Event promoted for and on behalf of Cycling Time Trials under its Rules and Regulations

Shaftesbury Cycling Club

presents the 103rd edition of its

Open 50 Miles Time Trial

(B.B.A.R. and E.C.C.A. Counting Event)

Sunday 21st July 2019

Start 6.00 a.m. **Course E2/50c**

Event HQ: Westley Waterless Village Hall, near Newmarket.
Postcode: **CB8 0RH** Grid Reference: **TL 624561**

Event Secretary: **Gary Jackson**
40 Hillcroft, Loughton, Essex, IG10 2PS
Mobile: 07899 962432
Email: 50Organiser@ShaftesburyCC.co.uk

Timekeepers: **Tim Groves and Becki Groves**

Awards

Fastest

The Perkins-Shaftesbury Centenary Trophy
(to be held for one year)

Men		Handicap		Veteran Standard	
First	£50	First	£50	First	£30
Second	£40	Second	£40		
Women		Third	£30	**Fastest Tandem**	
First	£50	Fourth	£20	£10 each rider	
Second	£40	Fifth	£10		

Fastest Team of Three £10 each rider

One Rider - One Prize (except for Team Award)

Please read the notes on pages 4, 5 and 6.
They contain important information and advice.

Visit www.ShaftesburyCC.co.uk for details of all Club activities.

