Southern Counties Cycling Union

Founded 1898 President Jan Sommerfeld

Open 21 Mile Hardriders Time Trial

(Promoted For and On Behalf of Cycling Time Trials under their Rules and Regulations)

In Memory of Don Glover

Sunday 20th March 2016

Qualifying event for SPOCO South East Group 2 Course GS/334

Start Sheet

Headquarters:-

Bletchingley Village Hall 78 High Street Bletchingley RH1 4PA Large Hall opens at 8.00 am Large Car Park at rear

Timekeepers:-

Lesley Donington Clarence Wheelers
Bob Donington Clarence Wheelers

Jan Tully Recorder Anerley B C

Awards:-

Men First £40 Women First £30 Vets on CTT Target Time 2^{nd} £30 2^{nd} £20 1^{st} £40 2^{nd} £30

Team of Three

1st £20 each 2nd £10 each

Bill Diplo Cup Fastest rider from a SCCU affiliated Club

Thanks to our very generous prize fund donors who enable the Counties to provide such an excellent award list.

Promoting Secretary

Bryn Tully 8 Hartscroft Linton Glade Croydon CR0 9LA

Email bryntully@hotmail.com

'phone 0208 651 1429

Mobile on Race Day only 07939764830

COURSE DETAILS GS/334

| OS Ref | <u>Details</u> | <u>Dista</u> | <u>ances</u> | | |
|--------|--|--------------|--------------|--|--|
| 338512 | START in mouth of Waterhouse Lane at its westernmost junction with A25 | 0.0 | 0.0 | | |
| | <u>LEFT</u> and follow A25 through Bletchingley and over Motorway Bridge to | | | | |
| 309506 | junction with Coopers Hill Road (CHECK) | 1.9 | 1.9 | | |
| | LEFT and follow Coopers Hill Road under Railway and Motorway Bridges. | | | | |
| | Continuing south, Coopers Hill Road leads into Prince of Wales Road, which | | | | |
| | then becomes Dayseys Hill and finally Rookery Hill. Follow Rookery Hill to | | | | |
| 320441 | T-Junction with Chapel Road (CHECK) | 4.5 | 6.4 | | |
| | LEFT into Normans Road which leads into Scott's Hill. Follow Scott's Hill | | | | |
| | northwards past Outwood Mill. Continue northwards, now in Outwood | | | | |
| 328508 | Lane to T-Junction with A25 at Bletchingley (CHECK) | 4.6 | 11.0 | | |
| | <u>LEFT</u> along A25 and over Motorway Bridge to junction with Coopers Hill | | | | |
| 309506 | Road (CHECK) | 1.2 | 12.2 | | |
| | LEFT and follow Coopers Hill Road under Railway and Motorway Bridges. | | | | |
| | Continuing south, Coopers Hill Road leads into Prince of Wales Road, which | | | | |
| | then becomes Dayseys Hill and finally Rookery Hill. Follow Rookery Hill to | | | | |
| 320441 | T-Junction with Chapel Road (CHECK) | 4.5 | 16.7 | | |
| | LEFT into Normans Road which leads to Scott's Hill. Follow Scott's Hill | | | | |
| | northwards past Outwood Mill. Continue northwards, now in Outwood | | | | |
| 327502 | Lane, to FINISH at 30 mph signs at top of hill on both sides of the road | 4.3 | 21.0 | | |
| | shortly before first houses and approximately 530 yards before T-Junction | | | | |
| | with A25 in Bletchingley. | | | | |
| | Course designed by Don Glover | | | | |
| | Course Record Steve Dennis 49.38 Event Record Steve Kane 50.35 | | | | |

Specific Warnings for Course GS/334

- ~ Competitors must exercise EXTRA CARE when turning LEFT at T-Junction with CHAPEL ROAD, when crossing the NARROW railway bridge in OUTWOOD LANE and when turning LEFT to A25.
- ~ Competitors are warned of CURBED WIDTH RESTRICTIONS (blocking Cycle Lane) as you enter Bletchingley soon after the START and the possibility of CROSSWINDS on the BRIDGE over M23.
- ~ Please be aware that there is a Riding School at Rookswood Farm Stables, Rookery Hill, so don't be surprised if you encounter a HORSE on the road and proceed with care.

SAFETY INSTRUCTIONS

- ~ No vehicles, except those of the Timekeepers and Event Officials, shall be parked in the vicinity of the Start and Finish areas
- ~ Competitors are asked not to WARM UP on the Course after the first competitor has started.
- ~ Details of any ADDITIONAL HAZARDS will be displayed or advised at the SIGNING ON POINT.
- ~All Competitors must take note of these details when they sign on
- ~ NO TIMES will be given at the Finish
- ~In the interests of your own safety, CTT and the Event Promoters strongly advise all competitors to wear a HARD/SOFT SHELL HELMET that meets internationally accepted standards.
- ~BODY NUMBERS will be issued at the HEADQUARTERS. Please ensure that your number is fitted in a readable position in accordance with CTT Reg No.15. If the Timekeepers can't see your number, you won't get a time! Afterwards return your number for a COMPLIMENTARY DRINK.
- "It is recommended that a working REAR LIGHT, either constant or flashing, is fitted to your machine in a position clearly visible to other road users and active while the bike is in use.
- ~FINALLY thanks for entering, have a SAFE RIDE, keep your HEAD UP and ACCIDENTS DOWN

