



# Manchester and District Ladies' Cycling Association

Held Saturday 10<sup>th</sup> June 2023

## Ladies Open Handicapped and Men's Invitation 10 mile Time Trial

*Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.  
Handicapped using standard tables. Course J4/20*

### Results Sheet and Prize List

#### Ladies prizes

1 <sup>st</sup>	Gail Lowe	Congleton CC - MyWindssock	24:53	£30.00
2 <sup>nd</sup>	Lynsey Astles	Congleton CC - MyWindssock	25:37	£20.00
3 <sup>rd</sup>	Lily Brindle	Brother UK - Team OnForm	26:25	£15.00
1 <sup>st</sup> h'cap	Denise Hurst	Congleton CC - MyWindssock	16:09	£30.00
2 <sup>nd</sup> h'cap	Jeanette Barber	Seamons CC	16:43	£20.00
3 <sup>rd</sup> h'cap	Gail Lowe	Congleton CC - MyWindssock	17:32	*
4 <sup>th</sup> h'cap	Lynsey Astles	Congleton CC - MyWindssock	17:33	*
5 <sup>th</sup> h'cap	Jenny Castle	Salford Cycling Club	18:14	£15.00
Team	Gail Lowe Lynsey Astles	Congleton CC – MyWindssock	50:30	£15.00 each

#### **Fastest M&DLCA**

Vet on std	Gail Lowe	Congleton CC – MyWindssock	+4:55	Certificate
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#### Men

Fastest	Joe Cosgrove	Anexo Group Race Team	21:10	£30.00
2 <sup>nd</sup>	Alexander Royle	Manchester Bicycle Club	21:14	£20.00
3 <sup>rd</sup>	Richard Shaw	Seamons CC	21:25	£15.00
Team	Joe Cosgrove Sam Fisher	Anexo Group Race Team	42:55	£15.00 each

#### Combined

Fastest	Alexander Royle	Lynsey Astles	46:51	£30.00 each
2 <sup>nd</sup>	Ian Holbrook	Gail Lowe	48:26	£20.00 each
3 <sup>rd</sup>	Joe Cosgrove	Sarah Roberts	51:59	£15.00 each

\* One rider one prize, except Combination and Team.

## Ladies' Results

Pos	Name	Club	Std	+/-	H/Cap	H/Cap Time	Actual Time
1	Lucy Rogers	Congleton CC - MyWindsock	29:48	+6:15	5:23	18:10	23:33 **
2	Gail Lowe	Congleton CC - MyWindsock	29:48	+4:55	7:21	17:32	24:53
3	Lynsey Astles	Congleton CC - MyWindsock	29:07	+3:30	8:04	17:33	25:37
4	Lily Brindle	Brother Uk - Team OnForm			7:40	18:45	26:25
5	Mel Hayes	Manchester Triathlon Club	29:54	+2:44			27:10
6	Michelle Fairclough	Velotik Racing Team	29:07	+1:45	7:33	19:49	27:22
7	Jeanette Barber	Seamons CC	31:15	+2:51	11:41	16:43	28:24
8	Marianne Veighey	Manchester Triathlon Club	29:29	-0:15			29:44
9	Sharon Clifford	SheHair Racing Team	30:56	+0:24	9:41	20:51	30:32
10	Kate Woodward-Nutt	Manchester Triathlon Club	30:08	-0:24			30:32
11	Tracy Gregory	Buxton CC/Sett Valley Cycles	30:15	-0:22	9:34	21:03	30:37
12	Sarah Roberts	Manchester Triathlon Club					30:49
13	Denise Hurst	Congleton CC - MyWindsock	31:58	-0:03	15:52	16:09	32:01
14	Jacky Taylor	Manchester Triathlon Club	30:01	-2:16	13:42	18:35	32:17
15	Jenny Castle	Salford Cycling Club	29:07	-3:21	14:14	18:14	32:28
16	Lesley Norbury	Congleton CC - MyWindsock	31:36	-1:06	11:54	20:48	32:42
17	Jade Ong	Manchester Triathlon Club					37:09

