

<https://www.sherwoodcc.org.uk>

## **OPEN 10 MILE TIME TRIAL**

(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)

**Saturday, 6<sup>th</sup> July 2019 at 5.01pm on A10/14 Course**

**Event Secretary:** Roger Widdowson, 27 Morley Road, Thorneywood, NOTTINGHAM. NG3 6LL  
Tel: 07966 777 475 E-mail: [roger.widdowson@ntlworld.com](mailto:roger.widdowson@ntlworld.com)

**Timekeepers:** Bill Stanley, Melton Olympic CC  
Steve Custance, Beeston Road Club

**Event Headquarters:** Long Bennington Sports Pavilion, Main Road, Long Bennington, **NEWARK**. NG23 5HE  
(open from 4:15pm)

Numbers and Signing On – Numbers will be at the Event HQ and can be collected when you sign on. Please return your number in exchange for a drink after your ride.

You **MUST** personally sign back in again upon completion of your ride otherwise **YOU WILL** be disqualified!

At the request of the custodians of the Pavilion, please, no cycling shoes in the HQ.

Parking is available along the Main Road and throughout side roads within the village. There is no parking for competitors at the Pavilion this year. Please be respectful to residents at all time.

**DO NOT PARK ON THE SAME SIDE OF MAIN ROAD AS THE START LINE NOR BEYOND IT!**

## **PRIZE LIST**

One rider – One prize (except for team prize)

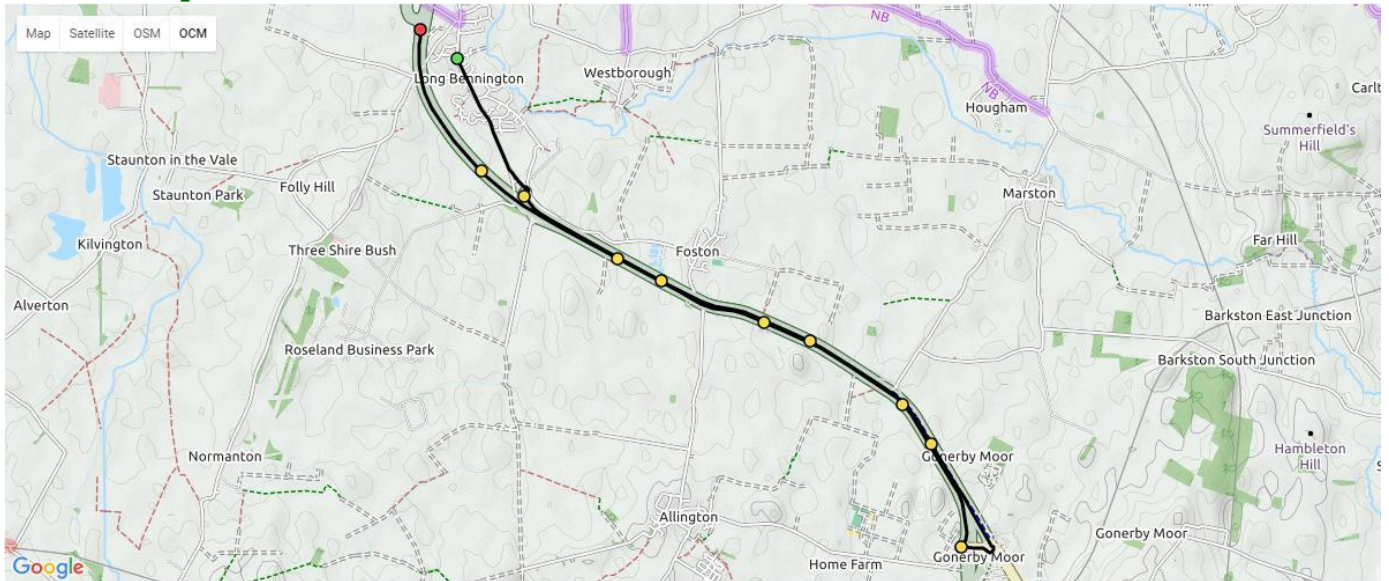
<b>1st Fastest</b>	£75
<b>2nd Fastest</b>	£50
<b>3rd Fastest</b>	£25
<b>4th Fastest</b>	£10
<b>Fastest in Category A through J</b>	£10 each
<b>Fastest Woman</b>	£50
<b>Fastest Team of 3 Riders</b>	£10 each

No formal presentation is planned after the event, but results will be posted up on the board at the Event HQ as soon as they are made available. Prizes will be posted out to riders after the event. One individual prize per rider (excluding team prize, which can be in addition to individual prize).

