



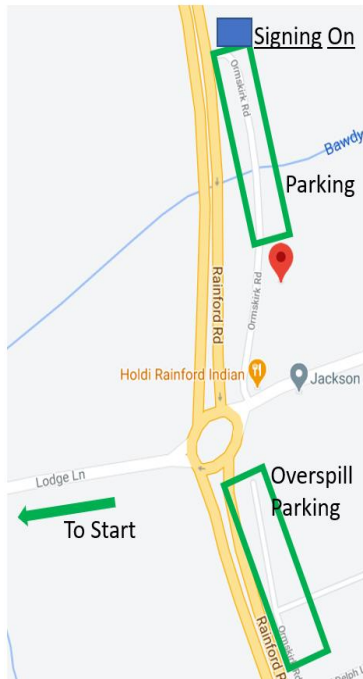
Mersey Tri 10 Mile Time Trial - Saturday 22/4/23 14:30

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.

Time Keepers

John Lahiff (Principal), Kate Wooder (Assistant).

Race Day Parking and signing on



Signing on will be at the far end of the layby (Ormskirk RD) near to the Wheatsheaf/Holdi Indian restaurant (sat nav WA11 7TA).

Please note that unfortunately the HQ has cancelled on us, we did try to hire a portaloos but they would not deliver to the signing on area, **as such there are no changing or toilet facilities**. We can only apologise. The nearest toilets are approx 6 miles from signing on at the Starbucks/petrol station (Skelmersdale Rd, Bickerstaffe, Ormskirk L39 0EZ). **Please arrive race ready.**

Each competitor must sign on when collecting and returning their race numbers at the signing on area, this is a CTT Requirement. Please pick up your number from the signing on area and return it at the end of the race, do not forget to sign out.

Numbers should be pinned to the lower back area and be clearly visible. Make sure you call out your number at the finish, otherwise your time may not be recorded. Do not remain, or ask for your time, at the finish.

Parking will be available near to signing on, please pay attention to the marshals who will advise you on the best place to park, **please do not park near to the houses/bungalows in the local area or in the Holdi car park. NO parking near to the start or finish.**

Overspill parking is available in the layby shown on the map, again No parking near to local residencies.

Rules and Regulations

Cycling Time Trials require all competitors to wear a hard-shell helmet that conforms to a recognised safety standard.

A working front and rear light, either flashing or constant, must be fitted to the machine in a position visible to other road users and be active whilst the machine is in use. **No Lights, No ride.**

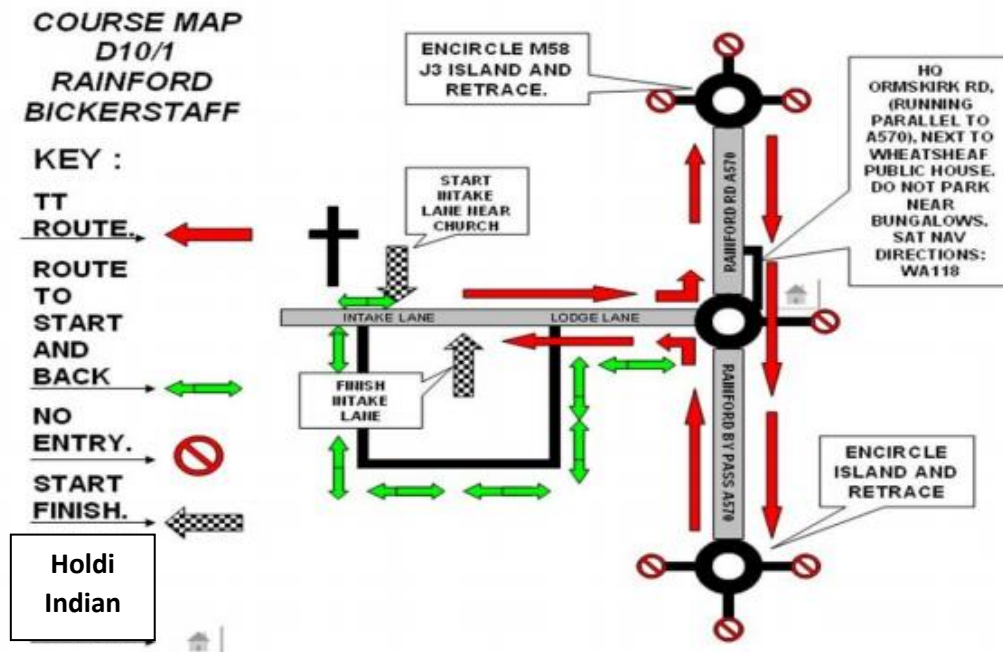
Riders **MUST NOT** stand in the road at the start or finish. Riders **MUST NOT** make U-turns in the road near the start or finish. Riders **MUST NOT** ride with their head down. Any rider observed to be riding in an unsafe manner or disregarding the Highway Code may face disciplinary action.

