



DULWICH PARAGON CC Open Time Trial

This event qualifies for the SPOCO SE series (Group 2 event)

Also included in LWR TT League (event #6)

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

Monday 6th May 2019 Course: **GS/484**

Event secretary Martin Headon, 95 Ruskin Park House, Champion Hill, London SE5 8TH
email: timetrials@dulwichparagon.com
mobile: **07890 866006**

Start timekeeper Rob Gardner

Finish timekeeper Doug Finch

Volunteers The members and friends of Dulwich Paragon CC

Event headquarters: [Beare Green Village Hall](#), Merebank, Beare Green, Surrey, **RH5 4RD**

Race numbers will be collected at HQ where you are required to sign-in in person

Remember: You must now sign out of the race when you hand your number back at the HQ. Failure to do so will result in disqualification.

London South District Regulations

- No Vehicles, except those of the Timekeepers' and Event Officials, shall be parked in the vicinity of the start and finish areas.
- No parking on the A24 or its verges.
- No parking close to the start line on spook hill, please leave enough space for riders to congregate at the start.
- North Holmwood and Beare Green are residential areas – please be considerate to those who live there and park accordingly.
- **Please DO NOT park in front of houses in Beare Green**
- Competitors are requested NOT to warm up on the course after the first competitor has started.
- Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.
- No times will be given at the finish.
- No time may be recorded if number is not correctly positioned.

Notes

Event headquarters will be open from 6:45AM, there is a small car park at the headquarters, if this is full please park in Beare Green near the HQ, but not in front of houses please.

Please be considerate of local residents and do not obstruct access to driveways or use turbo trainers on the pavements. Turbo trainers can be used at Inholms Lane Car Park which is away from the residential area.

Dorking Station (5 miles from event headquarters) has regular services from London Victoria (calling points include Clapham Junction, Sutton and Epsom).

Important

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. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

PLEASE MAKE SURE YOU KNOW THE [COURSE](#). There will be signs and marshals at key turns to give directions, so please pay attention to them.

PLEASE KEEP YOUR HEAD UP AND WATCH OUT FOR POTHoles, OBSERVE THE HIGHWAY CODE

Hazards

The road surface on the second half of the course is quite poor in some places, particularly on Marches Road, going towards Kingsfold village. Details of any hazards will be displayed at the HQ.

Prizes

Scratch men	£30 / £20 / £10 (1st / 2nd / 3rd place)
Scratch women	£30 / £20 / £10 (1st / 2nd / 3rd place)
Road bikes men	£20 / £10 (1st / 2nd place)
Road bikes women	£20 / £10 (1st / 2nd place)
Veteran on standard	£20
First team of three	£10 each

Thanks to our Sponsors **76 Projects**, **Horsham Coffee Roasters**, and **RAW MudFlap** for providing some generous prizes too!

Results

No results given at the finish. Provisional results will be displayed in the event headquarters and prize giving will take place as soon as possible. Official results will be sent via email after the event. Official Observers will be stationed around the course.

Route from HQ to Start

The HQ is in Beare Green village hall which is about 2.5 miles from the start. When exiting the Hall car park, take a left turn onto Merebank, then left again on Old Horsham Road and head towards the A24 going to North Holmwood (2 miles). At the next roundabout, take the 3rd exit on Spook Hill. The start is at the top of Spook Hill before the junction with A24.

Route from Finish to HQ

After the finish line, take the second exit at Beare Green roundabout and stay on the A24 for ½ mile, then exit the A24 for Beare Green village.

