



EPSOM CC 25 Mile Time Trial

27th September 2020 at 08:00 H25/8 Course

Promoted for and on behalf of Cycling Time Trials under their rules and regulations



HQ: Bentley Memorial Hall Hole Lane Bentley GU10 5NB

Organiser: Paul Deen End Unit B 299 Gander green lane Sutton Surrey SM3 9QE paul@epsomcc.co.uk
Mobile 07850 235 408

Timekeepers: Donald Ashton & Maggie Smith

Numbers to be collected from the gazebo in HQ car park where you must sign on & SIGN OUT. The HQ is in a residential area, please be considerate to the people who live there & keep noise to a minimum. Please do not use turbo trainers to warm up in the car park, if you want to use a turbo trainer please use one of the other parking areas marked in green on the map. **Note areas where you can park on map below.** **Please do not park on the roads marked red as it could jeopardise future events from using the hall**



-  Please park considerably on these roads
-  Please DO NOT PARK on these roads

LONDON WEST DC

We have received complaints from the residents of Bentley about inconsiderate car parking by cyclists taking part in Time Trials. In order to avoid these escalating we urge all riders to park considerately and not to obstruct footpaths especially on River Road where you should NOT PARK on the Eastern side between Main Rd and the new estate

IMPORTANT NOTES

IF YOU ARE UNWELL ARE SHOWING SIGNS OF COVID-19 THEN PLEASE DO NOT COME TO THIS EVENT!

NO ENTRY IN TO THE HALL FOR ANY REASON WE ONLY HAVE USE OF THE TOILETS

Please adhere to social distancing rules and maintain a 2m distance between people at all times.

Due to Covid restrictions we only have use of the HQ toilets. The toilets must **NOT** be used for changing

Please Note: You must arrive at Headquarters no sooner than 40 minutes before your start time.

There will be NO turbos allowed in the car park but can be used out on roads marked in green on map
Please do not park in the residential area, outside houses to ensure we do not upset any of the residents.

Sign On: Please proceed to the Gazebo where you must sign on and take your disposable number. There will be sanitizers available for use and will be used by the volunteers at the desk.

After your race: Once you have finished your ride, please proceed to the Gazebo to sign out, NO SIGN OUT NO RESULT. We do not want the numbers back, please dispose of them back at your homes.

WE WOULD KINDLY ASK YOU TO LEAVE AS QUICKLY AS POSSIBLE TO FREE UP YOUR PARKING SPACE FOR THE LATER RIDERS. YOUR CO-OPERATION IS GREATLY APPRECIATED.

Please **respect the local residents of Bentley by parking considerately.**

Do not park on the road near the headquarters, even for a short period of time. Please adhere to the guidance on the parking diagram included. If we receive complaints, we may lose Bentley Memorial Hall as an option for the HQ. This could potentially mean the end of up to 20 open events on the course during the year.

Please **respect** the volunteers and the timekeepers who are giving up their time to help out.

Position your main number so that it is visible from the rear when in the racing position.

Please return to the HQ and sign out as soon as possible after you finish.

The start is on the opposite side of the carriageway from the HQ. Riders should only use designated crossing points and must not climb over the central reservation. **Anyone seen doing so will be disqualified from the event.**

Head-down riding kills – if dangerous riding is witnessed it will be investigated and reported.

No vehicles, except those of the timekeepers & volunteers, shall be parked at the start or finish

ROAD BIKE EVENT RULES

No aerobars, clip-on aerobars or aero extensions can be used

Hands must be holding the handlebars at all times while racing (ie. not with forearms resting on the handlebar). Legs must only be covered to mid calf. Wheels may have no more than 90mm depth and must have at least 12 spokes. Helmets must have no visor. Ears must not be covered by the helmet. In addition, the use of a Giro Aerohead helmet will not be permitted. There will be spotters out on course to enforce rules

DIRECTIONS TO THE START

Please allow at least 10 minutes to get to the start

To reach the start from the HQ in Bentley, go eastwards through the village to join the A31, cross to the right hand lane after 850 yards (there are lane markings) and then cross over to the South side of the A31 at the Gravel Hill road

The normal dual carriageway of the A31 has been reduced to a single lane at a point approximately three miles westwards from the start. The left hand lane has been cross-hatched for a distance of approx 400 yards to finish at a point opposite the Petrol filling station just beyond the Hen & Chicken Public House situated on the north side of the A31.

