



EPSOM CC 25 Mile Time Trial

27th September 2020 at 08:00 H25/8 Course

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


HQ: Bentley Memorial Hall Hole Lane Bentley GU10 5NB


Organiser: Paul Deen End Unit B 299 Gander green lane Sutton Surrey SM3 9QE paul@epsomcc.co.uk
Mobile 07850 235 408

Timekeepers: Donald Ashton & Maggie Smith

Numbers to be collected from the gazebo in HQ car park where you must sign on & SIGN OUT. The HQ is in a residential area, please be considerate to the people who live there & keep noise to a minimum. Please do not use turbo trainers to warm up in the car park, if you want to use a turbo trainer please use one of the other parking areas marked in green on the map. **Note areas where you can park on map below.** **Please do not park on the roads marked red as it could jeopardise future events from using the hall**



 Please park considerately on these roads

 Please DO NOT PARK on these roads

LONDON WEST DC

We have received complaints from the residents of Bentley about inconsiderate car parking by cyclists taking part in Time Trials. In order to avoid these escalating we urge all riders to park considerately and not to obstruct footpaths especially on River Road where you should NOT PARK on the Eastern side between Main Rd and the new estate

IMPORTANT NOTES

IF YOU ARE UNWELL ARE SHOWING SIGNS OF COVID-19 THEN PLEASE DO NOT COME TO THIS EVENT!

NO ENTRY IN TO THE HALL FOR ANY REASON WE ONLY HAVE USE OF THE TOILETS

Please adhere to social distancing rules and maintain a 2m distance between people at all times.

Due to Covid restrictions we only have use of the HQ toilets. The toilets must **NOT** be used for changing

Please Note: You must arrive at Headquarters no sooner than 40 minutes before your start time.

There will be NO turbos allowed in the car park but can be used out on roads marked in green on map
Please do not park in the residential area, outside houses to ensure we do not upset any of the residents.

Sign On: Please proceed to the Gazebo where you must sign on and take your disposable number. There will be sanitizers available for use and will be used by the volunteers at the desk.

After your race: Once you have finished your ride, please proceed to the Gazebo to sign out, NO SIGN OUT NO RESULT. We do not want the numbers back, please dispose of them back at your homes.

WE WOULD KINDLY ASK YOU TO LEAVE AS QUICKLY AS POSSIBLE TO FREE UP YOUR PARKING SPACE FOR THE LATER RIDERS. YOUR CO-OPERATION IS GREATLY APPRECIATED.

Please **respect the local residents of Bentley by parking considerately.**

Do not park on the road near the headquarters, even for a short period of time. Please adhere to the guidance on the parking diagram included. If we receive complaints, we may lose Bentley Memorial Hall as an option for the HQ. This could potentially mean the end of up to 20 open events on the course during the year.

Please **respect** the volunteers and the timekeepers who are giving up their time to help out.

Position your main number so that it is visible from the rear when in the racing position.

Please return to the HQ and sign out as soon as possible after you finish.

The start is on the opposite side of the carriageway from the HQ. Riders should only use designated crossing points and must not climb over the central reservation. **Anyone seen doing so will be disqualified from the event.**

Head-down riding kills – if dangerous riding is witnessed it will be investigated and reported.

No vehicles, except those of the timekeepers & volunteers, shall be parked at the start or finish

ROAD BIKE EVENT RULES

No aerobars, clip-on aerobars or aero extensions can be used

Hands must be holding the handlebars at all times while racing (ie. not with forearms resting on the handlebar). Legs must only be covered to mid calf. Wheels may have no more than 90mm depth and must have at least 12 spokes. Helmets must have no visor. Ears must not be covered by the helmet. In addition, the use of a Giro Aerohead helmet will not be permitted. There will be spotters out on course to enforce rules

DIRECTIONS TO THE START

Please allow at least 10 minutes to get to the start

To reach the start from the HQ in Bentley, go eastwards through the village to join the A31, cross to the right hand lane after 850 yards (there are lane markings) and then cross over to the South side of the A31 at the Gravel Hill road

The normal dual carriageway of the A31 has been reduced to a single lane at a point approximately three miles westwards from the start. The left hand lane has been cross-hatched for a distance of approx 400 yards to finish at a point opposite the Petrol filling station just beyond the Hen & Chicken Public House situated on the north side of the A31.

Returning eastwards from the Holybourne roundabout on the north side of the A31 the road has been reduced to a single lane by road cross-hatching on the right hand lane commencing approximately 220 yards before the junction to Mill Court on the south side and finishing adjacent to the Hen & Chicken Public House on the north side. Competitors are to act in a manner appropriate to competing on a single lane road whilst within the restrictions imposed by the road cross-hatching area.

