

**SSLL**  
RACING TEAM

Electrical  
Services  
Leeds  
Ltd



# CHARITY OPEN 10 MILE TIME TRIAL

*in aid of Erb's Palsy Group*

Saturday 10th September 2016

Start time: 2:01pm

Course: V718

HQ: Newport Village Hall



*This event is promoted for and on behalf of Cycling Time Trials under their rules and regulations*

### Organiser

Simon Beldon  
3 Kingsley Road  
Adel  
Leeds  
LS167NZ  
Phone: 07926 584670

### Timekeepers

Start: Betty Philipson  
Finish: Geoff Backshall

### Marshalls

Members, family and friends of  
SSLL Racing Team.

### HQ

Newport Village Hall on the B1230.  
Postcode HU15 2PP.

HQ open from 12:30pm

Numbers and signing on at HQ.

Please return your number after the  
event in exchange for a drink and a  
cake.

## V718 COURSE DETAILS

Start on the A1034, just south of South Cave village and approximately 30 yards from 30mph sign and 2 yards from lamp post. Proceed south and immediately left onto slip road to join the A63. Continue east along the A63 where bear left at slip road (4.1) miles, signposted N.Ferriby B1231 to the roundabout take the 3rd exit (M62 Leeds Goole A63) to the next roundabout (4.5) miles take the 3rd exit (M62 Leeds Goole A63) to rejoin the A63. Continue west along the A63 to finish at the end of the vehicle check lay-by and adjacent to the start of crash barrier at paint mark (10.00) miles.

*Note: After the 2nd roundabout stay on the slip road until it joins the A63 (A very long junction and there is no advantage in getting onto the main road early).*

## SAFETY

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all riders to wear a hard shell helmet that meets an internationally accepted safety standard.

**CTT recommends that a working rear light either flashing or constant is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.**

UNDER 18S Please note regulation 15 in the 2005 Handbook which states that riders under the age of 18 must wear a properly affixed helmet of a recognised standard. It is the responsibility of the rider or parent/guardian to ensure that the appropriate helmet is worn and correctly fitted.



## PRIZES

All proceeds from the event will be donated to our charity. So there are no cash prizes. Instead, we will be presenting trophies to the following category winners:

### Men

1st, 2nd, 3rd overall

### Women:

1st, 2nd, 3rd overall

1st Team

1st Junior

1st Vet

## RIDER'S NOTES

Do not stop on the A63 unless it is unavoidable.

### Local regulations

PLEASE DO NOT warm up on the course once the event has started.

PLEASE DO NOT go past the start into South Cave to warm up (we have had complaints from the local council regarding riders showing no regard for people in the village).

No U turns near the start. Get off your bike and walk across the road.

DO NOT pass the start time keeper other than to start your ride, once at the start wait on the pavement or in the gateway behind the timekeeper until being called to start.

Riders are advised that the CTT district council will discipline any rider that is reported for riding in an unsafe manner, or who contravenes local regulations.

**WARNING** The police are very concerned that riders are causing an obstruction at the start, they have had a number of complaints from car drivers about riders standing two abreast on the road waiting to start. Please keep off the road until you are called by the start steward. Stand on the pavement or in the gateway behind the timekeeper.

Please take care on the slip road up to the turn stay to the left and only move to the middle when it is safe to do so. Don't ride up the right hand side of the road.

Don't warm up on turbo trainers near houses. There is ample room in the car park for warming up on a turbo.

No cars at the start please. Please ensure that cars are not following riders or passing them on a regular basis (CTT Observers will be on the course).

Please shout your number at the finish.

**If you are unable to ride, please call or text me as soon as possible, so I can let a reserve take your place.**

**07926 584670**



## ERB'S PALSY GROUP

The Erb's Palsy Group is the only UK based organisation offering advice, information and support to families affected by Erb's Palsy.

They offer help to parents and professionals by:

- Giving support to parents, adults and children.
- Putting parents in contact with each other.
- Producing quarterly newsletters.
- Help with obtaining medical information.
- Advice on benefits and aids for the children.
- Holding annual events for families.
- Providing information on treatments available.
- Holding annual education days for professionals.

