



# BDCA 2017 Open 10 mile TT

Hosted by

Stafford Road Club &  
BorntoBike/Bridgtown Cycles RT



Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

Date Saturday 6th May 2017

Time 14:01

Course A10/19

Headquarters Frank Wickham Hall,  
Portland Street,  
Etwall  
DE65 6JF

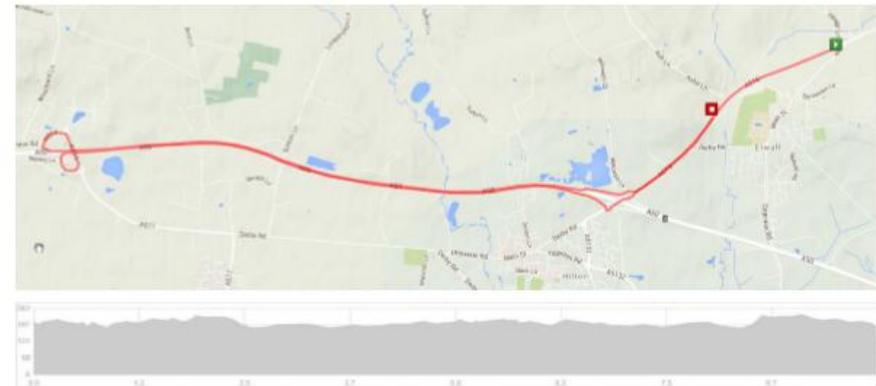
(open from 12:30hrs)

Timekeepers Mike Howard, Chris Jeavons

Event Secretary Alastair Semple  
76 Ascot Road  
Baswich,  
Stafford  
ST17 0AQ  
[ascoaching@outlook.com](mailto:ascoaching@outlook.com)  
07914 756 796



A19/10 (Etwall)	
Description	Distance
Start level with gully by road sign in Derby Rd, Etwall, approx 50 yards before roundabout.	0
Left (1st exit) at roundabout and follow A516 westwards	0.1
Willowpit Lane Roundabout, 2nd exit and follow A50 westbound	1.7
Roundabout, 2nd exit and follow A50 westbound to exit at Foston	1.8
A511 Slip road exit Foston	5.0
Roundabout. 1 <sup>st</sup> exit at roundabout, over bridge	5.2
1 <sup>st</sup> exit at roundabout, left	5.4
Rejoin A50 eastbound.	5.65
Slip road exit, Hilton A516	9.0
Willowpit Lane Roundabout, 2nd exit and follow A516 north to Derby	9.15
Finish 80 yards before Ashe Lane, Etwall	10.05



## Prizes.

Stafford Road Club & BorntoBike/Bridgtown Cycles RT will award the following prizes to the winners of the following categories on the day.

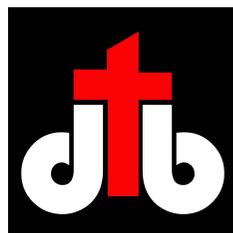
BDCA	Women	Men
1st	£30.00	£30.00
2nd	£20.00	£20.00
3rd	£10.00	£10.00

Overall	Women	Men
1st	£30.00	£30.00
2nd	£20.00	£20.00
3rd	£10.00	£10.00

Mixed team of 3	£20/rider
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One prize per rider

Women's Prizes will be presented in the HQ at approx. 15:20  
& Men's Prize presentation will be in the HQ at approx. 16:50



Stafford RC and BorntoBike RT hope you all have a safe  
and successful ride

## Directions to the HQ:

In the centre of the village turn into Willington Road, next to the Spread Eagle public house, then immediately right into Portland Street. The hall will be open from 1230hrs. Sign on and collect your number at the HQ. Exchange your number for a free drink after the event where other refreshments will be available.

The start is approximately 0.5 miles from the HQ.

**Please remember** all rider must return to the HQ after the event to sign back in. Any rider not signing back in will be recorded as a **DNF**.

## Parking:

There is limited parking at the HQ but ample parking is available in the bus park at John Port School, which is opposite the Spread Eagle. This will be signposted and is a short walk from the HQ.

