

Frodsham Wheelers - twelve50 bikes Open 22 Mile Hilly - Solo & 2 Up March 16th 2019 - First rider off at 14:02



www.frodshamwheelers.co.uk

COURSE D22/1

Be aware of course revision. Start at pump station, Long Lane, Bickerton Village. Left into A534 to Broxton Island where left onto A41. Proceed to Grindley Brook where left onto A49. Proceed to left turn onto A534 and at top of Gallantry Bank, left onto Brunty Bank. Finish after 1/4 mile at layby. SHOUT YOUR NUMBER - then proceed past finish, turn left at crossroads to return to HQ. Please do not stop at the finish.

HQ is Bickerton Village Hall. Please park at the rear car park. Signing on, refreshments and toilets are available in the hall at the rear of the building. **Please remember to sign out at the end.**

Important Notices to all riders

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a CYCLE SAFETY

It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so.

DO NOT park or stop your car within sight of the starting or finishing timekeeper.

DO NOT allow your friends and relations to follow you around the course - it's against CTT regulations.

DO call your number to the finishing timekeeper or your time may not be recorded.

Please ensure you have signed on before the start. Numbers and Signing on sheets are located in the event headquarters. Cakes and brews It is an offence for a competitor in any event to use or to have administered any proscribed substance that might affect their competitive

Anyone seen performing a U turn on any road connected with the event will be disqualified.

Thanks for supporting our event- we're glad to be part of getting your season up and running. Have a safe ride, enjoy

Thanks for bap	5	ng our crome		re glaa te be	part or gotting 7	di beaberi ap aria	rarminigi riave a e	are mae / emje
			Pr	ize Pot!! All p	rizes vouchers fo	r twelve50 bikes.		
Position	Overall		2 up Team		Fastest junior		£	20.00
1st	£	25.00	£	40.00	Fastest lady		£	20.00
2nd	£	20.00	£	30.00	Fastest Vet (ac	tual time)	£	20.00
3rd	£	15.00	£	20.00	Team of 3 - ML	IST include 1 ladv.	£	30.00

One rider - one prize apart from team prize.

Promoted under CTT rules as per the current handbook

Promoted for and on behalf of Cycling Time Trials and under CTT rules as per the current handbook.

Event Organiser - Chris Hanson-Jones , 115 Heath Road South , Weston , Runcorn ,WA7 4QH to whom any complaints should be made within 48hrs of the event.

"Cycling isn't a game, it's a sport. Tough , hard , unpitying and it requires great sacrifices. One plays football or tennis or hockey. One doesn't play at cycling." Jean de Gribaldy.

	Number		Rider	Club	Gender	Ago	
T-o-S						Age	4
	1	Martin	Shepherd	Rochdale Tri Club	Male	Veteran	
14:02	2	Sam	Shepherd	Rochdale Tri Club	Male	Espoir	
-	3	Richard	Elmitt	Wrexham RC	Male	Veteran	1
							-
14:04	4	Jan	Kardasz	Wrexham RC	Male	Veteran	
	5	Hayley	Moore	Ilkeston Cycle Club	Female	Senior	
14:06	6	Richard	Golding	Ilkeston Cycle Club	Male	Veteran	1
14.00			•	,			-
	7	Nick	Giles	Team Poco Loco CRT	Male	Veteran	4
14:08	8	Angelo	Derosa	Team Poco Loco CRT	Male	Veteran	
	9	Steve	Lee	Team Wheelguru	Male	Veteran	1
14.10	10	Cole		· ·	Male	Senior	1
14:10			Drews	Team Wheelguru			_
	11	Toby	Williams	Velotik Racing Team	Male	Senior	
14:12	12	Chris	Mann	Velotik Racing Team	Male	Junior	
14:13	13	Sarah	Illidge	Frodsham Wheelers	Female	Senior	-
			•				_
14:14	14	Susie	Woods	Chester Triathlon Club	Female	Veteran	
14:15	15	Brigid	Night	Frodsham Wheelers	Female	Veteran	
			•				1
14:16	16	Louise	Tobias	Chester RC	Female	Veteran	_
14:17	17	Sue	Ellis	Chester Triathlon Club	Female	Veteran	
14:18	18	Rebecca	Holland	Chester RC	Female	Senior	
							-
14:19	19	Julia	Smith	Port Sunlight Wheelers	Female	Veteran	
14:20	20	Jill	Wilkinson	Chester RC	Female	Veteran	
14:21	21	Leigh	Jenkins	Chester Triathlon Club	Female	Senior	
	22				Female		1
14:22		Louise	Plevin	Total Tri Training		Senior	4
14:23	23	Carolyn	Pollard	Chester Triathlon Club	Female	Senior	J-
14:24	24	Carolyn	Hume	Stockport Tri Club	Female	Veteran	1
		•		'			1
14:25	25	Sally	Cunliffe	Clwb Seiclo Rhuthun / Ruthin C.C.	Female	Veteran	4
14:30	30	Matt	Stell	Springfield Financial Racing Team	Male	Veteran	1
	31	Nic					1
14:31			Wright	Rhyl CC	Male	Veteran	4
14:32	32	Matthew	Welsh	Graham Weigh Racing-Deeside Olympic	Male	Senior	
14:33	33	Sam	Shepherd	Knutsford Tri Club	Male	Senior	
	34	Jac					1
14:34			Gruffydd	Energy Cycling Club/Clwb Beicio Egni	Male	Espoir	
14:35	35	Alex	Ward	Mersey Tri	Male	Senior	
14:36	36	DJ	Fanning	Velo Club Melyd	Male	Veteran	
				·			-
14:37	37	Neil	Wilson	Paramount CRT	Male	Veteran	
14:38	38	Martin	Harney	Manchester Bicycle Club	Male	Veteran	
14:39	39	Philip	Hill	Chester RC	Male	Veteran	1
		•					4
14:40	40	Kevin	Larmer	Port Sunlight Wheelers	Male	Veteran	_
14:41	41	David	Cuthill	North Wirral Velo	Male	Senior	10
14:42	42	Luke		Runcorn CC	Male	Senior	1
			Taylor				
14:43	43	Dave	Newton	Chester RC	Male	Veteran	
14.44	44	Leigh	lones	Graham Weigh Racing-Deeside Olympic	Male	Senior	10
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Heads up - safe riding - good luck everyone!!