

**VTTA East Midlands Group**  
**10 Miles Time Trial**  
**Saturday 22<sup>nd</sup> April 2023 – start 2:00pm**  
**(Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations)**

Event Secretary: D.Yarham. 7 Torpel Way, Maxey, Peterborough, PE6 9EQ  
Tel: 01778 343077    Mobile: 07932 162471

Timekeepers: Mrs S Bowler                    South Pennine RC  
                  Mr W Stanley                                Melton Olympic CC

Course: A10/3.

Start at grid reference SK697419 ten yards north of 'Clearway' sign on A6097 inside the white line marking edge of slip road onto A46 northbound. Start level with drop down kerb, back wheel up against kerb edge which is 90 degrees to the carriageway. (Riders can taper onto the slip road as traffic allows/dictates) Join the A46, proceed north until Elston/Thorpe junction. Follow junction sweeping left to turn left at T junction, cross over the A46, take first left and sweep left to rejoin A46 southbound. Continue on A46 until East Bridgford/Car Colston junction. Left onto slip road. Continue to small roundabout, turn left onto unclassified road towards Car Colston to finish at large signboard. Grid reference SK720428. 10.02 miles. NOTE: The sign shows no information when approaching from direction of travel. The reverse side viewed from the east informs of the roundabout.

Headquarters: Gunthorpe Village Hall, Davids Lane, Gunthorpe, Nottingham, NG14 7EW. The HQ will be open from 12:30pm.

Local Regulations:    No warming up on the A46 after the start of the event

Parking:            There is limited hard standing parking at the village hall (15 – 20 cars) and parking may be available on the playing field (weather permitting). **To maximise use of the hard standing please be considerate with static warm up on this area.** There is on street parking in the local residential roads (please park with consideration for local residents and do not park on the pavements). Please do not park at the start but there is a very wide verge area near the roundabout on the road towards Newton (Main Street) and very close to the start.

Safety:            Working front and rear lights, either flashing or constant, must be fitted to your machine in a position visible to other road users and be active while the machine is in use. A hard shell helmet that meets internationally accepted safety standards must be worn.

Directions to Start from HQ (c2.5 miles)

The quickest route to the start is to make your way back to the A6097, turn left onto the A6097 and continue across the Trent and up the hill to the roundabout and slip road leading onto the A46 northbound.

An alternative route (approx 3.5 miles) is through the village of East Bridgford. Cross the Trent on the A6097 bridge and turn immediately left (Trent Lane) and follow into East Bridgford. There is a steep climb up to the church and straight over the crossroads (a slight dog-leg – Main Street) to continue through the village (Butts Lane) and over the A46. Turn right at the junction and proceed to the roundabout where you take the 3rd exit to approach the A6097 roundabout and A46 sliproad from the opposite direction.

Directions back from Finish

Proceed through the finish and find a safe place to turn. Retrace your route past the finish to the roundabout and take the first exit (left). Continue for a short distance and take the first road on the right (Butts Lane). This takes you over the A46 and into East Bridgford. At the crossroads in the centre of the village (near the church) go straight over (a slight dog-leg – into Trent Lane) and descend the steep hill down to the river Trent and along to the A6097. Turn right over the bridge (a footpath is available if you do not wish to cross the road) and then immediately right into Gunthorpe. The first left takes you back along the main street with David's Lane on the right. It is just under 3 miles back to the HQ from the finish.

Numbers: At headquarters, exchange for a free drink after the event. Please note, that competitors must sign-in in order to collect their number AND sign-out when returning their number. Failure to sign-out after completing the event will result in the competitor being classed as dnf.

Please do not arrive at the start more than 5 minutes before your allotted start time.

Refreshments: Filled rolls and cakes will be available at the HQ. Please note that all profits from the refreshments at VTTA East Midlands events are donated to local Air Ambulance charities.

Finally, keep your head up and have a safe and fast ride.

Awards: (One rider – one prize)

On Age Adjusted Time: 1<sup>st</sup> £30 2<sup>nd</sup> £20 3<sup>rd</sup> £15 4<sup>th</sup> £12 5<sup>th</sup> £10  
 On Actual: 1<sup>st</sup> £30 2<sup>nd</sup> £20 3<sup>rd</sup> £15 4<sup>th</sup> £12 5<sup>th</sup> £10  
 On Handicap: 1<sup>st</sup> £30 2<sup>nd</sup> £20 3<sup>rd</sup> £15 4<sup>th</sup> £12 5<sup>th</sup> £10  
 Fastest Lady on Actual Time: £30  
 Team of 3 on Age Adjusted Time: £10 each  
 Team of 3 on Actual: £10 each

