



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 29th May 2021 – 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:

Paul Tunnell
Clive Walton

HQ: North Holmwood Village Hall

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

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

TOILETS and car park open from 13:00 - Hall not open due to COVID restrictions

Prizes and Awards

Scratch

1st Wilf Smart Trophy

Scratch winner will receive two tickets to the Bec Luncheon to receive their trophy (COVID permitting)

Prizes

Position	Scratch	Vets on Standard	Women's Scratch
1st	£25	£25	£25
2nd	£20	£20	£20
3rd	£15	£15	£15
4th	£10	£10	£10

Fastest team of three win £20 per rider.

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

NEW REGULATION FOR 2020 ONWARDS:

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, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **HAVE AN ILLUMINATED REAR LIGHT ON YOUR BIKE!**

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Covid-19 adaptations

<https://cyclingtimetrials.org.uk/documents/index/covid-19>

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- Only car parking and toilet facilities are available at the HQ.
- Do not change in the toilets - try to arrive ready to ride.
- Bring your OWN pins
- Competitors must respect the 2 metre social distancing requirement.
- Competitors should not arrive at the start more than 4 mins before their allotted start time - keep your distance in the start area.
- Competitors will await the start signal with one foot on the ground - no pusher off.
- Competitors on finishing MUST NOT stop at the finish.
- Competitors must not congregate in the car park after the event but disperse promptly.
- Static warm-ups are allowed but must comply with social distancing requirements that are in place at the time.
- Hand sanitizer will be available.
- No provision will be provided to return any clothing left at the start back to the HQ.

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 compulsory use of helmets for the under 18's. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards.
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. rear light, drafting and safety at roundabouts)

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.

HQ to start: Short ride from the HQ along Spook Hill to the start.

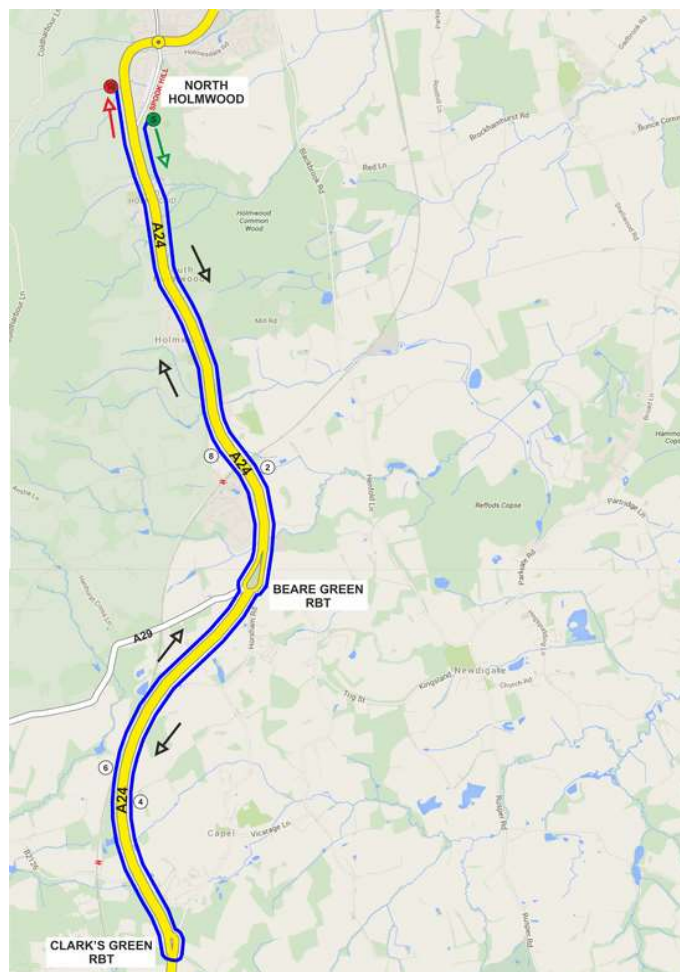
Finish to HQ: Continue past the finish timekeeper along the A24 to the next roundabout and take the third exit to return to Spook Hill.

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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>



Thank you to www.sussexca.org.uk for their course map.

