******EAST LANCS ROAD CLUB**

**OPEN 25 MILE TIME TRIAL**

THIS EVENT IS ROUND 12 OF THE CHESHIRE

COURSES POINTS COMPETITION

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

Commencing at 2:00 pm, on Saturday, 25th June 2016.

**PLEASE TAKE CARE TO READ ALL THE RIDER NOTES BELOW, INCLUDING IMPORTANT INSTRUCTIONS REGARDING THE EVENT HQ.**

|  |  |
| --- | --- |
| Course: J2/9 | Event Secretary: |
| Timekeepers: Ms. C. White & Mr. G. Lawrence. | Jason Codling |
| Start: Bomish Lane, approx. 300 yards from junction with the A535. | 36 Wyndale Drive |
| Event HQ: Allostock Village Hall, Chapel lane, Allostock, Knutsford, Cheshire. WA16 9LN | Failsworth  Manchester |
| Please do not rely on the post code alone for your sat nav | M35 0PY  Tel: 0161 682 1557 |
|  | Mob: 07768 275210 |
|  |  |

**Prize Values & Awards**

One rider one prize, except team prize.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Category | First | Second | Third | Fourth | Fifth | Sixth |
| Fastest Overall | £35 | £30 | £25 | £22 | £20 | £18 |
| Fastest Lady Overall | £35 | £30 | £25 |
| Junior | £15 | £12 |
| Juvenile | £15 | £12 |
| Vet 40 | £15 | £12 |
| Vet 50 | £15 | £12 |
| Vet 60 | £15 | £12 |
| Vet 70 | £15 | £12 |
| Lady V40 | £15 |
| Lady V50 | £15 |
| Team of 3 | £12 / rider |

**Rider Instructions:** Numbers will be available at the HQ. You must sign on when collecting your number. Pin rear number low down and arm number on your Right shoulder. Risk Assessment document available at sign in. The event HQ opens at **12:30pm.** Signing-on will commence at **1:00 pm.**

**Directions to Start:** From the HQ car park, Chapel lane to A50 turn right onto the A50 for 1.5 mile. Turn left onto Twemlow lane. Continue along Twemlow lane for a further 2 miles and turn left onto Goostrey lane. Continue on Goostey lane for 1 mile and turn right at St Lukes church into Church Bank, which becomes Blackden Lane. Follow Blackden Lane to junction with Bomish Lane, where right and follow Bomish Lane to start. Total distance to start 6.5 miles please allow yourself enough time to get to the start

**Return to HQ**. Please take care when returning to the event HQ as there may still be competitors on the course.

**Warm-Up:** Riders must not use any part of the course for warming up or on their way to the start

**Event H.Q.**

1. There will be no access to the event HQ before 12:30pm. Signing on will commence from 1:00pm.

**Course: J2/9 (25 Miles)**

**START** at a “JS2” mark in **Bomish Lane** (Jodrell Bank to Goostrey road), at a telegraph pole No 2

approx. 300yds west of the A535. Proceed East to the A535 where LEFT to join the A535. Follow A535 to **CHELFORD ISLAND** (2.169 miles). Take the **2nd EXIT LEFT** on the A537 to **OLLERTON CROSS ROADS,** where **LEFT** into Seven Sisters Lane (5.219 Miles). Continue on Seven Sister Lane to A50, where **LEFT**. Follow A50 to Cranage, where **LEFT** into Twemlow Lane (11.408 miles). Follow Twemlow Lane to Twemlow Green, where **LEFT** onto A535. Proceed on A535 to **CHELFORD ISLAND** (18.064 miles). Take the **2nd EXIT LEFT** on the A537 to **OLLERTON CROSS ROADS,** where **LEFT** into Seven Sisters Lane (21.052 Miles). Continue on Seven Sister Lane to A50, where **LEFT**. Follow A50 to **FINISH** at a “JF2” mark opposite the right hand field gate post opposite and just before the entrance to the Mount Pleasant Nursing Home, approximately 500 yards past the cross roads after the Drovers Public House.

