

TEAM **SportsLab**

CYCLING COACHING & PERFORMANCE - EST 2007



Time Trial

HQ - Skirby Village Hall

Numbers, toilets, result board and most importantly tea & cake will be available from 1pm

Parking

Please note there is no parking facilities at the village hall. Please park on Riplingham Road (The small road near the start).

Sign In

Riders are required to sign in when collecting their number.

Sign Out

Riders are required to sign out when leaving their number.

Course

A map of the course can be seen on the following page.

Presentation

Start Time	Number	Name	Surname	club
2.01	1	Alan	Gay	Team Swift
2.02	2	Nicholas	Fairfield	City RC (Hull)
2.03	3	Karen	Taylor	Team Sportslab
2.04	4	Amanda	Dean	Hull Thursday RC
2.05	5	Toby	Williams	Velotik Racing Team
2.06	6	Matthew	Asquith	Team Sportslab
2.07	7	Sarah	Lewthwaite	Team Sportslab
2.08	8	Cliff	Beldon	Selby CC
2.09	9	John	Savage	Hull Thursday RC
2.1	10	Melvin	Blackford	Vive Le Velo
2.11	11	Blair	Buss	Halifax Imperial Wheelers
2.12	12	Christopher	Gargett	Halifax Imperial Wheelers
2.13	13	Mike	Beckett	Team Sportslab
2.14	14	Dave	Diston	Muckle Cycle Club
2.15	15	Mark	Walker	Wold Top The Edge RT
2.16	16	Graham	Heaton	City RC (Hull)
2.17	17	Lee	Watson	Team Sportslab
2.18	18	Andy	Trotter	Selby CC
2.19	19	Sean	O'brien	University of Warwick Triathlon & R
2.2	20	Steven	Guymer	Squadra RT
2.21	21	Benjamin	Harmer	Wold Top The Edge RT
2.22	22	Andrew	Askwith	Vive Le Velo
2.23	23	Tony	Grassby	Peak Road Club
2.24	24	Gary	Thornton	Barnsley Road Club
2.25	25	David	Shackleton	Wilsons Wheels RT
2.26	26	Peter	Fielding-smith	Wilsons Wheels RT
2.27	27	Matt	Pilling	Bridlington CC
2.28	28	Stephen	Robinson	VC Beverley
2.29	29	Sally	Maitland	Peak Road Club
2.3	30	Bevan	Jones	Team Sportslab
2.31	31	Andy	Thomas	Lindsey Roads Cycling Club
2.32	32	Jymmy	Trevor	Hull Thursday RC
2.33	33	Jonathan	Croft	Team Sportslab
2.34	34	Ben	Birtles	City RC (Hull)
2.35	35	Brett	Waterhouse	Wilsons Wheels RT
2.36	36	Simon	Abdy	Barton Wheelers Cycling Club
2.37	37	Paul	Hickman	Malton Whs
2.38	38	David	Percival	Team Swift
2.39	39	Al	Yellup	York Cycleworks
2.4	40	John	Brearley	Squadra RT
2.41	41	Lee	Walton	Hull Thursday RC
2.42	42	Dave	Wilkinson	Bishop Auckland CC

Start Time	Number	First Name	Surname	Gender	Club
2.45	45	Thomas	Hunt	Male	N/A
2.46	46	Caroline	Green	Female	VLVRC
2.47	47	Michael	Reed	Male	Cottingham Road Club
2.48	48	Jason	Burrell	Male	N/A
2.49	49	Mark	Middleton	Male	Cottingham Road Club
2.5	50	Kylie	Jackson	Female	York Cycleworks
2.51	51	Paul	Deadman	Male	Hornsea Peloton
2.52	52	Amanda	Fordham	Female	Humber Triathletes
2.53	53	Paul	Martindale	Male	N/A
2.54	54	Grzegorz	Semik	Male	N/A
2.55	55	Mike	Hanson	Male	Cleethorpes Tri Club
2.56	56	Malcolm	Dent	Male	LincsQuad
2.57	57	Kieran	Hotson	Male	Team Bottetchia Wigmore
2.58	58	Steve	Cooper	Male	3xtri
2.59	59	David	Fletcher	Male	Barracuda Triathlon Club
3	60	Emma	Mitchell	Female	LincsQuad
3.01	61	Simon	Knopp	Male	Mules Cycling Club
3.02	62	Jenni	Lynn	Female	Selby C C
3.03	63	Jamie	Purdue	Male	N/A
3.04	64	Jack	Mckinley	Male	N/A
3.05	65	Alex	Russell	Male	City Road Club Hull
3.06	66	Daniel	Hornsby	Male	Marshes CC
3.07	67	Simon	Jones	Male	N/A
3.08	68	Matthew	Pullan	Male	Humber Triathletes
3.09	69	Vikki	Wilson	Female	LincsQuad
3.1	70	Jill	Dowson	Male	N/A
3.11	71	Tim	Hazelwood	Male	N/A
3.12	72	Iain	Hill	Male	3X TRI
3.13	73	Rebecca	Price	Female	N/A
3.14	74	Alison	Schofield	Female	Barton Wheelers
3.15	75	David	Bower	Male	Hull Thursday RC
3.16	76	Robert	Brown	Male	N/A
3.17	77	Terry	Parker	Male	N/A
3.18	78	Adam	Yates	Male	N/A
3.19	79	Julie	Swindin	Female	City Road Club Hull
3.2	80	Mark	Hatfield	Male	N/A
3.21	81	Steve	Cowlbeck	Male	VTTA (North Midlands)
3.22	82	Mike	Simpson	Male	City Road Club (Hull)

