

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

Shaftesbury Cycling Club

presents the 100th edition of its

Open 50 Miles Time Trial

(B.B.A.R. and E.C.C.A. Counting Event)

Saturday 23rd July 2016

Start 2.00 p.m.

Course E2/50c

Event HQ: Westley Waterless Village Hall, near Newmarket.

Postcode: **CB8 0RH** Grid Reference: **TL 624561**

Event Secretary: Paul Hirst

85 Peterborough Avenue, Upminster, Essex, RM14 3LL

Tel: 01708 229517

Mobile: 07704 622446

Email: p.hirst@ntlworld.com

Timekeepers: Trevor Pedley & Christine Yareham

Awards

Fastest	£60.00 +	The Perkins-Shaftesbury Centenary Trophy (to be held for one year)	
Second	£40.00	First Handicap	£40.00
Third	£30.00	Second Handicap	£30.00
Fourth	£20.00	Third Handicap	£20.00
Fifth	£10.00	Fourth Handicap	£10.00
First Lady	£30.00	First Veteran on Standard	£20.00
Second Lady	£20.00	First Tandem	£20.00
Fastest Team of Three	£10.00 each rider		
One Rider - One Prize (except for Team Award)			

At the end of the race if the winner has broken Competition Record
there will be a "100th edition" Special Bonus Award of £100

For the last few years we have had to hold disciplinary hearings over paced and company riding. With so many riders with similar PB's it is even more important this year that you avoid all pacing and obey the Regulations.

Visit www.ShaftesburyCC.co.uk for details of all Club activities.