Don't forget to enter the Bec CC Open 25 mile TT on 15th August and the Bec CC Hill Climb on Sunday 10th October
Other events in the London South District can be found here: <https://london-south.ctt.org.uk/>

Bec Cycling Club



No.	Start Time	Name	Club	Gender	Category
9	14:09:00	Dominic Hill	Bec CC	Male	Veteran
10	14:10:00	Michael Renardson	trainSharp	Male	Espoir
11	14:11:00	Robert Gilmour	Hounslow & District Whs	Male	Veteran
12	14:12:00	Dan Higginson	Pearson Cycling Club	Male	Veteran
13	14:13:00	Eva Zsigoova	...a3crg	Female	Senior
14	14:14:00	Richard Bushell	Oxted Cycle Club	Male	Veteran
15	14:15:00	John Franklin	Twickenham CC	Male	Senior
16	14:16:00	Brian Molloy	Brighton Excelsior CC	Male	Veteran
17	14:17:00	Gemma Hayes	1904RT	Female	Senior
18	14:18:00	Nadine Oehmcke	Oxted Cycle Club	Female	Senior
19	14:19:00	Anna Jenkinson	Bec CC	Female	Veteran
20	14:20:00	Simon Church	trainSharp	Male	Veteran
21	14:21:00	Richard Llewellyn	Imperial Racing Team	Male	Veteran
22	14:22:00	John Isard	Hampshire Road Club	Male	Veteran
23	14:23:00	Alistair Cunningham	Oxted Cycle Club	Male	Veteran
24	14:24:00	Yasmeen Mahmoud	Viceroy's Triathlon Club	Female	Senior
25	14:25:00	Lee Turner	Arctic Aircon RT	Male	Veteran
26	14:26:00	Tim Lewis	Ful-on Tri	Male	Veteran
27	14:27:00	Benjamin Jones	Penge Cycle Club	Male	Veteran
28	14:28:00	Virginia McGee	Charlottesville Cycling Club	Female	Veteran
29	14:29:00	Jennifer Clark	Windrush Triathlon Club	Female	Senior
30	14:30:00	Adrian Blacker	VTTA (Surrey/ Sussex)	Male	Veteran
31	14:31:00	Paul Newsome	Project 51	Male	Senior
32	14:32:00	James Wasley	Paceline RT	Male	Veteran
33	14:33:00	Peter Noble	Epsom CC	Male	Veteran
34	14:34:00	Jack Benham	South London Harriers	Male	Senior
35	14:35:00	Mark Coombe	Twickenham CC	Male	Veteran
36	14:36:00	Jamie Olsson	GIRO Race Team	Male	Senior
37	14:37:00	Joe Shepherd	Kingston Phoenix RC	Male	Senior
38	14:38:00	Daniel Fowler	Woolwich CC	Male	Junior
39	14:39:00	Ben Daniels	Windrush Triathlon Club	Male	Senior
40	14:40:00	Pjotrs Suhovs	Paceline RT	Male	Senior
41	14:41:00	Stephen Garvey	Addiscombe CC	Male	Senior
42	14:42:00	Mark Thomas	Bigfoot CC	Male	Veteran
43	14:43:00	Gavin Hughes	Kingston Phoenix RC	Male	Veteran
44	14:44:00	Andrej Horvath	Brighton Mitre CC	Male	Senior
45	14:45:00	Hamish Forsyth	trainSharp Development Team	Male	Junior
46	14:46:00	Neal Marrin	Finsbury Park CC	Male	Veteran
47	14:47:00	Stephen Morgan	Tooting BC	Male	Veteran
48	14:48:00	Paul Atkinson	Velo Club St Raphael	Male	Veteran
49	14:49:00	Jon Roberts-Bibby	Horsham Cycling	Male	Veteran
50	14:50:00	Mark Bashford	East Grinstead CC	Male	Senior
51	14:51:00	Peter Baker	Lewes Wanderers CC	Male	Veteran
52	14:52:00	Sam Dix	trainSharp	Male	Veteran

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53	14:53:00	Russell Hicks	Oxted Cycle Club	Male	Veteran
54	14:54:00	Alexandre Proy	Rapha Cycling Club	Male	Senior
55	14:55:00	Edward Hales	London Dynamo	Male	Veteran
56	14:56:00	Joe Spraggins	Clapham Chasers	Male	Senior
57	14:57:00	Chris Balkham	Oxted Cycle Club	Male	Veteran
58	14:58:00	Laurence Willmott	VO2 Maximum RT	Male	Senior
59	14:59:00	Ollie Howard	Waldy Wheelers	Male	Senior
60	15:00:00	Keith Lea	Paceline RT	Male	Veteran
61	15:01:00	Craig Jackson	London Dynamo	Male	Senior
62	15:02:00	James Amy	Casp Cycling Club	Male	Veteran
63	15:03:00	Andy Cox	trainSharp	Male	Veteran
64	15:04:00	Mark Welch	Oxted Cycle Club	Male	Veteran
65	15:05:00	Paul Batten	Crawley Wheelers	Male	Senior
66	15:06:00	Thomas Seller	Oxted Cycle Club	Male	Senior
67	15:07:00	Luke Forward	Rapha Cycling Club	Male	Senior
68	15:08:00	Brian Jones	Morden CRC	Male	Veteran
69	15:09:00	Steve McMenamin	Crawley Wheelers	Male	Veteran
70	15:10:00	Christopher McNamara	Nuun-Sigma Sport-London RT	Male	Veteran