Catering by Nettaprise

Start & Result Sheets Questronics computing service

No	Name	Club	Cat	Best C & LTS	Age Std	H'cap	Start
1	Robert PISOLKAR	Shaftesbury CC	V	1:54:28	2:23:57	13:31	06:01
2	Roger SHERIDAN	NOPINZ	V	1:57:32	2:22:55	16:22	06:02
3	Alan CORISH	Doncaster Wheelers C.C.	V	1:59:23	2:21:32	18:06	06:03
4	Martin LEE	Bury Clarion CC	V	2:05:33	2:21:32	23:51	06:04
5	**Andrew ASKWITH**	**Vive Le Velo**	**V**	**1:49:54**	**2:21:06**	**9:15**	**06:05**
6	Oliver COZENS	Norwich A B C	S	1:52:45		11:54	06:06
7	Nick BOYLE	Chelmer CC	V	1:55:16	2:16:59	14:15	06:07
8	Simon ADCOOK	Team Bottrill	V	1:58:35	2:17:24	17:21	06:08
9	Ian BRAYBROOK	Basildon CC	V	2:02:19	2:16:59	20:50	06:09
10	**Dale LUSH**	**Kingston Phoenix RC**	**V**	**1:51:20**	**2:15:07**	**10:35**	**06:10**
11	Jeff ROBERTS	High Wycombe CC	V	1:53:21	2:21:06	12:28	06:11
12	Michael SCHOFIELD	Bishop's Stortford CC	V	1:57:03	2:20:40	15:55	06:12
13	Nick HANSON	Seacroft Whs	V	1:59:22	2:20:40	18:05	06:13
14	Noel TOONE	Kettering CC	V	2:05:04	2:22:55	23:24	06:14
15	**Jon FRIEND**	**Bedfordshire Road RT**	**V**	**1:51:08**	**2:20:40**	**10:24**	**06:15**
16	Thomas PFEIFFER	Dulwich Paragon CC	V	1:52:37	2:18:38	11:47	06:16
17	Graham PEPPERDINE	Verulam CC	V	1:58:33	2:21:32	17:19	06:17
18	Bob QUARTON	Wolsey RC	V	2:02:18	2:26:59	20:49	06:18
19	David PENNINGTON	Southend Wheelers	S	2:05:34		23:52	06:19
20	**Paul VICKERS**	**West Suffolk Wheelers**	**V**	**1:49:12**	**2:18:38**	**8:36**	**06:20**
21	Chris TYE	Plomesgate CC	V	1:53:20	2:20:16	12:27	06:21
22	Matthew ROBSON	Oxonian CC	V	1:56:32	2:19:27	15:26	06:22
23	Philip WARING	Cambridge CC	V	1:59:16	2:19:27	17:59	06:23
24	Adam BISHOP	Lea Valley CC	V	2:02:58	2:16:59	21:27	06:24
25	**Tim DAVIES**	**CC Luton**	**V**	**1:49:16**	**2:19:51**	**8:39**	**06:25**
26	Jon PULESTON-JONES	Dulwich Paragon CC	V	1:51:46	2:18:14	10:59	06:26
27	Andrew HALLIDAY	Westerley Cycling Club	V	1:54:20	2:18:14	13:23	06:27
28	Peter RICHARDS	Icknield RC	V	1:58:01	2:21:32	16:49	06:28
29	Marek SASURA	GS Avanti	V	2:00:21	2:16:32	19:00	06:29
30	**Jim MOFFATT**	**CC Luton**	**V**	**1:49:15**	**2:25:04**	**8:38**	**06:30**
31	Dale STURMAN	West Suffolk Wheelers	V	1:53:04	2:20:16	12:12	06:31
32	James WOOD	West Suffolk Wheelers	V	1:56:11	2:21:59	15:07	06:32
33	Andy WICKHAM	Team Corley Cycles	V	1:59:14	2:19:03	17:58	06:33
34	Paul HEGGIE	Birdwell Wheelers	V	2:04:02	2:26:59	22:26	06:34
35	**Colin PARKINSON**	**South Western Road Club**	**V**	**1:51:02**	**2:22:27**	**10:18**	**06:35**
36	Stephen WILKINSON	Folkestone Velo Club	V	1:51:43	2:20:40	10:57	06:36
37	Malcolm ROSE	Oxonian CC	V	1:54:10	2:17:49	13:14	06:37
38	Paul BACHINI	Icknield RC	S	1:57:54		16:43	06:38
39	Nicholas KNIGHT	Basildon CC	V	1:59:52	2:16:59	18:33	06:39
40	**Chris LEA**	**Buxton CC/Sett Valley Cycles**	**V**	**1:49:59**	**2:22:27**	**9:20**	**06:40**
41	Timothy CHILVERS	Maldon & District CC	S	1:52:59		12:08	06:41
42	Chris DYASON	Cambridge CC	V	1:56:02	2:31:55	14:58	06:42
43	Paul WYATT	Glendene CC	V	1:58:41	2:17:49	17:27	06:43
44	Stephen HITCHCOCK	CC Sudbury	V	2:04:28	2:18:38	22:51	06:44
45	**Daniel RYAN**	**North Road CC**	**S**	**1:49:39**		**9:01**	**06:45**
46	Randle SHENTON	Team Swift	V	1:51:40	2:24:30	10:54	06:46
47	Peter OLIVER	Fairly United Cycling Team	V	1:53:23	2:21:06	12:30	06:47
48	John MORGAN	North Norfolk Whs	V	1:57:38	2:21:32	16:28	06:48
49	Damian MONAGHAN	ABCpure	S	2:00:11		18:51	06:49
50	**Trevor MAYNE**	**Birdwell Wheelers**	**V**	**1:48:37**	**2:21:32**	**8:03**	**06:50**
51	Tony MAY	TMG Horizon Cycling Team	V	1:52:52	2:24:30	12:01	06:51
52	Abid HUSSAIN	Icknield RC	V	1:55:48	2:16:32	14:45	06:52