Catering by Nettaprise

Start & Result Sheets

Q^{uestronics} computing service

No	Name	Club	Cat	Best C & LTS	Age	Std	H'cap	Start
1	Clare CAMPBELL-SMITH	Born To Bike - Bridgtown Cycles	WV	2:06.22	2:30.15	24.37	14.01	
2	Crystal SPEARMAN	NOPINZ	W	2:01.37		20.11	14.02	
3	Clarice CHUNG	SSSL Racing Team	W	2:04.13		22.37	14.03	
4	Eva NYIRENDA	a3crg	W	2:06.12		24.28	14.04	
5	Hayley SIMMONDS	Aerocoach	W	1:54.22		13.25	14.05	
6	Mary BOWER	Chelmer C.C.	W	1:58.07		16.55	14.06	
7	Anna DEARING	Colchester Rovers C.C.	WV	1:58.55	2:27.23	17.40	14.07	
8	Teresa GODDARD	Kingston Wheelers	WV	2:00.11	2:32.10	18.51	14.08	
9	Verity SMITH	Stowmarket & District C.C.	WV	2:02.39	2:26.20	21.09	14.09	
10	Alice LETHBRIDGE	Starley Racing	W	1:52.39		11.49	14.10	
11	Chris MELIA	Born To Bike - Bridgtown Cycles	WV	1:57.29	2:32.10	16.20	14.11	
12	Jody CONIBEAR	Hemel Hempstead C.C.	W	1:58.32		17.18	14.12	
13	Katja RIETDORF	Born To Bike - Bridgtown Cycles	WV	2:01.13	2:28.51	19.49	14.13	
14	Ann SHUTTLEWORTH	Chelmer C.C.	WV	2:02.48	2:30.43	21.17	14.14	
15	Karen LEDGER	Langsett Cycles R.T.	WV	1:53.12	2:27.53	12.20	14.15	
16	Laura BARTLETT	a3crg	W	1:57.50		16.39	14.16	
17	Susan TRIPLOW	Essex Roads C.C.	WV	1:59.30	2:30.43	18.12	14.17	
18	Kerry GOWLAND	Team Bottrill	W	2:06.21		24.36	14.18	
19	Vic HAINES Craig CHAPPELL	Essex Roads C.C. Team Vision Racing - Silverhook	Tan				14.19	
20	Peter HARRISON	G.S. Henley	S	1:42.59		2.48	14.20	
21	Stephen WILLIAMSON	a3crg	V	1:45.25	2:17.52	5.04	14.21	
22	Charles ZANETTACCI	Cheltenham & County C.C.	V	1:47.40	2:21.21	7.10	14.22	
23	Carl DONALDSON	G.S. Metro	S	1:48.59		8.24	14.23	
24	Joe LE SAGE	Rutland C.C.	V	1:50.50	2:16.59	10.07	14.24	
25	Nick ENGLISH	Aerocoach	S	1:42.38		2.28	14.25	
26	Tim DAVIES	Icknield R.C.	V	1:46.14	2:19.09	5.50	14.26	
27	David PROCTER	Kings Lynn C.C.	V	1:48.24	2:21.49	7.51	14.27	
28	Elliot GOWLAND	Team Bottrill	V	1:49.39	2:17.26	9.01	14.28	
29	Chris LEDGER	Langsett Cycles R.T.	V	1:51.20	2:21.49	10.35	14.29	
30	Michael FORD	V.C. St. Raphael	S	1:40.26		0.25	14.30	
31	Jim MOFFATT	C.C. Luton	V	1:45.13	2:24.29	4.53	14.31	
32	Howard WALLER	Python R.T.	V	1:47.23	2:20.54	6.54	14.32	
33	Keith DORLING	Team Bottrill	V	1:49.05	2:23.21	8.29	14.33	
34	Julian PEGG	Hitchin Nomads C.C.	V	1:50.42	2:21.21	10.00	14.34	
35	Daniel BLOY	Team Velovelocity	S	1:42.23		2.14	14.35	
36	Jason TURNER	Norwich A.B.C.	V	1:46.51	2:17.52	6.24	14.36	
37	Robert WATSON	Team Velovelocity	V	1:48.22	2:22.19	7.49	14.37	
38	David EMERY	Dulwich Paragon C.C.	V	1:49.47	2:16.59	9.08	14.38	
39	Martin DICKINSON	Deal Tri Club	V	1:51.10	2:17.52	10.26	14.39	
40	Matthew SMITH	Team Bottrill	S	1:39.45		-0.16	14.40	
41	Sean TAYLOR	R.A.F. C.A.	V	1:44.58	2:17.52	4.39	14.41	
42	Andy STUART	V.C. St. Raphael	V	1:47.22	2:16.04	6.53	14.42	
43	Julian ELLIOTT	Finsbury Park C.C.	V	1:49.04	2:17.52	8.28	14.43	
44	John DOWLING	Hemel Hempstead C.C.	V	1:50.32	2:24.29	9.50	14.44	
45	Mark TURNBULL	TORQ Performance	V	1:41.50	2:16.59	1.43	14.45	
46	Dael SIDWELL	Hinckley R.C.C.	V	1:46.54	2:16.32	6.27	14.46	
47	Matthew ROWLEY	Oxonian C.C.	V	1:47.55	2:19.09	7.24	14.47	
48	Greg LEWIS	V.C. 10	V	1:49.43	2:21.21	9.05	14.48	
49	Terry ICKE	Newport (Shropshire) C.C.	V	1:51.03	2:35.43	10.19	14.49	
50	Liam MAYBANK	Twickenham C.C.	V	1:39.41	2:17.26	-0.20	14.50	