### **What is Erb's Palsy?**

Erb's Palsy also known as Brachial Plexus Paralysis is a condition which mainly due to birth trauma, can affect 1 or all of the 5 primary nerves that supply the movement and feeling to an arm. Each baby's injury is individual. The paralysis can be partial or complete. Some babies recover on their own however some may require specialist intervention. For many people this is a life-long disability which can affect the mobility and function of their arm, and impact upon their daily life.

## START LIST

No	Name	Club/Team	Start	Cat	No	Name	Club/Team	Start	Cat
1	Mickie	Hornby Team Swift	2:01	WV	61	Oliver	Peckover HMT Academy/JLT Condor	3:01	Jun
2	Matthew	Hallam Valley Striders CC	2:02	Sen	62	Robin	Brennan Preston CC	3:02	Vet
3	David	Woodhouse G.S. Henley	2:03	Sen	63	Emily	Cox Bedfordshire Road RT	3:03	W
4	Greg	Plummer Springfield Financial	2:04	Vet	64	Simon	Cannings Equipe Velo	3:04	Vet
5	Stu	Wood Wetherby Whs	2:05	Vet	65	Tracy	Rowlinson Lyme Racing Club	3:05	WV
6	Rich	Banks Calder Clarion	2:06	Vet	66	Ian	Manders Born to Bike - Bridgtown Cycles	3:06	Sen
7	Michael	Allen Team Jewson - MI Racing	2:07	Vet	67	Simon	Tarrant Cheltenham & County CC	3:07	Vet
8	Christopher	Jones Ride Bike Wales	2:08	Vet	68	Philip	Jones Preston CC	3:08	Sen
9	Paul	Dable Team Bottrill	2:09	Sen	69	Simon	Geraci Team Swift	3:09	Vet
10	Richmond	Denton Parentini Test Team	2:10	Vet	70	Jason	Swann Mapperley CC	3:10	Vet
11	Melvin	Blackford Bridlington CC	2:11	Vet	71	Michelle	Morley Team Swift	3:11	WV
12	John	Martin Elmsall Road Club	2:12	Vet	72	Anna	Turvey Tyneside Vagabonds CC	3:12	W
13	Norman	Griffin Vive Le Velo	2:13	Vet	73	Matthew	Alder Fairly United Cycling Team	3:13	Sen
14	Matthew	Eley Ely & District CC	2:14	Sen	74	Neil	Palmer Velo-One Cycling Team	3:14	Vet
15	Lee	Watson City RC (Hull)	2:15	Vet	75	Ross	Holland Cheltenham & County CC	3:15	Jun
16	Carl	Ruebotham Team Swift	2:16	Vet	76	Rob	Weir Ilkley CC	3:16	Sen
17	Daniel	Shaw Halifax Imperial Whs	2:17	Vet	77	Sue	Cheetham North Lancs RC	3:17	WV
18	Mark	Woolford Chippenham & District Whs	2:18	Vet	78	Shawn	Gough Tuxford Clarion CC	3:18	Vet
19	Michael	Lawrenson Parentini Test Team	2:19	Vet	79	Kris	Bowditch Lyme Racing Club	3:19	Vet
20	Andrew	Wright High Wycombe CC	2:20	Vet	80	Shaun	Eden Mapperley CC	3:20	Sen
21	Richard	Hembrough Team Swift	2:21	Vet	81	Paul	Deen Epsom CC	3:21	Vet
22	Sean	Sleigh Lichfield City CC	2:22	Vet	82	Mark	Morgan Derby Mercury RC	3:22	Vet
23	Mark	Rowland Selby CC	2:23	Vet	83	Cheryl	Trueman Team Swift	3:23	WV
24	Peter	Oliver Fairly United CT	2:24	Vet	84	Mark	Cox Fairly United CT	3:24	Sen
25	Chris	Sleath Adept Precision RT	2:25	Sen	85	Jon	Smith Fareham Wheelers CC	3:25	Vet
26	Alex	Leek Velo Club St Raphael	2:26	Sen	86	Dael	Sidwell Hinckley CRC	3:26	Vet
27	Wayne	Aylesbury Yorkshire Road Club	2:27	Vet	87	Paul	Mason Birdwell Wheelers	3:27	Vet
