

Shaftesbury Cycling Club

presents its

51st Middle Markers 25 Miles Time Trial

Saturday 20th April 2019

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

Timekeepers

Michael Keen, Frida Wezel & Peter Smith

Awards

Men

First	£40
Second	£25

Improvement

First	£50	Fourth	£25
Second	£40	Fifth	£20
Third	£30	Sixth	£15

Women

First	£40
Second	£25

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 56:00 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

Visit our Website at www.ShaftesburyCC.co.uk
for details of all Club promotions and activities

No	Name	Club	Cat	Best C<S	Start
7	Kerry MARSH	Maldon & District CC	W	1:26:59	14:07
8	Hamish BROWN	GS Avanti	V	1:01:31	14:08
9	Rebecca HAMMOND	Maldon & District CC	W	1:12:35	14:09
10	Richard MOULE	Bossard Whs	V	56:20	14:10
11	Mark ENDERSBY	Anglia Velo	V	57:14	14:11
12	Phillip JENKINS	Bedfordshire Road CC	V	58:50	14:12
13	John MURPHY	Gloucester City Cycling Club	V	1:00:44	14:13
14	Mike WATSON	CC Breckland	V	1:03:59	14:14
15	Chris WOMACK	VC Baracchi	V	56:47	14:15
16	Sam DORKINGS	GS Avanti	S	58:04	14:16
17	Hugh WILLIAMS	Pro Vision Cycle Clothing	V	59:09	14:17
18	Dominic WHITEHEAD	St Ives CC	V	1:01:29	14:18
19	Anne BENNETT	Serpentine Running Club	WV	1:11:50	14:19
20	Jeremy SAYNOR	PMR	V	56:09	14:20
21	David COOK	Bedfordshire Road RT	V	56:48	14:21
22	Gary JACKSON	Shaftesbury CC	V	58:43	14:22
23	Lisa HURRELL	Maldon & District CC	W	1:00:11	14:23
24	John HASSALL	Bossard Whs	V	1:02:35	14:24
25	Adam BISHOP	Lea Valley CC	V	56:44	14:25
26	John SELLARS	London Phoenix CC	V	58:02	14:26
27	Ryan SHEPPARD	G.S. Henley	S	59:58	14:27
28	Paul THOMPSON	Twickenham CC	V	1:01:26	14:28
29	Dave MASON (Trike)	Lincoln Wheelers CC	V	1:09:55	14:29
30	Mick CASE	Bedfordshire Road RT	V	56:19	14:30
31	Chris SYMONDS	North Road CC	V	56:58	14:31
32	Paul EVELEIGH	Lincoln Wheelers CC	V	58:39	14:32
33	Matthew COOK	Bedfordshire Road RT	V	1:00:21	14:33
34	Murray KIRTON	A5 Rangers CC	V	1:03:26	14:34
35	Damian MONAGHAN	ABCpure	S	56:44	14:35
36	Ian PIKE (Trike)	Lincoln Wheelers CC	V	57:59	14:36
37	Claire JESSOP	Otley CC	WV	59:56	14:37
38	Richard O'ROURKE	Team Vision Racing - Silverhook	V	1:01:12	14:38
39	Trevor PARRISH	A5 Rangers CC	V	1:08:16	14:39
40	Martin BAUMBER	Shaftesbury CC	V	56:19	14:40
41	Graham PEPPERDINE	Verulam CC	V	57:11	14:41
42	Nigel FINCH	Mercia - Lloyds Cycles CC	V	58:38	14:42
43	Grazyna MONAGHAN	ABCpure	W	1:00:26	14:43
44	Keith DALTON	Ford CC	V	1:02:02	14:44
45	Neil CROWTHER	Blazing Saddles	V	56:35	14:45
46	Jerome WATTS	Braintree Velo CRC	V	57:54	14:46
47	Eva NYIRENDA	...a3crg	W	59:39	14:47
48	Paul LOOKE	Shaftesbury CC	V	1:01:12	14:48
49	Antonio PAOLINO	Essex Roads CC	V	1:07:50	14:49
50	Ray RETTER	Born to Bike - Bridgtown Cycles	V	56:18	14:50
51	Joe EMPSON	Anglia Velo	V	57:07	14:51
52	Nigel CROXFORD	High Wycombe CC	V	58:36	14:52
53	Matthew DURDY	Richmond CC	V	1:00:29	14:53
54	Justin GYTON	Kings Lynn CC	V	1:01:54	14:54
55	Martin CANES	Chelmer CC	S	56:43	14:55
56	Danny FROST	Folkestone Velo Club	V	57:51	14:56
57	Stephen HITCHCOCK	CC Sudbury	V	59:33	14:57
58	Tony CAPON	Becontree Wheelers CC	V	1:00:03	14:58