No	Name	Club	Cat	Best C<S	Age Std	H'cap	Start
51	Phil MELLING	45 Road Club	V	1:43.52	2:16.04	3.37	14.51
52	Andrew ASKWITH	Bridlington C.C.	V	1:47.17	2:20.27	6.48	14.52
53	Lee TURNER	Sigma Sport.co.uk	V	1:49.00	2:18.43	8.24	14.53
54	Paul JAY	Team Velovelocity	S	1:50.27		9.46	14.54
55	Ian HOLBROOK	Stone Wheelers	V	1:41.32	2:18.43	1.26	14.55
56	Rob PEARS	Bath C.C.	V	1:46.02	2:21.21	5.38	14.56
57	Laurence WRIGHT	Team Velovelocity	S	1:47.54		7.23	14.57
58	Nicolas STAGG	Hounslow & District Whlrs.	V	1:49.41	2:17.52	9.03	14.58
59	Ian TURNER	St. Neots C.C.	S	1:50.50		10.07	14.59
60	Richard BIDEAU	Pendle Forest C.C.	V	1:38.39	2:17.52	-1.25	15.00
61	Daniel BARNETT	Team Bottrill	V	1:43.19	2:16.32	3.06	15.01
62	Harry WALTON	Cheltenham & County C.C.	S	1:47.07		6.39	15.02
63	Robert GOLDING	Ely & District C.C.	V	1:49.16	2:16.59	8.39	15.03
64	Jim TREVOR	Hull Thursday R.C.	V	1:50.13	2:17.26	9.33	15.04
65	Kevin TYE	Velo Refined.com Aerosmiths	V	1:40.57	2:21.49	0.54	15.05
66	Colin PARKINSON	South Western R.C.	V	1:45.56	2:21.49	5.33	15.06
67	Ken PLATTS	Cambridge C.C.	V	1:47.49	2:27.51	7.18	15.07
68	David HARDING	Chelmer C.C.	S	1:49.31		8.53	15.08
69	Howard SHAW	Eastbourne Rovers C.C.	S	1:51.30		10.44	15.09
70	Stephen IRWIN	North Lancs R.C.	V	1:38.27	2:17.52	-1.38	15.10
71	Stephen WHITEWICK	Velo Refined.com Aerosmiths	V	1:43.14	2:22.19	3.02	15.11
72	Richard DEAN	Team Swift	S	1:47.07		6.39	15.12
73	David SHEPHERD	G.S. Stella	V	1:48.45	2:22.19	8.10	15.13
74	Angus JARDINE	Ipswich B.C.	V	1:50.13	2:20.00	9.33	15.14
75	Jon WYNN	T1 Diabetes.info	V	1:40.47	2:19.34	0.44	15.15
76	Ian GREENSTREET	Newbury R.C.	V	1:45.56	2:20.54	5.33	15.16
77	Mick HODSON	St. Ives C.C.	V	1:47.47	2:18.18	7.16	15.17
78	Andrew LEGGETT	Team Velovelocity	V	1:49.59	2:16.32	9.20	15.18
79	Kevin BAUMBER	Shaftesbury C.C.	V	1:50.26	2:16.32	9.45	15.19
80	John DEWEY	Team Bottrill	S	1:37.57		-2.09	15.20
81	Marc TOWNSEND	Neon Velo	S	1:45.37		5.15	15.21
82	Matthew WOODS	Eastbourne Rovers C.C.	V	1:48.38	2:17.52	8.04	15.22
83	Michael MARTIN	C.C. Ashwell	V	1:50.16	2:20.27	9.35	15.23
84	Nick YOUNG	Yeovil C.C.	V	1:50.21	2:20.27	9.40	15.24
85	Dave GREEN	Team Velovelocity	V	1:40.32	2:20.54	0.30	15.25
86	Gray TURNOCK	Finsbury Park C.C.	V	1:47.06	2:18.43	6.38	15.26
87	John LACEY	Hemel Hempstead C.C.	V	1:47.44	2:20.54	7.14	15.27
88	Ralph MULLAN	Shaftesbury C.C.	V	1:49.21	2:18.18	8.44	15.28
89	William SMITH	C.C. Ashwell	S	1:49.59		9.20	15.29
90	Adam TOPHAM	High Wycombe C.C.	V	1:37.19	2:18.43	-2.49	15.30

204 entries were received for this event and many of those entrants have been disappointed not to get a ride. To those of you who have made the cut we hope the conditions will be right for you to achieve your Personal Best.

Unable to ride? Please contact the [Organiser](#) or [Webmaster](#) as soon as possible so that a Reserve may be allocated a Start Time.

If possible, reserves will be told of their starting position before the race but it may be that spaces will not be available until the race. **All riders should sign on at least 30 minutes before their start time after which their position could be allocated to a reserve.** Reserves should report and sign on and wait to be allocated a starting position. Note: Reserves should wear the number as given in this Start Sheet, not that of the rider they replace.

