



<https://www.sherwoodcc.org.uk>

## **OPEN 25 MILE TIME TRIAL** **incorporating ANDCC Lighthouse Trophy**

(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)

**Saturday, 17<sup>th</sup> September 2022 at 2.01pm on A25/34 Course**

- Event Secretary:** Roger Widdowson, 27 Morley Road, Thorneywood, NOTTINGHAM. NG3 6LL  
Tel: 07966 777 475 E-mail: [roger.widdowson@ntlworld.com](mailto:roger.widdowson@ntlworld.com)
- Timekeepers:** Bill Stanley, Melton Olympic CC  
Tom Bailey, Coalville Wheelers CC
- Event Headquarters:** Farndon Memorial Hall, 117 Marsh Lane, Farndon, Notts, NG24 4TA. (Open from 13.00 hours)
- Event Rules:** PLEASE RESPECT THE FOLLOWING REQUEST OF THE CUSTODIANS WITHOUT EXCEPTION:-
1. Do NOT wear cycling shoes in the HQ to avoid damage to the floor
  2. NO NUDITY! Use the Large Hall or the Toilets for getting into your Club kit.
  3. Do NOT park across anyone's driveway. Apart from being ignorant, you just shouldn't do it.

Numbers and Signing On – Numbers will be at the Event HQ and can be collected when you sign on. Please return your number in exchange for a drink and something to eat after your ride.

You **MUST** personally sign back in again upon completion of your ride otherwise **YOU WILL** receive a DNF!

Parking is available along the Main Road and throughout side roads within the village. Please be respectful to residents at all time - this means **do not park across anyone's driveway** and **do not get changed into your Club kit in public** unless you cover your modesty or lack thereof!

**NO WARMING UP ON THE A46 AFTER THE EVENT HAS STARTED!**  
**DO NOT OBSTRUCT THE PATH OF COMPETITORS WHO ARE GOING ALONG THE FINISHING STRAIGHT - STAY ALERT!**

### **PRIZE LIST**

One rider – One prize (except for team prize)