No	Name	Club	Cat	Best C&LTS	Age Std	H'cap	Start
53	James WALSGROVE	Ride Harder	V	1:58:41	2:15:07	17:27	06:53
54	Mark FAIRHEAD	CC Breckland	V	2:02:50	2:21:32	21:19	06:54
55	**Andrew COOPER**	**Bournemouth Jubilee Whs**	**V**	**1:45:44**	**2:15:36**	**5:22**	**06:55**
56	Steven COTTINGTON	Bath Cycling Club	V	1:51:32	2:22:27	10:46	06:56
57	Sarah KELMAN	St Ives CC	WV	2:20:02	2:30:27	37:22	06:57
58	Tracy WILKINSON-BEGG	Folkestone Velo Club	WV	2:11:59	2:32:43	29:52	06:58
59	Sally WITHEY	Team Swift	WV	2:15:33	2:31:21	33:11	06:59
60	**Vicky GILL**	**DRAG2ZERO**	**W**	**1:48:59**		**8:24**	**07:00**
61	Louisa COOPER	Bournemouth Jubilee Whs	W	2:00:47		19:24	07:01
62	Roxane HEATON	Somerset Road Club	W			27:59	07:02
63	Louise ROBINSON	Essex Roads CC	WV	2:13:46	2:28:07	31:31	07:03
64	Bethany SPENCER	Kettering CC	WJ			36:46	07:04
65	**Katja RIETDORF**	**Born to Bike - Bridgtown Cycles**	**WV**	**1:56:01**	**2:30:27**	**14:57**	**07:05**
66	Helen GRAVATT	CC Ashwell	WV	1:59:07	2:33:40	17:51	07:06
67	Grazyna MONAGHAN	ABCpure	W	2:06:34		24:48	07:07
68	Kim BRACE	Bath Cycling Club	W	2:11:06		29:02	07:08
69	Karina KAUFMANN	CC London	W	2:16:04		33:40	07:09
70	**Alice LETHBRIDGE**	**DRAG2ZERO**	**W**	**1:46:32**		**6:06**	**07:10**
71	Fiona SHARP	Team Swift	WV	1:59:40	2:26:32	18:22	07:11
72	Virginia McGEE	..a3crg	WV	2:07:13	2:33:40	25:25	07:12
73	Claire LEE	Glendene CC	WV	2:12:50	2:30:54	30:39	07:13
74	Louise DOUGLASS	Essex Roads CC	W			34:34	07:14
75	**Angela CARPENTER**	**..a3crg**	**WV**	**1:52:48**	**2:31:21**	**11:57**	**07:15**
76	Claire EMONS	Newbury RC	WV		2:31:21	15:57	07:16
77	Sue RUST	Kettering CC	WV	2:03:48	2:34:10	22:13	07:17
		TANDEMS					
78	John BOSLEY Kate BOSLEY	Abellio - SFA Racing Team	V WV	2:10:05	2:22.37		7.18
79	Kevin BAUMBER Martin BAUMBER	Shaftesbury CC	V V		2:12.18		7.19
80	**Adam DUGGLEBY** **Steve BATE**	**Vive Le Velo**	**S** **V**	**1:35:33**			**7.20**
		SOLOS					
81	Richard SHARP	Team Swift	S	1:42:22		2:13	07:21
82	Geoff REYNOLDS	Hemel Hempstead CC	V	1:47:37	2:20:40	7:07	07:22
83	Gavin HINXMAN (Trike)	DRAG2ZERO	V	1:49:08	2:37:29	8:32	07:23
84	Darran BENNETT	Ely & District CC/B&T Motor Repairs	V	1:50:02	2:19:03	9:22	07:24
85	**Dave GREEN**	**CC Breckland**	**V**	**1:39:14**	**2:21:32**	**-0:49**	**07:25**
86	Mat IVINGS	Buxton CC/Sett Valley Cycles	V	1:41:55	2:17:49	1:48	07:26
87	Henrik PERSSON	Kingston Wheelers CC	S	1:43:54		3:39	07:27
88	Robert WATSON	Cambridge CC	V	1:47:18	2:22:55	6:49	07:28
89	Steven BASS	Maldon & District CC	V	1:48:20	2:19:51	7:47	07:29
90	**Liam MAYBANK**	**Twickenham CC**	**V**	**1:37:34**	**2:18:14**	**-2:35**	**07:30**
91	Mark SMITH	Crawley Wheelers	V	1:40:26	2:17:24	0:25	07:31
92	Keith AINSWORTH	Sheffrec CC	V	1:42:05	2:23:57	1:57	07:32
93	Charles MITCHELL	..a3crg	V	1:46:10	2:15:07	5:46	07:33
94	David SHEPHERD	..a3crg	V	1:47:29	2:22:55	7:00	07:34
95	**Julian ELLIOTT**	**Finsbury Park CC**	**V**	**1:39:11**	**2:18:38**	**-0:52**	**07:35**
96	Peter LAWRENCE	High Wycombe CC	V	1:41:46	2:18:14	1:39	07:36
97	Ken BUCKLEY	Nuun-Sigma Sport-London RT	S	1:43:46		3:31	07:37
98	Dan SADLER	AeroCoach	V	1:47:02	2:16:05	6:34	07:38

