

# Shaftesbury Cycling Club

presents its

## Middle Markers

## 25 Miles Time Trial

**Saturday 21<sup>st</sup> April 2018**

**Start 2.00 p.m.**

**Course E2/25**

**Event H.Q. - Newmarket Leisure Centre, Exning Road,  
Newmarket, CB8 0EA Map Reference TL 639638**

**Event Secretary: Ian Jackson**

**37 Mill Lane, Danbury, Chelmsford, Essex, CM3 4LB**

**Mobile: 07976 964408**

**Email: [25organiser@shaftesburycc.co.uk](mailto:25organiser@shaftesburycc.co.uk)**

**Timekeepers**

**Wendy Dorling and Eric Angell**

## Awards

### Men

|        |     |
|--------|-----|
| First  | £40 |
| Second | £30 |

### Women

|        |     |
|--------|-----|
| First  | £40 |
| Second | £30 |

### Improvement

|        |     |         |     |
|--------|-----|---------|-----|
| First  | £50 | Fifth   | £25 |
| Second | £40 | Sixth   | £25 |
| Third  | £30 | Seventh | £20 |
| Fourth | £30 | Eighth  | £20 |

**Fastest Team of Three**

**£10 each**

**One Rider, One Prize, except for Team Award**

Riders with estimated or no previous best do not qualify for Improvement.  
Any rider whose PB has improved since the closing date and is now faster than  
57.00 may still compete but will only be eligible for Improvement prizes.

See last page for H.Q. and Course Details plus map of Start and Finish area

**Visit our Website at [www.ShaftesburyCC.co.uk](http://www.ShaftesburyCC.co.uk)  
for details of all Club promotions and activities**

