

FOUNDED JUNE, 1935

**COVENTRY
CYCLING
CLUB**

OPEN 10 MILE TIME TT

4th May 2019, COURSE K11/10T

(Promoted for & on behalf of **CYCLING TIME TRIALS** under their Rules & Regulations)

Event Organiser: Barry Harden
29 Guilsborough Road
COVENTRY
CV3 2HL.
Phone 024 7645 6944
Mobile on the day 07791 212425
'E mail': barryaharden@aol.com

Event Headquarters: Old Laurentians Sports Ground,
Fenley Field, Lime Tree Avenue,
Bilton, Rugby.
CV22 7QT.

First Rider Starts at 2.01pm

Officials:	Timekeepers;	Peter Bayliss & A N Other
	Recorder;	Carole Bayliss
	Recorders Assistant;	Bob Allen
	Start Stewards;	Martin Bubb & Jason Noone
	CTT Observer;	A N Other
	Number Stewards;	Mary Fay & John Rutter
	Catering;	Joan Allen, Margaret Harden & Louise Bubb
	Results Service;	Ian Kellaway, Jon Wood & Rob Chatwin
	Marshalls;	Andy Delaney, Phil Davis, Sam Griffin-Davis, Keith Jones & A N Other

Competitors Notes

'CTT' recommend that hard-shell helmets that meet a recognised International Safety Standard should be worn; this is compulsory for U18's, (Regulation 15).

'CTT' also advise that a working, preferably flashing, Rear Light be fitted to all machines.

'CTT' Regulations now require Competitors to **Sign Off** as well as **Signing On**.

All Prizes will be forwarded with the Result Sheet within 14 days of the Event.

It is four miles from the HQ to the Start; please allow sufficient time to be ready for the Time Keeper. See the following map for the recommended route to the Start; this will be signed using CTT Direction Arrows.

www.coventrycyclingclub.co.uk

Competitors Notes Continued:

The Event Headquarters will be open from 12.30pm. There is a large, (roughly stoned), Car Park & should this fill up you may be directed to use an area on the side of the Sports Field.

Numbers will only be issued when a Competitor has 'Signed On'.

Please note this is a Type A Event & as such sleeveless tops are not permitted, (Regulation 16); "sleeves shall be at least mid-upper arm in length".

Please do not warm up on the Course once the Events have started, (14.01), we have previously had complaints from competitors, (particularly on the B4429 run in to the Finish), where competitors have needed to either brake or pull out into the path of vehicles approaching from behind; it also causes confusion for the Finish Timekeeper. If you require to warm up on the road we suggest using the A45 to the East of Dunchurch, (in the direction of Willoughby & Daventry). **Any rider failing to comply with this request risks disqualification.**

Handicaps have been set according to data taken from the CTT Standard Chart, based on best times at the distance during the last three years.

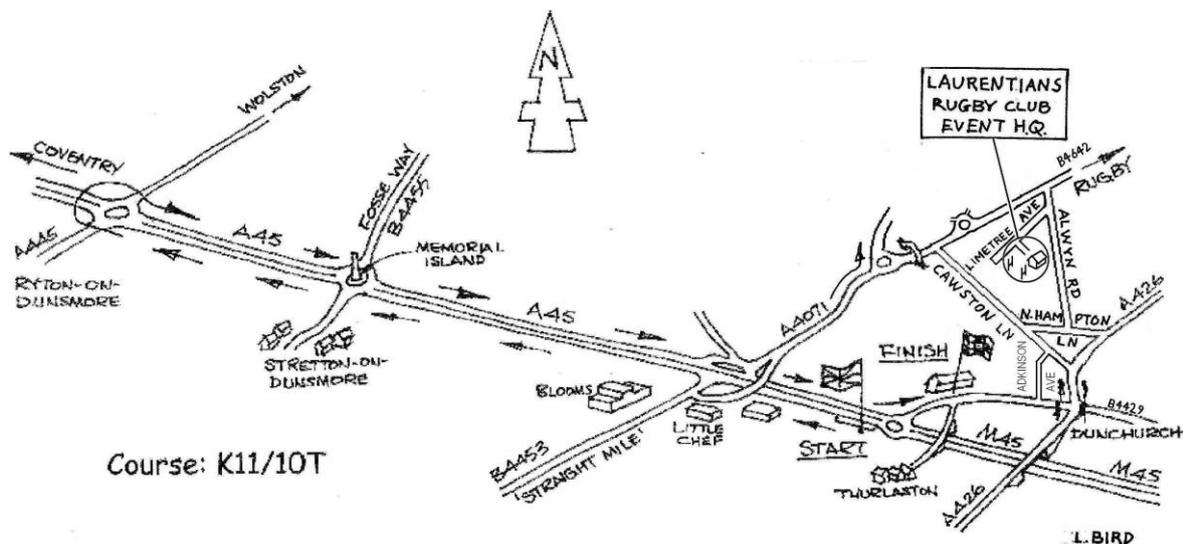
Veterans Standards have been taken from the Revised 2013 VTTA Chart.

