



Manchester and District Ladies' Cycling Association

23rd April 2022

Ladies Open Handicapped, Men's Invitation and GHS 10 mile Time Trials

Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.

Handicapped using standard tables, using fastest time since 1st Jan 2020, or if none ridden, fastest time in last 3 years.

Event Organiser: Heather West, 49 Grendale Avenue, Hazel Grove, Stockport, Cheshire, SK7 6LJ

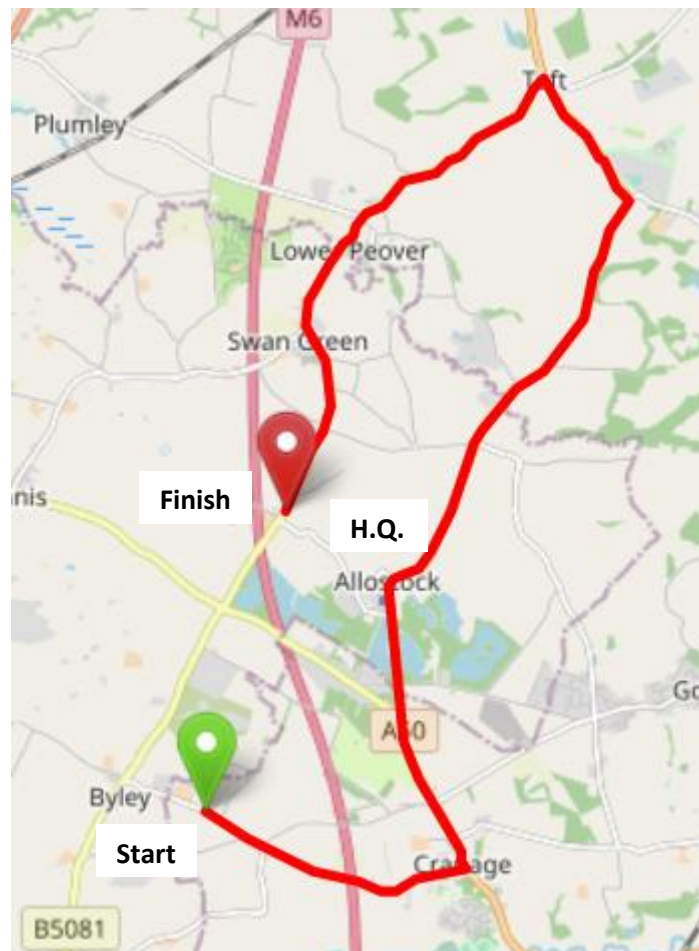
Tel: 07800854203

Timekeepers: start Mr I Ross/ finish Mr M Jackson

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

Headquarters: **Allostock Village Hall Car Park** located in Chapel Lane, Allostock, Knutsford, WA16 9LP

Signing on and collection of numbers will be in the hall 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.



Directions from headquarters to start, and from finish back to headquarters

The route will be signposted.

Allow plenty of time to cycle to the start which is approx. 3.0 miles from the HQ.

To the Start - Leave the Village Hall on Chapel Ln towards Princess Rd. Turn right onto Princess Rd then right onto Wash Ln. Turn left onto Middlewich Rd/B5081. At junction with The Three Greyhounds public house turn right then immediately left onto Byley Rd. Proceed for approx. 1.0 miles and turn left onto Moss Lane where the start can be found approx. 0.4 mile on the left.

To return to the HQ at the end of the time trial, continue on past the finish and turn left into Wash Lane. Turn left onto Princess Rd and left onto Chapel Ln to the HQ.

Course Details - J4/20 – 10 miles

START

On Moss Lane (Byley) adjacent to far gate post at first field gate on left after Lowes Farm Shop **0.000 m**
Proceed eastwards to: -

A50 Cranage **1.616 m**
Turn left along the A50 to: -

Toft Corner **6.817 m**
Left onto the B5081 via Smithy Green and Lower Peover to the

FINISH **10.006 m**
approx. 15 yds at a 'Caution Cows' sign about 100 yds before Wash Lane

NOTES

NO PARKING AT START OR FINISH OTHER THAN TIMEKEEPER VEHICLES NO MATTER HOW BRIEF.

Toft Corner –

You must not swing wide to negotiate this corner and you must come off your "Tri Bars".

Failure to do so will disqualify you from the event and you may be reported to the District Committee for Further Disciplinary Action.

Prizes

		Ladies			Men	Combined	
1 st	£20.00	1 st handicap	£20.00	1 st	£20.00	1 st	£20.00 each
2 nd	£15.00	2 nd handicap	£15.00	2 nd	£15.00	2 nd	£15.00 each
3 rd	£12.00	3 rd handicap	£12.00	3 rd	£12.00	3 rd	£12.00 each

Certificate to be awarded to fastest M&DLCA Vet on standard at Annual Dinner.

One rider one prize, except Combination.

COVID PRECAUTIONS

CTT has issued a document "Covid-19 Risk Assessment 09 08 21". If you haven't already read this, please download from the CTT website and read carefully.

<https://www.cyclingtimetrials.org.uk/documents/index/covid-19> .