Riders must exercise care at all road junctions, riders must come up off their tri bars and be in full control of their bike at all 3 roundabouts on the course.

Riders must cover the shoulders and top of your arm (traditional tri suits are not acceptable if they do not cover the shoulders and upper arm).

Riding to and from the Start/Finish

Please use the following map to ride up to the start. Competitors who have not yet started should not travel in the direction of finish past the timekeeper at the finishing point, follow the **green arrows** to the start and to return.



If in doubt please ask one of the marshals on race day or ask at signing on for clarification on the course.

Course Description (red arrows above)

Start at the field entrance on Intake Lane at the first raised kerbstone 210 yds south of Bickerstaffe church.

Proceed to Holdi Restaurant roundabout/island A570 Rainford Bypass and turn left (1.691 miles)

Proceed to M58 island -take care here - and encircle (3.353 miles)

Straight across Holdi Restaurant roundabout/island and proceed to Rainford island (6.98 miles)

retrace back on A570 to Holdi Restaurant roundabout/island (8.736 miles) Left along Lodge Lane / Intake Lane to finish at second gatepost on edge of plantation (10 miles).

Results and Prizes

Results will be available via the MerseyTri Facebook page (<https://www.facebook.com/MerseyTri>) and via the CTT website as soon as possible following the event.

Category	1st	2nd	3 rd
Male	£40	£30	£20
Female	£40	£30	£20
Junior (under 18)	£25	£15	
Fastest male team of 3	£20 per rider		
Fastest female team of 3	£20 per rider		
Fastest mixed team of 3	£20 per rider		

Prize money (cheques) will be sent out in the post after the event using the details you have registered with CTT.

Race Organiser

Barry Williams, **all enquires** to be emailed to barrywilliams83@googlemail.com, contact 07377808945 on the day.

DNS

If you are unable to attend the event please contact the race organiser via email or phone **as soon as possible**.

