



RON SPENCER MEMORIAL TIME TRIAL



Ron Spencer joined Warrington Road Club in 1958 as a youngster and soon became one of the best Time Trial riders not only in the club, but soon enough the whole UK. Ron was National 12-hour champion in 1963 and second in the BBAR that year. Thirty years later, he was still clocking fast standards against the clock under the hour on the course you ride for this event until his untimely passing in 2011. Warrington Road Club dedicate this Time Trial to the memory of Ron Spencer, to our former President and an active part of the cycling community.

Many thanks for your entry in this event.



Presents the Ron Spencer Memorial 25 Mile Time Trial On Saturday 16th July 2016 1st rider off at 14.01

The event is 'Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations'.

Event Secretary:

Ian Haddock, 21 Harding Avenue, Warrington, Cheshire, WA2 0HH, 07951 290448 (ian_haddock@yahoo.co.uk)

Event HQ:

GOOSTREY VILLAGE HALL, Main Road, Goostrey, Crewe, Cheshire CW4 8PE, Open from 13:00.

PARKING AT HQ - PLEASE NOTE - Given the number of riders, the car park should be used for **Riders only**, if your guests/friends are planning to attend, please advise them to use other suitable parking facilities in the village (do not use the main road). I have spoken to the Crown Pub across the road and we can use this as spill over, please park appropriately and **DO NOT** get changed in your car or in the park and **DO NOT** set up Turbo's in the car park. There will be plenty of space in and around the Village Hall. No parking before the gates to the HQ from Main Road.

Time Keepers:

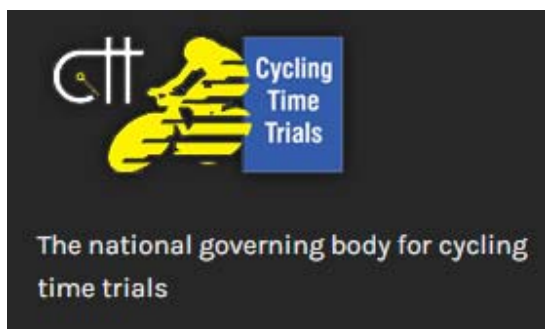
Gordon Pickering and Graham Laurence

PRIZES

	1st	2nd	3rd	4th	5th
Fastest overall	£60	£40	£30	£20	£10
<u>Fastest on standard</u>					
40-49	£20	£10			
50-59	£20	£10			
60-69	£20	£10			
70+	£20				
Fastest lady	£40	£20	£10		
Fastest 23 and Under	£20	£10			
Fastest team overall	£45				

1 Prize Per Rider (with Exception to Team Prize)

In addition, the Fastest **Warrington RC rider** to hold the **Ron Spencer Memorial Trophy** for one year.



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 and forward on the A535 to:-

CHELFORD ISLAND 2.169 m

2nd exit left on the A537 to Seven Sisters lane at:-

OLLERTON CROSS ROADS 5.219 m

left along the lane to the A50 and left on the A50 to Twemlow Lane at:-

CRANAGE 11.408 m

left into and along the lane to join the A535 at Twemlow Green, left to:-

CHELFORD ISLAND 18.064 m

2nd exit left on the A537 to Seven Sisters Lane at

OLLERTON CROSS ROADS 21.052 m

left along the lane to the A50 and, left on the A50 to:-

FINISH 25.000 m

At a "JF2" mark opposite the right hand field gate post opposite and just before the entrance to the Mount Pleasant Nursing Home, approx 500yds. past the cross roads after the Drovers Public House.

INTERNET DIRECTIONS BELOW of the Course

<https://www.cyclingtimetrials.org.uk/course-details/j2-9>

<https://connect.garmin.com/modern/course/12901859>

Directions to the start from HQ:

The Start is approx. 4 miles away so allow sufficient time. Turn right out of HQ on to A50. Left signposted Goostrey. Through Goostrey and left in front of church and down the hill. Follow lane ignoring left and right forks, to start which is just over the railway bridge after a sharp right bend and adjacent to the entrance to Jodrell Bank Telescope. Please avoid using course to warm up or to ride to the start. NO U turns at start – dismount!!