| No | Name                     | Club                                | Cat       | Best C&LTS   | Start        |
|----|--------------------------|-------------------------------------|-----------|--------------|--------------|
| 4  | Damian MONAGHAN          | ABCpure                             | S         |              | 14.04        |
| 5  | Tracy ROWLINSON          | Lyme Racing Club                    | WV        | 1:00.06      | 14.05        |
| 6  | Adam HARDY               | Crest CC                            | S         | 1:00.18      | 14.06        |
| 7  | Nicholas KNIGHT          | Basildon CC                         | V         | 1:01.28      | 14.07        |
| 8  | Grazyna MONAGHAN         | ABCpure                             | W         | 1:02.14      | 14.08        |
| 9  | Martin BAUMBER           | Shaftesbury CC                      | V         |              | 14.09        |
| 10 | <b>Graham PEPPERDINE</b> | <b>Verulam CC</b>                   | <b>V</b>  | <b>57.11</b> | <b>14.10</b> |
| 11 | Mandy BUNN               | CC Sudbury                          | WV        | 57.40        | 14.11        |
| 12 | Andrew BRADLEY           | Hemel Hempstead CC                  | V         | 58.48        | 14.12        |
| 13 | Sam ALLEN                | Lee Valley Youth CC                 | J         | 59.36        | 14.13        |
| 14 | Hugh WILLIAMS            | Redbridge CC                        | V         |              | 14.14        |
| 15 | <b>Rob VESSEY</b>        | <b>Didcot Phoenix CC</b>            | <b>V</b>  | <b>57.38</b> | <b>14.15</b> |
| 16 | Neill KEANEY             | Onyx RT                             | S         | 58.02        | 14.16        |
| 17 | Gary JACKSON             | Shaftesbury CC                      | V         | 58.43        | 14.17        |
| 18 | Simon KEEN               | Crest CC                            | S         | 1:03.08      | 14.18        |
| 19 | Paul CHASE               | East London Triathletes             | V         | 1:07.20      | 14.19        |
| 20 | <b>Stephen T'ANSON</b>   | <b>Buxton CC/Sett Valley Cycles</b> | <b>V</b>  | <b>57.11</b> | <b>14.20</b> |
| 21 | Ian PIKE (Trike)         | Lincoln Wheelers CC                 | VT        | 57.59        | 14.21        |
| 22 | John MURPHY              | Gloucester City Cycling Club        | V         | 59.34        | 14.22        |
| 23 | Nicholas SENECHAL        | Hitchin Nomads CC                   | V         | 1:01.27      | 14.23        |
| 24 | Antonio PAOLINO          | Essex Roads CC                      | V         | 1:08.15      | 14.24        |
| 25 | <b>James ANDERSON</b>    | <b>Iceni Velo-Duff Morgan</b>       | <b>V</b>  | <b>57.25</b> | <b>14.25</b> |
| 26 | Carl STEPHENS            | Basildon CC                         | V         | 58.40        | 14.26        |
| 27 | Tony CAPON               | Becontree Wheelers CC               | V         | 1:00.03      | 14.27        |
| 28 | Rachel JARVIS            | Colchester Rovers CC                | WV        | 1:02.39      | 14.28        |
| 29 | James BAINBRIDGE         | Hitchin Nomads CC                   | S         | 1:10.50      | 14.29        |
| 30 | <b>Deborah COYLE</b>     | <b>VC Elan - Harry Perry Cycles</b> | <b>WV</b> | <b>57.04</b> | <b>14.30</b> |
| 31 | Graeme GARNER            | Essex Roads CC                      | S         | 58.00        | 14.31        |
| 32 | Stephen HITCHCOCK        | CC Sudbury                          | V         | 59.33        | 14.32        |
| 33 | John WATSON              | Hitchin Nomads CC                   | V         | 1:01.22      | 14.33        |
| 34 | Graham BRANT             | Ciclos Uno                          | V         | 1:07.35      | 14.34        |
| 35 | <b>Paul WYATT</b>        | <b>Glendene CC</b>                  | <b>V</b>  | <b>57.22</b> | <b>14.35</b> |
| 36 | Steve SHORE              | Southend Wheelers                   | V         | 58.32        | 14.36        |
| 37 | Stewart KIRK             | CC Sudbury                          | V         | 59.55        | 14.37        |
| 38 | John HASSALL             | Bossard Whs                         | V         | 1:02.35      | 14.38        |
| 39 | Richard STEVENS          | Shaftesbury CC                      | V         |              | 14.39        |
| 40 | <b>Gareth WIGNALL</b>    | <b>Hertfordshire Whs</b>            | <b>S</b>  | <b>57.00</b> | <b>14.40</b> |
| 41 | Joe EMPSON               | Anglia Velo                         | V         | 57.57        | 14.41        |
| 42 | Bob QUARTON              | Wolsey RC                           | V         | 59.31        | 14.42        |
| 43 | James CORNELL            | Hitchin Nomads CC                   | V         | 1:01.17      | 14.43        |
| 44 | Phil OLSON               | Shaftesbury CC                      | V         | 1:07.25      | 14.44        |
| 45 | <b>Russell HAMPTON</b>   | <b>MG Cycling Team</b>              | <b>S</b>  |              | <b>14.45</b> |
| 46 | Scott BEARD              | Shaftesbury CC                      | V         | 58.32        | 14.46        |
| 47 | David PHILLIPS           | Old Portlians CC                    | V         | 59.25        | 14.47        |
| 48 | Chris STEWARD            | CC Sudbury                          | S         | 1:02.32      | 14.48        |
| 49 | Gary S. WRIGHT (Trike)   | Lincoln Wheelers CC                 | VT        | 1:09.20      | 14.49        |
| 50 | <b>Mark SMART</b>        | <b>VC Norwich</b>                   | <b>V</b>  | <b>56.20</b> | <b>14.50</b> |

