**START SHEET: BIGFOOT HILL CLIMB: EXEDOWN: QHC/1: 25.9.16**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Start time** | **Bib No** | **First Name** | **Last Name** | **Gender** | **Category** | **Club** |
| 09:31 | 1 | Aran | Grover | Male | Juvenile(14) | Bigfoot CC |
| 09:32 | 2 | Sam | Day | Male | Vet(42) | CS Grupetto |
| 09:33 | 3 | Richard | Hudson | Male | Vet(53) | Bigfoot CC |
| 09:34 | 4 | Barbara | Wiles | Female | Vet(56) | San Fairy Ann CC |
| 09:35 | 5 | Simon | Carter | Male | Senior(39) | Bigfoot CC |
| 09:36 | 6 | Alex | Pearson | Male | Vet(41) | Woolwich CC |
| 09:37 | 7 | Ian | Hudson | Male | Juvenile(14) | Bigfoot CC |
| 09:38 | 8 | Sannah | Zaman | Female | Juvenile(12) | Bigfoot CC |
| 09:39 | 9 | Carolyn | Swan | Female | Vet(49) | Kent Velo Girls/Boys |
| 09:40 | 10 | Martin | Jones | Male | Vet(46) | Gemini BC |
| 09:41 | 11 | Christopher | Hovenden | Male | Senior(31) | Arctic Tacx RT |
| 09:42 | 12 | Ben | Warren | Male | Senior(33) | Bigfoot CC |
| 09:43 | 13 | David | Bagley | Male | Senior(34) | Panagua.CC |
| 09:44 | 14 | Gareth | Sefton | Male | Vet(43) | Bigfoot CC |
| 09:45 | 15 | Phillip | Knell | Male | Senior(34) | Ashford Roads CC |
| 09:46 | 16 | Eamonn | Prendergast | Male | Vet(40) | Bigfoot CC |
| 09:47 | 17 | James | Hayward | Male | Senior(36) | Woolwich CC |
| 09:48 | 18 | John | Cockrill | Male | Senior(25) | Abellio - SFA Racing Team |
| 09:49 | 19 | Ashley | Pearson | Female | Vet(42) | Bigfoot CC |
| 09:50 | 20 | Daniel | McDermott | Male | Senior(29) | GS Avanti |
| 09:51 | 21 | Keith | Walker | Male | Vet(51) | Wigmore CC |
| 09:52 | 22 | Debbie | Percival | Female | Vet(54) | 34 Nomads CC |
| 09:53 | 23 | Alex | Hamilton | Male | Senior(35) | Dulwich Paragon CC |
| 09:54 | 24 | Chris | King | Male | Senior(34) | Bigfoot CC |
| 09:55 | 25 | Theo | Tadros | Male | Juvenile(14) | In-Gear Quickvit Trainsharp RT |
| 09:56 | 26 | Chris | Jones | Male | Vet(42) | Bynea Cycling Club |
| 09:57 | 27 | Gareth | Thyer | Male | Senior(34) | Brighton Mitre CC |
| 09:58 | 28 | Sam | Bellinger | Male | Senior(29) | GS Avanti |
| 09:59 | 29 | Martin | McDowell | Male | Vet(51) | Bigfoot CC |
| 10:00 | 30 | Ewan | Tuohy | Male | Espoir(22) | Catford CC |
| 10:01 | 31 | Jonathan | Morcombe | Male | Vet(41) | 100% ME |
| 10:02 | 32 | Tom | Haines | Male | Senior(39) | East London Velo |
| 10:03 | 33 | David | Friend | Male | Senior(38) | Club Grappa |
| 10:04 | 34 | Kelly | Wyld | Male | Vet(45) | 4 T+ Velo Club |
| 10:05 | 35 | Nick | Martin | Male | Junior(17) | East Grinstead CC |
| 10:06 | 36 | Paul | Simmons | Male | Senior(37) | Ashford Roads CC |
| 10:07 | 37 | James | Bellinger | Male | Senior(32) | 100% ME |
| 10:08 | 38 | Howard | Binysh | Male | Vet(54) | Bigfoot CC |
| 10:09 | 39 | Freya | Rawlins | Female | Senior(20) | Adalta Cycling Club |
| 10:10 | 40 | Peter | Tadros | Male | Vet(46) | In-Gear Quickvit Trainsharp RT |
| 10:11 | 41 | Neil | Lauder | Male | Senior(33) | 4 T+ Velo Club |
| 10:12 | 42 | Ciaran | O'Grady | Male | Senior(24) | Adalta Cycling Club |
| 10:13 | 43 | Thomas | McDermott | Male | Junior(17) | Panagua.CC |
| 10:14 | 44 | Daniel | Veazey | Male | Senior(36) | Greenwich Tritons Tri Club |
| 10:15 | 45 | Dean | Chapman | Male | Senior(32) | Ashford Roads CC |
| 10:16 | 46 | Tim | Luscombe | Male | Vet(45) | Bigfoot CC |
| 10:17 | 47 | Irfan | Zaman | Male | Juvenile(15) | Panagua.CC |
| 10:18 | 48 | Simon | Bromfield | Male | Vet(49) | Charlotteville Cycling Club |
| 10:19 | 49 | Paul | Durrant | Male | Vet(42) | Panagua.CC |
| 10:20 | 50 | Bill | Bell | Male | Vet(41) | Bigfoot CC |
| 10:21 | 51 | Catherine | Tarry | Female | Vet(42) | Kent Velo Girls/Boys |
| 10:22 | 52 | Luke | Hooper | Male | Senior(31) | Bigfoot CC |
| 10:23 | 53 | Richard | Cartland | Male | Senior(38) | Team Boardman |
| 10:24 | 54 | Kyle | Tomkins | Male | Junior (16) | 4t+velo |
| 10:25 | 55 | William  | Bourne | Male | Senior (23) | Handsling Racing |

**QHC/1 – Exedown Hill**

**Course Record: 2min 41.3 James Lowden**

**Start:** Approximately 250 metres north of crossroads of Kemsing Road/Fen Pond Road/Exedown Road in field entrance on left. Map Reference TQ593592.

**Finish**: Approximately 150 metres south of crossroads of Exedown Road/Terrys Lodge Road in layby opposite gas main marker TSHP 03300450. Map Reference TQ 589601.

Length of hill approximately 1150 metres

Parking for timekeepers cars only at start and finish points – note on start sheet.

All map references using OS 147 Explorer series

SIGN-ON FROM 8.30AM

**PARKING IS LIMITED. EITHER CYCLE TO THE START OR PARK IN TERRY’S LODGE ROAD TOWARDS A20**

**RISK ASSESSMENT QHC/1 EXEDOWN HILL**

|  |  |  |  |
| --- | --- | --- | --- |
| **LOCATION** | **HAZARD DETAIL** | **RISK REDUCTION MEASURES** | **RISK** |
| General | Promotion time meets CTT requirements and standards | Traffic counts | Low |
| Before event | Riders riding from parking areas | Cycle event signs on approach to start | Low |
|   | Competitors warming up | Instructions restricting riders from warming up on the hill once the event has started | Low |
| START | Adequate parking for time keeper and riders awaiting start | No competitor parking. Cycle event signs on approach.  | Low |
| ON THE HIL | Riders to be aware of obstructing traffic | No additional measures | Low |
| FINISH | Parking for timekeeper car only | Cycle event sign for traffic coming in opposite direction to riders.Riders to be aware of competitors still approaching finish.  | Low |