INTERNET DIRECTIONS BELOW from HQ to the Start.

<https://connect.garmin.com/modern/course/12901798>

Directions from the Finish back to HQ:

Once you've crossed the line, please ride back safely on the left hand side of the road and consider other cyclists still competing as well as traffic like normal. Remain on the A50 for approximately 3/4 of a mile and turn left on to New Platt Lane and continue to the Junction meeting Goostrey Lane. Turn left on to Goostrey Lane till you get to HQ which will be on your left hand side

INTERNET DIRECTIONS BELOW from Finish to HQ.

<https://connect.garmin.com/modern/course/12901927>

GENERAL NOTES

1. Riders must sign the signing on sheet and collect their number at the HQ before starting.
2. Riders must return their number to the HQ after riding.
3. Refreshments will be available at the HQ after the event.
4. See below page regarding possible doping control.

SAFETY NOTES

1. No parking at the start or finish. Vehicles must not be parked, however briefly, in any part of the access area to Mount Pleasant Nursing Home, opposite the finish.
2. Warnings: Care at road junctions: Riders must exercise caution at all junctions. Any competitor whose riding line causes her/him to cross the white line when approaching or leaving a junction will be liable to disqualification from the event and may be reported to the District Committee for further disciplinary action.
3. Any rider making a U turn in the vicinity of the start or finish will be disqualified.
4. Riders must not stop at the finish but should continue on to the event headquarters where times will be displayed.
5. Riders must negotiate Chelford Island in a safe and sensible manner in accordance with CTT Reg. 20 and the rules of the road.
6. 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.
7. Care at Road Junctions. Riders must exercise care at all junctions. Any competitor who's 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.
8. Riders must take extra care when exiting from Seven Sisters Lane onto the A50
9. 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.
10. **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. In accordance with Regulation 15 **ALL JUNIOR & JUVENILE** competitors must wear Protective Hard Shell Helmets.
11. 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.

MAP OF J2/9 COURSE



This event may be subject to a Doping Control

It is your responsibility to check

As soon as you have finished you should return to the event HQ as **it is your responsibility to check** if you are required for Doping Control

Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board

If your number is displayed you should report immediately to Doping Control which will be nearby

