



EPSOM CC 25 Mile Time Trial

8th July 2018 at 07:30 H25/88 Course

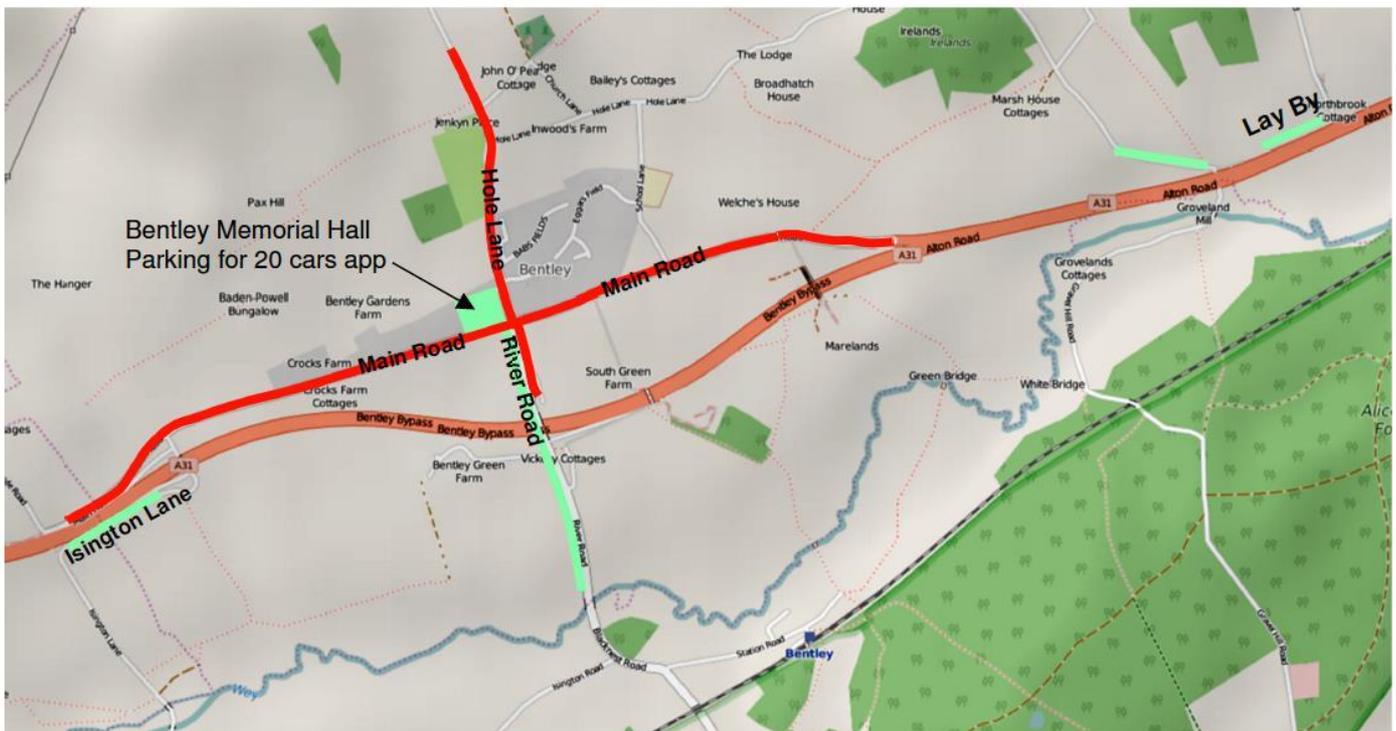
Promoted for and on behalf of Cycling Time Trials under their rules and regulations

HQ: Bentley Memorial Hall Hole Lane Bentley GU10 5NB

Organiser: Paul Deen End Unit B 299 Gander green lane Sutton Surrey SM3 9QE paul@epsomcc.co.uk
Mobile 07850 235 408

Timekeepers: Donald Ashton & Maggie Smith

Numbers to be collected from the HQ where you must sign on, and later exchanged for a drink when returned. The HQ is in a residential area, please be considerate to the people who live there & keep noise to a minimum. **Note areas where you can park on map below**



-  Please park considerately on these roads
-  Please DO NOT PARK on these roads

LONDON WEST DC

We have received complaints from the residents of Bentley about inconsiderate car parking by cyclists taking part in Time Trials. In order to avoid these escalating we urge all riders to park considerately and not to obstruct footpaths especially on River Road where you should NOT PARK on the Eastern side between Main Rd and the new estate

IMPORTANT NOTES

Please **respect the local residents of Bentley by parking considerately.**

Do not park on the road near the headquarters, even for a short period of time. Please adhere to the guidance on the parking diagram included. If we receive complaints, we may lose Bentley Memorial Hall as an option for the HQ. This could potentially mean the end of up to 20 open events on the course during the year.