28	Andrew	Cutts Team Bottrill	2:28	Sen	88	Andy	Gates Airevalley Solutions RT	3:28	Vet
29	Jo	Corbett Mapperley CC	2:29	WV	89	Gill	Henshaw Velo Club Long Eaton	3:29	WV
30	Ed	Neilson Vive Le Velo	2:30	Sen	90	Neil	Holden Lutterworth Cycle Centre RT	3:30	Vet
31	Neil	Cleminshaw Hull Thursday RC	2:31	Vet	91	Vicky	Gill DRAG2ZERO	3:31	W
32	Aled	Roberts Team Elite/Paul Bethell	2:32	Sen	92	Nick	Nettleton Wilsons Wheels RT	3:32	Vet
33	Jim	Duffy Weaver Valley CC	2:33	Vet	93	Alan	Murchison DRAG2ZERO	3:33	Vet
34	Steven	Fullerton Darlington Cycling Club	2:34	Vet	94	Jon	Wynn T1 Diabetes.info	3:34	Vet
35	Francesca	Rust Ely & District CC	2:35	W	95	James	Lindsay THR Racing	3:35	Sen
36	Simon	Coates Cleveland Wheelers CC	2:36	Vet	96	Alex	Foster Rock to Roll CC	3:36	Sen
37	Andy	Turner Sheffrec CC	2:37	Sen	97	Richard	Hey Holme Valley Whs	3:37	Vet
38	Michael	Wills Hinckley CRC	2:38	Vet	98	Peter	Barusevicus Wheelbase Altura MGD	3:38	Sen
39	David	Paterson Bishop Auckland CC	2:39	Sen	99	Helen	Hudson Huddersfield Star Whs	3:39	W
40	Paul	Granger Fairly United CT	2:40	Vet	100	Tom	Thornely Buxton CC	3:40	Sen
41	Maria	Mulleady Drighlington BC	2:41	W	101	Daryl	Maffey YH Training Scarborough RC	3:41	Sen
42	Alastair	Semple Stafford RC	2:42	Vet	102	Ashley	Roue Lutterworth Cycle Centre RT	3:42	Vet
43	Chris	Henderson Nottingham Clarion CC	2:43	Vet	103	Ritchie	Towers Drighlington BC	3:43	Sen
44	Jack	Levick Tuxford Clarion CC	2:44	Sen	104	Michael	Cross Yorkshire Road Club	3:44	Vet
45	Martyn	Shore Walsall Roads CC	2:45	Sen	105	Steve	Legg a3crg	3:45	Vet
46	Jim	Trevor Hull Thursday RC	2:46	Vet	106	Jeremy	Stone Team Bottrill	3:46	Vet
47	Steve	Colloby All Terrain Cycles	2:47	Vet	107	Stuart	Travis Spirit Racing Team	3:47	Sen
48	Graham	Knight Equipe Velo	2:48	Sen	108	Dave	Robinson Flex-Tech Ettridge Cycles RT	3:48	Vet
49	David	Uttley HD Revolutions	2:49	Vet	109	Justin	Ford CC Blaenau Gwent	3:49	Vet
50	Stuart	Wells Fluid Fin Race Team	2:50	Vet	110	Mick	Hodson St Ives CC	3:50	Vet
51	Joanne	Burnett VC Beverley	2:51	WV	111	Dan	Blackburn VC Norwich	3:51	Sen
52	Jeffrey	Regler Alford Whs	2:52	Vet	112	Harry	Walker Team Swift	3:52	Vet
53	Tim	Wheeler Selby CC	2:53	Vet	113	Conor	Palliser East Bradford CC	3:53	Sen
54	Liam	Bosley Team MiVelo Racing	2:54	Sen	114	Carl	Donaldson GS Metro	3:54	Sen
55	Steve	Burrows Team Swift	2:55	Vet	115	Simon	Gibbs Tyneside Vagabonds CC	3:55	Vet
56	Andre	Dyason Cambridge CC	2:56	Vet	116	Nick	Rogers Team Swift	3:56	Sen
57	Heather	Greening Border City Whs CC	2:57	WV	117	Alex	Whitmore Ratae RC	3:57	Sen
58	Max	Williamson HMT Academy/JLT Condor	2:58	Jun	118	Stewart	Gormley Team Swift	3:58	Sen
59	Adrian	Humpage Lyme Racing Club	2:59	Vet	119	Eric	Grill AeroCoach	3:59	Sen
60	Andrew	Askwith Bridlington CC	3:00	Vet	120	Alex	Russell City RC (Hull)	4:00	Vet

