**Manchester and District**

**Ladies’ Cycling Association**

 **Saturday 13th May 2023**

**Ladies Open Handicapped, Men’s Invitation and GHS 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 1st Jan 2022, or if none ridden, fastest time in last 3 years.*

**Event Organiser**: Heather West, 49 Grendale Avenue, Hazel Grove, Stockport, Cheshire, SK7 6LJ

Tel: 07800854203

**Timekeepers:** start Mrs A Higginson/ finish Mr M Jackson First rider off at **2:01 pm**

**Headquarters**: **Allostock Village Hall** located in Chapel Lane, Allostock, Knutsford, WA16 9LP

**Signing on and collection of numbers** will be in 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.

**Finish**

**Start**

**H.Q.**

**Directions from headquarters to start, and from finish back to headquarters**

The route will be signposted.

**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 mile 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

NOTES

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

**A50 Cranage & Toft Corner –**

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.

**Prizes**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ladies** |  | **Men** |  | **Combined** |
| 1st | £30.00 | 1st handicap | £30.00 |  | 1st | £30.00 |  | 1st | £30.00 each |
| 2nd  | £20.00 | 2nd handicap | £20.00 |  | 2nd | £20.00 |  | 2nd | £20.00 each |
| 3rd  | £15.00 | 3rd handicap | £15.00 |  | 3rd | £15.00 |  | 3rd | £15.00 each |

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

One rider one prize, except Combination.

**COVID PRECAUTIONS**

 CTT has issued a document “Covid-19 Risk Assessment 09 08 21”. 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.
* 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&DTTA 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 Contacts on the day- Heather West 07800854203

**Notes and Local Regulations**

We highly recommend you the Risk Assessment document 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).

**Warnings:**

**Care at 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.

A competitor who swings out to the right before executing a left turn should ensure that the road

behind is clear of traffic before doing so. This practice is not encouraged by the District Committee and competitors who ride in this manner are warned that in many circumstances this manoeuvre will be regarded as a contravention of regulation 47(i), (iii), (v).

**No ‘U’ Turns**

Riders must not perform ‘U’ turns in the vicinity of the start or finish of the event. Riders observed

performing ‘U’ turns will be reported to the District Committee who will consider disciplinary

proceedings.

**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.

**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 accompanied riding shall be upon the rider overtaken. (CTT Reg 21)

**Riders should not warm up on the course after the event has started.**

**GHS**

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| --- | --- | --- | --- | --- |
| **No.** | **Name** | **Cat** | **Club** | **Start** |
| 1 | Duncan Whalley | J | ABC Centreville | 14:01 |
| 2 | George Siepen | J | Seamons CC | 14:02 |
| 3 | Jacob Bradbury | J | Manchester Wheelers | 14:03 |
| 4 | Nicholas Smith | J | Westmead Team 88 | 14:04 |
| 5 | Davey Allanson | J | 360 Cycling | 14:05 |

**Ladies**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Name** | **Cat** | **M/c** | **Club** | **H/Cap** | **Std** | **Start** |
| 8 | Sarah White | V | TT | Manchester Tri Club | - | 29:23 | 14:08 |
| 9 | Lynsey Astles | V | TT | Congleton CC | 8:04 | 29:07 | 14:09 |
| 10 | Jenny Castle | V | RB | Salford Cycling Club  | 13:28 | 29:07 | 14:10 |
| 11 | Tracey Gregory | V | TT | Buxton CC | 9:34 | 30:15 | 14:11 |
| 12 | Sally Cunliffe | V | TT | Velotik Racing Team | 9:41 | 31:25 | 14:12 |
| 13 | Emma Bradfield | V | TT | Warrington Tri Club | 9:07 | 29:48 | 14:13 |
| 14 | Alison Stephenson | V | TT | Congleton CC | 8:25 | 29:41 | 14:14 |
| 15 | Claire Harrison | V | TT | Congleton CC | 8:05 | 29:18 | 14:15 |
| 16 | Gail Lowe | V | TT | Congleton CC | 7:21 | 29:48 | 14:16 |
| 17 | Lucy Rodgers | V | TT | Congleton CC | 7:02 | 29:48 | 14:17 |
| 18 | Alice Taylor |  | TT | Congleton CC | 6:36 | - | 14:18 |

**Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No.** | **Name** | **Club** | **Invited By** | **Start** |
| 20 | David Griffiths | Crewe Clarion Wheelers |  | 14:20 |
| 21 | Vic Trigger | Crewe Clarion CC |  | 14:21 |
| 22 | Julian Gilbody | Stretford Wheelers CC |  | 14:22 |
| 23 | Alan Shuttleworth | Weaver Valley CC |  | 14:23 |
| 24 | Simon Davis | VTTA (Midlands) |  | 14:24 |
| 25 | William Renard | Macclesfield Wheelers |  | 14:25 |
| 26 | Steve Nixon | Congleton CCC |  | 14:26 |
| 27 | Liam Kwan | Stretford Wheelers CC |  | 14:27 |
| 28 | John Leach | Rossendale RC |  | 14:28 |
| 29 | Robbie Harcourt | Salford CC | Jenny Castle | 14:29 |
| 30 | Ian Slater | Pocomotion Road Club | Sarah White | 14:30 |
| 31 | John Verbickas | Seamons CC |  | 14:31 |
| 32 | Paul Emmins | Stretford CC |  | 14:32 |
| 33 | Kelvin Milward | Congleton CC |  | 14:33 |
| 34 | Duncan Poole | Congleton CC |  | 14:34 |
| 35 | Mathew Siepen | Seamons CC |  | 14:35 |
| 36 | Peter Jackson | Macclesfield Wheelers |  | 14:36 |
| 37 | Paul Robinson | Stone Wheelers  | Tracey Gregory | 14:37 |
| 38 | Chris Wilcox | Lyme Racing Club |  | 14:38 |
| 39 | Derek Schofield | Rossendale RC |  | 14:39 |
| 40 | Chris Barlow | Holmes Chapel Velo |  | 14:40 |
| 41 | Martin Wiggan | Seamons CC |  | 14:41 |
| 42 | Richard Marshall | Team Wheelguru |  | 14:42 |
| 43 | Andy Whitehead | Seamons CC |  | 14:43 |
| 44 | Stephen Sladin | Congleton CC | Lucy Rodgers | 14:44 |
| 45 | Andy Cummings | Warrington Tri Club | Emma Bradfield | 14:45 |
| 46 | Phil Land | Velo6 Racing |  | 14:46 |
| 47 | Howard Leach | VTTA (North Lancs) |  | 14:47 |
| 48 | Luke Buswell | Manchester Bicycle Club |  | 14:48 |
| 49 | Paul Basson | ABC Centreville |  | 14:49 |
| 50 | Barrie Whitaker | Lyme Racing Club |  | 14:50 |
| 51 | Tim Marshall | Seamons CC |  | 14:51 |
| 52 | Chris Spencer | Congleton CC | Alice Taylor | 14:52 |
| 53 | Kevin Blades | 360Cycling |  | 14:53 |
| 54 | Ian Holbrook | Stone Wheelers CC | Gail Lowe | 14:54 |
| 55 | Mat Stephenson | Congleton CC | Alison Stephenson | 14:55 |
| 56 | Toby Williams | Velotik Racing Team |  | 14:56 |
| 57 | Alastair Ribbands | Congleton CC | Claire Harrison | 14:57 |
| 58 | Alistair Rutherford | Manchester Bicycle Club |  | 14:58 |
| 59 | Andrew Bradbury | Congleton CC | Lynsey Astles | 14:59 |
| 60 | David Parkin | Velotik Racing Team | Sally Cunliffe | 15:00 |
| 61 | Alexander Royal | Manchester Bicycle Club |  | 15:01 |

**M&DLCA**

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

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| --- | --- | --- | --- |
| **Course** | **Date & time** | **Organiser** | **Information** |
| J4/2010 miles | Saturday 10th June 14:00 | Kath Jackson | Ladies 10-mile Invitation |
| J4/950 miles | Sat 24th June13:00 | Ian Ross | M&DLCA open championship 50 (in conjunction with M&DTTA championship. All riders should enter the M&DTTA event) |
| J4/9 | Sat 5th August14:00 | 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.

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 1st October of the current season.

*Visit our website at* [*http://www.mdlca.org.uk*](http://www.mdlca.org.uk) *for the latest news, results and photos*

*We also have a* [*Facebook page*](https://www.facebook.com/mdlca/) *for photos and posts, and on Twitter we are @ManDLCA.*