Club	0:00:00		NQT
29	08:29	Vet	Lee Wood	Congleton CC	4:51:31		NQT
30	08:30	Vet	Paul Watson	Manchester Triathlon Club	4:51:31	04:31:23	1:05:42
31	08:31	Vet	Denis Thompson	West Pennine Road Club	5:24:04	04:45:19	1:18:42
32	08:32	Vet	Paul Revell	Barrow Central Wheelers	5:03:21	05:03:00	1:35:12
33	08:33	Vet	Robbie Harcourt	Salford Cycling Club	5:02:08	04:40:43	1:14:25
34	08:34	Vet	Matt Yardley	Macclesfield Wheelers	4:54:33	NQT	NQT
35	08:35	C5	Simon Williams	Ashley Touring CC	0:00:00	04:38:54	1:12:43
36	08:36	Vet	Marc Osmand	Horwich Cycling Club	4:48:22	04:48:58	1:22:07
37	08:37	Lady Sen	Gemma Webster	Harry Middleton CC	0:00:00	05:20:42	1:51:44
38	08:38	Vet	Bartlomiej Holda	LeisureLakesBikes.com	4:50:29	04:25:15	0:59:58
39	08:39	Vet	Steven Hazeldine	Stone Wheelers CC	4:58:43	NQT	NQT
40	08:40	Sen	Stewart Moore	Manchester Triathlon Club	0:00:00	04:29:42	1:04:08
41	08:41	Vet	Will Turton	Mersey Tri	4:47:16	04:43:33	1:17:03
42	08:42	Sen	Patrick Carroll	Live Train Race	0:00:00	05:00:00	1:32:24
43	08:43	Vet	Tom Mitchell	TricentralUk	5:05:57	07:40:07	4:01:51
44	08:44	Vet	Mat Stephenson	Congleton CC	4:56:36	NQT	NQT
45	08:45	Vet	Stephen Sladin	Congleton CC	4:57:39	04:33:22	1:07:33
46	08:46	Vet	Sandy Wallace	Fife Century Road Club	5:35:06	04:46:16	1:19:35
47	08:47	Sen	Peter Rought	Manchester Triathlon Club	0:00:00	05:13:53	1:45:22
48	08:48	Sen	Adam Darby	Salford Cycling Club	0:00:00	NQT	NQT

M&DTTA 100-mile Championship on Sunday, 1st July 2018

No.	Start	Cat	Name	Club	VTTA Standard	LTS best	H'cap mins
49	08:49	Sen	Kirk Yearsley	Salford Cycling Club	0:00:00	NQT	NQT
50	08:50	Vet	Daniel Mathers	Seamons CC	4:51:31	03:49:35	0:26:41
51	08:51	Vet	Phil Gayes	Leek Cyclists' Club	4:53:33	04:27:06	1:01:42
52	08:52	Vet	Alistair Stanway	Weaver Valley CC	4:56:36	03:54:59	0:31:44
53	08:53	Vet	Mark Jones	Wrexham RC	4:48:22	04:12:14	0:47:50
54	08:54	Vet	Lee Anderton	TricentralUk	4:51:31	04:22:57	0:57:50
55	08:55	Vet	Daniel Shackleton	ABC Centreville	4:53:33	03:45:40	0:23:02
56	08:56	Sen	Jack Schofield	Congleton CC	0:00:00	03:53:04	0:29:56
57	08:57	Vet	Ian Peacock	Leek Cyclists' Club	5:19:33	04:04:07	0:40:15
58	08:58	Vet	Robert Pollen	Ashley Touring CC	4:46:07	04:19:47	0:54:52
59	08:59	Vet	Ronan O'Cualain	Seamons CC	4:47:16	04:25:58	1:00:39
60	09:00	Vet	Ian Cox	Fogartys Insurance Tri Team	4:54:33	03:37:11	0:15:07
61	09:01	Vet	Alan Chorley	Seamons CC	4:52:32	03:46:13	0:23:33
62	09:02	Vet	Tony Cullen	TricentralUk	4:50:29	03:53:16	0:30:07
63	09:03	Sen	John Thelwell	TricentralUk	0:00:00	04:07:50	0:43:43
64	09:04	Vet	Nathan Turnbull	Leigh Premier Road Club	4:47:16	04:22:55	0:57:48
65	09:05	Vet	Adrian Hughes	Seamons CC	4:57:39	03:38:52	0:16:41
66	09:06	Sen	Ben Norbury	Congleton CC	0:00:00	03:52:44	0:29:38
67	09:07	Sen	Lewis Eccleston	Manchester Triathlon Club	0:00:00	03:59:02	0:35:30
68	09:08	Sen	Gavin McCloskey- Lambert	Manchester Wheelers	0:00:00	04:18:07	0:53:19
69	09:09	Vet	Rod Mason	Stockport Clarion CC	4:48:22	NQT	NQT
70	09:10	Sen	Brian Fogarty	Fogartys Insurance Tri Team	0:00:00	03:28:26	00:06:57