Remember, it is up to you to check and ensure that you comply

If required you must report to Doping Control after finishing without delay



START TIMES

Bib	Start Time	Firstname	Lastname	Club	Gender	Cat	Standard	Age On Day
1	14:01:00	george	aldrige	Birkenhead North End CC	M	V60-69	01:11:36	64
2	14:02:00	Alan	shuttleworth	Weaver Valley CC	M	V60-69	01:18:10	69
3	14:03:00	Victor	Trigger	Crewe Clarion Whs	M	V70-79	01:18:41	70
4	14:04:00	Jacqueline	Ward	Wills Wheels CC	F	WV	01:14:23	54
5	14:05:00	mark	goodchild	Preston CC	M	V50-59	01:08:14	51
6	14:06:00	Robbie	Harcourt	Salford Cycling Club	M	V50-59	01:08:39	53
7	14:07:00	SIMON	PHILLIPS	Stockport Tri Club	M	V50-59	01:09:05	55
8	14:08:00	Lee	Winslow	Wills Wheels CC	M	V50-59	01:08:14	51
9	14:09:00	Dave	Pargeter	Stretford Wheelers CC	M	V40-49	01:07:38	48
10	14:10:00	Alan	Cooke	Peak Road Club	M	V50-59	01:08:14	51
11	14:11:00	claire	Harrison	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)	F	WV	01:11:43	42
12	14:12:00	Brett	Lowndes	Pro Vision Cycle Clothing	M	V40-49	01:06:13	41
13	14:13:00	Stephen	Glenwright	VTTA (Merseyside)	M	V50-59	01:08:39	53
14	14:14:00	Robin	Green	Runcorn CC	M	V40-49	01:07:03	45
15	14:15:00	Nigel	Wood	PBK-Santini	M	V50-59	01:08:39	53
16	14:16:00	Pauline	Atkinson	Seamons CC	F	WV	01:14:23	54
17	14:17:00	Anthony	Yates	St Helens CRC	M	V60-69	01:11:36	64
18	14:18:00	Harry	Davies	Manchester Tri Club	M	V70-79	01:14:36	71
19	14:19:00	tristan	pilling	Middleton CC	M	23&U		14
20	14:20:00	Jamie	Holmes	Mid Shropshire Wheelers	M	23&U		18
21	14:21:00	Molly	Horsley Frost	Buxton CC/Sett Valley Cycles	F	WV	01:11:14	40
22	14:22:00	stuart	mccormick	Chester RC	M	V40-49	01:07:38	48
23	14:23:00	Christopher	Dursley	Coveryourcar.co.uk RT	M	V40-49	01:07:15	46
24	14:24:00	Stephen	Sladin	Congleton CC	M	V40-49	01:07:50	49
25	14:25:00	Paul	Mcgowan	Warrington Road Club/Horton Light Engineering/RS Cyclesport	M	V40-49	01:07:38	48
26	14:26:00	April	Lewis	Stafford RC	F	WV	01:14:23	54
27	14:27:00	Barry	Armstrong	Seamons CC	M	V60-69	01:11:16	63
28	14:28:00	David	Hilditch	Ribble Valley CRC	M	V60-69	01:11:16	63
29	14:29:00	James	Willetts	Team JMC	M	S		32
30	14:30:00	Jerry	Cross	Manchester Wheelers	M	V50-59	01:08:39	53
31	14:31:00	Jeanette	Barber	Seamons CC	F	WV	01:15:25	58
32	14:32:00	Andrew	Jones	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)	M	S		32
33	14:33:00	James	Robinson	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)	M	23&U		19
34	14:32:00	Denise	Hurst	Congleton CC	F	WV	01:16:40	62
35	14:35:00	Andy	Gorton	East Lancashire RC	M	V40-49	01:06:39	43
36	14:36:00	Maggi	Biggs	Team Bader Amputees	F	WV	01:17:47	65
37	14:37:00	Paul	Barber	Seamons CC	M	V50-59	01:09:49	58
38	14:38:00	Robert	Hulme	West Pennine RC	M	23&U		21
39	14:39:00	Brian	MacRury	Congleton CC	M	V50-59	01:09:34	57
40	14:40:00	steven	hilton	Warrington Road Club/Horton Light Engineering/RS Cyclesport	M	V40-49	01:07:15	46
41	14:41:00	Samantha	Hewitt	Ashley Touring CC	F	W		26
42	14:42:00	nigel	finch	Mercia - Lloyds Cycles CC	M	V60-69	01:10:38	61
43	14:43:00	James	Lindsay	Racepace	M	S		33
44	14:44:00	peter	Harper	Port Sunlight Wheelers	M	V60-69	01:10:21	60