Competitors are to act in a manner appropriate to competing on a single lane road whilst within the restrictions imposed by the road cross-hatching area.

After finishing, riders must not stop but continue to one or other of the central reservation breaks, cross over with great care and go westwards passing the start point lay-by and along the Bentley by-pass to fork left onto the slip road signposted 'Bentley'. Turn right at the 'T' junction to the Bentley Memorial Hall which you can see ahead of you.

Course link: <https://www.cyclingtimetrials.org.uk/course-details/h25-8>

There will be marshals and checkers but it your responsibility to make sure you know the course. If you do have any further questions regarding the course, or getting to the start please do not hesitate to ask.

IN THE INTERESTS OF YOUR OWN SAFETY

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets.

A working rear light, either flashing or constant must be fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

Course Description:

Start at a point in the lead out onto the A31, from the lay-by on the south side at the start of the Bentley by-pass approximately 800 yards west of The Bull public house on the north side of the A31, 10 yards short of the last road drain at the lay-by exit (western end) Join the A31 (care) and proceed along the Bentley by-pass through Froyle and Neatham to the Holybourne roundabout (Turn) Circle the roundabout (M1, M2, M3) (Check) and take the third exit back onto the A31 to retrace, going through Froyle and along the Bentley by-pass to continue past the Bull to the Farnham roundabout at the junction with the A325 (Turn) Circle the roundabout (M4, M5, M6) (Check) and take the fourth exit back onto the A31 to retrace past the start point (14.294 miles) to go along the Bentley by-pass to the Holybourne roundabout (Turn) Circle the roundabout (M1, M2, M3) (Check) and take the third exit back onto the A31 to retrace, going through Froyle and along the Bentley by-pass to continue past the Bull (24.405 miles) to a point 70 yards beyond the county boundary line and 23 yards beyond the start of a tarmac path on the north side where finish.

Results & Prizes

Ratified results will be posted to CTT as soon as possible.

We will hopefully have live provisional results on our website at www.EpsomCC.Co.UK

We also hope to have a photographer at the event and a link to the photos will be published on the website when available

No prizes on the day. All prizes will be notified & awarded after the event by bank transfer

No rider can win more than one award other than team

Epsom CC would like to thank Bob Stapley of the Epsom CC for his generous donation of £100 for the Best Improver prize