**Please do not park in the access drive to the village hall.**

## Important Notices:

Keep your head up when riding and obey the rules of the road. Events under 100km "Regulation 22 (a) (use of motor vehicles) does not allow competitors to be preceded, accompanied, followed or in any way receive assistance from a motorised vehicle or its occupants."

No warming up on the course after the event has started

Riders must not turn before the Etwall Roundabout once they have past the finish. Once you have crossed the finish line please proceed down to the roundabout and back towards the HQ on Main Street. An observer will be out and anyone seen turning between the finish and the Etwall roundabout will be **disqualified**.

## Womens Race

No.	Start	Riders Name		Club
1	14:01:00	Corinna	O'Connor	Mike Vaughan Cycles
2	14:02:00	Christine	Bertram	Phoenix Velo
3	14:03:00	Tracey	Hunt	Mercia - Lloyds Cycles CC
4	14:04:00	Trish	McPherson	Coalville Whs
5	14:05:00	Emilie	Verroken	Maxx R. T.
6	14:06:00	Debbie	Bradley	Team Bottrill / HSS Hire
7	14:07:00	April	Lewis	Born to Bike - Bridgtown Cycles
8	14:08:00	Jessica	Beyer-Lyons	Nottingham Clarion CC
9	14:09:00	Jacqui	Smith	Team Cherwell
10	14:10:00	Susan	Semple	Born to Bike - Bridgtown Cycles
11	14:11:00	Laura	Walker	Team Bottrill / HSS Hire
12	14:12:00	Jayne	Dickens	Vision Racing (Delamere Dairy/GRM Property Consultants/Swinnert)
13	14:13:00	Gill	Henshaw	Velo Club Long Eaton
14	14:14:00	Hilary	Johnson	Derby Mercury R C
15	14:15:00	Lynne	Biddulph	Born to Bike - Bridgtown Cycles
16	14:16:00	Ellie	Cooper	Race Hub
17	14:17:00	Sarah	Soden	Leicester Forest CC
18	14:18:00	Sally	Cunliffe	Velo Club Melyd
19	14:19:00	Dawn	Hayman	Hinckley Cycle Racing Club
20	14:20:00	Alex	Deck	Rutland Cycling Club
21	14:21:00	Jo	Corbett	Mapperley CC
22	14:22:00	Isaac	Russell	Derby Mercury R C
23	14:23:00	Denise	Burrows	Wyre Forest Cycle Racing Club
24	14:24:00	Anna	Wordsworth	Coventry Triathletes
25	14:25:00	Chris	Melia	Born to Bike - Bridgtown Cycles
26	14:26:00	Lauren	Creamer	NCC Group-Kuota-Torelli
27	14:27:00	Alison	Torode	Born to Bike - Bridgtown Cycles
28	14:28:00	Susanna	O'Shaughnessy	Wyre Forest Cycle Racing Club
29	14:29:00	Anne	Buttler	Velo Club Long Eaton
30	14:30:00	Fiona	Prew	Pro Vision Cycle Clothing
31	14:31:00	Keri	Parton	Royal Air Force Cycling Association
32	14:32:00	Anne	Staley	Mercia - Lloyds Cycles CC
33	14:33:00	Deborah	Sheridan	Warwickshire Road Club