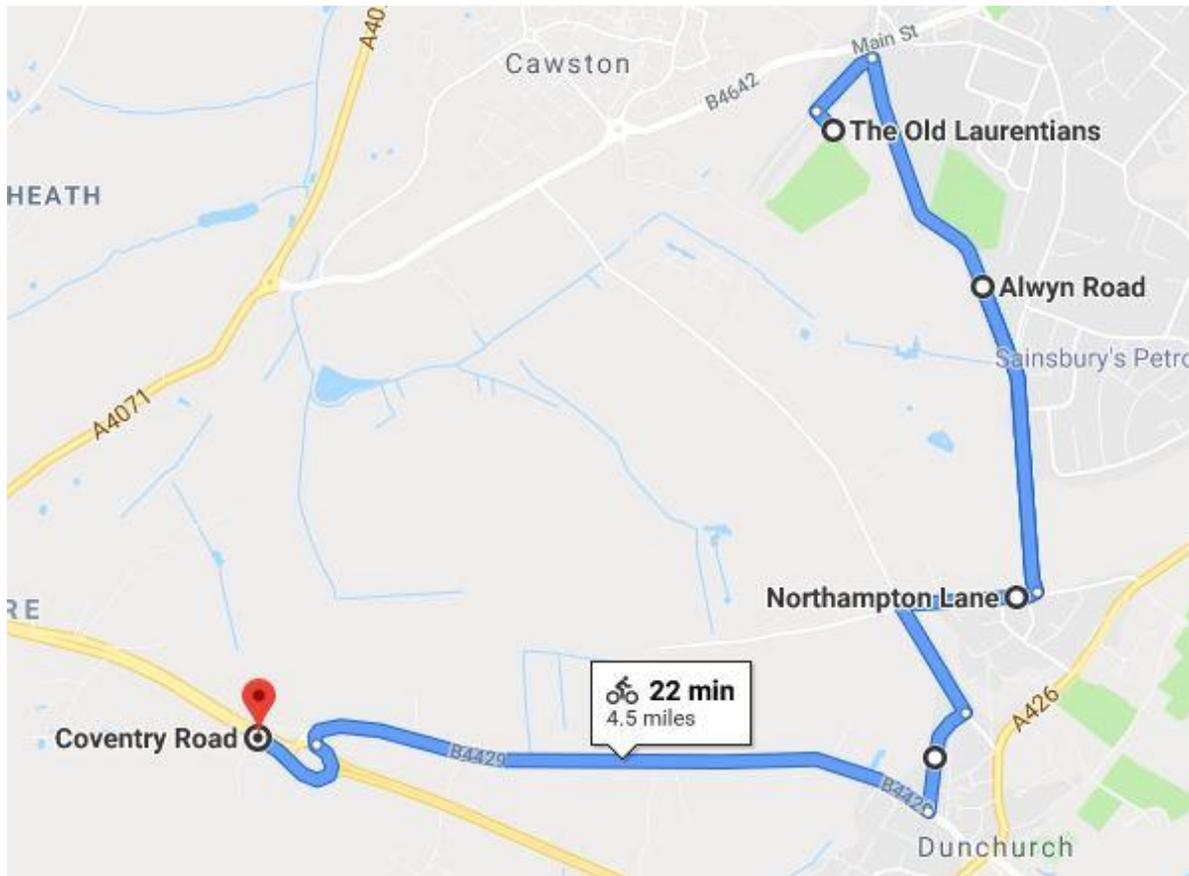
One prize per rider excluding Team Prizes. Where a rider qualifies for more than one prize the higher value prize will apply; if the prize values are the same the order of the Prize List will determine priority.

Age Categories, (age on day), A 40-44, B 45-49, C 50-54, D 55-59, E 60-64, F 65-69, G 70 & over.

Course Description:

- SP 462 716: **START;** In the Lay-by 200 yards west of the A45/M45 Thurlaston Island at the 3rd joint in the concrete apron. Ride West along the A45.
- SP 415 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.
- SP 391 741: At the next Island, (A45/A445), take the 4th exit to retrace along the A45.
- SP 414 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.
- SP 465 715: At the A45/M45 Island, take 1st exit onto the B4429 towards Thurlaston/Dunchurch.
- SP 465 715: **FINISH;** 60 yards past the right turn to Thurlaston, (Main Street); in line with the Eastern (exposed) Gate Post; immediately past the property named 'Newhaven'.