No	Name	Club	Cat	Best C<S	Start
59	Peter HORSNELL	Chelmer CC	V	1:07:45	14:59
60	Stephen WILKINSON	Folkestone Velo Club	V	56:21	15:00
61	Sean BRADLEY	Team Trident	S	57:02	15:01
62	Steve SHORE	Southend Wheelers	V	58:32	15:02
63	Melvyn LEWIS	Born to Bike - Bridgtown Cycles	V	1:00:36	15:03
64	Barry QUICK	Reading CC	V	1:01:53	15:04
65	Helen REYNOLDS	Hemel Hempstead CC	WV	56:41	15:05
66	Gary PAMMENT	3T-RACING	V	57:49	15:06
67	Andy NEWHAM (Trike)	Lincoln Wheelers CC	V	58:59	15:07
68	Paul BACHINI	Icknield RC	S		15:08
69	April LEWIS	Born to Bike - Bridgtown Cycles	WV	1:04:27	15:09
70	Stephen SCOTT	Elmsall Road Club	V	56:02	15:10
71	Cliff VOLLER	Newbury RC	V	57:12	15:11
72	Colin NEWTON	Folkestone Velo Club	S	58:30	15:12
73	Steve JONES	Hemel Hempstead CC	S	1:00:08	15:13
74	Roger HUTCHINGS	Lewes Wanderers CC	V		15:14
75	Chris SPRAY	Ratae RC	V	56:43	15:15
76	Mandy BUNN	Datalynx-Parenesis Cycling	WV	57:40	15:16
77	Michael PORTER	34 Nomads CC	V	58:59	15:17
78	Patrick CHARLTON	Wolsey RC	V	1:00:51	15:18
79	Gary WRIGHT (Trike)	Lincoln Wheelers CC	V	1:05:05	15:19
80	Colum FOSTER	Ratae RC	S	56:00	15:20
81	Amy PRITCHARD	Team Bottrill	WV	56:56	15:21
82	Rob CHEETHAM	Shaftesbury CC	S	58:22	15:22
83	Mark VOWELLS (Trike)	CC Bexley	V	1:00:40	15:23
84	Stuart FIELD	CC Ashwell	V	1:01:46	15:24
85	Adrian KILLWORTH	Welland Valley CC	V	56:32	15:25
86	Richard PAYN	34 Nomads CC	V	57:38	15:26
87	John McGLASHAN	Redmon CC	V	59:58	15:27
88	Colin ASHCROFT	West Kent RC	V	1:00:50	15:28
89	Andrew PORTER	Welwyn Whs	V	1:05:00	15:29
90	Robert DAVIES	CC Sudbury	V		15:30
91	Sam DAY	CS Grupetto	V	56:54	15:31
92	Shay GILES	VC Elan - Harry Perry Cycles	V	58:21	15:32
93	Richard STEVENS	Shaftesbury CC	V	1:00:13	15:33
94	Gary BOYD	Hub Velo	V	1:01:37	15:34
95	Tony TUOHY	Redmon CC	V	56:30	15:35
96	Mark BURTONSHAW	Team Swift	V	57:35	15:36
97	Bob QUARTON	Wolsey RC	V	59:12	15:37
98	Joy PAYNE	Amersham Road Cycling Club	WV	1:00:48	15:38
99	Stephanie COUSINS	Team Milton Keynes	WV	1:06:02	15:39
100	Martin ANDREWS	Velo Club Venta	V		15:40
101	David LANCASTER	VC 10	V	57:18	15:41
102	David PHILLIPS	Old Portlians CC	V	58:05	15:42
103	Claire LEE	Glendene CC	WV	1:01:10	15:43
104	Brian MARTIN	Ciclos Uno	V	1:03:56	15:44
105	Carmelo LUGGERI	CC Ashwell	V	56:29	15:45
106	Paul FAIRMAN	Abellio - SFA Racing Team	V	57:22	15:46
107	Sam HUGHES	Liverpool Century RC	S	58:57	15:47
108	John SWANBURY	VC Baracchi	V	1:00:46	15:48
109	John GRIFFIN	Tri London	V	1:01:34	15:49
110	James DICK	Tri Team Wessex	V		15:50

**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 Juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet. 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 competing.
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 despite lowering the limit from 57:00 we have suffered from the event being on Easter Saturday as well as being earlier in the season to avoid the mid-season ban on the use of the E2/25 course; The number of entries (just 104) is well below the 150 maximum.

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

NOTE: We are using the version of the course that finishes soon after you join the slip road (see details on last page). Be assured that the course IS 25 miles long.

Next Shaftesbury CC Promotions in 2019

Saturday 21st July **50 miles T.T. (BBAR Solos and Tandems)** **E2/50c**

Event Secretary: **Gary Jackson**

40 Hillcroft, Loughton, Essex, IG10 2PS

Tel: 07899 962432

Saturday 31st August **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 the fourth drain cover on the 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.

