



# Manchester and District Ladies' Cycling Association

Saturday, 5<sup>th</sup> August 2023 on the J2/9 course

## Ladies Open Handicapped 25 mile Time Trial Round 18 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, postcode CW4 8PE located in Goostrey Primary School on Main Road, Goostrey.

**Signing on and collection of numbers** will be available from 12.30pm onwards. 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	£25	1 <sup>st</sup> handicap	£20	Fastest Team of 2	£10 each
2 <sup>nd</sup>	£20				
3 <sup>rd</sup>	£15				

One rider one prize except team

Certificate to be awarded to fastest Association Vet on age adjusted time

### 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	Vet AAT	Start
1	Lynsey	Astles	Congleton CC - MyWindsock	V	21:12	07:10	2.01
2	Vicki	Faulkner	Rochdale Tri Club	S	NQT		2.02
3	Alison	Stephenson	Congleton CC - MyWindsock	V	26:05	09:09	2.03
4	Jessica	Haney	Total Tri Training	S	22:12		2.04
5	Deb	Hutson-Lumb	Wrekinsport CC	V	16:46	10:37	2.05
6	Katherine	Swithenbank	360cycling	S	18:44		2.06
7	Claire	Harrison	Congleton CC - MyWindsock	V	18:45	08:08	2.07
8	Penny	Thorn	Port Sunlight Wheelers	V	20:19	07:54	2.08
9	Alice	Taylor	Congleton CC - MyWindsock	S	16:36		2.09

### Notes and Local Regulations

The Risk Assessment document will be available at Signing-On.

#### **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.

Remember – traffic on the island has priority over traffic (including riders) entering it.

#### **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. Vehicles must not be parked, however briefly, in any part of the access area of Mount Pleasant Nursing Home, opposite the finish. **Parking is available at the headquarters, please be considerate towards local residents.**

#### **Helmets**

All competitors **MUST** wear a properly affixed helmet of hard/soft shell construction that meets international standards.

## **Front and Rear Lights**

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, and to the rear of their machine a working rear red light, each of which shall be 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)

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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 the two organised by the M&DLCA plus the 10 mile event on 23/03/2024 run by the M&DTTA.

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.