



Manchester and District Ladies' Cycling Association

Saturday, 7th August 2021 on the J2/9 course

Ladies Open Handicapped 25 mile Time Trial Round 10 of the M&DTTA Cheshire Courses Points Competition

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.
Handicapped using standard tables

Event Organiser: Mavis Ross, 26 Brook Road, Lymm, Cheshire WA13 9AH. Tel: 01925 755080

Timekeepers: Martin Jackson & Ian Ross

First rider off at **2:01 pm**

Headquarters: Goostrey Village Hall Car Park postcode CW4 8PE located in Goostrey Primary School on Main Road, Goostrey.

Signing on and collection of numbers will be outside the entrance with numbers available from a table from 12.30pm onwards, please bring your own pen. Please note each rider must sign-on when collecting their number, and sign-off when returning it. Failure to do so will result in that rider being classified as DNF.

Prizes

Fastest	£30	1 st handicap	£20
2 nd	£25		

One rider one prize

Certificate to be awarded to fastest Association Vet on standard at the Annual Dinner.

Course: J2/9

START at a JS2 mark in Bomish Lane (Badger Bank to Goostrey road) at 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 mls) where 2nd exit left onto the A537 to Seven Sisters Lane at:

Ollerton Cross-roads (5.219 mls) where left along the lane to the A50 and left at Twemlow Lane at:

Cranage (11.408 mls) where left into and along the lane to join the A535 at Twemlow Green, left to:

Chelford Island (18.064 mls) where 2nd exit left onto the A537 to Seven Sisters Lane, left along the lane to join the A50, left again to:

FINISH (25.000 mls) at the J2/9 mark opposite the right hand field gate post, opposite and just before the entrance to the Mount Pleasant Nursing Home.

Weaver Valley CC 25 will follow this event.

Order of Start

No	Name	Club	Cat	H.Cap	Standard	Start
1	Claire Thompson	Weaver Valley CC	V	NQT	1:12:49	2.01
2	Kerry Gleave	Congleton CC	V	22:57	1:16:12	2.02
3	Michelle Fairclough	Salford CC	V	19:17	1:13:14	2.03
4	Katherine Swithenbank	Bury Clarion CC	S	NQT		2.04
5	Claire Harrison	Congleton CC	V	15:37	1:13:40	2.05
6	Jenny Hill	Army Cycling	S	16:48		2.06
7	Jayne Dickens	Pro Vision RC	V	13:21	1:14:53	2.07

Covid Precautions

CTT has issued two PDF documents, a Covid-19 Risk Assessment and “Putting on a Cycling Time Trials Event during COVID19”. If you haven’t already read these, please download from the CTT website and read them carefully. These are the key messages: -

- **Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid19 symptoms.**
- Vehicle parking is provided at Goostrey Village Hall.
- The Village Hall building will be operated on a one-way system for access to the toilet area.
- There are men’s and women’s toilets: one in – one out, wear a mask and queue outside 2 metres apart if necessary. Users will have to apply hand sanitizer on entry.
- There are no changing facilities at the HQ, please come dressed ready to ride.
- No more than THREE riders are allowed to queue at the start, so time your arrival accordingly or wait on Bomish Lane suitably spaced until your turn.
- Do not leave any clothing, bottles etc at the start.
- No assisted push-off. Riders will have to set off unassisted from the Start timekeeper. Do not cross the start point until you get the signal from the timekeeper.
- There are no HQ catering facilities. Please bring your own post-ride recovery snacks and drinks.
- There is no public display Results Board, results will be available on the CTT website after the event. Please return to HQ promptly to sign out with your own pen, and return your number. Then please go home and do not congregate.
- Do not approach the timekeepers or any other officials.

Notes and Local Regulations

The Risk Assessment document will be available at Signing-On but we highly recommend you read this, in advance, on the CTT District website (<https://manchester.ctt.org.uk/>) – especially those riders who are not familiar with the course and its junctions (plus its ruts and potholes).

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.

Chelford Island

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.

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.

Start and finish

No “U” turns in the vicinity of the start or finish.

Riders must not stop at the finish, but should instead continue back to the headquarters.

Vehicles

A competitor must not be preceded, accompanied, followed by or in any way receive assistance from a motorised vehicle or its occupants during events shorter than 100km (CTT Reg 22).

No parking for riders or spectators at the start or finish. This is both for the safety of riders at the start, and because of limited space. **Parking is available at the headquarters, please be considerate towards local residents.**

Helmets

It is strongly advised for your own safety that you wear a hard-shell helmet that meets an internationally accepted safety standard.

All competitors who will be under the age of 19 on 31st December of this year **MUST** wear a properly affixed helmet of hard/soft shell construction. For these riders, a helmet is required (CTT Reg 15), instead of just strongly advised.

Rear Light

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.

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)

Other M&DLCA events 2021 – see CTT website for further details, entries on-line, closing dates 10 days before event.

Course	Date & time	Organiser	Information
J4/9 50 miles	Sat 4 th Sept 13:00	Ian Ross	M&DLCA open championship 50 (in conjunction with M&DTTA championship. All riders should enter the M&DTTA event)

Each year, the M&DLCA awards several prizes and trophies to members of the M&DLCA and affiliated clubs. Clubs can affiliate by sending £10 affiliation fee to Mavis Ross, details are on our website on the affiliation form. Any event on a ‘25’ or ‘50’ mile ‘J’ course counts for these trophies, as long as copies of the results sheet and entry form are sent to the M&DLCA BAR Secretary, K. Jackson, but the only counting ‘10’ mile events are those organised by the M&DLCA, **plus, for this year only, the 10 mile event on 9th October 2021 being run by the M&DTTA.** This is because we had to cancel one of our own 10 mile events due to COVID restrictions.

Visit our website at <http://www.mdlca.org.uk> for the latest news, results and photos

We also have a [Facebook page](#) for photos and posts, and on Twitter we are @ManDLCA.