



Manchester and District Ladies' Cycling Association

Ladies Open Handicapped and Men's Invitation 10 mile Time Trial
And GHS District Championship
held on 23rd April 2016

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.
Handicapped using standard tables

Results Sheet and Prize List

Results for the M&DLCA Invitation 10 mile Time Trial

GHS Event

Fastest	Alex Coates	Lyme RC	24:09
2 nd	Tristan Pilling	Middleton CC	24:58
3 rd	Daniel Parish	Crewe Clarion Wheelers	25:40

Ladies

Fastest	Dame Sarah Storey	Podium Ambition P/B Club La Santa	22:10	£20:00
2 nd	Melissa Lowther	Team Breeze	23:43	£16:00
3 rd	Abigail Dentus	Team Breeze	23:51	£12:00
4 th	Claire Harrison	Vision Racing	24:38	£10:00
5 th	Hayley Jones	Team Breeze	24:40	£8:00

1 st handicap	Annia Modlinsky	Manchester Wheelers	14:07	£12.00
2 nd handicap	Alisa Healy	The Racing Chance Foundation	15:31	£11.00
3 rd handicap	Hannah McEwan Georgina Cape	The Racing Chance Foundation East Lancs RC	16:22 16:22	£10.00

Team	Melissa Lowther & Abigail Dentus	Team Breeze	47:34	£10:00 each
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Fastest Vet on Std	Claire Harrison	Vision Racing	+3:35	Certificate
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One rider one prize with the exception of the combination and team prize

Men

Fastest	Joseph Dobson	Manchester Bicycle Club	22:16	£20.00
2 nd	Dominic Crisp	Vision Racing	22:20	£16.00
3 rd	Andrew Jones	Vision Racing	22:30	£12.00
4 th	Tony Haley	Vision Racing	23:05	£10:00
5 th	Chris Siepen	Seamons CC	23:08	£8:00

Combined prizes

Fastest	Melissa Lowther	Joseph Dobson	0:45:59	£12.00 each
2 nd	Claire Harrison	Dominic Crisp	0:46:58	£11:00 each
3 rd	Abigail Dentus	Chris Siepen	0:46:59	£10.00 each

GHS Results

Posn	Name	Club	Actual Time
1	Alex Coates	Lyme RC	24:09
2	Tristan Pilling	Middleton CC	24:58
3	Daniel Parish	Crewe Clarion Wheelers	25:40
4	Oliver Makinson	East Lancs RC	25:46
5	Jamie Helsby	The Racing Chance Foundation	25:51
6	Cameron Fitton	East Lancashire Road Club	26:04
7	Samuel Hall	Lyme RC	26:49
8	Noah Codling	East Lancs RC	27:38
9	Rebecca Gregson	The Racing Chance Foundation	27:57
10	Katie Helsby	The Racing Chance Foundation	28:06
11	Charlotte Waddington	The Racing Chance Foundation	28:37
12	Jack Millar	East Lancs RC	29:20
13	Thomas Bland	East Lancs RC	32:00
14	Niamh Coulter	East Lancs RC	35:01