Most Improved Rider With a PB over 1 hour & 1 minute £70

2nd Most Improved Rider With a PB over 1 hour & 1 minute £30

Fastest Rider £30 2nd £20 3rd £10

Women: 1st £30 2nd £20

Under 30 1st £20

30-39 1st £20

40-49 1st £20

50-59 1st £20

60 plus 1st £20

Team of 3 riders £15 each rider

Fastest Road Bike £20

2nd Fastest Road Bike £10

SOLO START SHEET

| <u>number</u> | <u>start time</u> | <u>first name</u> | <u>last name</u> | <u>club</u> |
|---------------|-------------------|-------------------|------------------|--|
| 1 | 08:01 | Paul | Haywood | Epsom CC |
| 2 | 08:02 | Peter | Merritt | TBW23 Stuart Hall Cycling P/b Trainsharp |
| 3 | 08:03 | Stephen | Moore | Kingston Wheelers CC |
| 4 | 08:04 | Mark | Jones | GS Stella |
| 5 | 08:05 | Paul | Winchcombe | Chippenham & District Wheelers |
| 6 | 08:06 | Tony | Reeves | GS Stella |
| 7 | 08:07 | Anthony | Atkin | Didcot Phoenix CC |
| 8 | 08:08 | Colin | Gray | Norwood Paragon CC |
| 9 | 08:09 | Rosslyn | Young | Serpentine Running Club |
| 10 | 08:10 | Leigh | Schwartz | Team Swindon Cycles |
| 11 | 08:11 | Adrian | Blacker | C and N Cycles RT |
| 12 | 08:12 | Warren | Jackson | Congleton CC |
| 13 | 08:13 | David | French | Weybridge Wheelers |
| 14 | 08:14 | Christopher, | Rosam | Epsom CC |
| 15 | 08:15 | Antony | Bee | Wigmore CC |
| 16 | 08:16 | Andrew | Halliday | Westerley Cycling Club |
| 17 | 08:17 | Simon | Smythe | Norwood Paragon CC |
| 18 | 08:18 | Daniel | Crossley | Didcot Phoenix CC |
| 19 | 08:19 | Ben | Bryant | Elite Cycling |
| 20 | 08:20 | Matthew | Smith | Team TMC |
| 21 | 08:21 | Richard | Tully | Elite Cycling |
| 22 | 08:22 | Stuart | Hourigan | 34 Nomads CC |
| 23 | 08:23 | Chris | Pressdee | HuntBikeWheels.com |
| 24 | 08:24 | Sonia | Chane-Sam | Dulwich Paragon CC |
| 25 | 08:25 | Grant | Woodthorpe | Twickenham CC |
| 26 | 08:26 | Chris | Lord | Brighton Excelsior CC |
| 27 | 08:27 | Richard | Llewellyn | Imperial Racing Team |
| 28 | 08:28 | Henry | Taysom | LFGSS CC |
| 29 | 08:29 | Tom | Hill | Dursley Road Club |
| 30 | 08:30 | Chris | Holmes | Twickenham CC |
| 31 | 08:31 | Donald | Parker | Brighton Mitre CC |
| 32 | 08:32 | Stuart | Gillies | Twickenham CC |
| 33 | 08:33 | Jon | Heaney | Maidenhead & District CC |
| 34 | 08:34 | Katie | Simmonds | URDT |
| 35 | 08:35 | Lee | Davies | London Dynamo |
| 36 | 08:36 | Matt | Hill | Velo Club Godalming & Haslemere |
| 37 | 08:37 | Karl | Boehm | Ful-on Tri |
| 38 | 08:38 | Paul | Cannon | Epsom CC |
| 39 | 08:39 | Ben | Kenneally | ZeroBC Race Team |
| 40 | 08:40 | Steven | Cottington | Bath Cycling Club |
| 41 | 08:41 | Justin | Webb | VTTA (London & Home Counties) |
| 42 | 08:42 | Claire | Emons | Newbury RC |
| 43 | 08:43 | Simon | Lovelock | Team Skipper |
| 44 | 08:44 | Brian | Jones | Horsham Cycling |
| 45 | 08:45 | Robert | Taylor | Bec CC |
| 46 | 08:46 | Evan | Jardine-Skinner | Sotonia CC |

| <u>number</u> | <u>start time</u> | <u>first name</u> | <u>last name</u> | <u>club</u> |
|---------------|-------------------|-------------------|------------------|---------------------------------|
| 47 | 08:47 | Martin | Brown | 7Oaks Tri Club |
| 48 | 08:48 | James | Leach | Imperial Racing Team |
| 49 | 08:49 | Darren | Franks | Parlay CC |
| 50 | 08:50 | David | Triska | AeroCoach |
| 51 | 08:51 | Pjotrs | Suhovs | Paceline RT |
| 52 | 08:52 | Robert | Gilmour | Hounslow & District Whs |
| 53 | 08:53 | Oliver | Berney | Utag RT |
| 54 | 08:54 | Peter | Horsfield | Redmon CC |
| 55 | 08:55 | John | Franklin | Twickenham CC |
| 56 | 08:56 | Peter | Cottington | Bath Cycling Club |
| 57 | 08:57 | Stan | Nwaka | Verulam Really Moving |
| 58 | 08:58 | Andrew | Stewart | Lindfield Coffee Works |
| 59 | 08:59 | Anne | Loh | TeamSpy |
| 60 | 09:00 | Neil | Harris | Southborough & Dist. Whs |
| 61 | 09:01 | David | Walters | Velo Club Godalming & Haslemere |
| 62 | 09:02 | Stefan | Gloyn | Army Cycling |
| 63 | 09:03 | Sebastian | Lea | London Dynamo |
| 64 | 09:04 | Jorj | James | LFGSS CC |
| 65 | 09:05 | Lee | Williams | North Hampshire RC |
| 66 | 09:06 | Roderick | MacFadyen | Reading CC |
| 67 | 09:07 | John | Sellars | London Phoenix CC |
| 68 | 09:08 | Ali | Walters | Velo Club Godalming & Haslemere |
| 69 | 09:09 | Jon | Roberts-Bibby | Horsham Cycling |
| 70 | 09:10 | Chris | Loake | AeroCoach |
| 71 | 09:11 | Philip | Watts | North Hampshire RC |
| 72 | 09:12 | Edward | Renwick | Oxford City RC |
| 73 | 09:13 | Gavin | Draper | North Hampshire RC |
| 74 | 09:14 | Aly | Mugford | Epsom CC |
| 75 | 09:15 | Massimiliano | Radi | Team Bottrill |
| 76 | 09:16 | Sophie | Quay-Clark | Palmer Park Velo |
| 77 | 09:17 | Martin | Williamson | London Dynamo |
| 78 | 09:18 | Becca | Drake | BellaVelo cc |
| 79 | 09:19 | Oliver | Attinger | Parlay CC |
| 80 | 09:20 | Henrik | Persson | Kingston Wheelers CC |
| 81 | 09:21 | James | Cadman | Hounslow & District Whs |
| 82 | 09:22 | Lewis | Tompsett | TWB - On Time Race Team |
| 83 | 09:23 | Lincon | Rodrigues | Elite Cycling |
| 84 | 09:24 | Rich | Collier | Banbury Star Cyclists' Club |
| 85 | 09:25 | Peter | Younghusband | Petersfield Triathlon Club |
| 86 | 09:26 | Paul | Martin | TeamSpy |
| 87 | 09:27 | Timothy | Budd | Hounslow & District Whs |
| 88 | 09:28 | Peter | Owen | Norwood Paragon CC |
| 89 | 09:29 | Philip | Burgin | Newbury RC |
| 90 | 09:30 | Howard | Shaw | trainSharp |
| 91 | 09:31 | Jim | Burdett | Addiscombe CC |
| 92 | 09:32 | John | Marinko | Brighton Mitre CC |
| 93 | 09:33 | Michelle | Walter | Bournemouth Arrow CC |
| 94 | 09:34 | Robin | Johnson | Brighton Mitre CC |