No	Name	Club	Cat	Best C & LTS	Age Std	H'cap	Start
99	John LACEY	Hemel Hempstead CC	V	1:48:18	2:21:32	7:45	07:39
100	**Matthew SMITH**	**DRAG2ZERO**	**V**	**1:35:47**	**2:15:36**	**-4:29**	**07:40**
101	David HARDING	Chelmer CC	S	1:39:46		-0:14	07:41
102	Daniel NORTHOVER	Finsbury Park CC	V	1:42:01	2:16:05	1:53	07:42
103	Tom THORNELY	Buxton CC/Sett Valley Cycles	S	1:44:53		4:34	07:43
104	Robert GROVER	Bradford-on-Avon Cycling Club	S	1:47:22		6:53	07:44
105	**David McGAW**	**Cambridge CC**	**V**	**1:38:30**	**2:15:36**	**-1:36**	**07:45**
106	Howard SHAW	trainSharp	S	1:41:40		1:34	07:46
107	Andrew GRANT	Cambridge CC	V	1:43:35	2:27:41	3:21	07:47
108	Iain BOARDMAN	Dulwich Paragon CC	V	1:46:32	2:17:24	6:06	07:48
109	John BRADBURY	CC Sudbury	V	1:48:07	2:18:38	7:35	07:49
110	**Paul HART**	**Southend Wheelers**	**V**	**1:34:37**	**2:15:07**	**-5:44**	**07:50**
111	Matthew SENTER	Peterborough CC	S	1:39:37		-0:24	07:51
112	Tim McEVOY	Lanhydrock Wheelers	V	1:41:56	2:15:36	1:49	07:52
113	Sam WIGHTMAN	Chelmer CC	V	1:44:14	2:15:36	3:58	07:53
114	Jonathan WEARS	CES Sport	S	1:47:22		6:53	07:54
115	**Stuart TRAVIS**	**Team Bottrill**	**S**	**1:38:00**		**-2:08**	**07:55**
116	Adam BIDWELL	Kingston Wheelers CC	V	1:40:54	2:16:05	0:51	07:56
117	Jonathan SHUBERT	Arctic Aircon RT	S	1:42:27		2:18	07:57
118	Joe LE SAGE	Rutland Cycling Club	V	1:46:23	2:17:49	5:58	07:58
119	Antony GREEN	New Forest CC	V	1:47:40	2:21:32	7:10	07:59
120	**Chris BARTLEY**	**AS Test Team**	**S**	**1:34:21**		**-6:01**	**08:00**
		RESERVES					
121	Mark VOWELLS (Trike)	CC Bexley	V	2:05:41	2:46:36	23:59	
122	Geoff PERRY	Born to Bike - Bridgtown Cycles	V	2:06:02	2:23:25	24:18	
123	Philip JONES	Peterborough CC	V	2:06:03	2:23:57	24:19	
124	Matt PRICE	Icknield RC	V	2:06:44	2:15:07	24:58	
125	Eddy CLUTTON	Kettering CC	V	2:08:17	2:20:40	26:24	
126	Dominic WHITEHEAD	St Ives CC	V	2:09:12	2:24:30	27:16	
127	Nigel CROXFORD	High Wycombe CC	V	2:09:37	2:25:04	27:39	
128	Murray KIRTON	A5 Rangers CC	V	2:13:24	2:40:36	31:11	

