



Manchester and District Ladies' Cycling Association

30th April 2016

Ladies Open Handicapped 10 mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations.

Handicapped using standard tables.

Run in conjunction with East Lancs Road Club

Results Sheet and Prize List

Fastest	Vanessa Whitfield	The Racing Chance Foundation	24:33	£15.00
2nd	Claire Harrison	Vision Racing	24:48	£14.00
3rd	Karen Popplewell	Seamons CC	25:06	£13.00
1st handicap	Karen Bailey	East Lancashire RC	15:16	£12.00
2nd handicap	Sarah Gregson	The Racing Chance Foundation	16:14	£11.00
3rd handicap	Molly Horsley Frost	Buxton CC	16:29	£10.00
Fastest under 18	Katie Helsby	The Racing Chance Foundation	27:53	£10.00
Fastest Team	Claire Harrison	Vision Racing	50:01	£10.00 each
	Jayne Dickens	Vision Racing		
Fastest M&DLCA Vet on std	Jayne Dickens	Vision Racing	+3:26	Certificate
Fastest M&DLCA Junior	Rebecca Gregson	The Racing Chance Foundation	27:57	Certificate
Fastest M&DLCA Juvenile	Katie Helsby	The Racing Chance Foundation	27:53	Certificate

* One rider one prize, except team prize and certificates

Pos	Name		Club	Std	+/-	H/Cap	H/Cap Time	Actual Time
1	Vanessa Whitfield		The Racing Chance Foundation			5:58	18:35	24:33
2	Claire Harrison	V	Vision Racing	28:13	+3:25	7:08	17:40	24:48
3	Karen Popplewell	V	Seamons CC	28:13		8:10		25:06
4	Jayne Dickens	V	Vision Racing	28:39	+3:26	7:38	17:35	25:13
5	Ruth Gamwell	V	Macclesfield Wheelers	28:08	+2:37	7:06	18:25	25:31
6	Zoe Whiteside	V	Team Bottrill	28:13	+2:28	7:25	18:20	25:45
7	Heather Bamforth		The Racing Chance Foundation			7:22		26:06
8	Alisa Healy		The Racing Chance Foundation			8:52	17:17	26:09
9	Molly Horsley Frost	V	Buxton CC	28:02	+1:49	9:44	16:29	26:13
10	Melanie Bailey		Vision Racing			8:12	18:01	26:13
11	Emily Martin		Weaver Valley CC			10:02	17:14	27:16

12	Holly Carter		Manchester Wheelers			9:37	17:56	27:33
13	Claire Logan	V	Macclesfield Wheelers	28:19	+0:43	7:03	20:33	27:36
14	Annia Modlinsky	V	Manchester Wheelers	28:02	+0:17	10:23	17:22	27:45
15	Katie Helsby	Juv	The Racing Chance Foundation			10:22	17:31	27:53
16	Caroline Fearon	V	Weaver Valley CC	28:53	+0:56	8:04	19:53	27:57
17	Rebecca Gregson	Jun	The Racing Chance Foundation			10:14	17:43	27:57
18	Helen Bailey	V	Lyme RC	29:26	+1:17	6:50	21:19	28:09
19	Georgina Cape	V	East Lancashire RC	28:29	+0:13	10:52	17:24	28:16
20	Chelsea McCloskey-Lambert		Manchester Wheelers			7:35	20:47	28:22
21	Sarah Gregson		The Racing Chance Foundation			12:14	16:14	28:28
22	Helen Ryan		Team Glow					28:51
23	Jacqueline Ward	V	Wills Wheels CC	29:09	+0:10	10:06	18:53	28:59
24	Megan Giglia		Congleton CC					29:30
25	Karen Bailey		East Lancashire RC			14:59	15:16	30:15
26	Karen Helsby	V	The Racing Chance Foundation	28:48	-1:29	11:04	19:13	30:17
27	Sam Hewitt		Ashley Touring CC			12:39	17:47	30:26
28	Lesley Norbury	V	Congleton CC	29:51	-0:47	11:23	19:15	30:38
29	Teresa Hollins	V	Rochdale Tri	30:06	-1:28			31:34
30	Louise Whelan		Glossop Kinder Velo					32:06
31	Helen Aldred		The Racing Chance Foundation					34:25 *
32	Niamh Coulter	Juv	East Lancashire RC			15:54	19:42	35:36

*includes 4 minutes penalty for late start

DNS: Carole Sherrin, Lynne Skellern, Pauline Atkinson, Gill Henshaw, Laura Stafford. DNF: Sarah Roberts

Many thanks to Jonathan Preston and all the East Lancs Road Club helpers, the timekeepers, and the M&DLCA helpers, including Mavis and Ian Ross, Heather and John West, Pam and Phil Fern, Claire Logan and Martin Jackson.

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

Timekeepers: Gordon Pickering & Celia Elliott

Other M&DLCA events 2016

Course	Date & time	Organiser	Information
J2/9 25 miles	Saturday 4 th June 14:00	Robbie Harcourt	(in conjunction with Stretford Wheelers)
J4/16 50 miles	Saturday 18 th June 15:00	Ian Ross	M&DLCA open championship 50 (in conjunction with M&DTTA championship. Enter the M&DTTA Event)
J2/1 10 miles	Saturday 2 nd July 14:00	Katherine Jackson	Ladies can invite a man to ride the 'Invitation 10 mile event'
J2/9 25 miles	Saturday 9th July 14:00	Mavis Ross	(in conjunction with Nova CC)

Each year, the M&DLCA awards several prizes and trophies to members of the M&DLCA and affiliated clubs, these 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.

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

The Annual M&DLCA Dinner Dance and Prize Presentation will be held at the Alma Lodge, Stockport on Friday 25th November 2016. Certificates are presented at the Dinner. We also have a Facebook page for photos and posts, and can even be found on Twitter @ManDLCA .