**Rider Notes:**

1. No parking at the start or finish.
2. Riders must not stop at the finish but should continue on to the event headquarters, where times will be displayed.
3. 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 approach and encircle the island using

tri-bars. Remember - traffic on the island has priority over traffic (including riders) entering 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.

1. **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.
2. Riders must take extra care when exiting from Seven Sisters Lane onto the A50.
3. Be aware that there is a double bend shortly after turning into Twemlow Lane at Cranage. Riders need to anticipate this and be prepared to negotiate it in a safe manner.

In wet weather the metal covers and edges become a skid risk. Please take care.

The Risk Assessment document will be available at Signing-On but we highly recommend reading this, in advance, on the CTT District website ( [www.manchesterctt.org.uk](http://www.manchesterctt.org.uk) ) – especially those riders who are not familiar with the course and it’s junctions (plus its ruts and potholes).

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| IN THE INTERESTS OF YOUR OWN SAFETY,  Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.  In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets.  It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use. |

At HQ we have the signing-on team, the catering team and the results board.

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| --- | --- | --- | --- | --- | --- |
| **START SHEET East Lancs Road Club Open 25 MileTT Saturday 24TH JUNE 2017** | | | | | |
| **Num** | **Rider** |  | **Club** | **Category** | **Start Time** |
| **5** | **David** | **Ireland** | **East Lancashire RC** | **Veteran** | **14:05:00** |
| **6** | **Joe** | **Brennan** | **Pro Vision Cycle Clothing** | **Senior** | **14:06:00** |
| **7** | **Sean** | **Ofsarnie** | **Team Wheelguru** | **Veteran** | **14:07:00** |
| **8** | **Andy** | **Wood** | **Salford Cycling Club** | **Veteran** | **14:08:00** |
| **9** | **Chris** | **Warner** | **Stone Wheelers CC** | **Veteran** | **14:09:00** |
| **10** | **Austin** | **Foy** | **Fogarty Insurance Tri Team** | **Senior** | **14:10:00** |
| **11** | **David** | **Steele** | **Lyme Racing Club** | **Veteran** | **14:11:00** |
| **12** | **Emma** | **Walker** | **Manchester Wheelers** | **Senior** | **14:12:00** |
| **13** | **MARK** | **WILKINSON** | **Team Wheelguru** | **Junior** | **14:13:00** |
| **14** | **Robbie** | **Harcourt** | **Salford Cycling Club** | **Veteran** | **14:14:00** |
| **15** | **Paul** | **Johnstone** | **Preston CC** | **Veteran** | **14:15:00** |
| **16** | **John** | **O'Hare** | **Manchester Tri Club** | **Veteran** | **14:16:00** |
| **17** | **Tracy** | **Hampson** | **Warrington Triathlon Club** | **Veteran** | **14:17:00** |
| **18** | **Naomi** | **Wright** | **Manchester Tri Club** | **Senior** | **14:18:00** |
| **19** | **Andy** | **Robinson** | **Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)** | **Veteran** | **14:19:00** |
| **20** | **Mike** | **Booker** | **Chester RC** | **Senior** | **14:20:00** |
| **21** | **Claire** | **Hebblethwaite** | **Knutsford Tri Club** | **Veteran** | **14:21:00** |
| **22** | **sean** | **stafford** | **Team Wheelguru** | **Veteran** | **14:22:00** |