Come & Try It Event



Time Trial Etiquette

Riders are set off at one min intervals and aim to complete the course as quickly as they can. Your time is worked out by the finish timekeeper and displayed on the result board in the HQ

If you are caught by another rider, or if you catch another rider, you are not allowed to ride together (or draft in their slipstream).

You must stick to the rules of the road and the highway code. Marshalls and signs are used to direct you around the course but the roads are still open to traffic in the usual way.

Prizes, Course & Time Trial

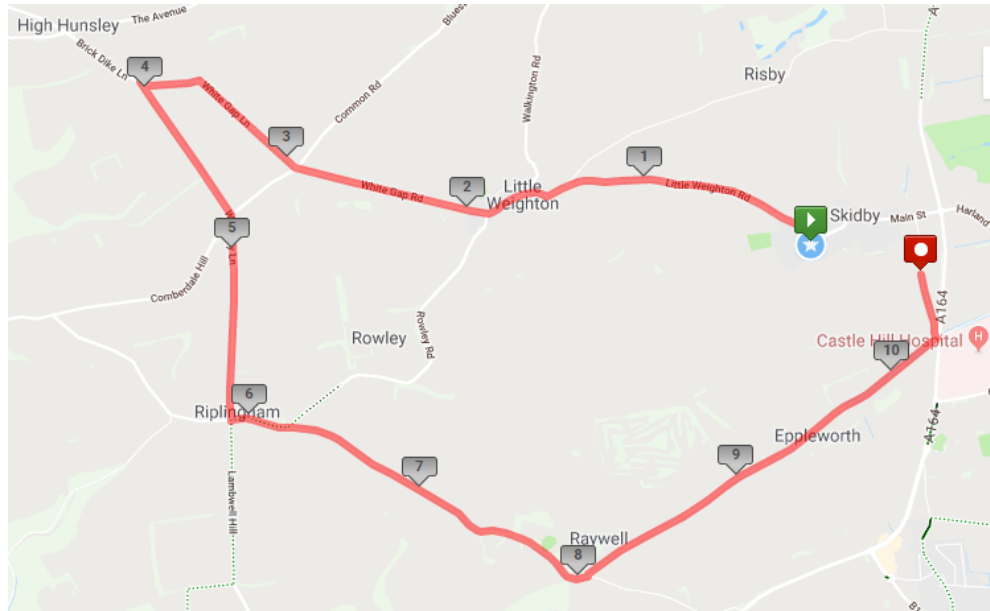
Etiquette

The course can be found by clicking on this link.

<https://www.mapmyride.com/routes/view/1907048855>

V763

START ON RIPLINGHAM ROAD SKIDBY, APPROX 30 METERS FROM ROAD JUNCTION JADACENT TO STREET LAMP PROCEED TO JUNCTION TURN LEFT ON TO WHITE GAP ROAD TO LITTLE WEIGHTON STRAIGHT ON (1.9 MILES) TO CROSS ROADS(2.94) STRAIGHT ON TO T JUNCTION WITH BRICK DIKE LANE LEFT (3.97 MILES). PROCEED TO NEXT X ROADS (4.82) STRAIGHT ON TO RIPLINGHAM CROSS ROADS (5.9 MILES) LEFT (CAUTION) DIRECTION HULL. CONTINUE TO RAYWELL HOUSE & JUST AFTER BARE LEFT AT SLIP ROAD IN THE DIRECTION OF COTTINGHAM (8.03). CONTINUE THROUGH EPPLEWORTH & LEFT AT JUNCTION PRIOR TO A164 UNDERPASS & UP SKIDBY HILL, PROCEED UP SKIDBY HILL TO FINISH AT PAINT MARK IN ROAD ADJACENT SKIDBY MILL CAR PARK (10.70 MILES)



Prizes:

- 1st Male 1st
Female
- 2nd Male 2nd
Female
- 3rd Male 3rd
Female
- Fastest Male on a traditional road bike
- Fastest Female on a traditional road bike
- 1st Male Team (combined time of three riders from the same club)
- 1st Female Team
- Please remember to return your number after the event.
- Spirit award
- Prize presentation will take place in the HQ at 4pm