## Mens Event

35	14:35:00	Sean	Sleigh	Born to Bike - Bridgtown Cycles
36	14:36:00	Stephen	Hall	Lyme Racing Club
37	14:37:00	Thomas	Shuker	Walsall Roads Cycling Club
38	14:38:00	John	Cornfield	Born to Bike - Bridgtown Cycles
39	14:39:00	Peter	Doherty	South Pennine RC
40	14:40:00	Courtney	Blockley-Campton	Lutterworth Cycle Centre Racing Team
41	14:41:00	John	Lucock	POLICE SPORT UK CRT (PSUKCRT)
42	14:42:00	Garry	Shuker	Walsall Roads Cycling Club
43	14:43:00	Paul	Mapletoft	Kiveton Park Cycling Club
44	14:44:00	Bob	Awcock	Born to Bike - Bridgtown Cycles
45	14:45:00	Steve	Biddulph	Born to Bike - Bridgtown Cycles
46	14:46:00	Paul	Cox	Giant Store Rutland/Wattbike
47	14:47:00	Dave	Pemberton	Born to Bike - Bridgtown Cycles
48	14:48:00	Stephen	Cooke	Walsall Roads Cycling Club
49	14:49:00	Paul	Taylor	Stafford RC
50	14:50:00	Shaun	Eden	Mapperley CC
51	14:51:00	Philip	Brown	Walsall Roads Cycling Club
52	14:52:00	Dave	Bates	South Pennine RC
53	14:53:00	Scott	Deacon	Mapperley CC
54	14:54:00	Melvyn	Lewis	Stafford RC
55	14:55:00	Kevin	Stokes	Born to Bike - Bridgtown Cycles
56	14:56:00	Alan	Tunncliffe	South Normanton C C
57	14:57:00	Geoff	Perry	Born to Bike - Bridgtown Cycles
58	14:58:00	Anthony	Marlow	Mercia - Lloyds Cycles CC
59	14:59:00	Kenneth	Stevens	South Pennine RC
60	15:00:00	Liam	Bosley	Team PrimaVelo
61	15:01:00	Carl	Dyson	Leicester Forest CC
62	15:02:00	Michael	Allen	Team Jewson - MI Racing ~Poly Pipe~McCann
63	15:03:00	Roderick	Remedios	Walsall Roads Cycling Club
64	15:04:00	Rob	Wild	Velo Club Long Eaton
65	15:05:00	Ian	Holbrook	Stone Wheelers CC
66	15:06:00	Paul	Westwood	Lichfield City CC - Zipvit Sport
67	15:07:00	Will	Pegg	Stone Wheelers CC
68	15:08:00	Peter	Leonard	Southport CC

69	15:09:00	Joseph	Earley	Liverpool Century RC
70	15:10:00	Craig	McKee	Rugby Racing Cycling Club
71	15:11:00	Alan	Cooke	Peak Road Club
72	15:12:00	Barrie	Whittaker	Lyme Racing Club
73	15:13:00	Andy	Fretwell	Mapperley CC
74	15:14:00	KARL	GREGG	Velo Club Long Eaton
75	15:15:00	Nick	Cave	Lutterworth Cycle Centre Racing Team
76	15:16:00	James	Flahey	Race Hub
77	15:17:00	Martin	Moore	Walsall Roads Cycling Club
78	15:18:00	Mark	Shore	Walsall Roads Cycling Club
79	15:19:00	Ian	Sutton	Chester RC
80	15:20:00	Neal	Parkin	Team Bottrill / HSS Hire
81	15:21:00	Mark	Cooper	Race Hub
82	15:22:00	Chris	Myhill	Peak Road Club
83	15:23:00	Chris	James	Mapperley CC
84	15:24:00	Anthony	Hayman	Hinckley Cycle Racing Club
85	15:25:00	Colin	Parkinson	South Western Road Club/Evans Cycles
86	15:26:00	Julian	Younger	Mapperley CC
87	15:27:00	Robert	Gower	Mercia - Lloyds Cycles CC
88	15:28:00	Russell	Carter	South Pennine RC
89	15:29:00	Rob	Weston	Leicester Forest CC
90	15:30:00	David James	Williams	Velotik Racing Team
91	15:31:00	Jason	Seabridge	Mercia - Lloyds Cycles CC
92	15:32:00	Phil	Kilpatrick	Langdale Lightweights R T
93	15:33:00	Vincent	Jenkins	LeisureLakesBikes.com
94	15:34:00	Ron	Hallam	South Pennine RC
95	15:35:00	Aaron	Ward	Team Bottrill / HSS Hire
96	15:36:00	Richard	Boot	R P D Racing
97	15:37:00	Ben	Startin	Mercia - Lloyds Cycles CC
98	15:38:00	Jeffery	Bowler	South Pennine RC
99	15:39:00	Chris	Johnson	Mapperley CC
100	15:40:00	Lee	Tunncliffe	Lutterworth Cycle Centre Racing Team