\*\* rider has asked to be excluded from ladies' prizes

DNS (apols) Sarah White

## Men's Results

Pos	Name	Club	Invited by	Actual Time
1	Joe Cosgrove	Anexo Group Race Team	Sarah Roberts	21:10
2	Alexander Royle	Manchester Bicycle Club	Lynsey Astles	21:14
3	Richard Shaw	Seamons CC	M&DLCA	21:25
4	Sam Fisher	Anexo Group Race Team	Jade Ong	21:45
5	Mark Parsons	Team ASL-Bolton	M&DLCA	21:58
5	Mat Ivings	Buxton CC/Sett Valley Cycles	Tracy Gregory	22:28
7	Joe Rendall	Congleton CC - MyWindsock	M&DLCA	22:56
8	Kevin Blades	360cycling	M&DLCA	22:58
9	Richard Marshall	Team Wheelguru	M&DLCA	23:17
10	Ian Holbrook	Stone Wheelers CC	Gail Lowe	23:33
11	Michael Summers	Team Wheelguru	M&DLCA	23:36
12	Chris Siepen	Seamons CC	M&DLCA	23:41
13	Stephen Dooley	Seamons CC	M&DLCA	23:57
14	Stephen Taylor	Manchester Triathlon Club	Jacky Taylor	24:11
15	Ian Slater	Pocomotion Road Club	M&DLCA	24:21
16	Liam Kwan	Stretford Wheelers CC	M&DLCA	24:40
17	Andy Cummings	Warrington Triathlon Club	M&DLCA	24:55
18	Alex Dowsett	NopinZ	M&DLCA	24:55 ***
19	Stephen Sladin	Congleton CC - MyWindsock	M&DLCA	25:14
20	Paul Robinson	Stone Wheelers CC	M&DLCA	25:22
21	Chris Evans	Manchester Triathlon Club	Sarah White	25:25
22	Robbie Harcourt	Salford Cycling Club	Jenny Castle	25:28
23	Matthew Siepen	Seamons CC	Lily Brindle	25:45
24	Jacob Shovlin	trainSharp	M&DLCA	25:58
25	Nicholas Smith	Westmead Team 88	Michelle Fairclough	26:09
26	Kelvin Milward	Congleton CC - MyWindsock	M&DLCA	26:20
27	Cliff Veighey	Manchester Triathlon Club	Marianne Veighey	26:34
28	Adrian Fox	Congleton CC - MyWindsock	Lesley Norbury	26:52
29	Sam Barratt	Manchester Triathlon Club	Mel Hayes	27:45
30	Tony Perrin	Stone Wheelers CC	M&DLCA	27:49
31	Mike Cole	Huddersfield RC	M&DLCA	28:32
32	Andrew Newey	Ribble Valley C&RC	Sharon Clifford	28:50

33	Nick Bailey	Congleton CC - MyWindsock	Denise Hurst	29:21
34	Howard Leach	VTTA North Lancs and Lakes Group	M&DLCA	29:29
35	John Verbickas	Seamons CC	M&DLCA	30:32
36	John Leach	Rossendale RC	M&DLCA	30:57
37	David Griffiths	Crewe Clarion Wheelers	M&DLCA	31:55

\*\*\* includes 5 minutes late start due to puncture

DNS (apols) William Salter, Louis Thomas-Messenger DNS Peter Jackson, Adrian Hughes, Bryn Lawrence DNF (punctures) Tim Smith, Paul Barber, Richard Marais, Alan Shuttleworth

## Combined Results

Pos	Lady	Time	Man	Time	Combined
1	Lynsey Astles	25:37	Alexander Royle	21:14	0:46:51
2	Gail Lowe	24:53	Ian Holbrook	23:33	0:48:26
3	Sarah Roberts	30:49	Joe Cosgrove	21:10	0:51:59
4	Lily Brindle	26:25	Matthew Siepen	25:45	0:52:10
5	Tracy Gregory	30:37	Mat Ivings	22:28	0:53:05
6	Michelle Fairclough	27:22	Nicholas Smith	26:09	0:53:31
7	Mel Hayes	27:10	Sam Barratt	27:45	0:54:55
8	Marianne Veighey	29:44	Cliff Veighey	26:34	0:56:18
9	Jacky Taylor	32:17	Stephen Taylor	24:11	0:56:28
10	Jenny Castle	32:28	Robbie Harcourt	25:28	0:57:56
11	Jade Ong	37:09	Sam Fisher	21:45	0:58:54
12	Sharon Clifford	30:32	Andrew Newey	28:50	0:59:22
13	Lesley Norbury	32:42	Adrian Fox	26:52	0:59:34
14	Denise Hurst	32:01	Nick Bailey	29:21	1:01:22

Many thanks to the timekeepers, and all the helpers who helped sign on and marshal, including Ian & Mavis Ross, Phil & Pam Fern, Heather and John West, Mary Reid, Jo and Ian, Marion Roberts, Rod Goodfellow and John and Martin Jackson.

**Event Organiser:** K. Jackson, 7 Burford Crescent, Wilmslow, Cheshire 01625 537401

**Timekeepers:** Mr M Jackson & Mr I Ross

## M&DLCA

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

Course	Date & time	Organiser	Information
J2/9 25 miles	Sat 24 <sup>th</sup> June 14:00	Robbie Harcourt	M&DLCA Ladies 25 (in conjunction with Salford CC)
J2/9 25 miles	Sat 5 <sup>th</sup> August 14:00	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, **plus, for this year only, the 10 mile event on 18<sup>th</sup> March 2023 run by the M&DTTA.**

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 1<sup>st</sup> October of the current season.

Visit our website at <http://www.mdca.org.uk> for the latest news, results and photos

We also have a [Facebook page](#) for photos and posts, and on Twitter we are @ManDLCA.