| No         | Name                   | Club                                | Cat       | Best C&LTS   | Start        |
|------------|------------------------|-------------------------------------|-----------|--------------|--------------|
| 51         | Tony TUOHY             | Redmon CC                           | V         | 57.54        | 14.51        |
| 52         | Leanne CUTLER          | Hitchin Nomads CC                   | WV        | 59.28        | 14.52        |
| 53         | John GRAYSTON          | Norwich A B C                       | V         | 1:01.12      | 14.53        |
| 54         | Peter HORSNELL         | Chelmer CC                          | V         | 1:07.24      | 14.54        |
| <b>55</b>  | <b>Chris JONES</b>     | <b>Elite Cycling</b>                | <b>V</b>  | <b>57.21</b> | <b>14.55</b> |
| 56         | Jennifer SMART         | VC Norwich                          | WV        | 58.03        | 14.56        |
| 57         | John McGLASHAN         | Redmon CC                           | V         | 59.58        | 14.57        |
| 58         | Michael NEWMAN         | Ashford Whs                         | V         | 1:02.25      | 14.58        |
| 59         | Hamish BROWN           | GS Avanti                           | V         | 1:07.05      | 14.59        |
| <b>60</b>  | <b>Ian TURNER</b>      | <b>North Road CC</b>                | <b>V</b>  | <b>56.18</b> | <b>15.00</b> |
| 61         | Nick SEXTON            | Islington Cycling Club              | S         | 57.51        | 15.01        |
| 62         | Libby McLAREN          | Born to Bike - Bridgtown Cycles     | WV        | 59.55        | 15.02        |
| 63         | Patrick CHARLTON       | Wolsey RC                           | V         | 1:00.51      | 15.03        |
| 64         | Laura VIPOND           | Islington Cycling Club              | W         | 1:09.38      | 15.04        |
| <b>65</b>  | <b>David LANCASTER</b> | <b>VC 10</b>                        | <b>V</b>  | <b>57.18</b> | <b>15.05</b> |
| 66         | Rob CHEETHAM           | Shaftesbury CC                      | S         | 58.22        | 15.06        |
| 67         | Andy NEWHAM (Trike)    | Lincoln Wheelers CC                 | VT        | 59.37        | 15.07        |
| 68         | Dominic WHITEHEAD      | St Ives CC                          | V         | 1:02.15      | 15.08        |
| 69         | Lesley NEWMAN          | Ashford Whs                         | WV        | 1:19.22      | 15.09        |
| <b>70</b>  | <b>Sam DORKINGS</b>    | <b>GS Avanti</b>                    | <b>S</b>  |              | <b>15.10</b> |
| 71         | John MANLOW            | Ely & District CC/B&T Motor Repairs | V         | 57.49        | 15.11        |
| 72         | Simon CONSTABLE        | Basildon CC                         | V         | 59.25        | 15.12        |
| 73         | Cindy BERRY            | Pedal Power Cycles Ipswich          | W         | 1:00.42      | 15.13        |
| 74         | April LEWIS            | Born to Bike - Bridgtown Cycles     | WV        | 1:04.53      | 15.14        |
| <b>75</b>  | <b>Toby COLLIS</b>     | <b>CC Ashwell</b>                   | <b>S</b>  | <b>57.17</b> | <b>15.15</b> |
| 76         | Chris JOLLIFFE         | Crawley Wheelers                    | V         | 58.12        | 15.16        |
| 77         | Wayne GREVE            | Shaftesbury CC                      | V         | 1:00.58      | 15.17        |
| 78         | Michael JONES          | Stowmarket & District CC            | V         | 1:03.16      | 15.18        |
| 79         | Andrew PORTER          | Welwyn Whs                          | V         | 1:05.54      | 15.19        |
| <b>80</b>  | <b>Kirsty BRAMLEY</b>  | <b>Team Swift</b>                   | <b>WV</b> | <b>55.06</b> | <b>15.20</b> |
| 81         | Ian BRAYBROOK          | Basildon CC                         | V         | 57.48        | 15.21        |
| 82         | John ADAMS             | Stowmarket & District CC            | V         | 59.00        | 15.22        |
| 83         | Melvyn LEWIS           | Born to Bike - Bridgtown Cycles     | V         | 1:00.36      | 15.23        |
| 84         | Marshall CROWE         | Plomesgate CC                       | V         | 1:05.00      | 15.24        |
| <b>85</b>  | <b>James McPHERSON</b> | <b>Hitchin Nomads CC</b>            | <b>V</b>  | <b>57.15</b> | <b>15.25</b> |
| 86         | Andrew GIBSON          | Gravesend CC                        | V         | 58.09        | 15.26        |
| 87         | Daniel McKENNY         | Basildon CC                         | SV        | 59.46        | 15.27        |
| 88         | Keith DALTON           | Ford CC                             | V         | 1:02.02      | 15.28        |
| 89         | Julius REEEVES         | CC London                           | V         | 1:05.00      | 15.29        |
| <b>90</b>  | <b>Daren AUSTIN</b>    | <b>Twickenham CC</b>                | <b>V</b>  | <b>53.21</b> | <b>15.30</b> |
| 91         | Jennifer MILLMORE      | Islington Cycling Club              | W         | 57.42        | 15.31        |
| 92         | Phillip JENKINS        | Bedfordshire Road CC                | V         | 58.50        | 15.32        |
| 93         | Alison VESSEY          | Didcot Phoenix CC                   | WV        | 1:00.28      | 15.33        |
| 94         | Barry HOLDERNESS       | Essex Roads CC                      | V         | 1:03.59      | 15.34        |
| <b>95</b>  | <b>Cliff VOLLER</b>    | <b>Newbury RC</b>                   | <b>V</b>  | <b>57.12</b> | <b>15.35</b> |
| 96         | Rob GRUNFELD           | GS Avanti                           | V         | 58.30        | 15.36        |
| 97         | Robert PISOLKAR        | Shaftesbury CC                      | V         | 59.52        | 15.37        |
| 98         | Nick MARKS             | CC London                           | V         |              | 15.38        |
| 99         | Bob AWCOCK             | Born to Bike - Bridgtown Cycles     | V         | 1:01.58      | 15.39        |
| <b>100</b> | <b>Tim HUMPHRIES</b>   | <b>Team Swift</b>                   | <b>V</b>  | <b>52.24</b> | <b>15.40</b> |