Please **respect** the volunteers and the timekeepers who are giving up their time to help out.

Please sign on and collect your numbers from the headquarters and return numbers after **& sign out**

Position your main number so that it is visible from the rear when in the racing position.

Please return to the HQ and sign out as soon as possible after you finish.

No cleats or bikes in in the hall.

Please allow at least 15 minutes to get to the start as it is 2.5 miles away

The start is on the opposite side of the carriageway from the HQ. Riders should only use designated crossing points and must not climb over the central reservation. **Anyone seen doing so will be disqualified from the event.**

Head-down riding kills – if dangerous riding is witnessed it will be investigated and reported.

No vehicles, except those of the timekeepers, shall be parked at the start or finish

Route from HQ to Start. Proceed East from Bentley to join the A31 and proceed 2 miles to Runwick Lane. Pull over to side and cross the carriageway over to River Lane when safe to do so. Please Allow at least 15 minutes to get to the start as it is 2.5 miles from the hall

The normal dual carriageway of the A31 has been reduced to a single lane at a point approximately 19.5 miles from the start. The left hand lane has been cross-hatched for a distance of approx 400 yards to finish at a point opposite the Petrol filling station just beyond the Hen & Chicken Public House situated on the north side.

Returning from the Holybourne roundabout on the north side of the A31 the road has been reduced to a single lane by road cross-hatching on the right hand lane commencing approximately 220 yards before the junction to Mill Court on the south side and finishing adjacent to the Hen & Chicken Public House on the north side.

Competitors are to act in a manner appropriate to competing on a single lane road whilst within the restrictions imposed by the road cross-hatching area.

After finishing, riders must not stop but continue to one or other of the central reservation breaks, cross over with great care and go westwards passing the start point lay-by and along the Bentley by-pass to fork left onto the slip road signposted 'Bentley'. Turn right at the 'T' junction to the Bentley Memorial Hall which you can see ahead of you.

Course Map (downloadable as GPX): <https://www.plotaroute.com/route/3071>

There will be marshals and checkers but it your responsibility to make sure you know the course.

If you do have any further questions regarding the course, or getting to the start please do not hesitate to ask.

IN THE INTERESTS OF YOUR OWN SAFETY

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets.

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

OS Ref	Course Description	Dist
822455	START in the lead out from the River Lane/Runwick Lane cross roads on the south side at a point adjacent to the second road drain just before joining the A.31.	00.00
736403	Proceed westwards along the Bentley By-pass, through Froyle (Dual carriageway reduced to a single lane for approx half a mile) and proceed on the A.31 to the Holybourne Roundabout.	06.50
704374	Keeping to the LEFT lane take the first exit (M) straight ahead) and continue on the A.31 to the roundabout at Chawton (approach in the RIGHT lane) (M2) at the junction with the A.32. (1st TURN).	09.40
734403	Circle the roundabout (M3/4) and take the fourth exit (M5) (LEFT lane) back on to the A.31 and continue to the Holybourne Roundabout.(Keep to the RIGHT lane) (M6). Great care, downhill approach. Circle the roundabout (M7/8) (2nd TURN) to take the third exit (M1) back on the A.31 keeping to the left lane.	12.48
704374	Continue on the A.31 to the Chawton roundabout at the junction with the A.32 (M2). Circle the roundabout (3rd TURN) (M3/4) and take the fourth exit (M5) (LEFT lane) back on to the A.31 and continue to the Holybourne roundabout,(Keep to the left lane to go straight ahead) downhill approach (Great care). (avoid first exit) (M7)	15.54
734403	At Holybourne roundabout take the second exit (M8) (straight ahead) keeping on the A.31 to go through Froyle (Dual carriageway reduced to a single lane for approx half a mile) continue along the Bentley By-pass	18.60
820454	Continue to a point on the north side, 1108yds beyond the County boundary stone,85yds beyond the centre of the gateway to Bunces Farm and 245 yds short of the Start point (on the south side) where FINISH.	25.00

Prizes

All prizes will be awarded on time. Individual awards will be presented for best improved rider, scratch placings and age groups as shown below.

