

### **EPSOM CC 25 Mile Time Trial**

### Saturda September 9th 2022 at 8am H25/88 Course

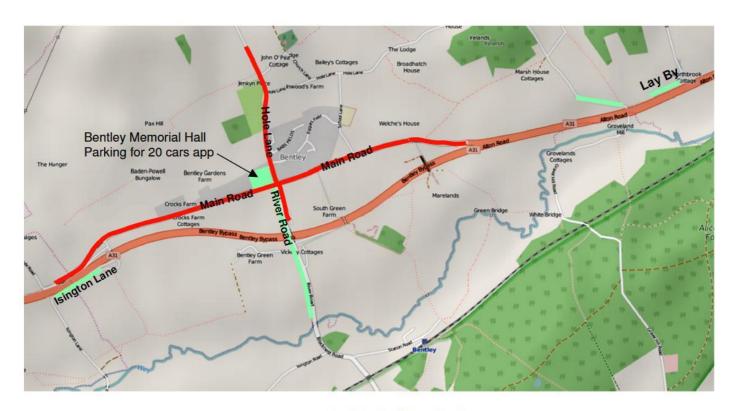
Promoted for and on behalf of Cycling Time Trials under their rules and regulations

HQ: Bentley Memorial Hall Hole Lane Bentley GU10 5NB

Organiser: Paul Deen 9 Revere Way Epsom KT19 9RQ paul@epsomcc.co.uk Mobile 07850 235 408

Timekeepers: Donald Ashton & Maria Golden

Numbers to be collected from the HQ where you must sign on & SIGN OUT. Numbers can be exchanged for a drink when returned. The HQ is in a residential area, please be considerate to the people who live there & keep noise to a minimum. **Note areas where you can park on map below** 



Please park considerately 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**

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.

Please sign on and collect your numbers from the headquarters and return numbers after & sign 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.

No cleats or bikes in in the hall.

Please allow at least 15 minutes to get to the start as it is 2.5 miles away

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, shall be parked at the start or finish

Route from HQ to Start. Proceed East from Bentley to join the A31 and proceed 2 miles to Runwick Lane. Pull over to side and cross the carriageway over to River Lane when safe to do so. Please Allow at least 15 minutes to get to the start as it is 2.5 miles from the hall

The normal dual carriageway of the A31 has been reduced to a single lane at a point approximately 19.5 miles 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.

Returning 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.

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 Map (downloadable as GPX): <a href="https://www.plotaroute.com/route/3071">https://www.plotaroute.com/route/3071</a>

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

HARD SHELL HELMETS that meets an internationally accepted safety standard are compulsory

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

OS Ref	Course Description	Dist
822455	START in the lead out from the River Lane/Runwick Lane cross roads on the south side at a point adjacent to the second road drain just before joining the A.31.	00.00
736403	Proceed westwards along the Bentley By-pass, through Froyle (Dual carriageway reduced to a single lane for approx half a mile) and proceed on the A.31 to the Holybourne Roundabout.	06.50
704374	Keeping to the LEFT lane take the first exit (M) straight ahead) and continue on the A.31 to the roundabout at Chawton (approach in the RIGHT lane) (M2) at the junction with the A.32. (1st TURN).	09.40
734403	Circle the roundabout (M3/4) and take the fourth exit (M5) (LEFT lane) back on to the A.31 and continue to the Holybourne Roundabout.(Keep to the RIGHT lane) (M6). Great care, downhill approach. Circle the roundabout (M7/8) (2nd TURN) to take the third exit (M1) back on the A.31 keeping to the left lane.	12.48
704374	Continue on the A.31 to the Chawton roundabout at the junction with the A.32 (M2). Circle the roundabout (3rd TURN) (M3/4) and take the fourth exit (M5) (LEFT lane) back on to the A.31 and continue to the Holybourne roundabout,(Keep to the left lane to go straight ahead) downhill approach (Great care). (avoid first exit) (M7)	15.54
734403	At Holybourne roundabout take the second exit (M8) (straight ahead) keeping on the A.31 to go through Froyle (Dual carriageway reduced to a single lane for approx half a mile) continue along the Bentley By-pass	
820454	Continue to a point on the north side, 1108yds beyond the County boundary stone,85yds beyond the centre of the gateway to Bunces Farm and 245 yds short of the Start point (on the south side) where FINISH.	25.00

### **Prizes**

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

We will have live provisional results at www.resultsheet.co.uk

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 £100

No rider can win more than one award.

Fastest Rider	£30	2 <sup>nd</sup> £20
Women:	1 <sup>st</sup> £30	2 <sup>nd</sup> £20
Under 20	1 <sup>st</sup> £20	
20-29	1 <sup>st</sup> £20	
30-39	1st £20	
40-49	1 <sup>st</sup> £20	
50-59	1st £20	
60-69	1st £20	
70-79	1 <sup>st</sup> £20	
80 plus	1st £20	

Fastest 2 up Team £20 each rider

# **TANDEM START SHEET**

No.	Start Time	First Name	Last Name	Club
1	08:01	Paul	Callinan	London Dynamo
2	08:01	Eva	Callinan	Loughborough Lightning / TRG

# **2 UP START SHEET**

No.	Start Time	First Name	Last Name	Club
4	08:04	Pete	Christensen	Hart Evolution Race Team
5	08:04	Andrew	Gall	Hart Evolution Race Team
6	08:06	Barnabas	Purbrook	Sigma Sports   Cannondale RT
7	08:06	James	Boyman	Hoops Velo
8	08:08	Christopher	McNamara	Sigma Sports   Cannondale RT
9	08:08	Simon	McNamara	Sigma Sports   Cannondale RT

# **SOLO START SHEET**

No.	Start Time	First Name	Last Name	Club
10	08:10	Edward	Renwick	Oxford City RC
11	08:11	Mike	Boyce	a3crg
12	08:12	Mark	Lisk	3C Cycle Club
13	08:13	David	England	Crabwood Cycling Club
14	08:14	Peter	Horsfield	Redmon CC
15	08:15	lan	Patterson	Utag RT
16	08:16	Tony	Reeves	GS Stella
17	08:17	Richard	Mothersole	Epsom CC
18	08:18	Ben	Voller	Ex Machina
19	08:19	Christina	Teague	Epsom CC
20	08:20	Mark	Greenwood	Lungs 2 Legs
21	08:21	Daniel	Madden	University of Birmingham CC
22	08:22	David	Welling	Farnham RC
23	08:23	Paul	Tippett	Crawley Wheelers
24	08:24	Matthew	Gilmour	Velo Club Venta
25	08:25	Jonny	Newell	Twickenham CC
26	08:26	Tom	Cox	Saint Piran
27	08:27	Andy	Self	North Hampshire RC
28	08:28	Bruce	McMichael	Hounslow & District Whs
29	08:29	Peter	Tomlin	North Hampshire RC
30	08:30	Chris	Murray	Army Cycling
31	08:31	Gavin	Hughes	Kingston Phoenix RC
32	08:32	Nicolas	Stagg	Hounslow & District Whs
33	08:33	Andrew	Simpkins	Team Echelon
34	08:34	Karl	Norris	360VRT