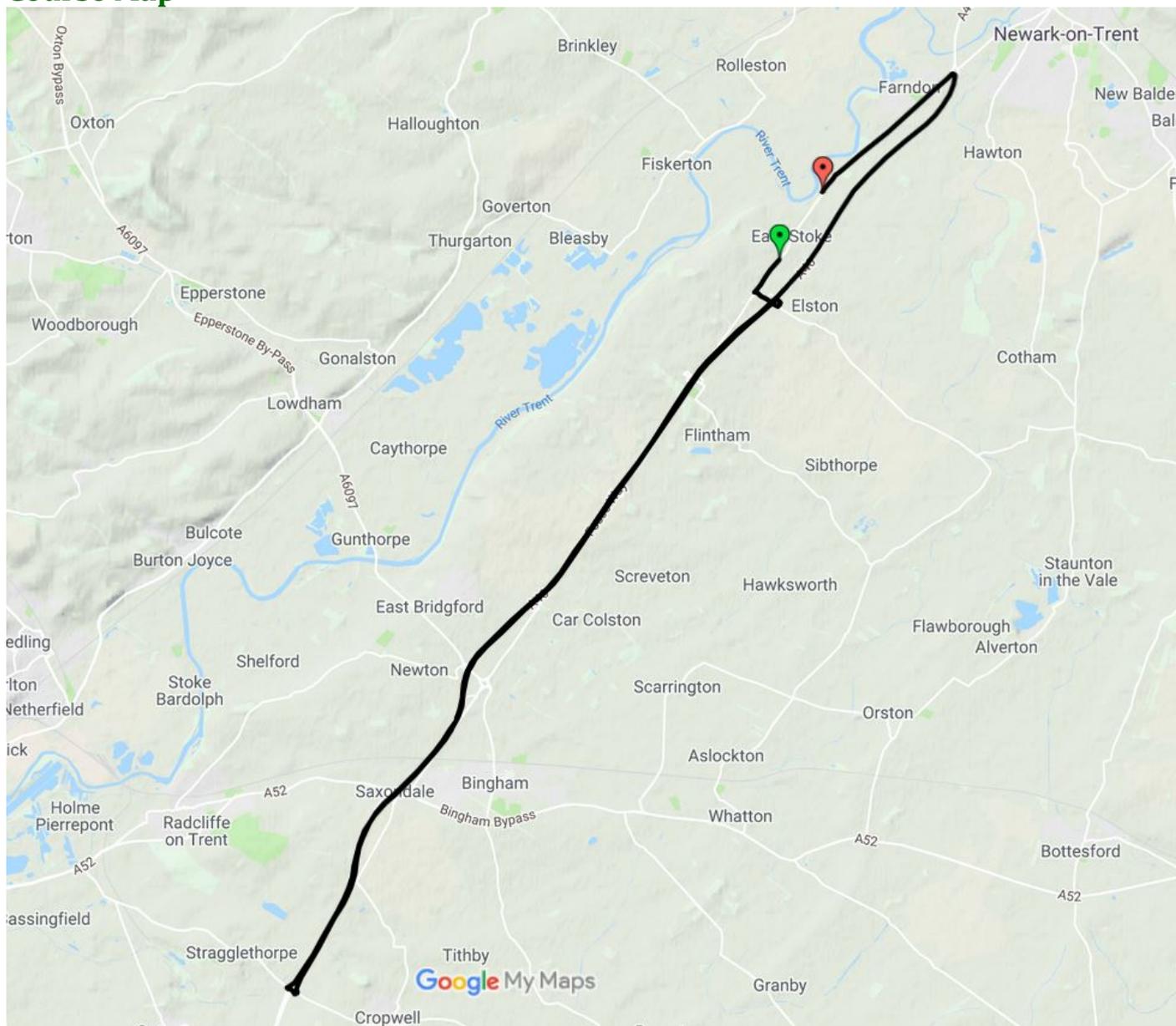
<b>Category A - K</b>	£20 for 1 <sup>st</sup> Fastest in Category
<b>Fastest Team of 3 Riders</b>	£10 each rider

No formal presentation is planned after the event, but results will be posted up on the board at the Event HQ as soon as they are made available. Prizes will be posted out to riders after the event and within 28 days. One individual prize per rider (excluding team prize, which can be in addition to individual prize).

We hope that you have an enjoyable, swift and safe ride. Good Luck.

# Instructions

## Course Map



### Process to Start

To get to the start proceed south along Marsh road then left onto Main St then right onto Fosse Rd. You are now on the last mile of the course so be aware of riders finishing. Proceed quickly and in single file past the finish making it obvious that you are not racing. The start is SW of East Stoke. Please warm up south of Eden Hall traffic island.

**Between Farndon and Eden Hall please be aware of riders starting and finishing on this road!**

### Course Details

Start 36 yards after speed derestriction sign on southbound exit from East Stoke on old A46. Proceed south to Turn Left at traffic island (near Eden Hall) to pass over A46 to Turn Left onto A46 southbound slip road. On A46, proceed south to take slip road from A46 to new traffic roundabout at junction to Cropwell Bishop & Cotgrave (Stragglethorpe Junction). Take 4<sup>th</sup> exit to pass under the A46 to second roundabout. (Approx 10.36mils.) Take 3<sup>rd</sup> exit to slip road onto A46 northbound and proceed towards Newark. At Farndon roundabout take first exit onto old A46 (Fosse Way). (Approx 23.12mils.) Proceed south on old Fosse Way to Finish at start of fence on RHS at gateway to River Trent and just before Stoke Warren Farm on approach to East Stoke. (25.00mils.).

## Notes

You **MUST** wear a **HARD SHELL HELMET** that meets the standards set out in Regulation 15 of the CTT Regulations. You must have working front and rear lights, either flashing or constant, fitted to the machine and active whilst the machine is in use in accordance with Regulation 14 of the CTT Regulations.

