Startsheet

SPOCO SC 22

| Start Number | Start Time | Rider | Club | Gender | Category |
|--------------|---------------|-------------------------|--------------------------|--------|----------|
| n/a | n/a | Joe Skipper | | male | |
| n/a | n/a | Nick Hastler | Essex Roads CC | male | |
| n/a | n/a | Colin Wilgress | Essex Roads CC | male | |
| n/a | n/a | David Bryant | | male | |
| n/a | n/a | Jason Chester | Essex Roads CC | male | |
| n/a | n/a | John Iszatt | | male | |
| n/a | n/a | Ewan Hendon | | male | |
| n/a | n/a | Stephen McDonald | | male | |
| n/a | n/a | Roger Porter | Verulam CC | male | |
| n/a | n/a | Gwen Cook | Essex Roads CC | male | |
| n/a | n/a | Helen Boatman | Team Milton Keynes | male | Senior |
| n/a | n/a | Andrew Shaw | Essex Roads CC | male | |
| n/a | n/a | Jonathan Hemming | Addiscombe CC | male | |
| n/a | n/a | Paul Sexton | | male | |
| n/a | n/a | Alex Eason | Chelmer CC | male | |
| n/a | n/a | Chris Milne | | male | |
| n/a | n/a | Eric Angell | Redbridge CC | male | |
| n/a | n/a | David Miesner | Shaftesbury CC | male | |
| n/a | n/a | Corinna Francis | Chelmer CC | male | |
| n/a | n/a | Tony Capon | Becontree Wheelers CC | male | |
| n/a | n/a | Douglas Williams | | male | Vet |
| n/a | n/a | Karthic Kukathasan | Becontree Wheelers CC | male | |
| n/a | n/a | Robin Johnson | Brighton Mitre CC | male | |
| n/a | n/a | Colin Clarke | | male | |
| n/a | n/a | Kuruparan Kukathasan | Essex Roads CC | male | |
| n/a | n/a | Alan Nye | | male | |
| n/a | n/a | Stephen Holmes | Essex Roads CC | male | |
| n/a | n/a | Hugh Vivian | Finsbury Park CC | male | |
| n/a | n/a | Christine Yareham | ĺ | male | |
| n/a | n/a | Douglas Yareham | | male | |
| n/a | n/a | Giselle Devlin | Essex Roads CC | male | |
| n/a | n/a | Christopher Tomkins | Hainault RC | male | |
| n/a | n/a | Owen Bannister | | male | |

Startsheet for: SPOCO SC 22 19/08/2009

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

| Start Number | Start Time | Rider | Club | Gender | Category |
|--------------|---------------|----------------|------|--------|----------|
| n/a | n/a | Neil Dowie | | male | |
| n/a | n/a | John Bonnyhood | | male | |