



# Manchester and District Ladies' Cycling Association

10<sup>th</sup> June 2023

## Ladies Open Handicapped and Men's Invitation 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 1<sup>st</sup> Jan 2021, or if none ridden, fastest time in last 3 years.*

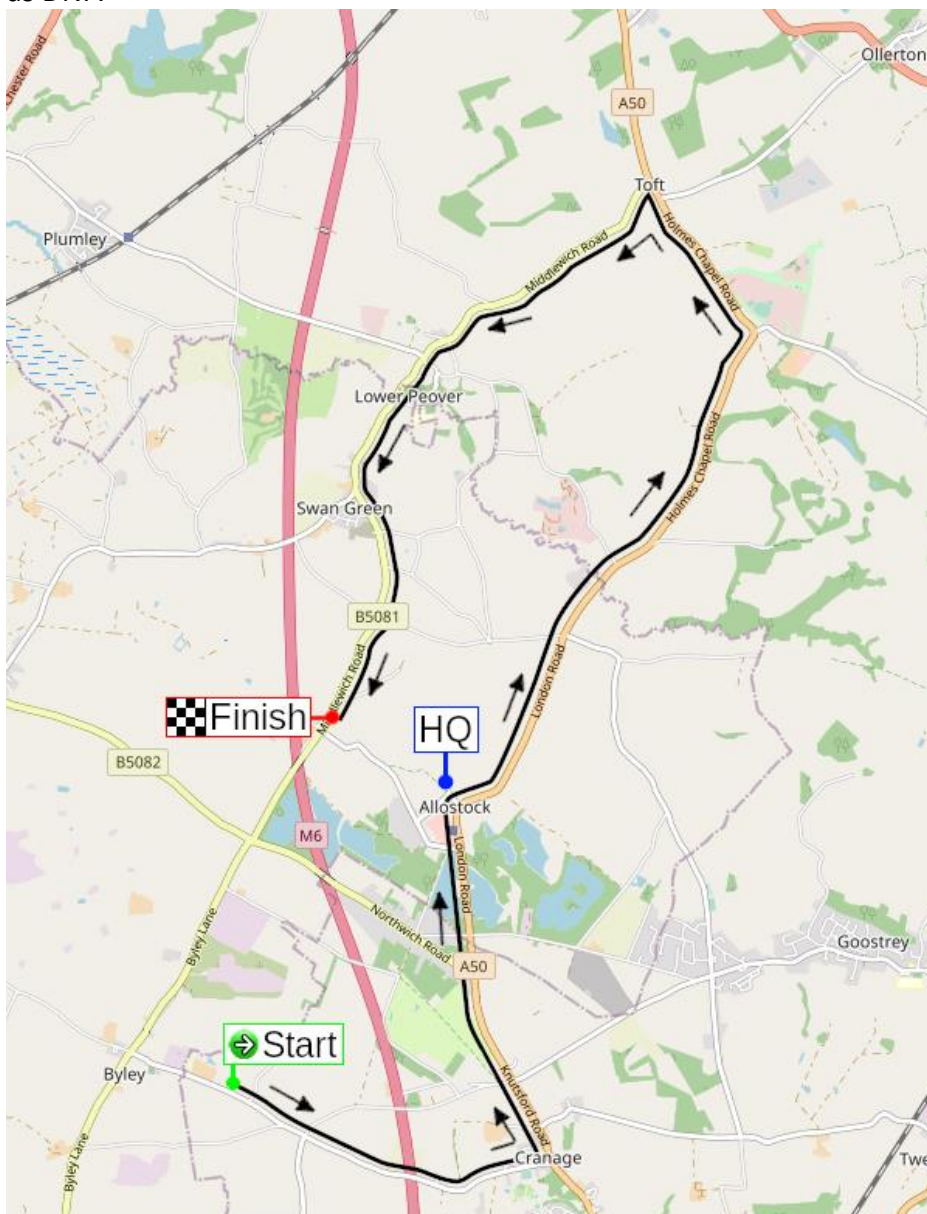
**Event Organiser:** K. Jackson, 7 Burford Crescent, Wilmslow, Cheshire, SK9 6BL. 01625 537401

**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 at 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. Please **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 (CAUTION when turning left onto the A50) 1.616 m**

Turn left along the A50 to: -

**Toft Corner (CAUTION do not swing wide when negotiating this 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

### **Prizes**

		<b>Ladies</b>			<b>Men</b>	<b>Combined</b>	
1 <sup>st</sup>	£30.00	1 <sup>st</sup> handicap	£30.00	1 <sup>st</sup>	£30.00	1 <sup>st</sup>	£30.00 each
2 <sup>nd</sup>	£20.00	2 <sup>nd</sup> handicap	£20.00	2 <sup>nd</sup>	£20.00	2 <sup>nd</sup>	£20.00 each
3 <sup>rd</sup>	£15.00	3 <sup>rd</sup> handicap	£15.00	3 <sup>rd</sup>	£15.00	3 <sup>rd</sup>	£15.00 each

Fastest team of two Ladies: £15.00 each

Fastest team of two Men: £15.00 each

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

One rider one prize, except Combination and Team.