| <u>number</u> | <u>start time</u> | <u>first name</u> | <u>last name</u> | <u>club</u> |
|---------------|-------------------|-------------------|------------------|---|
| 95 | 09:35 | Paul | Smith | VeloRefined Rule 5 |
| 96 | 09:36 | Tom | Cox | Saint Piran |
| 97 | 09:37 | John | French | Oxford City RC |
| 98 | 09:38 | Edward | James | VTTA (London & Home Counties) |
| 99 | 09:39 | James | Stone | Brighton Excelsior CC |
| 100 | 09:40 | Mark | Smith | Crawley Wheelers |
| 101 | 09:41 | Tom | Houghton | South Downs Bikes / Casco Pet |
| 102 | 09:42 | James | Thomas | Epsom CC |
| 103 | 09:43 | Simon | Hall | Stourbridge CC |
| 104 | 09:44 | Joshua | Thomas | Epsom CC |
| 105 | 09:45 | Andrew | Meilak | VeloRefined Rule 5 |
| 106 | 09:46 | Christian | Yates | East Grinstead CC (Merlin Cycle Coaching) |
| 107 | 09:47 | Chris | Boddy | AeroCoach |
| 121 | Reserve | Neil | Duffin | Wiltshire Police Cycling Team |
| 122 | Reserve | Simon | Carter | Paceline RT |
| 123 | Reserve | Tristan | Galloway | GS Mossa |
| 124 | Reserve | Laurence | Noott | Evolution Triathlon Club |
| 125 | Reserve | Justin | Greeley | Norwood Paragon CC |
| 126 | Reserve | Chris | Stagg | Utag RT |
| 127 | Reserve | Edward | Hales | London Dynamo |
| 128 | Reserve | James | Trigg | Redhill CC |
| 129 | Reserve | Stewart | Twidle | Njinga Cycling |
| 130 | Reserve | Christian | Geldard | North Hampshire RC |

ROAD BIKE EVENT START SHEET

| <u>number</u> | <u>start time</u> | <u>firstname</u> | <u>lastname</u> | <u>club</u> |
|---------------|-------------------|------------------|-----------------|--------------------|
| 108 | 09:48 | Edmond | Long | London Dynamo |
| 109 | 09:49 | Robert | Durnford | Paceline RT |
| 110 | 09:50 | Vojtech | Blazejovsky | PMR |
| 111 | 09:51 | Danny | Halpin | Bristol CX |
| 112 | 09:52 | Michelle | Lock | GS Stella |
| 113 | 09:53 | Richard | Webster | Green Arrow CRT |
| 114 | 09:54 | Dean | Hendry | GS Mossa |
| 115 | 09:55 | Adam | Page | Paceline RT |
| 116 | 09:56 | Richard | Payn | 34 Nomads CC |
| 117 | 09:57 | Philip | Hersey | Eagle Road Club |
| 118 | 09:58 | Simon | Skinner | Paceline RT |
| 119 | 09:59 | Dave | Dent | GS Stella |
| 120 | 10:00 | Marcel | Mavronicholas | North Hampshire RC |