PRIZE LIST

Note: All prizes will be forwarded with a Result Sheet within 14 days of the Event.
A big thank you to JR & DT for their donations towards the Women's Prize List.

Women's Event: (One Prize per rider except Team Prizes).

Fastest		Best on Handicap	
First	£40	First	£15
Second	£30	Second	£10
Third	£25	Third	£10
Fourth	£20	10th	£10
Fifth	£15	20th	£10
30th	£10	30th	£10
Fastest Club Team of 3 riders	£15 each	40th	£10
Fastest Vet on Std.	£15	Lantern Rouge	£10

Men's Event:		Fastest in Age Groups	
Fastest		40 to 44 = A	£10
First	£40	45 to 49 = B	£10
Second	£30	50 to 54 = C	£10
Third	£25	55 to 59 = D	£10
Fourth	£20	60 to 64 = E	£10
Fifth	£15	65 to 69 = F	£10
Espoir	£10	70 & over = G	£10
Junior	£10	Fastest Vet on Std.	£15
Fastest Club Team of 3 riders	£15 each		

'Who was Diana Cooke?'

Diana was a keen member of Coventry CC through her teenage years and up to her untimely death. An ever present face on Club Runs and at Social Events, often participating in Club Time Trials. A very popular young lady amongst her peers; she was acting Editor of the Club's magazine 'The Milestone'. To date, no one else has shared her success at cajoling articles for the magazine from the other members, (women's power).

During that period the Cooke's were a cycling family, Diana was the younger sister of Chris and Tony, both prominent racing members of the C's. Diana's unfortunate death came in 1983 at the tender age of 22, leaving her sadly missed by her many friends in the cycling fraternity. Were she still alive, Diana would be an Aunt to Nicole Cooke the Women's World Road Race Champion in 2003 & 2006, winner of the Women's Tours of France, Italy & Germany in 2006 and UCI ranked No.1 Women in the World in 2007. The highlight of her career to date obviously being her Olympic & World Championships in 2008.

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Previous Winners of the 'Diana Cooke Memorial', 10 Mile Time Trial

1984	Helen Parritt	Zenith CC	24.45
1985	Mandy Jones	West Pennine RC	23.22
1986	Maria Blower	Charnwood CRC	24.50
1987	Sandra Curtis	Solihull CC	25.25
1988	Sandra Curtis	Solihull CC	25.26
1989	Theresa Coltman	Hull Thursday	24.14
1990	Maxine Johnson	Dinnington RC	25.23
1991	Mandy Jones	Liverpool Mercury	22.24 NAT CHAMPS
1992	Louise Jones	GS Strada	23.53
1993=	Maria Lawrence	Rockingham Forest	24.40
1993=	Alison Thomas	Stourbridge CC	24.40
1994	Maxine Johnson	Oundle Velo	24.01
1995	Maxine Johnson	Oundle Velo	23.51
1996	Maxine Johnson	Team Lusso	23.21
1997	Maxine Johnson	Letchworth Velo	23.21
1998	Maxine Johnson	Letchworth Velo	23.26
1999	Maxine Johnson	Letchworth Velo	23.45
2000	Gillian Reynolds	Willesdon CC	25.20
2001	Maxine Johnson	Inter Bike RT	24.25
2003	Michelle Brown	Coventry CC	24.47
2004	Nadine Garioud	Leamington C&AC	24.34*
2005	Ruth Eyles	Beacon Roads CC	23.33
2006	Ruth Eyles	Beacon Roads CC	23.38
2007	Ruth Eyles	Beacon Roads CC	22.36*
2008	Ruth Eyles	Beacon Roads CC	23.32
2009	Ruth Eyles	Beacon Roads CC	22.51
2010	Michelle King	Cult Racing	22.23#
2011	Michelle King	Cult Racing	22.43
2012	Rebecca Slack	London Dynamo	23.26
2013	Rebecca Slack	Look Mum No Hands!	23.14
2014	Rosie Armitage	Team Echelon-Rotor	24.09
2015	Rachael Elliot	Newbury RC	23.32
2016	Rachael Elliot	Newbury RC	21.21**
2017	Rachael Elliot	Drag2Zero	22.34
2018	Liz Powell	Drag2Zero	22.47

The Event marked # is the Ladies Event Record on its Home Course (K41/10.)
Events marked * were on (K10/10) & that marked ** (K11/10T) for various reasons.