No	Name	Club	Cat	Age	AgeAdj	Handicap	StartTime
5	Harry Cowley	Chester RC	V	75	4:14	8:49	14:05
6	Kathryn Smith	Sleaford Wheelers Cycling Club	FV	69	5:52	8:51	14:06
7	David Hayward	Matlock CC	V	78	4:59	8:33	14:07
8	Michael Allen	Team Enable - M.I. Racing - McCann	V	76	4:29	3:43	14:08
9	Stephen Clark	Sherwood CC	V	53	1:01	5:18	14:09
10	Matthew Uttley	Nottingham Clarion CC	V	48	0:35	1:55	14:10
11	Rob Muzio	Team Ohten Aveas	V	58	1:31	2:26	14:11
12	Isaac Russell	Team PB Performance	S	21		3:15	14:12
13	Mick Stevens	Melton Olympic CC	V	73	3:48	4:14	14:13
14	Phil Wright	Hartlepool CC	V	68	2:52	6:17	14:14
15	Nick Hammond	Ilkeston Cycle Club	S	38		2:02	14:15
16	Stephen Robinson	Velo Club Long Eaton	V	59	1:38	2:55	14:16
17	Mark Tomlinson	Peterborough CC	V	42	0:08	3:21	14:17
18	Sarah Harrison	Trek Sheffield	FV	49	3:12	5:04	14:18
19	Roy Oakes	Team Ohten Aveas	V	78	4:59	7:38	14:19
20	Mark Greenwood	Lungs 2 Legs	V	48	0:35	1:14	14:20
21	Jez Willows	Sherwood CC	V	57	1:24	2:25	14:21
22	Steven Loraine	Legato Racing Team (LRT)	V	66	2:33	3:10	14:22
23	Ben Turner	Velo Club Long Eaton	V	47	0:30	4:11	14:23
24	Ben Hamilton	Rutland Cycling Club	V	76	4:29	6:13	14:24
25	Richard Harrison	DRAG2ZERO	V	45	0:21	1:18	14:25
26	James Byatt	Sherwood CC	S	39		2:52	14:26
27	Denise Burrows	AeroCoach	FV	44	2:46	3:47	14:27
28	Susan Semple	Legato Racing Team (LRT)	FV	57	4:02	4:37	14:28
29	Matthew Sewell	Beeston Road Club	V	47	0:30	7:16	14:29
30	Mark Jones	DRAG2ZERO	V	51	0:50	0:48	14:30
31	Neil Cleminshaw	ADDFORM Vive Le Velo	V	53	1:01	2:21	14:31
32	Mark Bottrill	Team Bottrill	S	38		3:08	14:32
33	Andrew Askwith	Vive Le Velo	V	58	1:31	4:09	14:33
34	Martin Lister	Witham Wheelers / Grantham	V	70	3:13	6:05	14:34

35	Lucas Jowett	Saint Piran	J	18		1:52	14:35
36	Alastair Semple	Legato Racing Team (LRT)	V	55	1:12	2:43	14:36
37	Loz Staples	Spalding CC	V	49	0:40	3:28	14:37
38	Russell Carter	South Pennine RC	V	61	1:52	5:04	14:38
39	Jo Corbett	Sherwood CC	FV	67	5:30	6:53	14:39
40	James Richards	WardPerformanceUK.com	S	25		0:47	14:40
41	Mike Twelves	Team Ohten Aveas	V	59	1:38	2:18	14:41
42	Graham Heaton	City RC (Hull)	V	56	1:18	2:58	14:42
43	Chris Spray	Ratae RC	V	56	1:18	4:07	14:43
44	Gillian Campbell	Born to Bike - Bridgtown Cycles	FV	59	4:17	5:55	14:44
45	Rich Steels	HUUB WattShop	V	44	0:17	1:34	14:45
46	Anthony Morris	VC de Londres	J	18		2:41	14:46
47	Simon Inman	OVB	V	50	0:45	3:24	14:47
	Michael						
48	Wilkinson	South Normanton C C	V	63	2:08	4:29	14:48
49	Mark Shore	Walsall Roads Cycling Club	V	64	2:16	6:43	14:49
50	Ollie Hucks	Kalas Motip	S	24		0:28	14:50
51	Steve Gibson	Peak Road Club	V	56	1:18	2:12	14:51
52	Ed Watson	Ratae RC	V	47	0:30	2:56	14:52
53	John Odell	Nottingham Clarion CC	V	44	0:17	4:01	14:53
54	Nigel Briggs	South Pennine RC	V	62	2:00	5:31	14:54
55	Andy Thomas	Lindsey Roads Cycling Club	V	53	1:01	1:29	14:55
56	Joseph Costello	Legato Racing Team (LRT)	V	64	2:16	2:35	14:56
57	Craig Barton	Elite Cycling	V	49	0:40	3:23	14:57
58	John Hind	Bolsover and District CC	V	58	1:31	4:24	14:58
59	Stuart Bramley	Sherwood CC	V	50	0:45	6:25	14:59
60	Alex Pritchard	HUUB WattShop	S	26		0:09	15:00
61	Martin Fisher	Melton Olympic CC	V	43	0:13	2:08	15:01
62	Kevin Wood	Sherwood CC	V	61	1:52	2:55	15:02
63	Simon Geraci	Swift Racing	V	55	1:12	3:55	15:03
64	Kevin Humphreys	Sherwood CC	V	63	2:08	5:29	15:04
65	Robert West	Team Ohten Aveas	V	48	0:35	1:18	15:05
66	Keith Palmer	Ilkeston Cycle Club	V	48	0:35	2:32	15:06
67	Colin Parkinson	South Western Road Club	V	61	1:52	2:29	15:07
68	Andy King	Kettering CC	V	62	2:00	2:20	15:08
69	Phillip Tyas	Barnsley Road Club	V	41	0:04	2:04	15:09
70	Richard Oakes	Team Ohten Aveas	V	54	1:06	0:00	15:10