### **Invitation event and Combined Prizes – explanatory note**

The men's event is an invitation event, in that the ladies who are riding the ladies' event can 'invite' or nominate one of the riders in the men's event to be their teammate for the purposes of the combined prizes. In practice there are some ladies who do not do this, and men in the invitation event who have not been nominated. To try and make sure that there is some competition for the combined prizes the organiser has matched up any 'spare ladies' with unallocated men. For this event ladies have been matched with men from their own club, and where this is not possible they have been matched with juveniles and juniors in the men's field.

**Covid Precautions** CTT has issued a document "Covid-19 Risk Assessment 23 02 22". 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.**
- Competitors and spectators are encouraged to undertake a lateral flow test prior to attending the event, and if positive they should not attend the event.
- Competitors with an elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and they should DNS and leave immediately and not go to the start line if they feel this is the case.
- 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&DLCA 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 Contact on the day Katherine Jackson 07411150578**

### **Notes and Local Regulations**

The course Risk Assessment document will be available at Signing-On but we highly recommend reading 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).

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

### **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.

At give way junctions riders must avoid traffic on the major road and stop if it is unsafe to proceed.

**A50 Cranage and Toft Corner –You must not swing wide to negotiate corners and you must come off your “Tri Bars” when turning onto the A50 and when turning left onto the B5081.**

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

## 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 (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.**

## M&DLCA

**Other M&DLCA events 2023 – see CTT website for further details, entries on-line, closing dates 10 days before event.**

Course	Date & time	Organiser	Information
J2/9 25 miles	Sat 24 <sup>th</sup> June 14:00	Robbie Harcourt	M&DLCA Ladies 25 (in conjunction with Salford CC)
J2/9 25 miles	Sat 5 <sup>th</sup> 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, **plus, for this year only, the 10 mile event on 18<sup>th</sup> March 2023 run by the M&DTTA.**

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 1<sup>st</sup> October of the current season.

Visit our website at <http://www.mdca.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.

## Ladies

No.	Name	Cat	Machine	Club	H/Cap	Std	Start
1	Michelle Fairclough	Veteran	TT Bike	Velotik Racing Team	7:33	29:07	2:01
2	Lynsey Astles	Veteran	TT Bike	Congleton CC - MyWindsock	8:04	29:07	2:02
3	Tracy Gregory	Veteran	TT Bike	Buxton CC/Sett Valley Cycles	9:34	30:15	2:03
4	Jacky Taylor	Veteran	TT Bike	Manchester Triathlon Club	13:42	30:01	2:04
5	Gail Lowe	Veteran	TT Bike	Congleton CC - MyWindsock	7:21	29:48	2:05
6	Sharon Clifford	Veteran	TT Bike	SheHair Racing Team	9:41	30:56	2:06
7	Kate Woodward-Nutt	Veteran	Road Bike	Manchester Triathlon Club	NQT	30:08	2:07
8	Jenny Castle	Veteran	Road Bike	Salford Cycling Club	14:14	29:07	2:08
9	Sarah Roberts	Senior	Road Bike	Manchester Triathlon Club	NQT		2:09
10	Lucy Rogers	Veteran	TT Bike	Congleton CC - MyWindsock	5:23	29:48	2:10
11	Lily Brindle	Junior	TT Bike	Brother Uk - Team OnForm	7:40		2:11
12	Mel Hayes	Veteran	TT Bike	Manchester Triathlon Club	NQT	29:54	2:12
13	Lesley Norbury	Veteran	TT Bike	Congleton CC - MyWindsock	11:54	31:36	2:13
14	Sarah White	Veteran	TT Bike	Manchester Triathlon Club	13:55	29:23	2:14
15	Jeanette Barber	Veteran	TT Bike	Seamons CC	11:41	31:15	2:15
16	Marianne Veighey	Veteran	TT Bike	Manchester Triathlon Club	NQT	29:29	2:16
17	Denise Hurst	Veteran	Road Bike	Congleton CC - MyWindsock	15:52	31:58	2:17
18	Jade Ong	Espoir	Road Bike	Manchester Triathlon Club	NQT		2:18