We hope that you have an enjoyable, swift and safe ride. Good Luck.

# Instructions

## Course Map



### Course Details

Start at 9th kerb south of driveway to Jasmine House opposite St James Village Hall. 0.00 miles.  
Proceed south through the village on old A1 to traffic island on New Foston Link Road. 0.966 miles.  
Take third exit onto A1 slip road proceed south to new slip road at Gonerby Moor. 4.243 miles.  
Exit A1 on slip road to Old Gonerby Moor island. 4.804 miles  
Take third exit onto new road over A1 on road bridge to new island. 5.000 miles  
Take third exit onto new slip road and rejoin A1 northbound.  
Proceed to finish on slip road at old finish point approx 108 yards from end of armco barrier. 10.000 miles

### Notes

IN THE INTEREST OF YOUR OWN SAFETY, Cycling Time Trials and Sherwood Cycling Club strongly advise you to wear a HARD SHELL HELMET that meets internationally accepted safety standards. It is recommended that a working rear light, either flashing or constant, is fitted to the machine and is active whilst the machine is in use.

Please allow at least 5 minutes from the HQ to the start. The start is south through Long Bennington Village.

Please ride carefully, especially when merging onto the A1 South and North and turning at Gonerby Island.

Please do not warm up on the course after the event has started. Strictly NO U-Turns near the start and finish between 5-7pm.

Marshals are instructed to report dangerous riding so keep your head up and be considerate of other road users.

After passing the finish timekeeper, riders should continue back to Event HQ, without stopping, up the sliproad to the junction with Valley Lane and turn right. Continue along Valley Lane until the T-junction with Main Road, Long Bennington. Turn left here to make your way back to the Pavilion. **DO NOT TURN RIGHT ALONG MAIN ROAD TO COOL DOWN AS PASSING THE START TIMEKEEPER MAY RESULT IN DISQUALIFICATION.**

Remember, you are required to return to the HQ to sign back in again after finishing your ride.

Pos	Time Off	Name	Club	Gender	Category	Time
1	17:01	Stuart Faver	Melton Olympic CC	Male	C	00:20:18
2	17:02	Tim Hood	Team Bottrill	Male	C	00:20:44
3	17:03	Chris Spray	Ratae RC	Male	D	00:21:08
4	17:04	Roger Sewell	Wisbech Whs	Male	D	00:21:29
5	17:05	Colin Parkinson	South Western Road Club	Male	B	00:19:42
6	17:06	Mark Philipson	City RC (Hull)	Male	E	00:22:19
7	17:07	Jo Corbett	Mapperley CC	Female	E	00:22:49
8	17:08	John Atkin	Melton Olympic CC	Male	G	00:24:32
9	17:09	Roger Widdowson	Sherwood CC	Male	F	00:23:59
10	17:10	Adam Duggleby	Vive Le Velo	Male	A	00:17:59
11	17:11	Karen Ledger	Ace Test Team	Female	C	00:20:27
12	17:12	Edwin Kaye	Alford Whs	Male	C	00:20:45
13	17:13	Nicholas Hitchens	Team Bottrill	Male	D	00:21:08
14	17:14	Stephen Scott	Elmsall Road Club	Male	D	00:21:37
15	17:15	Adam Fisher	Cambridge CC	Male	B	00:19:43
16	17:16	Simon Inman	OVB	Male	D	00:21:55
17	17:17	Kevin Humphreys	Sherwood CC	Male	E	00:22:59
18	17:18	Michelle Morley	Team Swift	Female	F	00:23:19
19	17:19	Julie Lambourne	TFN Triathlon Club	Female	G	00:24:43
20	17:20	Tim Mcevoy	Lanhydrock Wheelers	Male	B	00:19:16
21	17:21	Ed Watson	Ratae RC	Male	C	00:20:28
22	17:22	Simon Geraci	Team Swift	Male	C	00:20:46
23	17:23	Adam Huelss	Velo Club Long Eaton	Male	D	00:21:09
24	17:24	Simon Price	Para-T	Male	D	00:21:33
25	17:25	Steve Gore-Browne	Team Swift	Male	B	00:19:45
26	17:26	James Byatt	Ilkeston Cycle Club	Male	D	00:21:59
27	17:27	Phil Guy	North Shropshire Wheelers	Male	E	00:22:59
28	17:28	Drew Donaldson	Glasgow United CC	Male	F	00:23:21
29	17:29	Daniel Gee	Ashfield RC	Male	H	00:25:44
30	17:30	Daniel Barnett	Team Bottrill	Male	A	00:18:26
31	17:31	David Ellis	Born to Bike - Bridgtown Cycles	Male	C	00:20:33
32	17:32	Tom Comben	Bourne Wheelers	Male	C	00:20:47
33	17:33	Paul Ripley	Alford Whs	Male	D	00:21:11
34	17:34	Wayne Smith	Born to Bike - Bridgtown Cycles	Male	D	00:21:36
35	17:35	Chris Ward	Team Swift	Male	B	00:19:52
36	17:36	Michael Wilkinson	North Notts Olympic CC	Male	D	00:21:59
37	17:37	John Hind	Bolsover and District CC	Male	E	00:22:47
38	17:38	Tracy Rowlinson	Lyme Racing Club	Female	F	00:23:28
39	17:39	Thomas Evans	Welland Valley CC	Male	I	00:26:49
40	17:40	Matthew Bottrill	Team Bottrill	Male	A	00:18:58
41	17:41	John Martin	Elmsall Road Club	Male	C	00:20:34
42	17:42	Sam Tuplin	Ellmore Factory Racing	Male	C	00:20:49
43	17:43	Matt Plews	Welland Valley CC	Male	D	00:21:14
44	17:44	Phillip Tyas	Barnsley Road Club	Male	D	00:21:32
45	17:45	Joe Simons	Albarosa CC	Male	B	00:19:53