Ladies' Results

Posn	Name	Club	Std	Std +/-	H/Cap	H/Cap Time	Actual Time	Cat
1	Sarah Storey	Podium Ambition P/B Club La Santa			5:24	16:46	22:10	-
2	Melissa Lowther	Team Breeze					23:43	N
3	Abigail Dentus	Team Breeze					23:51	N
4	Claire Harrison	Vision Racing	28:13	+3:35	7:10	17:28	24:38	V
5	Hayley Jones	Team Breeze					24:40	N
6	Vanessa Whitfield	The Racing Chance Foundation			6:23	18:26	24:49	-
7	Monica Dew	Boot Out Breast Cancer CC					24:54	N
8	Emily Kay	Team Breeze			6:43	18:17	25:00	-
9	Annasley Park	Team Breeze			6:55	18:09	25:04	N
10	Megan Barker	Team Breeze					25:39	N
11	Emily Nelson	Team Breeze			5:49	20:04	25:53	-
12	Ruth Gamwell	Macclesfield Wheelers	28:08	+1:54	7:38	18:36	26:14	V
13	Madeleine Scott	High On Bikes					26:21	N
14	Alisa Healy	The Racing Chance Foundation			10:58	15:31	26:29	-
15	Heather Bamforth	The Racing Chance Foundation			7:22	19:13	26:35	-
16	Rebecca Marshall	Vision Racing	28:34	+1:59	7:14	19:21	26:35	V
17	Hannah McEwan	The Racing Chance Foundation			10:59	16:22	27:21	-
18	Emma Walker	Manchester Tri Club					27:31	N
19	Holly Carter	Manchester Wheelers			9:37	17:59	27:36	-
20	Jacqueline Ward	Wills Wheels CC	29:09	+1:20			27:49	V/N
21	Annia Modlinsky	Manchester Wheelers	28:02	-0:05	14:00	14:07	28:07	V
22	Emily Martin	Weaver Valley CC			10:02	18:05	28:07	-
23	Claire Hay	North Cheshire Clarion	28:19	-0:09	10:57	17:31	28:28	V
24	Georgina Cape	East Lancs RC	28:29	-0:09	12:16	16:22	28:38	V
25	Tarja Barnes	North Cheshire Clarion	28:39	-0:05	10:58	17:46	28:44	V
26	Anna Brunt	Seamons CC	28:13	-0:37	12:27	16:23	28:50	V
27	Karen Helsby	The Racing Chance Foundation	28:48	-0:35	11:04	18:19	29:23	V
28	Cat Jessop	East Lancs RC					29:32	N
29	Carol Sherrin	Westmead team 88	28:53	-0:49	9:23	20:19	29:42	V
30	Sarah Gregson	The Racing Chance Foundation					30:06	N
31	Samantha Hewitt	Ashley Touring CC			12:40	17:53	30:33	-
32	Jill Fielding	North Cheshire Clarion					30:50	N
33	Melanie Bailey	Vision Racing			8:12	22:53	31:05	-
34	Karen Bailey	East Lancs RC					33:03	N
35	Jayne Dickens	Vision Racing	28:39	-7:08	7:38	28:09	35:47	V
36	Linsey Lyon	The Racing Chance Foundation					DNS	N
37	Marian Lloyd	Team Breeze					DNS	N
38	Kelly Murphy	Boot Out Breast Cancer CC					DNS	-
39	Lindsey Styler	The Racing Chance Foundation					DNS(A)	-

40	Dannielle Khan	Team Breeze					DNS	N
41	Lauren Bateson	East Lancs RC					DNS	-
42	Linda Flavell	Chester RC					DNS	V/N
43	Christine Higgs	Macclesfield Wheelers					DNS	V

Men's Results

Posn	Name	Club	Actual Time
1	Joseph Dobson	Manchester Bicycle Club	22:16
2	Dominic Crisp	Vision Racing	22:20
3	Andrew Jones	Vision Racing	22:30
4	Tony Haley	Vision Racing	23:05
5	Chris Siepen	Seamons CC	23:08
6	Rick Waddon	Para T Paracycling Team	23:15
7	John White	Pro Vision	23:15
8	Lee Winslow	Wills Wheels CC	23:23
9	Charles Carraz	Seamons CC	23:33
10	Simon Philips	Stockport Tri Club	23:34
11	Greg Dancer	Stone Wheelers CC	24:01
12	Dave Pargeter	Stretford Wheelers	24:05
13	Tim Marshall	North Cheshire Clarion	24:11
14	Steven Turner	Westmead Team 88	24:16
15	Craig Morgan	Team Wheelguru	24:43
16	Alex Trippier	East Lancs RC	24:59
17	Fred Bamforth	Stretford Wheelers	25:02
18	Mike Cotgreave	Westmead Team 88	25:05
19	Brad Lincoln	Boot Out Breast Cancer CC	25:13
20	Roger Wrenn	Macclesfield Wheelers	25:14
21	David Trippier	East Lancs RC	25:21
22	Andy Wood	Weaver Valley CC	26:00
23	John Lowe	Withington Wheelers	26:16
24	Graham McEwan	The Racing Chance Foundation	26:19
25	Jason Codling	East Lancs RC	26:19
26	Ian Roberts	The Racing Chance Foundation	26:34
27	Dan Robinson	Manchester Wheelers	26:43
28	Mark Fielding	North Cheshire Clarion	27:11
29	Liam Kwan	Stretford Wheelers	27:12
30	Phil Holden	Seamons CC	28:05
31	David Smith	Deeside Olympic RRC	28:51
32	Ian Millar	East Lancs RC	29:44
33	Michael Coulter	East Lancs RC	29:58
34	Steve Helsby	The Racing Chance Foundation	30:36
35	Michael Gregson	The Racing Chance Foundation	30:40
36	Gary Lyon	The Racing Chance Foundation	DNS
37	Darryl Nolan	East Lancs RC	DNS
38	John Noakhes	Deeside Olympic RRC	DNS
39	Ben Mcintosh	Velotik Racing Team	DNS
40	Daniel Styler	Croston Velo	DNS(A)