45	14:45:00	Jack	Levick	Tuxford Clarion C C	M	23&U		19
46	14:46:00	Jane	Yianni	Withington Wheelers	F	WV	01:13:28	50
47	14:47:00	Mike	Douglas	Warrington Triathlon Club	M	S		36
48	14:48:00	Simon	Williams	Ashley Touring CC	M	S		28
49	14:49:00	Mike	Cleary	Manchester Bicycle Club	M	V40-49	01:07:38	48
50	14:50:00	David James	Williams	Velotik Racing Team	M	S		37
51	14:51:00	Karen	Helsby	The Racing Chance Foundation	F	WV	01:13:28	50
52	14:52:00	Garry	Brown	Up and Active	M	V50-59	01:08:02	50
53	14:53:00	Kelvin	Milward	Congleton CC	M	V50-59	01:08:52	54
54	14:54:00	Dave	Roberts	St Helens CRC	M	V40-49	01:07:50	49
55	14:55:00	Nathan	Turnbull	Leigh Premier Road Club	M	S		39
56	14:56:00	Christian	Fox	Manchester Wheelers	M	V40-49	01:06:39	43
57	14:57:00	Paul	Haywood	Leek Cyclists' Club	M	V50-59	01:09:34	57
58	14:58:00	Chris	Yianni	Withington Wheelers	M	V50-59	01:08:39	53
59	14:59:00	Chris	Moreman	Saddleworth Clarion CC	M	V40-49	01:07:38	48
60	15:00:00	David	Crawley	Velotik Racing Team	M	V40-49	01:06:00	40
61	15:01:00	Tony	Boardman	VTTA (Manchester & NW Group)	M	V60-69	01:10:21	60
62	15:02:00	Austin	Foy	Fogarty Insurance Tri Team	M	S		38
63	15:03:00	Cecil	Hopkinson	Wigan Whs CC	M	V60-69	01:11:36	64
64	15:04:00	Alan	Ottiwel	Warrington Road Club/Horton Light Engineering/RS Cyclesport	M	V60-69	01:12:20	66
65	15:05:00	Gary	Tye	Preston CC	M	V40-49	01:07:26	47
66	15:06:00	ian	corrin	Port Sunlight Wheelers	M	V60-69	01:10:57	62
67	15:07:00	Craig	Jankowski	Total Tri Training	M	S		32
68	15:08:00	David	Friend	Warrington Road Club/Horton Light Engineering/RS Cyclesport	M	S		28
69	15:09:00	Mark	Riley	Kidsgrove Wheelers	M	V40-49	01:07:15	46
70	15:10:00	Darren	Maironis	Coveryourcar.co.uk RT	M	V40-49	01:06:39	43
71	15:11:00	alistair	stanway	Weaver Valley CC	M	V40-49	01:07:38	48
72	15:12:00	stephen	costello	Abbotsford Park RC	M	V50-59	01:10:04	59
73	15:13:00	Paul	Welsby	DRAG2ZERO	M	V40-49	01:07:50	49
74	15:14:00	Steven	Drew	Ashley Touring CC	M	V40-49	01:06:51	44
75	15:15:00	Eric	Grill	AeroCoach	M	S		34
76	15:16:00	Dan	Harbidge	Warrington Triathlon Club	M	23&U		22
77	15:17:00	David	Fox	Warrington Road Club/Horton Light Engineering/RS Cyclesport	M	V50-59	01:08:39	53
78	15:18:00	Robert	Bath	Black Horse Velo CC	M	V50-59	01:08:39	53
79	15:19:00	Derek	Black	Wigan Whs CC	M	V60-69	01:12:44	67
80	15:20:00	Mostyn	Bullock	Buxton CC/Sett Valley Cycles	M	V50-59	01:08:02	50
81	15:21:00	Robert	Pollen	Ashley Touring CC	M	S		38
82	15:22:00	Denis	Thompson	West Pennine RC	M	V60-69	01:12:20	66
83	15:23:00	John	Spearman	Seamons CC	M	V40-49	01:06:39	43
84	15:24:00	Derek	Schofield	Rosendale RC	M	V60-69	01:11:16	63
85	15:25:00	Chris	Siepen	Seamons CC	M	S		38
86	15:26:00	Llyr	Hughes	Manchester Tri Club	M	S		37
87	15:27:00	Kevin	Corden	Stone Wheelers CC	M	S		32
88	15:28:00	Craig	Howarth	Rosendale RC	M	V40-49	01:06:51	44
89	15:29:00	Pat	Stacey	Lyme Racing Club	M	V50-59	01:09:19	56
90	15:30:00	martyn	bowers	Stone Wheelers CC	M	V40-49	01:07:03	45
91	15:31:00	Simon	Higgins	Liverpool Century RC	M	V50-59	01:09:19	56