Do not stop at the finish timekeeper but proceed along the old A46 (Fosse Way) and make a U turn when safe to do so being aware that there may be riders coming up fast from behind and return to the HQ where your time will be displayed. Traffic counts have, in the past, indicated light use of the A46 on Saturday afternoons, however, it is still a major trunk road so please take no chances and ride safely. Your welfare is worth more than your PB.

Please allow at least 10 minutes from the HQ to the start. It is 2.5 miles from the HQ. The start is south through East Stoke Village.

Please ride carefully, especially when merging onto the A46 South and A46 North at the turn.

Please do not warm up on the course after the event has started. Strictly NO U-Turns near the start and finish between 2:00pm. - 5:30pm.

Marshals are instructed to report dangerous riding so keep your head up and be considerate of other road users. This could mean but is not limited to any breach of the Road Traffic Act 1988 and its various applicable sections.

**DO NOT COOL DOWN PAST THE START TIMEKEEPER AS THIS MAY RESULT IN DISQUALIFICATION.**

Remember, you are required to return to the HQ to sign back in again after finishing your ride.

Pos	Time Off	Name	Club	Gender	Category	Time
80	15:20	Adam Bidwell	Kingston Wheelers CC	Male	A	00:48:37
70	15:10	Gaz Poulson	Royal Air Force Cycling Association	Male	A	00:49:33
60	15:00	Ian Guilor	Mapperley CC	Male	A	00:49:33
50	14:50	Nicholas Cousins	Ilkeston Cycle Club	Male	A	00:50:03
40	14:40	Neal Parkin	Team Bottrill	Male	A	00:50:08
30	14:30	Robert Gibbons	Race Rapid	Male	A	00:50:40
20	14:20	Patrick Casey	Team Lifting Gear Products	Male	A	00:50:51
10	14:10	Toby Atkins	UpShift Nutrition Race Team	Male	A	00:51:01
55	14:55	Tristan Pilling	University of Derby Cycling Club	Male	B	00:51:15
65	15:05	Mike Jones	OVB	Male	B	00:51:25
75	15:15	Michael Cooke	Nottingham Clarion CC	Male	B	00:51:26
45	14:45	Matthew Uttley	Nottingham Clarion CC	Male	B	00:51:35
35	14:35	Julian Ramsbottom	Team Bottrill	Male	B	00:51:39
25	14:25	Sean Hunt	Lincoln Wheelers CC	Male	B	00:51:52
15	14:15	Geoff Platts	Team Bottrill	Male	B	00:52:15
5	14:05	Mark Hamer	Stratford Cycling Club	Male	B	00:52:19
79	15:19	Lee Tunnicliffe	South Normanton C C	Male	C	00:52:24
71	15:11	Ian Wroblewski	Team Lutterworth Cycle Centre	Male	C	00:53:05
61	15:01	Michael Costello	Race Hub	Male	C	00:53:17
51	14:51	Jymmy Trevor	Jem Hadar Racing	Male	C	00:53:28
41	14:41	Anthony Nash	Lindsey Roads Cycling Club	Male	C	00:53:28
31	14:31	Phillip Tyas	Barnsley Road Club	Male	C	00:53:35
21	14:21	Colin Parkinson	South Western Road Club	Male	C	00:53:37
53	14:53	Mike Hankin	Sherwood CC	Male	C	00:53:37
11	14:11	Andrew Askwith	Vive Le Velo	Male	D	00:53:59
7	14:07	Andy Newham	Lincoln Wheelers CC	Male	D	00:54:00
76	15:16	Keith Palmer	Ilkeston Cycle Club	Male	D	00:54:10
66	15:06	Neil White	Ambion Racing Team	Male	D	00:54:29