| **23** | **Lee** | **Hemmings** | **Rochdale Tri Club** | **Senior** | **14:23:00** |
| **24** | **SIMON** | **PHILLIPS** | **Stockport Tri Club(2017)** | **Veteran** | **14:24:00** |
| **25** | **Tristan** | **Pilling** | **Middleton CC** | **Juvenile** | **14:25:00** |
| **26** | **Paul** | **Jennings** | **Lyme Racing Club** | **Veteran** | **14:26:00** |
| **27** | **Niamh** | **Coulter** | **East Lancashire RC** | **Juvenile** | **14:27:00** |
| **28** | **Lynne** | **Skellern** | **Macclesfield Wheelers** | **Veteran** | **14:28:00** |
| **29** | **Robin** | **Green** | **Runcorn CC** | **Veteran** | **14:29:00** |
| **30** | **Stephen** | **Turner** | **Westmead Team 88** | **Veteran** | **14:30:00** |
| **31** | **Jack** | **Millar** | **East Lancashire RC** | **Junior** | **14:31:00** |
| **32** | **Richard** | **Cordin** | **Matlock CC** | **Veteran** | **14:32:00** |
| **33** | **Dan** | **Robson** | **Weaver Valley CC** | **Veteran** | **14:33:00** |
| **34** | **Mike** | **Cotgreave** | **Westmead Team 88** | **Veteran** | **14:34:00** |
| **35** | **Patrick** | **Gould** | **Matlock CC** | **Veteran** | **14:35:00** |
| **36** | **Rhianna** | **Parkinson** | **Salford Cycling Club** | **Senior** | **14:36:00** |
| **37** | **Shaun** | **Leonard** | **East Lancashire RC** | **Veteran** | **14:37:00** |
| **38** | **Paul** | **Basson** | **ABC Centreville** | **Veteran** | **14:38:00** |
| **39** | **Steve** | **hall** | **Thatto Cycles Racing Team** | **Senior** | **14:39:00** |
| **40** | **Mark** | **Donnelly** | **Birkenhead North End CC** | **Veteran** | **14:40:00** |
| **41** | **Mike** | **Wilson** | **Warrington Road Club/Horton Light Engineering/RS Cyclesport** | **Veteran** | **14:41:00** |
| **42** | **Michael** | **COULTER** | **East Lancashire RC** | **Veteran** | **14:42:00** |
| **43** | **Mel** | **Stelfox** | **Stretford Wheelers CC** | **Veteran** | **14:43:00** |
| **44** | **Tony** | **Perrin** | **Stone Wheelers CC** | **Veteran** | **14:44:00** |
| **45** | **Ben** | **Norbury** | **Congleton CC** | **Senior** | **14:45:00** |
| **46** | **Rachel** | **Batt** | **Buxton CC/Sett Valley Cycles** | **Senior** | **14:46:00** |
| **47** | **Richard** | **Sagar** | **North Lancs RC** | **Senior** | **14:47:00** |
| **48** | **andrew** | **grace** | **Crewe Clarion Whs** | **Veteran** | **14:48:00** |
| **49** | **John** | **Flynn** | **Frodsham Wheelers** | **Veteran** | **14:49:00** |
| **50** | **Steven** | **Hankey** | **Warrington Road Club/Horton Light Engineering/RS Cyclesport** | **Veteran** | **14:50:00** |
| **51** | **karen** | **bailey** | **East Lancashire RC** | **Veteran** | **14:51:00** |
| **52** | **David** | **Bunyan** | **Team Wheelguru** | **Veteran** | **14:52:00** |
| **53** | **David** | **Bentley** | **East Lancashire RC** | **Veteran** | **14:53:00** |
| **54** | **James** | **Robinson** | **Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)** | **Espoir** | **14:54:00** |
| **55** | **Paul** | **Shallicker** | **Coveryourcar.co.uk RT** | **Veteran** | **14:55:00** |
| **56** | **Matthew** | **Jackson** | **East Lancashire RC** | **Senior** | **14:56:00** |
| **57** | **Gavin** | **Lynch** | **Glossop Kinder Velo Cycling Club** | **Senior** | **14:57:00** |
| **58** | **Robert** | **Bath** | **Black Horse Velo CC** | **Veteran** | **14:58:00** |
