



Finsbury Park Cycling Club

presents

The Finsbury Park CC Spoco 25 Mile Time Trial

'For and on behalf of Cycling Time Trials under their Rules & Regulations'

Saturday 3rd June 2023 2pm start

This event is a counter for the Spoco SE competition and a counter for the LNDC Millennium competition (9 of 9).

Event Headquarters: Steeple Morden Village Hall

Event Secretary: Neal Marrin
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Tel: 07802 834700

Time Keepers: Gordon Hart
Vince Freeley

Awards

Men

1st - £30 Rob Walker **51:44**
2nd - £20 Matthew Wight **56:18**
3rd - £10 Nicholas Knight **56:20**
1st Vet 60+ £10 Steve Clarke **01:04:30**
1st Road Bike - £20 John Manlow **01:01:05**

Women

1st - £30 Lauren Creamer **01:00:46**
2nd - £20 Helen Roby **01:02:56**
3rd - £10 Abigail Coles **01:19:38**
1st Vet - £10 Brenda Bozwood Davies **01:48:10**
1st Road Bike - £20 Alice Elwood **01:13:26**

1st Espoir - £10 Cameron Walker **59:54**

1st Juvenile - £10 Benjamin Cousins **01:06:23**

1st Team of 3 - £10 each FPCC Andrew Turnock, Gregory Smith, Dominic Bray **02:58:54**

One rider One award except for team

Congratulations to all riders who won awards and thanks to all riders for attending our annual Spoco event of 2023. A block head wind faced the riders after the first turn producing some slower times than previous years apart from one rider that didn't seem to notice it, first man on scratch and winner Rob Walker in an outstanding time of 51:44. First lady on the day Lauren Creamer finished in a very respectable 01:00:46 faster than previous winners over the last few years in our Spoco 25 competition. Overall Results below and thanks to Team FPCC...

A very big **Thank You** to our time keepers Gordon Hart and Vince Freeley, to our Chief Marshal Kevin Megan, for signage again Vince and Kevin, our caterers for the day Peter Bullen and Peter Brown, photographer Davey Jones and most of all to our team of marshals and volunteers without whom we would not be able to run our events and put something back into cycling!

Position	First Name	Last Name	Club	Gender	Category	Time
1	Rob	Walker	WardPerformanceUK.com	Male	Sen TT	00:51:44
2	Matthew	Wight	Verulam Really Moving	Male	Sen TT	00:56:18
3	Nicholas	Knight	Hart Performance Coaching	Male	Vet TT	00:56:20
4	Andrew	Turnock	Finsbury Park CC	Male	Vet TT	00:57:42
5	John	Jones	Verulam Really Moving	Male	Vet TT	00:58:20
6	Leigh	Smith	Equipe Velo	Male	Vet TT	00:58:29
7	Simon	Higgs	Essex Roads CC	Male	Vet TT	00:58:41
8	Jason	Stuart	CC Ashwell	Male	Vet TT	00:58:43
9	Gregory	Smith	Finsbury Park CC	Male	Vet TT	00:58:53
10	Sebastian	Harrison	Islington Cycling Club	Male	Vet TT	00:59:14
11	Adrian	Tovey	Maldon & District CC	Male	Vet TT	00:59:40
12	Cameron	Walker	Elevate RT	Male	Esp TT	00:59:54
13	Andrew	Jarratt	Finchley RT	Male	Sen TT	01:00:16
14	Lauren	Creamer	Velo Fixers	Female	Sen TT	01:00:46
15	Sean	Bradley	Team Trident	Male	Sen TT	01:00:57
16	John	Manlow	Ely & District CC/B&T Motor Repairs	Male	Vet RB	01:01:05
17	Ian	Braybrook	Basildon CC	Male	Vet TT	01:01:13
18	Mark	Halliday	North Bucks RC	Male	Vet TT	01:01:32
19	David	Ross	Elevate RT	Male	Sen RB	01:01:43
20	Paul	King	Verulam CC	Male	Vet TT	01:01:52
21	Anthony	Collier	Audax UK	Male	Sen TT	01:02:00
22	Michael	Martin	CC Ashwell	Male	Vet TT	01:02:06
23	Dominic	Bray	Finsbury Park CC	Male	Vet TT	01:02:19
24	Helen	Roby	RIDE REVOLUTION COACHING	Female	Vet TT	01:02:56
25	Alex	Powell	Team Trident	Male	Sen TT	01:03:51
26	Adrian	James	Verulam CC	Male	Vet TT	01:04:19
27	Steve	Clarke	TMG Horizon Cycling Team	Male	Vet TT	01:04:30
28	Roger	Porter	Verulam CC	Male	Vet TT	01:04:46
29	Mark	Connelly	Essex Roads CC	Male	Sen RB	01:05:29
30	Richard	Moule	Bossard Wheelers	Male	Vet TT	01:06:09
31	Benjamin	Cousins	Verulam Really Moving	Male	Juv RB	01:06:23
32	Charlie	Millbery	Finsbury Park CC	Male	Esp RB	01:06:35
33	Richard	Hutt	Hart RC	Male	Vet RB	01:07:12
34	Adrian	Gower	Hitchin Nomads CC	Male	Vet RB	01:07:28
35	James	Foy	VELOSPORT CC	Male	Sen RB	01:08:32
36	Duncan	Godfrey	Team Trident	Male	Vet RB	01:08:36
37	Peter	Redshaw	CC London	Male	Vet TT	01:08:57
38	Thomas	Godfrey	Bedfordshire Roads CC	Male	Juv TT	01:12:04
39	Alice	Elwood	Islington Cycling Club	Female	Sen RB	01:13:26
40	Graham	Hurrell	Basildon CC	Male	Vet TT	01:15:57
41	Andrew	Porter	Welwyn Wheelers	Male	Vet TT	01:17:22
42	Abigail	Coles	North Road CC	Female	Sen RB	01:19:38
43	Darren	Greene	Team Trident	Male	Vet TT	01:19:51
44	Robin	Johnson	Brighton Mitre CC	Male	Vet TT	01:21:57
45	Brenda	Bozwood Davies	Team Trident	Female	Vet RB	01:48:10
-	Sean	McDougall	Icknield RC	Male	Vet TT	DNF
-	Ben	Lewis	Forest Side Riders	Male	Vet TT	DNS A

-	Chris	Symonds	North Road CC	Male	Vet TT	DNS A
-	Davi	A. Braga	Verulam CC	Male	Sen RB	DNS
-	Lee	Turner	Arctic Aircon RT	Male	Vet TT	DNS
-	Chris	Knight	Team Trident	Male	Vet TT	DNS