Start List

29	14:29	Kathryn	Johnson	Mersey Tri
30	14:30	Eliza	Radclyffe	Mersey Tri
31	14:31	Emily	Hutchinson	Mersey Tri
32	14:32	Magi	Williams	Mersey Tri
33	14:33	Katie	Owens	Mersey Tri
34	14:34	Sara	Owczarczak-Garstecka	Mersey Tri
35	14:35	Janice	Davies	North Lancashire Road Club
36	14:36	Louise	Johnson	Liverpool Phoenix CC (Aintree)
37	14:37	Lisa	Gawthorne	Mersey Tri
38	14:38	Hannah	Fawcett	Liverpool Braveheart Bicycle Club
39	14:39	Theresa	Taylor	Springfield Financial Racing Team
40	14:40	Sue	Cheetham	North Lancashire Road Club
41	14:41	Janet	Fairclough	Liverpool Phoenix CC (Aintree)
42	14:42	Deborah	Moss	Springfield Financial Racing Team
43	14:43	Sharon	Clifford	SheHair Racing Team
44	14:44	Keri	Parton	Team Boompods
45	14:45	Patrick	Davidson	Liverpool Braveheart Bicycle Club
46	14:46	James	Clinton	Liverpool Braveheart Bicycle Club
47	14:47	Reuben	Corlett	Birkenhead North End CC
48	14:48	Kevin	Stock	Mersey Tri
49	14:49	Simon	Phillips	Stockport Tri Club
50	14:50	John	Winstanley	Mersey Tri
51	14:51	Ian	Lowery	Mersey Tri
52	14:52	Michael	Clinton	Liverpool Braveheart Bicycle Club
53	14:53	Sean	Harris	Mersey Tri
54	14:54	William	Campbell	Weaver Valley CC
55	14:55	Paul	Lewis	Mersey Tri
56	14:56	George	Howells	Mersey Tri
57	14:57	Geraint	Catherall	Anfield BC
58	14:58	Peter Mark	Roome	Mersey Tri
59	14:59	Chris	Gibbs	Mersey Tri
60	15:00	John	Bennett	Mersey Tri
61	15:01	Ian	Corrin	Port Sunlight Wheelers
62	15:02	Graham	Williams	Anfield BC
63	15:03	Richard	Warren	Liverpool Braveheart Bicycle Club
64	15:04	Graham	Peel	Crewe Clarion Wheelers
65	15:05	Tony	Perrin	Stone Wheelers CC
66	15:06	Mark	Eldor	Mersey Tri
67	15:07	Matthew	Collins	Liverpool Century RC
68	15:08	Michael	Heyes	Mersey Tri
69	15:09	Ian	Casson	Birkenhead Victoria CC
70	15:10	Chris	Wilcox	Lyme Racing Club
71	15:11	John	Swinnerton	Crewe Clarion Wheelers
72	15:12	David	Owens	Mersey Tri
73	15:13	Philip	Hill	Chester RC

74	15:14	Tom	Millward	Mersey Tri
75	15:15	Phil	Barnes	SheHair Racing Team
76	15:16	Andrew	Newey	Ribble Valley C&RC
77	15:17	Christopher	Thomas	Blackburn & District CTC
78	15:18	Craig	Howarth	Rossendale RC
79	15:19	Andy	Langan	Birkenhead North End CC
80	15:20	Matthew	Kayley	Pendle Forest CC
81	15:21	Jamie	Pleavin	Liverpool Century RC
82	15:22	David	Fox	Warrington Road Club/Horton Light Engineering
83	15:23	Eddie	Hirst	St Helens Tri
84	15:24	Stephen	Wilkinson	VTTA North Lancs and Lakes Group
85	15:25	Louis	Johnson	Mersey Tri
86	15:26	Martin	Welsh	Pendle Forest CC
87	15:27	Conor	Ohare	Mersey Tri
88	15:28	Paul	Lomax	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers
89	15:29	Paul	Williams	North Endurance
90	15:30	Paul	Russell	Springfield Financial Racing Team
91	15:31	Mark	Clair	Mersey Tri
92	15:32	Kevin	Larmer	Port Sunlight Wheelers
93	15:33	Benjamin	Stones	Mersey Tri
94	15:34	Alex	Dickinson	Manchester Triathlon Club
95	15:35	Philip	Johnson	Mersey Tri
96	15:36	James	Meldrum	Liverpool Phoenix CC (Aintree)
97	15:37	Paul	Grindley	Liverpool Century RC
98	15:38	Austin	Foy	North Lancashire Road Club
99	15:39	Kevin	Blades	360cycling
100	15:40	Steven	Hankey	Warrington Road Club/Horton Light Engineering
101	15:41	Stuart	McCormick	VTTA (Yorkshire)
102	15:42	Peter	Grindley	Liverpool Century RC
103	15:43	Paul	Shallicker	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers
104	15:44	Stephen	Feeney	Tactic Sport UK Race Team
105	15:45	Thomas	Hanlon	Harry Middleton CC
106	15:46	Robin	Hennessy	North Wirral Velo
107	15:47	Adrian	Hughes	Seamons CC
108	15:48	Sam	Hughes	Liverpool Century RC
109	15:49	Richard	Gadsden	Liverpool Braveheart Bicycle Club
110	15:50	Alan	Chorley	Seamons CC
111	15:51	Dan	Shackleton	ABC Centreville
112	15:52	James	Holloway	Ribble Collective