



Manchester and District Ladies' Cycling Association

Held Saturday 4th July 2015

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.*

Results Sheet and Prize List

Ladies

| | | | | |
|--|--------------------------------|------------------------------------|-------|-------------|
| Fastest | Sarah Storey | Pearl Izumi Sports Tours Int. BOBC | 21:55 | £15.00 |
| 2nd | Becky Lewis | Fibrax Wrexham RC | 23:46 | £14.00 |
| 3rd | Ruth Gamwell | Macclesfield Wheelers | 25:17 | £13.00 |
| 1st handicap | Becky Lewis | Fibrax Wrexham RC | 14:33 | * |
| 2nd handicap | Samantha Hewitt | Team Glow | 15:10 | £12.00 |
| 3rd handicap | Karen Helsby | The Racing Chance Foundation | 16:23 | £11.00 |
| 4th handicap | Claire Harrison | Vision Racing | 16:25 | £10.00 |
| Team | Ruth Gamwell & Claire Logan | Macclesfield Wheelers | 50:48 | £10.00 each |
| Fastest M&DLCA Vet on std | Jayne Dickens | Vision Racing | +2:54 | Certificate |

* One rider one prize, except team prize

Men

| | | | | |
|----------------|----------------|----------------------|-------|--------|
| Fastest | Andy Robinson | Out Of The Saddle CC | 21:49 | £15.00 |
| 2nd | Tony Haley | Vision Racing | 22:35 | £14.00 |
| 3rd | Darren Topping | Leigh Premier RC | 23:01 | £13.00 |

Combined

| | | | | |
|----------------|----------------|------------------|-------|-------------|
| Fastest | Andy Robinson | Karen Popplewell | 47:33 | £12.00 each |
| 2nd | Tony Haley | Claire Harrison | 48:30 | £11.00 each |
| 3rd | Darren Topping | Sharon Payne | 48:40 | £10.00 each |

Ladies' Results

| Pos | Name | Club | Std | +/- | H/Cap | H/Cap Time | Actual Time |
|-----|-------------------|------------------------------------|-------|-------|-------|------------|-------------|
| 1 | Sarah Storey | Pearl Izumi Sports Tours Int. BOBC | | | 5:24 | 16:31 | 21:55 |
| 2 | Becky Lewis | Fibrax Wrexham RC | | | 9:13 | 14:33 | 23:46 |
| 3 | Ruth Gamwell | Macclesfield Wheelers | 28:02 | +2:45 | 8:10 | 17:07 | 25:17 |
| 4 | Claire Logan | Macclesfield Wheelers | 28:13 | +2:42 | 7:41 | 17:50 | 25:31 |
| 5 | Sharon Payne | Leigh Premier RC | 29:03 | +3:24 | 8:22 | 17:17 | 25:39 |
| 6 | Jayne Dickens | Vision Racing | 28:34 | +2:54 | 7:38 | 18:02 | 25:40 |
| 7 | Heather Bamforth | The Racing Chance Foundation | | | 8:04 | 17:37 | 25:41 |
| 8 | Karen Popplewell | Seamons CC | 28:08 | +2:24 | 6:24 | 19:20 | 25:44 |
| 9 | Melanie Bailey | Vision Racing | | | 7:31 | 18:16 | 25:47 |
| 10 | Claire Harrison | Vision Racing | 28:08 | +2:13 | 9:30 | 16:25 | 25:55 |
| 11 | Karen McBarrons | Kidsgrove Wheelers | 28:08 | +2:04 | 8:11 | 17:53 | 26:04 |
| 12 | Joanne Harcourt | Stretford Wheelers | 28:39 | +1:37 | 9:21 | 17:41 | 27:02 |
| 13 | Sarah Griffiths | Manchester Wheelers | | | 10:16 | 16:49 | 27:05 |
| 14 | Carole Sherrin | Westmead Team 88 | 28:48 | +0:50 | 9:43 | 18:15 | 27:58 |
| 15 | Gail Lowe | Lyme RC | 28:34 | +0:28 | 10:43 | 17:23 | 28:06 |
| 16 | Katie Helsby | Sportcity Velo | | | 11:06 | 17:15 | 28:21 |
| 17 | Caroline Fearon | Weaver Valley CC | 28:53 | +0:17 | 7:51 | 20:45 | 28:36 |
| 18 | Karen Helsby | The Racing Chance Foundation | 28:48 | -0:03 | 12:28 | 16:23 | 28:51 |
| 19 | Sally Hurst | Para T | | | 8:22 | 21:11 | 29:33 |
| 20 | Jill Wesley | Macclesfield Wheelers | 28:43 | -1:36 | 10:30 | 19:49 | 30:19 |
| 21 | Samantha Hewitt | Team Glow | | | 15:24 | 15:10 | 30:34 |
| 22 | Caroline Wareing | Preston CC | | | 15:04 | 17:37 | 32:41 |
| 23 | Jennifer Browning | Clevedon & District RC | | | | | 37:18 |