| **59** | **Roy** | **Nield** | **East Lancashire RC** | **Veteran** | **14:59:00** |
| **60** | **Nigel** | **Wood** | **Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)** | **Veteran** | **15:00:00** |
| **61** | **David** | **Trippier** | **East Lancashire RC** | **Veteran** | **15:01:00** |
| **62** | **Alexander** | **Mollart** | **Pro Vision Cycle Clothing** | **Veteran** | **15:02:00** |
| **63** | **Liz** | **Batt** | **Buxton CC/Sett Valley Cycles** | **Veteran** | **15:03:00** |
| **64** | **John** | **Spearman** | **Seamons CC** | **Veteran** | **15:04:00** |
| **65** | **Dyfan** | **Evans** | **Wrexham RC** | **Senior** | **15:05:00** |
| **66** | **Richard** | **Longstaff** | **Newcastle Racing Club Vekta Velosport** | **Veteran** | **15:06:00** |
| **67** | **Benn** | **Jones** | **Weaver Valley CC** | **Veteran** | **15:07:00** |
| **68** | **Barry** | **Armstrong** | **Seamons CC** | **Veteran** | **15:08:00** |
| **69** | **Martin** | **Wiggan** | **Seamons CC** | **Veteran** | **15:09:00** |
| **70** | **Jon** | **White** | **Pro Vision Cycle Clothing** | **Senior** | **15:10:00** |
| **71** | **John** | **Leach** | **Rossendale RC** | **Veteran** | **15:11:00** |
| **72** | **Teddy** | **Weyman** | **Rapha Cycling Club** | **Senior** | **15:12:00** |
| **73** | **Jim** | **Stewart** | **Buxton CC/Sett Valley Cycles** | **Senior** | **15:13:00** |
| **74** | **Simon** | **Higgins** | **Liverpool Century RC** | **Veteran** | **15:14:00** |
| **75** | **Chris** | **Standidge** | **Total Tri Training** | **Senior** | **15:15:00** |
| **76** | **stephen** | **longdon** | **Stretford Wheelers CC** | **Veteran** | **15:16:00** |
| **77** | **Nick** | **Howl** | **Warrington Road Club/Horton Light Engineering/RS Cyclesport** | **Veteran** | **15:17:00** |
| **78** | **Alan Peter** | **Meinhardt** | **Pro Vision Cycle Clothing** | **Veteran** | **15:18:00** |
| **79** | **Phil** | **Brooke** | **Wills Wheels CC** | **Veteran** | **15:19:00** |
| **80** | **Mostyn** | **Bullock** | **Buxton CC/Sett Valley Cycles** | **Veteran** | **15:20:00** |
| **81** | **Ian** | **Casson** | **Birkenhead Victoria CC** | **Veteran** | **15:21:00** |
| **82** | **Craig** | **Sephton** | **Weaver Valley CC** | **Veteran** | **15:22:00** |
| **83** | **george** | **Aldridge** | **Birkenhead North End CC** | **Veteran** | **15:23:00** |
| **84** | **Bradley** | **Murphy** | **Wills Wheels CC** | **Veteran** | **15:24:00** |
| **85** | **Daniel** | **Shackleton** | **ABC Centreville** | **Veteran** | **15:25:00** |
| **86** | **Jon** | **Batt** | **Buxton CC/Sett Valley Cycles** | **Veteran** | **15:26:00** |
| **87** | **Simon** | **Williams** | **Ashley Touring CC** | **Unknown** | **15:27:00** |
| **88** | **STEPHEN** | **WILKINSON** | **Team Wheelguru** | **Veteran** | **15:28:00** |
| **89** | **Steffan** | **North** | **Wills Wheels CC** | **Veteran** | **15:29:00** |
| **90** | **Chris** | **Lea** | **Buxton CC/Sett Valley Cycles** | **Veteran** | **15:30:00** |
| **91** | **jamie** | **eves** | **Warrington Road Club/Horton Light Engineering/RS Cyclesport** | **Senior** | **15:31:00** |
| **92** | **Andrew** | **Burgess** | **Pro Vision Cycle Clothing** | **Junior** | **15:32:00** |
| **93** | **Claire** | **Harrison** | **Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)** | **Veteran** | **15:33:00** |
| **94** | **Daniel** | **Burrows** | **Wigan Whs CC** | **Veteran** | **15:34:00** |