## START LIST (Cont)

No	Name	Club/Team	Start	Cat
121	Paul	Arnold Mapperley CC	4:01	Vet
122	Warren	Gell Coveryourcar.co.uk RT	4:02	Sen
123	Paul	Elcock G.S. Henley	4:03	Sen
124	Gavin	Hinxman Kettering CC	4:04	Vet
125	Alex	Hitchmough St Helens CRC	4:05	Vet
126	Sam	Henning HMT Academy/JLT Condor	4:06	Jun
127	Mark	Bembridge Alford Whs	4:07	Vet
128	Richard	Dean Team Swift	4:08	Sen
129	Neal	Parkin North Notts Olympic CC	4:09	Sen
130	Richard	Harrison Didcot Phoenix CC	4:10	Sen
131	Robert	Grainger Scarborough Paragon CC	4:11	Vet
132	Adam	Coffey Alford Whs	4:12	Sen
133	Susan	Semple Born to Bike - Bridgtown Cycles	4:13	WV
134	Simon	Wilson Secret-training CC	4:14	Sen
135	Edward	Priddy Solihull CC	4:15	Vet
136	Daniel	Barnett Team Bottrill	4:16	Vet
137	Robert	Cooke Rockingham CC	4:17	Vet
138	David	Allonby Springfield Financial	4:18	Sen
139	Christopher	Bates R P D Racing	4:19	Vet
140	David	Crawley Velotik Racing Team	4:20	Vet
141	Dave	Hudson City RC (Hull)	4:21	Vet
142	Philip	Graves Clifton CC York	4:22	Sen
143	Ray	Gullen Scarborough Paragon CC	4:23	Vet
144	Mark	Jones DRAG2ZERO	4:24	Vet
145	Steven	Loraine Team Swift	4:25	Vet
146	Stephen	Irwin North Lancs RC	4:26	Vet
147	Ian	Garbett Holmfirth CC	4:27	Vet
148	Marcin	Bialoblocki One Pro Cycling	4:28	Sen
149	Dave	Elliott Rugby Racing Cycling Club	4:29	Sen
150	James	Gullen Pedal Heaven	4:30	Sen
151	Barry	Teal Chorley Cycling Club		Vet
152	Andrew	Carroll Hull Thursday RC		Vet
153	Mark	Symons City RC (Hull)		Vet
154	Steve	Mountford Solihull CC		Vet
155	Oliver	Wright Common Lane Occasionals		Vet
156	Peter	Blackwell Solihull CC		Vet
157	Mark	Philipson City RC (Hull)		Vet
158	Allen	Bell Yorkshire Road Club		Vet
159	Tony	Stott VTTA (Yorkshire)		Vet
160	Steve	Wilkinson Nelson Whs CC		Vet
161	Anthony	McNamara Rockingham CC		Vet
162	Robert	Keyte Team Cystic Fibrosis		Vet
163	Mark	Haynes Albarosa CC		Vet
164	Andy	Fretwell Mapperley CC		Vet
165	Tony	Jackson Leeds Westfield CC		Vet