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	VTTA std
12	08:12:00	Stephen	Sorba	Dulwich Paragon CC	Male	Veteran	52:15
13	08:13:00	Maxwell	Ikin	Dulwich Paragon CC	Male	Senior	
14	08:14:00	Tom	Hazelton	Dulwich Paragon CC	Male	Senior	
15	08:15:00	Tim	Fitzpatrick	Dulwich Paragon CC	Male	Veteran	50:44
16	08:16:00	Will	Morgan	Dulwich Paragon CC	Male	Senior	
17	08:17:00	Stephen	Maxwell	Dulwich Paragon CC	Male	Senior	
18	08:18:00	Adam	Clifton	Dulwich Paragon CC	Male	Senior	
19	08:19:00	Christopher	O'hearn	Dulwich Paragon CC	Male	Veteran	50:44
20	08:20:00	Daniel	Sharp	Charlotteville Cycling Club	Male	Veteran	49:53
21	08:21:00	Neal	Marrin	Finsbury Park CC	Male	Veteran	50:18
22	08:22:00	Ralph	Carter	London Dynamo	Male	Veteran	51:41
23	08:23:00	David	Rumm	Southborough & Dist. Whs	Male	Veteran	50:35
24	08:24:00	Robert	Taylor	Army Cycling	Male	Senior	
25	08:25:00	Mark	Aldred	Kingston Wheelers CC	Male	Senior	
26	08:26:00	Sonia	Chane-sam	Dulwich Paragon CC	Female	Senior	
27	08:27:00	Catherine	Alabaster	London Dynamo	Female	Senior	
28	08:28:00	Rosamund	Bradbury	Sigma Sports	Female	Senior	
29	08:29:00	Cassie	Allen	Clapham Chasers	Female	Senior	
30	08:30:00	Nicola	Whittock	BellaVelo cc	Female	Veteran	55:14
31	08:31:00	Beverley	Jerome	BellaVelo cc	Female	Veteran	54:35
32	08:32:00	Suzanne	Sisson	Pearson Cycling Club	Female	Veteran	55:24
33	08:33:00	Michelle	Sellers	London Phoenix CC	Female	Veteran	53:27
34	08:34:00	Vikki	Filsell	Les Filles Racing Team	Female	Veteran	55:04
35	08:35:00	Charlotte	Roberge	Dulwich Paragon CC	Female	Veteran	53:16
36	08:36:00	Pip	Jenkins	Southborough & Dist. Whs	Female	Senior	
37	08:37:00	Emily	Robinson	Windrush Triathlon Club	Female	Senior	
38	08:38:00	Debra	Ogden	London Baroudeurs Cycling Club	Female	Senior	
39	08:39:00	Sally	Wood	Windrush Triathlon Club	Female	Senior	
40	08:40:00	Lenka	Vackova	Rapha Cycling Club	Female	Senior	
41	08:41:00	Elise	Sherwell	Look Mum No Hands!	Female	Veteran	53:38
42	08:42:00	Alex	Brooke-turner	Dulwich Paragon CC	Male	Unknown	
43	08:43:00	Luis	Conceicao	Windrush Triathlon Club	Male	Veteran	49:44
44	08:44:00	Mark	Gray	London Dynamo	Male	Veteran	50:10
45	08:45:00	Jon	Puleston-jones	Dulwich Paragon CC	Male	Veteran	50:01
46	08:46:00	Adrien	Fischer	Windrush Triathlon Club	Male	Senior	
47	08:47:00	Clive	Jackson	Central Sussex CC	Male	Veteran	53:24
48	08:48:00	Tobias	Nilsson	Pearson Cycling Club	Male	Senior	
49	08:49:00	Andy	Seltzer	In-Gear	Male	Veteran	51:02
50	08:50:00	Mark	Newton	Elite Cycling	Male	Veteran	50:44
51	08:51:00	Justin	Gillott	Dulwich Paragon CC	Male	Veteran	49:53
52	08:52:00	Gregory	Smith	Finsbury Park CC	Male	Veteran	49:44

53	08:53:00	Matthew	Hammond	Dulwich Paragon CC	Male	Veteran	49:17
54	08:54:00	Gavin	Hughes	Kingston Phoenix RC	Male	Veteran	50:35
55	08:55:00	Dale	Lush	Kingston Phoenix RC	Male	Veteran	48:57
56	08:56:00	Jon	Hughes	Velo Club Godalming & Haslemere	Male	Veteran	50:01
57	08:57:00	Chris	Newberry	Redhill CC	Male	Senior	
58	08:58:00	Joe	Le Sage	Rutland Cycling Club	Male	Veteran	49:53
59	08:59:00	Chris	Holmes	Twickenham CC	Male	Veteran	49:26
60	09:00:00	Pat	Wright	Paceline RT	Male	Senior	



Course Directions and maps

OS REF (TQ)	COURSE DIRECTIONS – GS/484	MILES	
167469	START in Spook Hill, North <u>Holmwood</u> at PO Telephone Inspection Cover 30 yards from junction with A24.	0.00	0.00
177428	Proceed to A24 where LEFT into acceleration lane to join A24. Proceed southwards to <u>Beare Green</u> RBT (roundabout).	2.67	2.67
171397	Straight on 2 nd exit and follow A24 to Clark's Green RBT where TURN	2.24	4.91
177428	5 th exit to retrace on A24 to <u>Beare Green</u> RBT	2.24	7.15
146356	LEFT 1 st exit and follow A29 through <u>Ockley</u> to Northlands Farm junction (CHECK)	5.83	12.98
171397	SHARP LEFT into Marches Road and proceed to junction with A24 at <u>Kingsfold</u> . LEFT and follow A24 to Clark's Green RBT	3.85	16.83
172422	Straight on 2 nd exit to FINISH on Capel by-pass at paint mark 20 yards south of end of continuous white line on southern edge of entrance to <u>Wigmore Lane</u> .	1.82	18.65