These are the key messages: -

- Whilst no longer mandatory, please maintain social distancing when possible whether riding, officiating or spectating.
- **Competitors should not attend if they feel ill in ANY way especially if they or family members have any symptoms.**
- The Village Hall building will be ventilated as well as possible and we advise all those entering the HQ be sensible regarding keeping a safe distance from one another.
- Please follow government guidelines on handwashing/sanitising.
- There are no changing facilities so please arrive ready to race or be discreet if changing in your car.
- No assisted push-off. The M&DTTA have decided to continue to ask riders to set off unassisted from the Start timekeeper. Do not cross the start point until you get the signal from the timekeeper.
- We will be offering HQ catering and a Results board.
- Do not approach the timekeepers or any other officials.
- Ensure that you review the Risk Assessment at time of signing on!
- Face masks are now self-choice in all areas.

HQ Contacts on the day Heather West 07800854203

Notes and Local Regulations

We highly recommend you the Risk Assessment document 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).

Warnings:

Care at 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.

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 manoeuvre will be regarded as a contravention of regulation 47(i), (iii), (v).

No U Turns

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.

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.

Helmets (CTT Reg 15) **Note change to rule re: All competitors**

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard as detailed in CTT Reg 15.

Lights

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.

Front Light. 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.

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)

Riders should not warm up on the course after the event has started.

GHS

No.	Name	Cat	Club	Start
1	Matthew Siepen	J	Seamons CC	14:01
2	Nicholas Smith	J	Westmead Team 88	14:02

Ladies

No.	Name	Cat	Club	H/Cap	Std	Start
5	Carolyn Hulme	V	Cheshire Mavericks	NQT	29.35	14:05
6	Lynsey Astles	V	Congleton CC	7.08	28.57	14:06
7	Cheryl Hutchins	V	Total Tri Training	NQT	30.39	14:07
8	Emma Bradfield	V	Warrington Tri Club	NQT	29.41	14:08
9	Lucy Rodgers	V	Congleton CC	6.12	29.41	14:09
10	Gaynor Beckett	V	Total Tri Training	11.29	29.18	14:10
11	Claire Harrison	V	Congleton CC	NQT	29.12	14:11
12	Alison Stephenson	V	Congleton CC	8.34	29.35	14:12
13	Elisabeth Ogbonmwan		Manchester Tri Club	NQT	NA	14:13
14	Kerry Gleave	V	Congleton CC	10.08	30.08	14:14
15	Holly Carter		Manchester Wheelers	NQT	NA	14:15
16	Katherine Swithenbank		Bury Clarion	6.25	NA	14:16

Men

No.	Name	Club	Invited By	Start
20	Vic Trigger	Crewe Clarion CC		14:20
21	Alan Shuttleworth	Weaver Valley CC		14:21
22	Chris Bowman	Stockport Tri Club	Elisabeth Ogbonmwan	14:22
23	Glynn Kneale	Bury Clarion CC		14:23
24	Jonathan Beckett	Bury Clarion CC		14:24
25	Phillip Gleave	Congleton CC	Kerry Gleave	14:25
26	Andrew Ashmore	Buxton CC/Sett Valley Cycles		14:26
27	William Howarth	East Lancashire RC		14:27
28	Jeff Upton	Stockport Tri Club	Gaynor Beckett	14:28
29	Stephen Costello	Bill Nickson Cycles		14:29
30	Denis Thompson	West Pennine RC		14:30
31	Chris Barlow	Holmes Chapel Velo	Emma Bradfield	14:31
32	Tim Smith	Westmead Team 88	Holly Carter	14:32
33	Neil Swithenbank	Bury Clarion CC	Katherine Swithenbank	14:33
34	Mick Hutchins	Congleton CC	Lynsey Astles	14:34
35	Simon Phillips	Stockport Tri Club	Carolyne Hulme	14:35
36	James Brayford	Congleton CC	Alison Stephenson	14:36
37	Ian Bell	Abergavenny RC	Lucy Rodgers	14:37
38	Kevin Blades	Bury Clarion CC		14:38
39	Mat Ivings	Buxton CC/Sett Valley Cycles		14:39
40	David Williams	Velotik Racing Team		14:40
41	Grant Bigham	WattShop		14:41
42	Alastair Ribbands	Congleton CC	Claire Harrison	14:42

M&DLCA

Other M&DLCA events 2022 – see CTT website for further details, entries on-line, closing dates 10 days before event.

Course	Date & time	Organiser	Information
J4/20 10 miles	Saturday 11 th June 14:00	Kath Jackson	Ladies 10 mile Invitation
J4/9 50 miles	Sat 18 th June 13:00	Ian Ross	M&DLCA open championship 50 (in conjunction with M&DTTA championship. All riders should enter the M&DTTA event)
J4/9	Sat 6 th August 14:00	Mavis Ross	M&DLCA Ladies 25(in conjunction with the Weaver Valley)

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.

The onus is on the rider to submit, where required, copies of the entry form and results sheet to the M&DLCA BAR Secretary before 1st October of the current season.

*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.*