**IMPORTANT - PLEASE READ THE FOLLOWING NOTES,  
NATIONAL AND LOCAL CTT REGULATIONS**

1. No 'warming up' by competitors is allowed along any part of the designated course after the event has started. Anyway, the first place to turn is 8½ miles along the course.
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.
3. When starting, pay attention to traffic entering slip road from the right and give way if necessary.
4. No riders will be allowed into the Start area prior to 5 minutes of their Start Time.
5. No vehicles are to stop or park on road or verges at Start or Finish. The road is a Clearway and stopping is an offence.
6. 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 slip road.
7. 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.
8. **IN THE INTERESTS OF YOUR OWN SAFETY**, Cycling Time Trials and the Event Promoters strongly advise you 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.**
9. Riders' body numbers will be available at event HQ and must be **personally signed for** after reading any special course instructions.
10. As soon as you have finished you should return your number to the event HQ and **personally sign out (failure to do so may mean you will be recorded as DNF)**. You should also check to see if you are required for Doping Control. You may exchange your number for a drink.
11. The field layout has been based on best 25 and 10 times
12. Please inform [Organiser](#) or [Webmaster](#) of any improvement in your Personal Best. Failure to do so could result in you being disqualified from the Improvement Award.

**HEAD DOWN RIDING KILLS!**

It would seem that moving the event earlier in the season to avoid the mid-season ban on the use of the E2/25 course has drastically reduced the number of entries. Consequently those riders who entered with PB's faster than the 57.00 limit have been accepted on the condition that they don't qualify for any prizes except Improvement.

It's worth mentioning that the Shaftesbury runs the Middlemarkers 25 to give slower riders a chance to ride the fast E2 course and usually faster riders would be rejected.

## Next Shaftesbury CC Promotions in 2018

**Saturday 22<sup>nd</sup> July**                      **50 miles T.T. (Solos and Tandems)**

**E2/50c**

Event Secretary: **Gary Jackson**

40 Hillcroft, Loughton, Essex, IG10 2PS

Tel: 07899 962432

**Saturday 1<sup>st</sup> September**                      **100, 160 and 200 km Audax**

**Club Bungalow, Henham**

Event Organiser: **Tim Stout**

31 Eversleigh Gardens, Upminster, Essex, RM14 1DP

Tel: 01708 641965

## Headquarters Details.

The Race Headquarters are at Studio2, Newmarket Leisure Centre, Exning Road, Newmarket, approximately 2½ miles from the Start and Finish. One possible route from A14 slip road to A142 is to turn northwards and after ¼ mile turn left into Windmill Hill then after ¾ mile turn left at crossroads in Exning village onto Exning Road, B1103. Continue southwards and HQ is approximately 2½ miles on the right (this route will be signed and see map below). Please park sensibly and do not inconvenience other users of the centre. Changing and Showering facilities are available at the Centre.

## Details of E2/25 Course.

START (MR: TL 635659) at paint mark on A142 just before slip road to A14 westbound. Proceed onto slip road to join A14. Continue on A14 westbound and after approximately 5 miles **KEEP IN LEFT LANE** to join A11 where the A14 diverges.

**NOTE: You must NOT move into the middle lane. If you do, you will stay on the A14, go off course and also BE AT HIGH RISK FROM PASSING VEHICLES.**

Continue to Four Went Ways where take slip road (M) for A1307 to elevated roundabout (12.54 mls). Circle roundabout taking 4th exit (M) to rejoin A11 northbound. Retrace via A11 and A14 to FINISH (MR: TL 633660) at drain cover 60 kerb joints before 'Give way in 100 yds' sign on slip road to A142. **Riders MUST remain on the left side of the slip road and TURN LEFT at the top to return to HQ.**

**NOTE: No vehicles to park or stop on slip road or verges at Start or Finish, the road is a Clearway and stopping is an offence.**