Returning eastwards from the Holybourne roundabout on the north side of the A31 the road has been reduced to a single lane by road cross-hatching on the right hand lane commencing approximately 220 yards before the junction to Mill Court on the south side and finishing adjacent to the Hen & Chicken Public House on the north side.

Competitors are to act in a manner appropriate to competing on a single lane road whilst within the restrictions imposed by the road cross-hatching area.

Competitors are to act in a manner appropriate to competing on a single lane road whilst within the restrictions imposed by the road cross-hatching area.

After finishing, riders must not stop but continue to one or other of the central reservation breaks, cross over with great care and go westwards passing the start point lay-by and along the Bentley by-pass to fork left onto the slip road signposted 'Bentley'. Turn right at the 'T' junction to the Bentley Memorial Hall which you can see ahead of you.

Course link: <https://www.cyclingtimetrials.org.uk/course-details/h25-8>

There will be marshals and checkers but it your responsibility to make sure you know the course. If you do have any further questions regarding the course, or getting to the start please do not hesitate to ask.

IN THE INTERESTS OF YOUR OWN SAFETY

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets.

A working rear light, either flashing or constant must be fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

Course Description:

Start at a point in the lead out onto the A31, from the lay-by on the south side at the start of the Bentley by-pass approximately 800 yards west of The Bull public house on the north side of the A31, 10 yards short of the last road drain at the lay-by exit (western end) Join the A31 (care) and proceed along the Bentley by-pass through Froyle and Neatham to the Holybourne roundabout (Turn) Circle the roundabout (M1, M2, M3) (Check) and take the third exit back onto the A31 to retrace, going through Froyle and along the Bentley by-pass to continue past the Bull to the Farnham roundabout at the junction with the A325 (Turn) Circle the roundabout (M4, M5, M6) (Check) and take the fourth exit back onto the A31 to retrace past the start point (14.294 miles) to go along the Bentley by-pass to the Holybourne roundabout (Turn) Circle the roundabout (M1, M2, M3) (Check) and take the third exit back onto the A31 to retrace, going through Froyle and along the Bentley by-pass to continue past the Bull (24.405 miles) to a point 70 yards beyond the county boundary line and 23 yards beyond the start of a tarmac path on the north side where finish.

Results & Prizes

Ratified results will be posted to CTT as soon as possible.

We will hopefully have live provisional results on our website at www.EpsomCC.Co.UK

We also hope to have a photographer at the event and a link to the photos will be published on the website when available

No prizes on the day. All prizes will be notified & awarded after the event by bank transfer

No rider can win more than one award other than team

Epsom CC would like to thank Bob Stapley of the Epsom CC for his generous donation of £100 for the Best Improver prize