101	15:41:00	Mark	McCartney	Nottingham Clarion CC
102	15:42:00	adam	huelss	Velo Club Long Eaton
103	15:43:00	Tim	May	Media Velo
104	15:44:00	Mark	Donnelly	Birkenhead North End CC
105	15:45:00	Jamie	Haines	Melton Olympic CC
106	15:46:00	Neil	Wood	Dig Deep Coaching
107	15:47:00	Stuart	Proctor	Revolutions Racing
108	15:48:00	Roy	Oakes	South Pennine RC
109	15:49:00	Stephen	Beck	Team Cherwell
110	15:50:00	Ian	Guilor	Mapperley CC
111	15:51:00	Joseph	Costello	Walsall Roads Cycling Club
112	15:52:00	Colin	Lynch	Manchester Wheelers
113	15:53:00	Graham	Green	Team Bottrill / HSS Hire
114	15:54:00	kevin	humphreys	Sherwood CC
115	15:55:00	Alastair	Semple	Stafford RC
116	15:56:00	Jonathan	Ellis	Royal Sutton CC
117	15:57:00	Stephen	Howgill	Leicestershire RC
118	15:58:00	Alex	Moran	Media Velo
119	15:59:00	David	Perry	Royal Sutton CC
120	16:00:00	Daniel	Barnett	Team Bottrill / HSS Hire
121	16:01:00	Lewis	Jones	Rugby Racing Cycling Club
122	16:02:00	Chris	Draper	Sherwood CC
123	16:03:00	Nigel	Finch	Mercia - Lloyds Cycles CC
124	16:04:00	Adrian	Tasker	Stafford RC
125	16:05:00	Michael	Wills	Hinckley Cycle Racing Club
126	16:06:00	Ashly	Rosewarne	Liverpool Phoenix CC (Aintree)
127	16:07:00	Chris	Parsons	Rugby Racing Cycling Club
128	16:08:00	Rob	Kennard	Stourbridge Velo
129	16:09:00	David	Fear	South Pennine RC
130	16:10:00	Andrew	Hicklin	Fusion Cycling Club Dronfield

**Please remember** all rider must return to the HQ after the event to sign back in. Any rider not signing back in will be recorded as a **DNF**.

*This event may be subject to a Doping Control  
It is your responsibility to check*

## Thank you for your support

No event can take place without countless volunteers and people willing to give up their free time to ensure the smooth running of an event and to give something back to our sport that we all love.

Stafford Road Club & BorntoBike/Bridgtown Cycles Racing Team would like to thank the following for their help on the day : )

### HQ Staff:

Alastair Semple	Ian Manders	Liz Taylor
April Lewis	Lynne Biddulph	John Taylor
	Geoff Perry	

### Time Keepers:

Mike Howard                  Chris Jeavons

### Pusher Off:

Nick Dickens, Jim, Sean Sleigh, Kevin Stokes

### Road Marshals:

Christine Bresson, Alan Davis, Gavin Hartshorne, Helen Eborall, Susan Semple, Paul Taylor, Steve Biddulph, Melvyn Lewis, James Haddon, Mark Gee, Dave Pemberton, Libby McLaren, Sheila Hardy, John Cornfield, Chris Hassle & Bob Alwcock



Bike-fit.co.uk continues to grow from strength to strength, Mike Taylor and his experienced team of bike fitters are well known nationwide and now offer a mobile bike fitting service to clubs and groups of riders all over the country.

A Bike-fit is regarded as an absolute essential for all levels of cyclist, but especially for long distance riders, competitive cyclists, those riding with discomfort and those with multi-day events (Land's End to John 'O' Groats, London to Paris etc).

It is also recommended for riders that have feet, saddle, neck, shoulder or hand discomfort issues when riding long distances, often these discomforts are associated with rider asymmetry. This involves more investigation or input, and a Bike-fit has an extremely comprehensive evaluation process that allows the Bike-fitter to really get to the problem areas and resolve them.

They are located in the Midlands at Bridgtown Cycles, Unit 7 Lakeside Business Park, Cannock, Staffordshire, WS11 OXE, one of the largest independent bike stores in the United Kingdom, well worth the journey for a day out and there's also an in-store Coffee Hub for drinks and refreshments while visiting.