Combined Results

Posn	Lady	Time	Man	Time	Combined Time
1	Melissa Lowther	23:43	Joseph Dobson	22:16	0:45:59
2	Claire Harrison	24:38	Dominic Crisp	22:20	0:46:58
3	Abigail Dentus	23:51	Chris Siepen	23:08	0:46:59
4	Sarah Storey	22:10	Brad Lincoln	25:13	0:47:23
5	Monica Dew	24:54	Rick Waddon	23:15	0:48:09
6	Rebecca Marshall	26:35	Andrew Jones	22:30	0:49:05
7	Annasley Park	25:04	Craig Morgan	24:43	0:49:47
8	Megan Barker	25:39	Steven Turner	24:16	0:49:55
9	Emma Walker	27:31	Simon Philips	23:34	0:51:05
10	Jacqueline Ward	27:49	Lee Winslow	23:23	0:51:12
11	Madeleine Scott	26:21	Alex Trippier	24:59	0:51:20
12	Ruth Gamwell	26:14	Roger Wrenn	25:14	0:51:28

13	Heather Bamforth	26:35	Fred Bamforth	25:02	0:51:37
14	Claire Hay	28:28	Tim Marshall	24:11	0:52:39
15	Alisa Healy	26:29	Ian Roberts	26:34	0:53:03
16	Hannah McEwan	27:21	Graham McEwan	26:19	0:53:40
17	Samantha Hewitt	30:33	John White	23:15	0:53:48
18	Emily Martin	28:07	Andy Wood	26:00	0:54:07
19	Holly Carter	27:36	Dan Robinson	26:43	0:54:19
20	Melanie Bailey	31:05	Charles Carraz	23:33	0:54:38
21	Carol Sherrin	29:42	Mike Cotgreave	25:05	0:54:47
22	Georgina Cape	28:38	Jason Codling	26:19	0:54:57
23	Cat Jessop	29:32	Liam Kwan	27:12	0:56:44
24	Anna Brunt	28:50	Phil Holden	28:05	0:56:55
25	Annia Modlinsky	28:07	Ian Millar	29:44	0:57:51
26	Jill Fielding	30:50	Mark Fielding	27:11	0:58:01
27	Karen Bailey	33:03	David Trippier	25:21	0:58:24
28	Jayne Dickens	35:47	Tony Haley	23:05	0:58:52
29	Karen Helsby	29:23	Steve Helsby	30:36	0:59:59
30	Sarah Gregson	30:06	Michael Gregson	30:40	1:00:46
31	Linsey Lyon	DNS	Gary Lyon	DNS	
32	Lauren Bateson	DNS	Michael Coulter	29:58	
33	Tarja Barnes	28:44	Darryl Nolan	DNS	
34	Christine Higgs	DNS	John Lowe	26:16	
35	Marian Lloyd	DNS	David Smith	28:51	
36	Linda Flavell	DNS	John Noakhes	DNS	
37	Hayley Jones	24:40	Ben McLintosh	DNS	
38	Lindsey Styler	DNS	Daniel Styler	DNS	
39	Kelly Murphy	DNS	Dave Pargeter	24:05	
40	Danielle Khan	DNS	Greg Dancer	24:01	

Due to incorrect information received on some of the entry forms I have been unable to award the Novice prizes.

Other M&DLCA Events 2016

Dist	Date	Organiser	In conjunction with:
25	:	Robbie Harcourt	Stretford Wheelers
50	4 th June:	Ian Ross	M&DTTA
10	18 th June:	Kath Jackson	M&DLCA Ladies Invitation
25	2 nd July:	Mavis Ross	Nova CC
	9 th July:		

Each year, the M&DLCA awards several prizes and trophies to members of the M&DLCA and affiliated clubs, which are presented at our annual dinner dance in November. 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 the 1st October of the current season.

For the latest news, results and photos please visit our website on <http://www.mdlca.org.uk>

Any '25' and '50' on a 'J' course, as long as a copy of the results sheet and entry form is sent to the M&DLCA BAR secretary, K Jackson.

Dinner Dance and prize presentation

25th November 2016 at the Alma Lodge, Stockport. 7:15 for 7:30pm

Many thanks to all the helpers who make the job so much easier, including timekeepers Jane .Green and Ian Ross. Martin and Kath Jackson for the results board, John West and Phil Fern for pushing off. Ian and Mavis Ross for putting out the signs. Pamela Fern and Christine Roberts for catering, Marion Roberts, Christine Ashworth, Ged Atkinson, Joanne Harcourt and Ian for marshalling duties, and for everybody else who helped on the day who I didn't get chance to thank and an especial thank you for my request for cakes.

Event Organiser: Heather West, 49 Grendale Avenue, Hazel Grove, Stockport. T.0161-456-9376

Please visit our website on <http://www.mdlca.org.uk> for photographs, results and updates.