Men's Results

| Pos | Name | Club | Invited by | Actual Time |
|-----|-----------------|---------------------------------------|-------------------|-------------|
| 1 | Andy Robinson | Out Of The Saddle CC | Karen Popplewell | 21:49 |
| 2 | Tony Haley | Vision Racing | Claire Harrison | 22:35 |
| 3 | Darren Topping | Leigh Premier RC | Sharon Payne | 23:01 |
| 4 | Dave Pargeter | Stretford Wheelers | Caroline Wareing | 23:15 |
| 5 | Jon White | Kidsgrove Wheelers | Karen McBarrons | 23:30 |
| 6 | Dave Fearon | Weaver Valley CC | Caroline Fearon | 23:37 |
| 7 | Roger Wrenn | Macclesfield Wheelers | Ruth Gamwell | 23:46 |
| 8 | Mark Williams | Manchester Wheelers | Jill Wesley | 24:04 |
| 9 | Ian Bracegirdle | Stretford Wheelers | Joanne Harcourt | 25:39 |
| 10 | Jamie Helsby | Sportcity Velo | Katie Helsby | 25:40 |
| 11 | Andrew Bramhall | Manchester Wheelers | Sarah Griffiths | 25:47 |
| 12 | Paul Jennings | Lyme RC | Gail Lowe | 25:54 |
| 13 | Jack Fearon | Weaver Valley CC | Jennifer Browning | 26:21 |
| 14 | Wayne Marchbank | Macclesfield Wheelers | Claire Logan | 26:36 |
| 15 | David Smith | Graham Weigh Racing / Deeside Olympic | Samantha Hewitt | 26:58 |
| 16 | David Houghton | Stretford Wheelers | Becky Lewis | 27:05 |
| 17 | David Steele | Lyme RC | Jayne Dickens | 28:16 |
| 18 | Stephen Helsby | The Racing Chance Foundation | Karen Helsby | 28:56 |
| 19 | Derek Hodgins | Stockport Clarion CC | Sarah Storey | 29:10 |
| 20 | Harry Cowley | Chester Road Club | Sally Hurst | 29:22 |
| | Fred Bamforth | Stretford Wheelers | Heather Bamforth | DNS (apol) |
| | Adam Bentley | Stretford Wheelers | Carole Sherrin | DNS (apol) |
| | Ian Middleton | Vision Racing | Melanie Bailey | DNS |

Combined Results

| Pos | Lady | Time | Man | Time | Combined |
|-----|-------------------|-------|-----------------|-------|----------|
| 1 | Karen Popplewell | 25:44 | Andy Robinson | 21:49 | 47:33 |
| 2 | Claire Harrison | 25:55 | Tony Haley | 22:35 | 48:30 |
| 3 | Sharon Payne | 25:39 | Darren Topping | 23:01 | 48:40 |
| 4 | Ruth Gamwell | 25:17 | Roger Wrenn | 23:46 | 49:03 |
| 5 | Karen McBarrons | 26:04 | Jon White | 23:30 | 49:34 |
| 6 | Becky Lewis | 23:46 | David Houghton | 27:05 | 50:51 |
| 7 | Sarah Storey | 21:55 | Derek Hodgins | 29:10 | 51:05 |
| 8 | Claire Logan | 25:31 | Wayne Marchbank | 26:36 | 52:07 |
| 9 | Caroline Fearon | 28:36 | Dave Fearon | 23:37 | 52:13 |
| 10 | Joanne Harcourt | 27:02 | Ian Bracegirdle | 25:39 | 52:41 |
| 11 | Sarah Griffiths | 27:05 | Andrew Bramhall | 25:47 | 52:52 |
| 12 | Jayne Dickens | 25:40 | David Steele | 28:16 | 53:56 |
| 13 | Gail Lowe | 28:06 | Paul Jennings | 25:54 | 54:00 |
| 14 | Katie Helsby | 28:21 | Jamie Helsby | 25:40 | 54:01 |
| 15 | Jill Wesley | 30:19 | Mark Williams | 24:04 | 54:23 |
| 16 | Caroline Wareing | 32:41 | Dave Pargeter | 23:15 | 55:56 |
| 17 | Samantha Hewitt | 30:34 | David Smith | 26:58 | 57:32 |
| 18 | Karen Helsby | 28:51 | Stephen Helsby | 28:56 | 57:47 |
| 19 | Sally Hurst | 29:33 | Harry Cowley | 29:22 | 58:55 |
| 20 | Jennifer Browning | 37:18 | Jack Fearon | 26:21 | 1:03:39 |
| 21 | Heather Bamforth | 25:41 | Fred Bamforth | DNS | |
| 22 | Melanie Bailey | 25:47 | Ian Middleton | DNS | |
| 23 | Carole Sherrin | 27:58 | Adam Bentley | DNS | |

Many thanks to the timekeepers, and all the helpers who helped push off, marshal and serve refreshments, including Ian & Mavis Ross, Phil & Pam Fern, Mary Reid, Paul Dentith, Chris Ashworth, Marion Roberts, Carol Sherrin, Jo Harcourt, John Jackson and Martin Jackson.

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

Timekeepers: Mrs J Green & Mrs A Higginson

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 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 20th November 2015.
 We also have a Facebook page for photos and posts, and can even be found on Twitter @ManDLCA !