

Bec CC Open 10-mile Time Trial event powered by trainSharp



Bec Cycling Club

Established 1924 President: Shaun Marlor

Open 10-Mile Time Trial – Start Sheet

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

Saturday 28 May 2022 – Course G10/42

Organiser:

Tony Truepenny-Phillipson
Flat 33 Norwich House, 11 Streatham High Road
SW16 1DG
Tel. 07512 356505
Email: fac19ttp@gmail.com

Timekeepers:

Richard Meed
Chris Woods

HQ: North Holmwood Village Hall

Spook Hill, North Holmwood, Dorking, Surrey, RH5 4JP

Approx. 300 m from the HQ along Spook Hill to the start

Sign on and numbers - bring your OWN pins - will be outside the hall

Toilets and car park open from 13:00

Prizes and Awards

Trophy for Scratch (overall) Winner

1st	Wilf Smart Trophy
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Prizes

For 15th placed rider in TT bike event:

BioRacer Aero Virtual Wind tunnel bike fit worth £240 – proven to reduce drag and make riders faster, courtesy of event sponsor, trainSharp

<https://www.trainsharpcycling.co.uk/>

Organiser reserves right to award the prize to a rider finishing in a lower position in the TT bike event if the 15th placed rider rides for a trainSharp team.

Position	Scratch (TT bike)	Women (TT bike)	Vets on Standard
1st	£20	£20	£20
2nd	£15	£15	£15
3rd	£10	N/A	£10

Position	Scratch (road bike)	Women (road bike)
1st	£20	£20
2nd	£15	£15
3rd	£10	N/A

Fastest team of three win £15 per rider.

Maximum of one cash prize award per rider, apart from the team award.

FRONT AND REAR LIGHT REGULATION

CTT Regulations now require that no competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, and to the front of their machine a working front white light, either flashing or constant, that are illuminated and positioned to be clearly visible to other road users.

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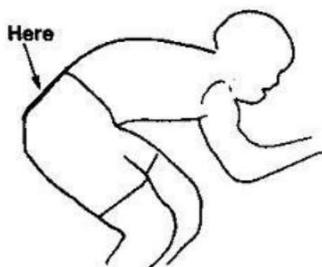


General notes: please make sure you read before the event

1. Please use discretion when changing.
2. Riders are requested to sign in before collecting their number from HQ.
3. Any additional hazards will be displayed at the signing in point.
4. CTT regulations require the use of a helmet that meets internationally accepted safety standards for **all competitors**
5. Competitors are requested not to warm up on the course after the first competitor has started.
6. No times will be given at the finish.
7. After finishing Competitors MUST continue to North Holmwood RBT taking the appropriate exit to return to Event HQ.
8. Competitors must exercise extra care when joining the A24 just after the start and at all roundabouts.
9. Competitors must not use ANY audio equipment except prescribed hearing aids.
N.B. A competitor in breach of this regulation shall be disqualified.
N.B. Competitors must not use a mobile phone while mounted on their machines.
10. Official Observers will be stationed around the course to ensure correct procedure (e.g. front and rear light, drafting and safety at roundabouts)
11. Entrants under 18 years of age must bring their completed parental consent form and produce this before signing on at the event HQ. No parental consent means no ride.

PLEASE NOTE THAT YOU MUST SIGN OUT WHEN YOU RETURN YOUR NUMBER, NO SIGN OUT = DNF

NUMBERS MUST BE FIXED BELOW WAIST



**NO TIME MAY BE RECORDED IF NUMBER IS
NOT CORRECTLY POSITIONED.**

London South District Regulation:

No vehicles except those of the timekeepers and event officials shall be parked in the vicinity of the start and finish areas.

London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road

HQ to start: Short ride (approx. 300 m) from the HQ along Spook Hill to the start.

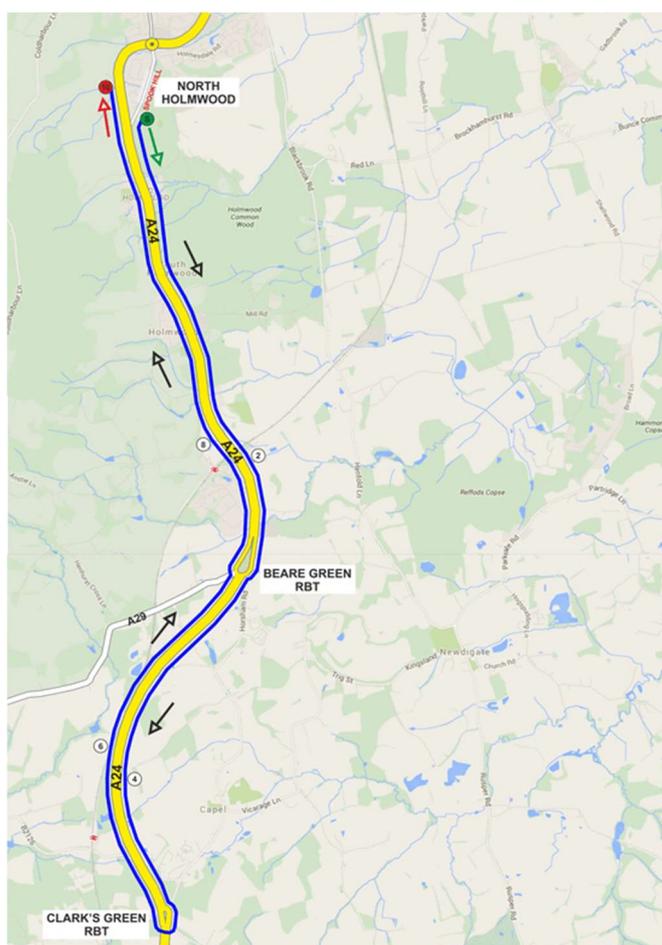
Finish to HQ: Continue past the finish timekeeper along the A24 to the next roundabout and take the third exit to return to Spook Hill.