56	14:56	James Byatt	Ilkeston Cycle Club	Male	D	00:54:59
46	14:46	Saul Clayton	Albarosa CC	Male	D	00:55:00
36	14:36	Richard Ferguson	Beeston Cycling Club	Male	D	00:55:26
26	14:26	Alex Hardy	Ashfield RC	Male	D	00:55:29
16	14:16	Craig Lamb	Alford Whs	Male	E	00:55:32
6	14:06	Chris Dyason	Cambridge CC	Male	E	00:55:51
72	15:12	Andrew Walsh	Audax UK	Male	E	00:55:55
62	15:02	Martin Fisher	Melton Olympic CC	Male	E	00:56:22
52	14:52	Mark Rowland	Selby CC	Male	E	00:56:39
42	14:42	Giles White	Sherwood CC	Male	E	00:56:55
32	14:32	Gavin Jones	Nottingham Clarion CC	Male	E	00:56:59
22	14:22	David Fox	Warrington Road Club	Male	E	00:56:59
12	14:12	Mick Stevens	Melton Olympic CC	Male	F	00:57:02
2	14:02	Barrie Whittaker	Lyme Racing Club	Male	F	00:57:14
77	15:17	Phil Gayes	Leek CC - Den Engel Belgian Bar	Male	F	00:57:20
67	15:07	Steve Chipping	Velo Club Lincoln (Ringrose Law)	Male	F	00:57:23
57	14:57	Paul Aldridge	Warwick Lanterne Rouge Cycling Club	Male	F	00:57:25
47	14:47	Simon Geraci	Swift Racing	Male	F	00:57:30
37	14:37	Daniel Whittaker	Ashfield RC	Male	F	00:58:10
27	14:27	Chris Gration	Belper BC	Male	F	00:58:32
17	14:17	Steve Goodall	Matlock CC	Male	G	00:58:56
1	14:01	Roger Widdowson	Sherwood CC	Male	G	00:59:37
9	14:09	Paul Ward	Sherwood CC	Male	G	00:59:37
13	15:13	Jack Harrison	Belper BC	Male	G	00:59:48
3	15:03	James Smith	Holmfirth C C	Male	G	00:59:50
43	14:43	Oliver Sewell	Beeston Cycling Club	Male	G	01:00:17
33	14:33	Will Trevor	Jem Hadar Racing	Male	G	01:00:52
23	14:23	Jessica Beyer	Nottingham Clarion CC	Female	G	01:01:01
13	14:13	David Yarham	Peterborough CC	Male	H	01:01:02
3	14:03	Simon Ward	Welland Valley CC	Male	H	01:01:07
78	15:18	Peter Harridge	Tyneside Vagabonds CC	Male	H	01:01:44
68	15:08	Andrew Spittlehouse	Calder Clarion	Male	H	01:02:21
58	14:58	Darren Perry	Sherwood CC	Male	H	01:02:21
48	14:48	Elaine Simpson	Sherwood CC	Female	H	01:03:00
38	14:38	Todd Roberts	VTTA (Yorkshire)	Male	H	01:03:36
28	14:28	Ben Waddington	Leicester Forest CC	Male	H	01:03:45
18	14:18	Kate Kirkland	RAMcc	Female	J	01:04:58
59	14:59	David Bennett	Audax UK	Male	J	01:05:00
8	14:08	Sarah Soden	Leicester Forest CC	Female	J	01:05:17
74	15:14	Rod J Weston	Melton Olympic CC	Male	J	01:05:33
64	15:04	Gretchen Zoeller	Ilkeston Cycle Club	Female	J	01:05:54
54	14:54	Michael Weaver	Rotherham Wheelers Cycling Club	Male	J	01:06:20
44	14:44	Phil Wright	Hartlepool CC	Male	J	01:06:59
34	14:34	Alan Busuttil	Belper BC	Male	J	01:07:10
24	14:24	Ron Hallam	South Pennine RC	Male	K	01:07:19
14	14:14	Elizabeth Bridgen	Ilkeston Cycle Club	Female	K	01:07:49
4	14:04	David Hayward	Matlock CC	Male	K	01:09:36
69	15:09	Simon Kent	Belper BC	Male	K	01:10:00
39	14:39	Adrian Kennedy	Hinckley Cycle Racing Club	Male	K	01:10:00
29	14:29	John Scott	Sleaford Wheelers Cycling Club	Male	K	01:13:18
49	14:49	James Storr	Newark Castle C C	Male	K	01:15:00
19	14:19	Trish McPherson	Coalville Whs	Female	K	01:20:00