Obviously the 6 am start is affecting the entries and this year just 146 were received. Although the early start allows us a field size of 120 but, even with 8 reserves, we still had to unfortunately return some entries. Not surprisingly many of you asked for late starts but to make the competition fair for all BBAR contenders the field has been set in four sections which will help us to meet the course time restrictions. The fastest 40 will be the last to go, preceded by the tandems, then all the women and for the rest it will be an early start. This may seem unfair but conditions can change dramatically in a four hour period and this will keep major rivals together. Pacing is always a problem with fast fields and we hope that our field setting will keep it to a minimum.

The ECCA 100 showed that the course can still be fast early in the morning and hopefully you will all achieve personal bests. For the slower riders this is your chance to ride the E2 when in the past you could only dream of being accepted.

Over the years we have seen 8 Competition Records set in this event. It may be a smaller entry this year than in the past but the quality is there, can we hope for more?

You may have heard of the disqualifications in the ECCA 100 of riders who failed to follow the course and ended up riding in the middle of 4 lanes of fast moving traffic to stay on the A14 rather than keeping LEFT to join the A11. London East considers that not only is this highly dangerous but such actions could cause the E2 courses to be lost.

YOU HAVE BEEN WARNED.

Unable to ride? Please contact the Organiser or Webmaster as soon as possible so that a Reserve may be allocated a Start Time.

If possible, reserves will be told of their starting position before the race but it may be that spaces will not be available until the race. **All riders should sign on at least 30 minutes before their start time after which their position could be allocated to a reserve.** Reserves should report and sign on and wait to be allocated a starting position. Note: Reserves must wear the number as given in this Start Sheet, not that of the rider they replace.

RIDERS' NOTES

- Event Headquarters are at Westley Waterless Village Hall, near Newmarket (see map for directions). Please park outside the HQ grounds and only to the east of Village Hall. **Remember that most of the villagers will be asleep at 6 in the morning so please keep the noise to a minimum.** Please obey the Parking Marshals and park sensibly. Avoid blocking the pathways by not parking on the verges. Please give consideration to all other road users in the area so ensuring that we will be able to continue using these Headquarters. **It is also possible to park nearer the Start and Finish, in the road between Six Mile Bottom and West Wratting.**
- **NO SHOEPLATES or SMOKING in the Hall.**
- Start is about 5 miles from event HQ. To get to the Start, turn right out of Village Hall, left at crossroads then right at next crossroads to Six Mile Bottom. Turn left & proceed to slip road onto A11 southbound, continue and take the next slip road to The Wilbrahams.
- The field layout has been based on handicaps but has been set as detailed above. The race also counts for the ECCA Points Competition and Handicap BAR and handicaps were calculated using the CTT Standard Handicapping System, amended to include negative handicaps.
- Please inform Organiser or Webmaster of any improvement in your time for the current and last three seasons. Failure to do so could result in you being disqualified from the Handicap Award.
- There will be plenty of refreshments available at the Village Hall and we are planning once again to have our Big Screen results service.

IMPORTANT: PLEASE READ THE FOLLOWING CTT REGULATIONS

1 **NO** 'Warming up' by competitors is allowed on the course once the event has started.

2 **NO "U" TURNS** are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee. Note: Riders must continue after the Finish before crossing the road at Six Mile Bottom.

3 Riders' body numbers will be available at event HQ and must be personally signed for after reading any special course instructions.

4 As soon as you have finished you should return your number to the event HQ and personally sign out (failure to do so may mean you will be recorded as DNF). **You should also check to see if you are required for Doping Control.** You may exchange your number for a drink at the HQ.