46	17:46	Nigel Finch	Mercia - Lloyds Cycles CC	Male	E	00:22:11
47	17:47	David Strickson	Witham Wheelers	Male	E	00:22:47
48	17:48	Darren Rider	Team PB Performance	Male	F	00:23:28
49	17:49	Tres Gretton-Roche	WholeHealth	Female	J	00:30:18
50	17:50	William Perrett	AeroLab Ward WheelZ	Male	B	00:19:00
51	17:51	Simon Law	Race Rapid	Male	C	00:20:34
52	17:52	Isaac Russell	Team PB Performance	Male	C	00:20:50
53	17:53	Craig Lamb	Alford Whs	Male	D	00:21:17
54	17:54	Stephen Robinson	North Notts Olympic CC	Male	D	00:21:39
55	17:55	Antony Gough	Velo-One Cycling Team	Male	B	00:19:53
56	17:56	Ewan Mackie	Ilkeston Cycle Club	Male	D	00:21:54
57	17:57	Rod J Weston	Team Bottrill	Male	E	00:22:42
58	17:58	Stephen Littlewood	Sherwood CC	Male	G	00:24:15
59	17:59	Louise Ryde	Team Swift	Female	G	00:24:50
60	18:00	Alex Pritchard	AeroLab Ward WheelZ	Male	B	00:19:16
61	18:01	Matthew Stretton	Team PB Performance	Male	C	00:20:39
62	18:02	Matthew Miller	Team Bottrill	Male	C	00:20:58
63	18:03	Rich Steels	Ilkeston Cycle Club	Male	D	00:21:20
64	18:04	Richard Ferguson	Beeston Cycling Club	Male	D	00:21:39
65	18:05	Karl Caton	Elmsall Road Club	Male	B	00:19:58
66	18:06	Daniel Reidenbach	Ratae RC	Male	E	00:22:23
67	18:07	Fidel Gonzalez	South Western Road Club	Male	E	00:22:51
68	18:08	Andrew Porter	Welwyn Whs	Male	H	00:25:50
69	18:09	Charlotte Ridsdale	Rutland Cycling Club	Female	H	00:25:06
70	18:10	George Fox	Team Bottrill	Male	A	00:18:12
71	18:11	Sam Bradley	Ellmore Factory Racing	Male	C	00:20:39
72	18:12	Steve Hancock	Calder Clarion	Male	C	00:20:59
73	18:13	Gary Kondor	Sherwood CC	Male	D	00:21:22
74	18:14	Tom Foreman	Sherwood CC	Male	D	00:21:42
75	18:15	Mark Bottrill	Team Bottrill	Male	C	00:20:00
76	18:16	Anthony Keyworth	Kiveton Park Cycling Club	Male	E	00:22:24
77	18:17	Michael Stevens	Melton Olympic CC	Male	E	00:22:54
78	18:18	Martin Lister	Witham Wheelers	Male	G	00:24:44
79	18:19	Cat Wynne	ICARUS	Female	I	00:26:33
80	18:20	Robert Gibbons	Race Rapid	Male	B	00:19:24
81	18:21	Ed Tarelli	Race Hub	Male	C	00:20:39
82	18:22	James Ison	Melton Olympic CC	Male	D	00:21:00
83	18:23	Max Lees	Leicestershire RC	Male	D	00:21:25
84	18:24	Nick Burton	Newark Castle C C	Male	D	00:21:44
85	18:25	Richard Boot	Beeston Cycling Club	Male	C	00:20:03
86	18:26	Vincent Jenkins	LeisureLakesBikes.com	Male	E	00:22:26
87	18:27	Gary Clarke	Rutland Cycling Club	Male	E	00:22:57
88	18:28	Gary Ison	Melton Olympic CC	Male	F	00:23:29
89	18:29	Ellie Armstrong	Race Rapid	Female	H	00:25:38
90	18:30	Mark Ellis	Team Milton Keynes	Male	B	00:19:29
91	18:31	Anthony Jackson	Nottingham Clarion CC	Male	C	00:20:41