Most Improved Rider With a PB over 1 hour & 1 minute £70

2nd Most Improved Rider With a PB over 1 hour & 1 minute £30

Fastest Rider £30 2nd £20 3rd £10

Women: 1st £30 2nd £20

Under 30 1st £20

30-39 1st £20

40-49 1st £20

50-59 1st £20

60 plus 1st £20

Team of 3 riders £15 each rider

Fastest Road Bike £20

2nd Fastest Road Bike £10

SOLO START SHEET

<u>number</u>	<u>start time</u>	<u>first name</u>	<u>last name</u>	<u>club</u>
1	08:01	Paul	Haywood	Epsom CC
2	08:02	Peter	Merritt	TBW23 Stuart Hall Cycling P/b Trainsharp
3	08:03	Stephen	Moore	Kingston Wheelers CC
4	08:04	Mark	Jones	GS Stella
5	08:05	Paul	Winchcombe	Chippenham & District Wheelers
6	08:06	Tony	Reeves	GS Stella
7	08:07	Anthony	Atkin	Didcot Phoenix CC
8	08:08	Colin	Gray	Norwood Paragon CC
9	08:09	Rosslyn	Young	Serpentine Running Club
10	08:10	Leigh	Schvartz	Team Swindon Cycles
11	08:11	Adrian	Blacker	C and N Cycles RT
12	08:12	Warren	Jackson	Congleton CC
13	08:13	David	French	Weybridge Wheelers
14	08:14	Christopher,	Rosam	Epsom CC
15	08:15	Antony	Bee	Wigmore CC
16	08:16	Andrew	Halliday	Westerley Cycling Club
17	08:17	Simon	Smythe	Norwood Paragon CC
18	08:18	Daniel	Crossley	Didcot Phoenix CC
19	08:19	Ben	Bryant	Elite Cycling
20	08:20	Matthew	Smith	Team TMC
21	08:21	Richard	Tully	Elite Cycling
22	08:22	Stuart	Hourigan	34 Nomads CC
23	08:23	Chris	Pressdee	HuntBikeWheels.com
24	08:24	Sonia	Chane-Sam	Dulwich Paragon CC
25	08:25	Grant	Woodthorpe	Twickenham CC
26	08:26	Chris	Lord	Brighton Excelsior CC
27	08:27	Richard	Llewellyn	Imperial Racing Team
28	08:28	Henry	Taysom	LFGSS CC
29	08:29	Tom	Hill	Dursley Road Club
30	08:30	Chris	Holmes	Twickenham CC
31	08:31	Donald	Parker	Brighton Mitre CC
32	08:32	Stuart	Gillies	Twickenham CC
33	08:33	Jon	Heaney	Maidenhead & District CC
34	08:34	Katie	Simmonds	URDT
35	08:35	Lee	Davies	London Dynamo
36	08:36	Matt	Hill	Velo Club Godalming & Haslemere
37	08:37	Karl	Boehm	Ful-on Tri
38	08:38	Paul	Cannon	Epsom CC
39	08:39	Ben	Kenneally	ZeroBC Race Team
40	08:40	Steven	Cottington	Bath Cycling Club
41	08:41	Justin	Webb	VTTA (London & Home Counties)
42	08:42	Claire	Emons	Newbury RC
43	08:43	Simon	Lovelock	Team Skipper
44	08:44	Brian	Jones	Horsham Cycling
45	08:45	Robert	Taylor	Bec CC
46	08:46	Evan	Jardine-Skiner	Sotonia CC