5 Marshals placed to direct competitors off the main carriageway MUST NOT stand at the apex between the carriageway and the slip road but should be located at the commencement of the slip road.

6 Static Trainers. In respect of consideration for local residents, the use of static trainers, e.g.: turbo trainers, is banned from all morning events held in the London East District.

7 Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will also be liable to disciplinary action by the District Committee.

8 **IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard. In accordance with Regulation 15 ALL competitors under the age of 18 years and/or Juniors 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.**

HEAD DOWN RIDING KILLS!

COURSE DETAILS E2/50C

START (G.R. TL 561550) at paint mark on road leading to The Wilbrahams on bridge above A.11, 20 yards east (downhill) from the eastern traffic lights. Proceed immediately left down slip road to join A.11 southbound. Continue and take slip road (M) to Four Went Ways interchange (A.1307) and circle elevated roundabout (M) (4.01 miles) taking 4th exit (M) onto A.11 northbound. Continue on A.11 past Six Mile Bottom to join A.14 and after approximately 7 miles bear left onto A.11. Continue past Suffolk border to Freckenham sign (B.1085) *(Note: there are two exits both signed B.1085, the second, most easterly, is the correct exit)* and take slip road (M) to T-junction. Turn right (M) **WITH CARE** (22.5 miles) and continue to roundabout. Take third exit (M), to cross over A.11 to next roundabout, take 2nd exit (M) onto Newmarket Road, B.1085, and continue to roundabout **TURN** (M) (24.36 miles). **NOTE: DO NOT REJOIN A.11 AT THIS POINT.** Take 4th exit and retrace to roundabout where take 1st exit (M) (26.1 miles) onto A.11 southbound. Retrace on A.11 to join A.14 at Newmarket, then after approximately 7 miles keep left to rejoin A.11. Continue southwards and take slip road (M) to elevated roundabout at Four Went Ways (M) (44.6 miles), taking 4th exit (M) to rejoin A.11 northbound. Continue to Six Mile Bottom, where take A.1304 slip road and continue to **FINISH** beyond A.11 bridge, 2 kerb joints east of eastern end of central traffic island, approximately 30 yards east of sign saying "Weston Colville/West Wratting 4" *(ignore painted "50" mark)*. (50.0 miles) (G.R. TL 574564)

Be aware that the Finish is on the road to Six Mile Bottom, **800 yards AFTER** you leave the A11 and not on the slip road itself.

NO "U-Turns" after Finish. Continue to Six Mile Bottom where turn right for HQ.

NOTES:
When leaving the A.14 Newmarket by-pass (three/four lane section) in both east and west directions, **STAY IN THE INSIDE LANE**. If you move into the middle lanes you will **go off-course** and **BE AT HIGH RISK** from passing traffic and liable to disqualification from the event.

On the return leg between the Start, Four Went Ways and Six Mile Bottom early riders may meet other riders who are just starting. Take extra care at the slip road from the Start and when leaving the A.11 on the slip road to the Six Mile Bottom Finish.

YOUR SAFETY:
At all the roundabouts you should get to the inside middle of the roundabout as soon as it is safe to do so. If you ride on the outside of the roundabout you are at risk from vehicles leaving at each exit. Last year a driver had to take avoiding action because a rider rode across the exit road as he was about to leave, forcing the car to re-circle the roundabout.

LIGHTS:
We strongly urge you to fit high intensity flashing lights to the rear of your bike. When travelling on the course it is obvious that other vehicles and especially HGV's are moving out at least ½ mile before a rider with such lights whereas for others it's a last minute swerve. A front light is also recommended as it gives a warning to vehicles joining the carriageway from slip roads or laybys.

See separate leaflet for maps of the course

This Start Sheet can be downloaded from our website (http://www.ShaftesburyCC.co.uk) as PDF files – just follow the links to the Open 50. When viewed with Acrobat Reader you will able to see the maps at a much larger magnification, so that you can be certain of knowing the course.