92	18:32	Mervyn Wilson	North Lancashire Road Club	Male	D	00:21:07
93	18:33	Barrie Whittaker	Lyme Racing Club	Male	D	00:21:29
94	18:34	Luke Hind	Bolsover and District CC	Male	D	00:21:45
95	18:35	Kenny Cliffe	Leicester Forest CC	Male	C	00:20:04
96	18:36	Paul Jones	Sherwood CC	Male	E	00:22:26
97	18:37	Cliff Beldon	Selby CC	Male	E	00:22:46
98	18:38	Peter Stirk	Elmsall Road Club	Male	I	00:26:22
99	18:39	Aly Wile	Mapperley CC	Female	I	00:26:33
100	18:40	Sean Vincent	Race Hub	Male	B	00:19:34
101	18:41	Eddie Humphreys	Loughborough Phoenix CC	Male	C	00:20:43
102	18:42	Jez Willows	Sherwood CC	Male	D	00:21:07
103	18:43	Andy Hazell	Nova Raiders CC	Male	D	00:21:29
104	18:44	Mark Booth	Kettering CC	Male	D	00:21:48
105	18:45	Ian Pike	Lincoln Wheelers CC	Male	C	00:20:10
106	18:46	David Ireland	East Lancashire RC	Male	E	00:22:37
107	18:47	David Wright	Cheshire Roads Club	Male	E	00:22:59
108	18:48	Tony Dodsworth	Sigma Sports	Male	G	00:24:30
109	18:49	Oliver Smee	Ilkeston Cycle Club	Male	D	00:21
110	18:50	Stuart Wells	Lindsey Roads Cycling Club	Male	B	00:19:35
111	18:51	Colin Lizieri	Cambridge CC	Male	C	00:20:44
112	18:52	Chris Draper	Sherwood CC	Male	D	00:21:07
113	18:53	Francesca Hall	AeroLab Ward WheelZ	Female	D	00:21:29
114	18:54	Mark Hamer	Stratford Cycling Club	Male	D	00:21:52
115	18:55	Michael Wills	Team Lutterworth Cycle Centre	Male	C	00:20:18
116	18:56	Ben Hamilton	Rutland Cycling Club	Male	E	00:22:40
117	18:57	Paul Ashdown	Kettering CC	Male	E	00:22:43
118	18:58	Andrew Spittlehouse	Calder Clarion	Male	F	00:23:03
119	18:59	Gareth Pymm	Team Bottrill	Male	D	00:21:45
120	19:00	Paul Cox	Race Hub	Male	B	00:19:36
	RESERVE	Wayne Hughes	Hinckley Cycle Racing Club	Male	G	00:24:04
	RESERVE	Ron Hallam	South Pennine RC	Male	G	00:24:24
	RESERVE	Chris Close	Sleaford Wheelers Cycling Club	Male	G	00:24:30
	RESERVE	Rod Weston	Race Hub	Male	G	00:24:44
	RESERVE	Michael Davis	Beeston Road Club	Male	G	00:24:46
	RESERVE	Michael Church	Rockingham Forest Whs	Male	H	00:25:15
	RESERVE	Sydney Wilson	Sheffield Phoenix Cycling Club	Male	I	00:26:50
	RESERVE	George Miles.	Barnsley Road Club	Male	J	00:28:26
	RESERVE	Howard Clark	Sherwood CC	Male	J	00:29:59
	RESERVE	Nigel Corless	Team Wheelguru	Male	F	00:26:10