<u>number</u>	<u>start time</u>	<u>first name</u>	<u>last name</u>	<u>club</u>
47	08:47	Martin	Brown	7Oaks Tri Club
48	08:48	James	Leach	Imperial Racing Team
49	08:49	Darren	Franks	Parlay CC
50	08:50	David	Triska	AeroCoach
51	08:51	Pjotrs	Suhovs	Paceline RT
52	08:52	Robert	Gilmour	Hounslow & District Whs
53	08:53	Oliver	Berney	Utag RT
54	08:54	Peter	Horsfield	Redmon CC
55	08:55	John	Franklin	Twickenham CC
56	08:56	Peter	Cottington	Bath Cycling Club
57	08:57	Stan	Nwaka	Verulam Really Moving
58	08:58	Andrew	Stewart	Lindfield Coffee Works
59	08:59	Anne	Loh	TeamSpy
60	09:00	Neil	Harris	Southborough & Dist. Whs
61	09:01	David	Walters	Velo Club Godalming & Haslemere
62	09:02	Stefan	Gloyn	Army Cycling
63	09:03	Sebastian	Lea	London Dynamo
64	09:04	Jorj	James	LFGSS CC
65	09:05	Lee	Williams	North Hampshire RC
66	09:06	Roderick	MacFadyen	Reading CC
67	09:07	John	Sellars	London Phoenix CC
68	09:08	Ali	Walters	Velo Club Godalming & Haslemere
69	09:09	Jon	Roberts-Bibby	Horsham Cycling
70	09:10	Chris	Loake	AeroCoach
71	09:11	Philip	Watts	North Hampshire RC
72	09:12	Edward	Renwick	Oxford City RC
73	09:13	Gavin	Draper	North Hampshire RC
74	09:14	Aly	Mugford	Epsom CC
75	09:15	Massimiliano	Radi	Team Bottrill
76	09:16	Sophie	Quay-Clark	Palmer Park Velo
77	09:17	Martin	Williamson	London Dynamo
78	09:18	Becca	Drake	BellaVelo cc
79	09:19	Oliver	Attinger	Parlay CC
80	09:20	Henrik	Persson	Kingston Wheelers CC
81	09:21	James	Cadman	Hounslow & District Whs
82	09:22	Lewis	Tompsett	TWB - On Time Race Team
83	09:23	Lincon	Rodrigues	Elite Cycling
84	09:24	Rich	Collier	Banbury Star Cyclists' Club
85	09:25	Peter	Younghusband	Petersfield Triathlon Club
86	09:26	Paul	Martin	TeamSpy
87	09:27	Timothy	Budd	Hounslow & District Whs
88	09:28	Peter	Owen	Norwood Paragon CC
89	09:29	Philip	Burgin	Newbury RC
90	09:30	Howard	Shaw	trainSharp
91	09:31	Jim	Burdett	Addiscombe CC
92	09:32	John	Marinko	Brighton Mitre CC
93	09:33	Michelle	Walter	Bournemouth Arrow CC
94	09:34	Robin	Johnson	Brighton Mitre CC

<u>number</u>	<u>start time</u>	<u>first name</u>	<u>last name</u>	<u>club</u>
95	09:35	Paul	Smith	VeloRefined Rule 5
96	09:36	Tom	Cox	Saint Piran
97	09:37	John	French	Oxford City RC
98	09:38	Edward	James	VTTA (London & Home Counties)
99	09:39	James	Stone	Brighton Excelsior CC
100	09:40	Mark	Smith	Crawley Wheelers
101	09:41	Tom	Houghton	South Downs Bikes / Casco Pet
102	09:42	James	Thomas	Epsom CC
103	09:43	Simon	Hall	Stourbridge CC
104	09:44	Joshua	Thomas	Epsom CC
105	09:45	Andrew	Meilak	VeloRefined Rule 5
106	09:46	Christian	Yates	East Grinstead CC (Merlin Cycle Coaching)
107	09:47	Chris	Boddy	AeroCoach
121	Reserve	Neil	Duffin	Wiltshire Police Cycling Team
122	Reserve	Simon	Carter	Paceline RT
123	Reserve	Tristan	Galloway	GS Mossa
124	Reserve	Laurence	Noott	Evolution Triathlon Club
125	Reserve	Justin	Greeley	Norwood Paragon CC
126	Reserve	Chris	Stagg	Utag RT
127	Reserve	Edward	Hales	London Dynamo
128	Reserve	James	Trigg	Redhill CC
129	Reserve	Stewart	Twidle	Njinga Cycling
130	Reserve	Christian	Geldard	North Hampshire RC

ROAD BIKE EVENT START SHEET

<u>number</u>	<u>start time</u>	<u>firstname</u>	<u>lastname</u>	<u>club</u>
108	09:48	Edmond	Long	London Dynamo
109	09:49	Robert	Durnford	Paceline RT
110	09:50	Vojtech	Blazejovsky	PMR
111	09:51	Danny	Halpin	Bristol CX
112	09:52	Michelle	Lock	GS Stella
113	09:53	Richard	Webster	Green Arrow CRT
114	09:54	Dean	Hendry	GS Mossa
115	09:55	Adam	Page	Paceline RT
116	09:56	Richard	Payn	34 Nomads CC
117	09:57	Philip	Hersey	Eagle Road Club
118	09:58	Simon	Skinner	Paceline RT
119	09:59	Dave	Dent	GS Stella
120	10:00	Marcel	Mavronicholas	North Hampshire RC