**NB Rider 10 has asked to be excluded from prizes.**

## Men

No.	Name	Cat	Machine	Club	Invited by	Start
25	Stephen Dooley	Veteran	Road Bike	Seamons CC	M&DLCA	2:25
26	William Salter	Junior	TT Bike	Anexo Group Race Team	M&DLCA	2:26
27	Robbie Harcourt	Veteran	TT Bike	Salford Cycling Club	Jenny Castle	2:27
28	Kelvin Milward	Veteran	TT Bike	Congleton CC - MyWindsock	M&DLCA	2:28
29	Sam Barratt	Senior	TT Bike	Manchester Triathlon Club	Mel Hayes	2:29
30	Ian Holbrook	Veteran	TT Bike	Stone Wheelers CC	Gail Lowe	2:30
31	Stephen Taylor	Veteran	TT Bike	Manchester Triathlon Club	Jacky Taylor	2:31
32	Richard Marshall	Veteran	TT Bike	Team Wheelguru	M&DLCA	2:32
33	Liam Kwan	Veteran	TT Bike	Stretford Wheelers CC	M&DLCA	2:33
34	David Griffiths	Veteran	TT Bike	Crewe Clarion Wheelers	M&DLCA	2:34
35	Sam Fisher	Junior	TT Bike	Anexo Group Race Team	Jade Ong	2:35
36	Richard Shaw	Veteran	TT Bike	Seamons CC	M&DLCA	2:36
37	Ian Slater	Veteran	Road Bike	Pocomotion Road Club	M&DLCA	2:37
38	Chris Evans	Veteran	TT Bike	Manchester Triathlon Club	Sarah White	2:38
39	Mike Cole	Veteran	TT Bike	Huddersfield RC	M&DLCA	2:39
40	Mat Ivings	Veteran	TT Bike	Buxton CC/Sett Valley Cycles	Tracy Gregory	2:40
41	Tim Smith	Veteran	TT Bike	Manchester Bicycle Club	M&DLCA	2:41
42	Peter Jackson	Veteran	TT Bike	Macclesfield Wheelers	M&DLCA	2:42
43	Paul Barber	Veteran	TT Bike	Seamons CC	Jeanette Barber	2:43
44	Cliff Veighey	Veteran	TT Bike	Manchester Triathlon Club	Marianne Veighey	2:44
45	Joe Cosgrove	Junior	TT Bike	Anexo Group Race Team	Sarah Roberts	2:45
46	Louis Thomas-Messenger	Senior	TT Bike	Macclesfield Wheelers	M&DLCA	2:46
47	Stephen Sladin	Veteran	TT Bike	Congleton CC - MyWindsock	M&DLCA	2:47
48	Richard Marais	Veteran	Road Bike	Manchester Triathlon Club	Kate Woodward-Nutt	2:48

49	Jacob Shovlin	Senior	TT Bike	trainSharp	M&DLCA	2:49
50	Adrian Hughes	Veteran	TT Bike	Seamons CC	M&DLCA	2:50
51	Andy Cummings	Veteran	TT Bike	Warrington Triathlon Club	M&DLCA	2:51
52	Chris Siepen	Veteran	TT Bike	Seamons CC	M&DLCA	2:52
53	John Leach	Veteran	Road Bike	Rosendale RC	M&DLCA	2:53
54	Nick Bailey	Veteran	Road Bike	Congleton CC - MyWindsock	Denise Hurst	2:54
55	Alexander Royle	Senior	TT Bike	Manchester Bicycle Club	Lynsey Astles	2:55
56	Kevin Blades	Veteran	TT Bike	360cycling	M&DLCA	2:56
57	Nicholas Smith	Juvenile	TT Bike	Westmead Team 88	Michelle Fairclough	2:57
58	Tony Perrin	Veteran	TT Bike	Stone Wheelers CC	M&DLCA	2:58
59	Alan Shuttleworth	Veteran	TT Bike	Weaver Valley CC	M&DLCA	2:59
60	Mark Parsons	Veteran	TT Bike	Team ASL-Bolton	M&DLCA	3:00
61	Michael Summers	Veteran	TT Bike	Team Wheelguru	M&DLCA	3:01
62	Paul Robinson	Veteran	TT Bike	Stone Wheelers CC	M&DLCA	3:02
63	Howard Leach	Veteran	Road Bike	VTTA North Lancs and Lakes Group	M&DLCA	3:03
64	John Verbickas	Veteran	TT Bike	Seamons CC	M&DLCA	3:04
65	Alex Dowsett	Senior	TT Bike	NopinZ	M&DLCA	3:05
66	Joe Rendall	Senior	TT Bike	Congleton CC - MyWindsock	M&DLCA	3:06
67	Andrew Newey	Senior	TT Bike	Ribble Valley C&RC	Sharon Clifford	3:07
68	Matthew Siepen	Junior	Road Bike	Seamons CC	Lily Brindle	3:08
69	Adrian Fox	Veteran	TT Bike	Congleton CC - MyWindsock	Lesley Norbury	3:09
70	Bryn Lawrence	Junior	TT Bike	Anexo Group Race Team	M&DLCA	3:10