



EPSOM CC 10 Mile Time Trial

24th June 2023 at 14:00 H10/8 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. Email: Open10@epsomcc.co.uk Mobile 07850 235 408

Timekeepers: Donald Ashton & Maria Golden

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

Numbers to be collected from the HQ where you must sign on and sign out. Note that failure to return number and sign out will result in a DQ. 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 AT BENTLEY MEMORIAL HALL HQ

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 sign on and collect your numbers from the headquarters and return numbers after **& sign out**

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



No time may be recorded if number is not correctly positioned.

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

No cleats or bikes in in the hall.

MAKING YOUR WAY TO THE START

Please allow at least 10 minutes to get to the start

Competitors are requested not to warm up on the course after the first rider has started.

No vehicles, except those of the timekeepers, shall be parked at the start or 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.**

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 junction just short of the 'Bull' PH and continue for 760 yards to the lay-by start point.

IN THE INTERESTS OF YOUR OWN SAFETY

CTT regulations require the compulsory use of helmets for the under 18's. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft 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 in a position clearly visible to following road users and is active while the machine is in use.

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

OS Ref	H10/8 Course Description	Dist
796442	Start at a point in the lead out onto the A31 from the lay-by on the south side at the commencement of the Bentley by-pass, approximately 800 yards west of the Bull Public House on the north side of the A31 and 5 yards beyond the last but one drain grating and 25 yards short of the large road direction sign marked 'Bentley 1/2m'.	00.00
736403	Proceed (Care) to join the A31 and continue to go westwards along the Bentley by-pass through Froyle to the Holybourne roundabout (Turn)	4.702
802443	Circle the roundabout (M2, M3, M4) (Check) and take the third exit back on to the A31 to retrace, going through Froyle and along the Bentley by-pass to a point 10 yards beyond the concrete end of a water culvert on the north side and 63 yards short of the Gravel Hill Road minor crossroad and 163 yards short of The Bull to finish	10.00

The normal dual carriageway of the A31 has been reduced to a single lane at a point approximately three 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. Strava Segment: <https://www.strava.com/segments/643014>

There will be marshals Official Observers and checkers stationed around the course but it is 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.

Prizes

All prizes will be awarded on time. No rider can win more than one award

Fastest Rider £30 2nd £20 3rd £10

Fastest Women: £30 2nd £20 3rd £10

Under 30 1st £20

30-39 1st £20

40-49 1st £20

50-59 1st £20

60 plus 1st £20

70 plus 1st £20

80 plus 1st £20

START SHEET

Bib	Start	First Name	Last Name	Club	Gender
1	14:01	Wayne	Baker	Team Echelon	Male
2	14:02	Richard	Williams	Farnham RC	Male
3	14:03	Tom	Cosgrove	VTTA (London & Home Counties)	Male
4	14:04	Demetrius	Onoufriou	Farnham RC	Male
5	14:05	Mark	Woolford	ZeroBC Race Team	Male
6	14:06	Jorj	James	LFGSS CC	Male
7	14:07	Becca	Lewin	BellaVelo cc	Female
8	14:08	Graham	Morrison	Newbury Velo	Male
9	14:09	Gregory	Woodford	Reading CC	Male
10	14:10	Scott	Warden	Charlottesville Cycling Club	Male
11	14:11	Bob	Brabbins	VTTA West Group	Male
12	14:12	Steve	Skinner	Southdown Velo	Male
13	14:13	Mark	Welch	Oxted Cycle Club	Male
14	14:14	Jonathan	Besly	Dorking Cycling Club	Male
15	14:15	Peter	Drabble	V C Meudon	Male
16	14:16	Alexa	Forbes	London Dynamo	Female
17	14:17	Carl	Bond	Kenton RC	Male
18	14:18	Mark	Thomas	Bigfoot CC	Male
19	14:19	Nolan	Heather	Horsham Cycling	Male
20	14:20	Richard	Llewellyn	Imperial Racing Team	Male
21	14:21	Martin	Whitty	...a3crg	Male
22	14:22	Stephen	Valentine	North Norfolk Whs	Male
23	14:23	David	Bagdan	Oxonian CC	Male
24	14:24	Russell	Kober	Velo Club Venta	Male
25	14:25	Peter	Younghusband	Petersfield Triathlon Club	Male
24	14:26	Steve	Davies	Farnham RC	Male
27	14:27	Richard	Keevil	GS Stella	Male
28	14:28	Oliver	Roberts	PBscience.com	Male
29	14:29	James	Amy	VTTA (Surrey/ Sussex)	Male
30	14:30	Andy	Critchlow	Paceline RT	Male
31	14:31	Tony	Dodsworth	Hoops Velo	Male
32	14:32	Matthew	Butler	Charlottesville Cycling Club	Male
33	14:33	Mark	Jones	GS Stella	Male
34	14:34	Edward	Renwick	Oxford City RC	Male
35	14:35	Angela	Carpenter	...a3crg	Female
36	14:36	Stuart	Hourigan	VeloRefined Rule 5	Male