No rider can win more than one award.

Fastest Rider £40 2nd £20 3rd £10

Women: 1st £40 2nd £20

Under 30 1st £20

30-39 1st £20

40-49 1st £20

50-59 1st £20

60 plus 1st £20

Team of 3 riders £20 each rider

Fastest 2 up Team £20 each rider

2 UP START SHEET

No.	Start Time	First Name	Last Name	Club
1	07:31	David	Jones	Norwood Paragon CC
2	07:31	Peter	Owen	Norwood Paragon CC
3	07:33	Mark	Jones	GS Stella
4	07:33	ben	fielden	GS Stella
5	07:35	Stan	Nwaka	Verulam CC
6	07:35	Michael	Edmunds	Verulam CC
7	07:37	Michael	Page	Epsom CC
8	07:37	David	Scrivener	Epsom CC
9	07:39	Gary	Evans	Sporting Strada Track Club
10	07:39	Michael	Evans	Weybridge Wheelers
11	07:41	Brett	Davis	Lewes Wanderers CC
12	07:41	Robert	Rollings	Lewes Wanderers CC

SOLO START SHEET

15	07:45	Mel	Wasley	Epsom CC
16	07:46	Lenka	Vackova	Rapha Cycling Club
17	07:47	Reinet	Maas	London Women's Racing CC
18	07:48	Kate	Voller Browning	Twickenham CC
19	07:49	Pip	Jenkins	Southborough & Dist. Whs
20	07:50	Katie	Crowe	Dulwich Paragon CC
21	07:51	Emma	Naylor	University of Bath Cycling Club
22	07:52	Allison	Kaye	Verulam CC
	07:53			
24	07:54	Maurice	Joseph	Paceline RT
25	07:55	Jonathan	Pontin	Addiscombe CC
26	07:56	Bryn	Reeves	Horsham Cycling
27	07:57	Richard	Giles	Serpentine Running Club
28	07:58	Robert	Drake	Addiscombe CC
29	07:59	Trevor	Leeding	Worthing Excelsior CC
30	08:00	Ian	Bray	Addiscombe CC
31	08:01	Andrew	Giller	Epsom CC
32	08:02	Duncan	Emery	Twickenham CC
33	08:03	Ben	Skelton	London Dynamo
34	08:04	Peter	Davies	Brighton Mitre CC
35	08:05	Tristan	Davenne	Newbury RC
36	08:06	Mark	Gower	South Downs Bikes / Casco Europe
37	08:07	David	Milne	Bigfoot CC
38	08:08	clive	jackson	Central Sussex CC
39	08:09	Joshua	Thomas	Epsom CC
40	08:10	Spencer	Kirkham	Worthing Excelsior CC
41	08:11	Paul	Thompson	Epsom CC
42	08:12	Simon	Arnold	Oxted Cycle Club
43	08:13	Graham	Morrison	Newbury RC
44	08:14	Richard	Woodward	East Grinstead CC
45	08:15	Paul	Haywood	Epsom CC
46	08:16	Rick	Hughes	Worthing Excelsior CC
47	08:17	James	Thomas	Epsom CC
48	08:18	Adrian	Hoyle	trainSharp

49	08:19	barrie	foster	Anerley BC
50	08:20	Chris	Lord	Brighton Excelsior CC
51	08:21	Philip	Burgin	Newbury RC
52	08:22	Daniel	Ryan	North Road CC
53	08:23	David	French	Weybridge Wheelers
54	08:24	Phil	Gall	Epsom CC
55	08:25	Philip	Watts	North Hampshire RC
56	08:26	steve	Avery	Bigfoot CC
57	08:27	Martin	Booker	Worthing Excelsior CC
58	08:28	peter	Noble	Epsom CC
59	08:29	Simon	Pontin	Addiscombe CC
60	08:30	Andy	Lack	Paceline RT
61	08:31	Mark	Coombe	Mid Devon CC
62	08:32	Matthew	Sim	Dorking Cycling Club
63	08:33	Daniel	Arthur	Epsom CC
64	08:34	Mark	Thomas	Bigfoot CC
65	08:35	Henrik	Persson	Kingston Wheelers CC