RESERVES

No	Name	Club	Cat	Best C<S	Age Std	H'cap	Start
91	Chris LEA	Buxton C.C. / Sett Valley Cycles	V	1:51.32	2:21.49	10.46	
92	David CLARKE	Team Velovelocit	V	1:51.39	2:17.52	10.53	
93	John WATSON	Hitchin Nomads C.C.	V	1:51.58	2:20.00	11.11	
94	Bill SEDDON	Team Bottrill	V	1:52.02	2:19.09	11.14	
95	Iain BOARDMAN	Dulwich Paragon C.C.	V	1:52.06	2:16.32	11.18	
96	Richard HARRISON	Didcot Phoenix C.C.	S	1:52.09		11.21	
97	Henrik PERSSON	Kingston Wheelers	S	1:52.12		11.24	
98	Ben BRANDON	Team Bottrill	V	1:52.24	2:19.34	11.35	
99	Simon COLLINS	Dulwich Paragon C.C.	V	1:52.24	2:17.26	11.35	
100	Tony MAY	TMG Horizon C.T.	V	1:52.34	2:23.54	11.44	
101	Peter HARDING	Chelmer C.C.	S	1:52.44		11.54	
102	Mark RICHARDS	V.C. Baracchi	S	1:52.47		11.56	
103	Chris WOLTON	Southborough & Dist. Whlrs.	S	1:52.49		11.58	
104	Richard GILDEA	Didcot Phoenix C.C.	S	1:53.00		12.08	
105	Steven BASS	Maldon & District C.C.	V	1:53.01	2:19.09	12.09	

RIDERS' NOTES

- ❖ Event Headquarters are at Westley Waterless Village Hall, near Newmarket. Please park outside the HQ grounds and only to the east of Village Hall. Please obey the Parking Marshals and park sensibly. Do not park on the verges so avoiding blocking the pathways. Please give consideration to all other road users in the area so ensuring that we will be able to continue using these Headquarters. **It is also possible to park nearer the Start and Finish in the road between Six Mile Bottom and West Wrattling.**
- ❖ **NO SHOEPLATES or SMOKING in the Hall.**
- ❖ Start is about 5 miles from event HQ. To get to the Start, turn right out of Village Hall, left at crossroads then right at next crossroads to Six Mile Bottom. Turn left & proceed to slip road onto A11 southbound, continue and take the next slip road to The Wilbrahams.
- ❖ The field layout has been based on handicaps. The race also counts for the ECCA Points Competition and Handicap BAR and handicaps were calculated using the CTT Standard Handicapping System, taking recent times into account.
- ❖ Please inform [Organiser](#) or [Webmaster](#) of any improvement in your time for the current and last season. Failure to do so could result in you being disqualified from the Handicap Award.

IMPORTANT: PLEASE READ THE FOLLOWING CTT REGULATIONS

- 1 **NO** 'Warming up' by competitors is allowed on the course once the event has started.
- 2 **NO "U" TURNS** are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee. Note: Riders must continue after the Finish before crossing the road at Six Mile Bottom.
- 3 Riders' body numbers will be available at event HQ and must be signed for personally after reading any special course instructions. **As soon as you have finished you should return your number to the event HQ and check to see if you are required for Doping Control.** You may exchange your number for a drink at the HQ.
- 4 Marshals placed to direct competitors off the main carriageway **MUST NOT** stand at the apex between the carriageway and the slip road but should be located at the commencement of the slip road.
- 5 Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will also be liable to disciplinary action by the District Committee.
- 6 **IN THE INTERESTS OF YOUR OWN SAFETY**, Cycling Time Trials and the Event Promoters strongly advise you to wear a **HARD SHELL SAFETY HELMET** that meets an internationally accepted safety standard. In accordance with Regulation 15 ALL competitors under the age of 18 years and/or Juniors must wear Protective Hard Shell Helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

HEAD DOWN RIDING KILLS!