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OS Ref	Course Directions - G10/42	Distance (miles)	
167469	START in Spook Hill, North Holmwood at PO Telephone Inspection Cover 30 yards from junction with A24 Proceed to A24 where LEFT (care). Proceed South.	0.00	0.00
177428	Take 2nd exit at Beare Green roundabout and follow Capel bypass (A24)	2.67	2.67
171397	TURN Take 5th exit on Clark's Green roundabout (check)	2.24	4.91
177428	Take 2nd exit straight on at Beare Green Roundabout	2.24	7.15
166472	FINISH at drain at North end of penultimate crash barrier 634 yards from North Holmwood roundabout	2.85	10.00

Strava segment URL: <https://www.strava.com/segments/629691>



Don't forget to enter the Bec CC Open 25 mile TT on 21 August and the Bec CC Hill Climb on Sunday 09 October

Other events in the London South District can be found here: <https://london-south.ctt.org.uk/>

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No.	Start Time	Name	Club	Gender	Category
1	14:01:00	Andrew R Green	Bec CC	Male	Veteran
2	14:02:00	Martin Simmons	C C C P	Male	Veteran
3	14:03:00	John Froud	Festival Road Club	Male	Veteran
4	14:04:00	Tom McCall	VTTA (Surrey/ Sussex)	Male	Veteran
5	14:05:00	James Haworth	Brixton Cycles Club	Male	Senior
6	14:06:00	Danylo Rivnyj	trainSharp Development Team	Male	Senior
7	14:07:00	Peter Owen	Norwood Paragon CC	Male	Veteran
8	14:08:00	Agata Kapuscinska	Dorking Cycling Club	Female	Veteran
9	14:09:00	Dee Rutter	Anerley BC	Female	Veteran
10	14:10:00	Henrik Persson	FTP (Fulfil The Potential) Race Team	Male	Senior
11	14:11:00	Paul Newsome	Project 51	Male	Senior
12	14:12:00	Lewis Reeves	Horsham Cycling	Male	Senior
13	14:13:00	Jamie Freeland	South London Harriers	Male	Veteran
14	14:14:00	Julian Scutter	East Grinstead CC	Male	Veteran
15	14:15:00	Pat Wright	Paceline RT	Male	Senior
16	14:16:00	George Sloan	VC de Londres	Male	Espoir
17	14:17:00	Peter Noble	Epsom CC	Male	Veteran
18	14:18:00	David Hodswan	Dulwich Paragon CC	Male	Senior
19	14:19:00	Caroline Nottage	Army Cycling	Female	Senior
20	14:20:00	Howard Bayley	Blazing Saddles	Male	Veteran
21	14:21:00	Simon Church	trainSharp	Male	Veteran
22	14:22:00	Lawrence Wintergold	Hounslow & District Whs	Male	Veteran
23	14:23:00	Stephen Morgan	Tooting BC	Male	Veteran
24	14:24:00	Paul Winkley	VC Merlin	Male	Veteran
25	14:25:00	Sam Wightman	Team Bottrill	Male	Veteran
26	14:26:00	Barrie Foster	Anerley BC	Male	Veteran
27	14:27:00	Mark Thomas	Bigfoot CC	Male	Veteran
28	14:28:00	Richard Tully	Elite Cycling	Male	Veteran
29	14:29:00	Gavin Hook	Anerley BC	Male	Veteran
30	14:30:00	Nik Allen	Team TMC	Male	Veteran
31	14:31:00	Martin O'Sullivan	Teddington and Turing Velo	Male	Veteran
32	14:32:00	Michael Porter	34 Nomads CC	Male	Veteran
33	14:33:00	Mike Boyce	...a3crg	Male	Veteran
34	14:34:00	Tony Murphy	Eastbourne Rovers CC	Male	Veteran
35	14:35:00	Colin McDermott	Festival Road Club	Male	Veteran
36	14:36:00	James Amy	VTTA (Kent)	Male	Veteran
37	14:37:00	Jason Hunter	Velo 1860	Male	Veteran
38	14:38:00	James Wasley	Paceline RT	Male	Veteran
39	14:39:00	Maria David	Serpentine Running Club	Female	Veteran
40	14:40:00	Nicholas Trbovic	Cheshire Maverick Cycle Club	Male	Senior

SAVE 2 MINUTES OVER A TEN MILE TIME TRIAL



The BioRacer Virtual Wind Tunnel at trainSharp - proven to make you faster. 80% of resistive forces above 30km/h come from aerodynamic drag. Optimise your position today by emailing info@trainsharp.co.uk



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CYCLING