92	15:32:00	Christopher	Thomas	Rossendale RC	M	V40-49	01:07:26	47
93	15:33:00	David	Wright	Warrington Road Club/Horton Light Engineering/RS Cyclesport	M	V50-59	01:09:34	57
94	15:34:00	john	Budzik	Lyme Racing Club	M	V60-69	01:10:57	62
95	15:35:00	Mark	Donnelly	Birkenhead North End CC	M	V40-49	01:06:00	40
96	15:36:00	Duncan	Poole	Congleton CC	M	V40-49	01:06:39	43
97	15:37:00	David	Ireland	East Lancashire RC	M	V40-49	01:07:50	49
98	15:38:00	Paul	Lewis	Warrington Triathlon Club	M	V50-59	01:08:14	51
99	15:39:00	Neil	Rothwell	Seamons CC	M	V50-59	01:09:19	56
100	15:40:00	Lee	Faulkner	Preston CC	M	V50-59	01:08:52	54
101	15:41:00	Paul	Blackburn	Leigh Premier Road Club	M	S		36
102	15:42:00	Stephen	Turner	Westmead Team 88	M	V50-59	01:09:19	56
103	15:43:00	Mark	Pickles	Manchester Wheelers	M	V40-49	01:07:03	45
104	15:44:00	Chris	Warner	Stone Wheelers CC	M	V50-59	01:09:05	55
105	15:45:00	Robin	Brennan	Preston CC	M	V40-49	01:07:50	49
106	15:46:00	Ian	Middleton	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)	M	V60-69	01:13:10	68
107	15:47:00	Tony	Weston	Liverpool Century RC	M	V50-59	01:08:26	52
108	15:48:00	Mark	Maguire	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)	M	S		32
109	15:49:00	JOHN	KING	Janus RC	M	V70-79	01:19:14	78
110	15:50:00	Adrian	Hughes	Seamons CC	M	V40-49	01:07:50	49
111	15:51:00	roger	wrenn	Macclesfield Wheelers	M	V70-79	01:15:09	72
112	15:52:00	Dominic	Crisp	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)	M	S		35
113	15:53:00	Jamie	Humphries	Westmead Team 88	M	V40-49	01:06:13	41
114	15:54:00	Jack	Schofield	Bath Cycling Club	M	23&U		22
115	15:55:00	Ben	Norbury	Congleton CC	M	S		32
116	15:56:00	Clive	Wilkinson	Birkenhead North End CC	M	V50-59	01:08:26	52
117	15:57:00	stephen	longdon	Stretford Wheelers CC	M	V60-69	01:10:38	61
118	15:58:00	Mark	Nicholls	Pro Vision Cycle Clothing	M	V40-49	01:06:51	44
119	15:59:00	Mark	Jones	Birkenhead North End CC	M	V50-59	01:09:05	55
120	16:00:00	Adam	Robinson	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)	M	23&U		22
121	16:01:00	Tony	Haley	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)	M	V50-59	01:08:02	50
122	16:02:00	Dave	Bates	South Pennine RC	M	V60-69	01:13:10	68
123	16:03:00	John	Flynn	Frodsham Wheelers	M	V60-69	01:10:38	61
124	16:04:00	Matt	Hacker	North Cheshire Clarion	M	V40-49	01:06:13	41
125	16:05:00	Mark	Brearton	The Endurance Store	M	V40-49	01:07:26	47
126	16:06:00	Andy	Robinson	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)	M	V40-49	01:07:26	47
127	16:07:00	William	Sedgwick	Southport CC	M	V60-69	01:12:20	66
128	16:08:00	Andrew	Ashmore	Buxton CC/Sett Valley Cycles	M	V40-49	01:06:51	44
129	16:09:00	David	Steele	Lyme Racing Club	M	V70-79	01:17:41	76
130	16:10:00	Tom	Thornely	Buxton CC/Sett Valley Cycles	M	S		33
131	16:09:00	Melvyn	Lewis	Stafford RC	M	V50-59	01:09:34	57
132	16:10:00	Mark	Horsley Frost	Buxton CC/Sett Valley Cycles	M	V40-49	01:07:26	47
133	16:09:00	Mike	Jones	Congleton CC	M	V40-49	01:06:51	44
134	16:10:00	Paul	Johnstone	Preston CC	M	V40-49	01:07:26	47

SEE YOU ON THE DAY, GOOD LUCK, RIDE SAFE AND AS FAST AS YOU CAN