| **95** | **Robin** | **Brennan** | **Preston CC** | **Veteran** | **15:35:00** |
| **96** | **Ian** | **Roberts** | **The Racing Chance Foundation** | **Veteran** | **15:36:00** |
| **97** | **Steve** | **Nicholls** | **Wrexham RC** | **Veteran** | **15:37:00** |
| **98** | **Clive** | **Wilkinson** | **Birkenhead North End CC** | **Veteran** | **15:38:00** |
| **99** | **Paul** | **Ashworth** | **East Lancashire RC** | **Senior** | **15:39:00** |
| **100** | **Tom** | **Thornely** | **Buxton CC/Sett Valley Cycles** | **Senior** | **15:40:00** |
| **101** | **Joanne** | **Harcourt** | **Stretford Wheelers CC** | **Veteran** | **15:41:00** |
| **102** | **Andy** | **Whitehead** | **Seamons CC** | **Veteran** | **15:42:00** |
| **103** | **Edward** | **Chilton** | **Liverpool Phoenix CC (Aintree)** | **Espoir** | **15:43:00** |
| **104** | **Phil** | **Gayes** | **Leek Cyclists' Club** | **Veteran** | **15:44:00** |
| **105** | **John** | **Morgan** | **Coveryourcar.co.uk RT** | **Veteran** | **15:45:00** |
| **106** | **Ian** | **Bracegirdle** | **Stretford Wheelers CC** | **Veteran** | **15:46:00** |
| **107** | **Simon** | **Watson** | **Buxton CC/Sett Valley Cycles** | **Veteran** | **15:47:00** |
| **108** | **Paul** | **Dughan** | **Buxton CC/Sett Valley Cycles** | **Veteran** | **15:48:00** |
| **109** | **Stephen** | **Sladin** | **Congleton CC** | **Veteran** | **15:49:00** |
| **110** | **Mat** | **Ivings** | **Buxton CC/Sett Valley Cycles** | **Veteran** | **15:50:00** |
| **111** | **Ronan** | **O'Cualain** | **Seamons CC** | **Veteran** | **15:51:00** |
| **112** | **Mark** | **Brown** | **Seamons CC** | **Senior** | **15:52:00** |
| **113** | **JON** | **DANCE** | **ABC Centreville** | **Veteran** | **15:53:00** |
| **114** | **Robert** | **Pollen** | **Ashley Touring CC** | **Senior** | **15:54:00** |
| **115** | **Ben** | **Trippier** | **East Lancashire RC** | **Espoir** | **15:55:00** |
| **116** | **David** | **Fox** | **Warrington Road Club/Horton Light Engineering/RS Cyclesport** | **Veteran** | **15:56:00** |
| **117** | **Mark** | **Maguire** | **Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)** | **Senior** | **15:57:00** |
| **118** | **Steven** | **Drew** | **Leigh Premier Road Club** | **Veteran** | **15:58:00** |
| **119** | **Kevin** | **Corden** | **Stone Wheelers CC** | **Senior** | **15:59:00** |
| **120** | **Joseph** | **Dobson** | **Manchester Bicycle Club** | **Senior** | **16:00:00** |
| **121** | **Paul** | **Furness** | **Seamons CC** | **Veteran** | **16:01:00** |
| **122** | **Mark** | **Nicholls** | **Pro Vision Cycle Clothing** | **Veteran** | **16:02:00** |
| **123** | **Paul** | **Birkin** | **Buxton CC/Sett Valley Cycles** | **Veteran** | **16:03:00** |
| **124** | **Andy** | **Gray** | **Wills Wheels CC** | **Veteran** | **16:04:00** |
| **125** | **Mark** | **Turnbull** | **TORQ Performance** | **Veteran** | **16:05:00** |
| **126** | **Gary** | **knowles** | **VC Beverley** | **Senior** | **16:06:00** |
| **127** | **Neil** | **Oliver** | **Niteriders** | **Veteran** | **16:07:00** |
| **128** | **Scott** | **Welsby** | **Total Tri Training** |  | **16:08:00** |
| **129** | **alistair** | **stanway** | **Weaver Valley CC** | **Veteran** | **16:09:00** |
| **130** | **David** | **Crawley** | **Velotik Racing Team** | **Veteran** | **16:10:00** |