| | | | | | CTT Target |
|------|----|------------------|-----------------------|------|------------|
| ToS | No | Name | Club | Cat | Time |
| 9.02 | 2 | Chris Brewer | Redmon C C | V55 | 0:58:36 |
| 9.03 | 3 | Matt Singer | 34 Nomads CC * | V46 | 0:54:51 |
| 9.04 | 4 | Steve Valentine | Elite Cycling * | V58 | 0:59:54 |
| 9.05 | 5 | Andrew J Green | Old Portlians CC | V49 | 0:56:05 |
| 9.06 | 6 | David Haggart | De Laune CC | V55 | 0:58:36 |
| 9.07 | 7 | Jonathan Hemming | Ocean Lake Triathlon | V46 | 0:54:51 |
| 9.08 | 8 | Chris Jolliffe | Crawley Wheelers * | V58 | 0:59:54 |
| 9.09 | 9 | Joan Lennon | Worthing Excelsior CC | WV59 | 1:03:59 |
| 9.10 | 10 | Richard Tully | Elite Cycling | M39 | |
| 9.11 | 11 | Alexander Kew | Kingston Phoenix RC | V45 | 0:54:27 |
| 9.12 | 12 | Luke De Quay | East Grinstead CC | M31 | |
| 9.13 | 13 | Stephen Allport | Bec CC | V40 | 0:52:30 |
| 9.14 | 14 | Richard Opie | Kingston Phoenix RC | V49 | 0:56:05 |
| 9.15 | 15 | Katie Crowe | Dulwich Paragon CC | W39 | |
| 9.16 | 16 | David Watt | Kingston Phoenix RC | M36 | |
| 9.17 | 17 | Carl Stephens | Basildon CC | V46 | 0:54:51 |
| 9.18 | 18 | Chris Holmes | Norwood Paragon CC | V40 | 0:52:30 |
| 9.19 | 19 | Kathryn Morris | Dulwich Paragon CC | W36 | |
| 9.20 | 20 | Alys Mathew | Clapham Chasers | W37 | |
| 9.21 | 21 | Andrew Seltzer | In-Gear Quickvit RT * | V50 | 0:56:30 |
| 9.22 | 22 | Russell Hicks | Oxted Cycle Club | V62 | 1:01:41 |
| 9.23 | 23 | Mike Morley | Kingston Phoenix RC | V74 | 1:07:20 |
| 9.24 | 24 | Andrew Drake | East Grinstead CC | M33 | |
| 9.25 | 25 | Lisa Haines | Maldon & District CC | W35 | |
| 9.26 | 26 | Serge Bouschet | Dulwich Paragon CC | V43 | 0:53:40 |
| 9.27 | 27 | David Marshall | Hemel Hempstead CC | V50 | 0:56:30 |
| 9.28 | 28 | Will Weichhart | Becontree Whlers CC | V43 | 0:53:40 |
| 9.29 | 29 | Sarah Phelps | Brighton Mitre CC | W28 | |
| 9.30 | 30 | Mark Perry | Look Mum No Hands! * | M39 | |
| 9.31 | 31 | Jonathan Pontin | Addiscombe CC | M25 | |
| 9.32 | 32 | Marcus Brueton | Norwood Paragon CC | V44 | 0:54:03 |
| 9.33 | 33 | Daniel Pink | Bigfoot CC | M29 | |
| 9.34 | 34 | Paolo Nistri | Albarosa CC * | V41 | 0:52:53 |
| 9.35 | 35 | Kevin Grimshaw | Bigfoot CC | V49 | 0:56:05 |
| 9.36 | 36 | Gary Brind | South Downs Bikes * | V42 | 0:53:16 |
| 9.37 | 37 | Phil Hersey | Eagle Road Club | V42 | 0:53:16 |
| 9.38 | 38 | Chris Hewitt | Oxted Cycle Club | M32 | |
| 9.39 | 39 | Barry Robinson | a3crg | V41 | 0:52:53 |
| 9.40 | 40 | Mark Emsley | Team ASL360 * | M26 | |

| T-6 | | Name | Club | C-1 | CTT Target |
|-------|----|----------------|------------------------------|-----|------------|
| ToS | No | Name | Club | Cat | Time |
| 9.41 | 41 | James Stuart | Norwood Paragon CC | V41 | 0:52:53 |
| 9.42 | 42 | Carl Ferri | Cadence Performance * | V46 | 0:54:51 |
| 9.43 | 43 | Oliver Hurrell | Basildon CC | M29 | |
| 9.44 | 44 | Simon Trehearn | Kingston Phoenix RC | V41 | 0:52:53 |
| 9.45 | 45 | Paul Callinan | London Dynamo | V45 | 0:54:27 |
| 9.46 | 46 | Ian Bashford | Old Portlians CC | V60 | 1:00:47 |
| 9.47 | 47 | James Horan | South Downs Bikes * | V46 | 0:54:51 |
| 9.48 | 48 | Dale Lush | Kingston Phoenix RC | M37 | |
| 9.49 | 49 | David Eccles | Redmon C C | V68 | 1:04:26 |
| 9.50 | 50 | Steven Kane | Brighton Excelsior CC | M27 | |
| 9.51 | 51 | Matt Peel | Redhill CC | M31 | |
| 9.52 | 52 | Graham Hurrell | Basildon CC | V56 | 0:59:01 |
| 9.53 | 53 | Iain Boardman | Dulwich Paragon CC | V42 | 0:53:16 |
| 9.54 | 54 | Danny Halpin | LFGSS CC | V42 | 0:53:16 |
| 9.55 | 55 | Keith Lea | Paceline RT | V46 | 0:54:51 |
| 9.56 | 56 | Philip Murrell | Finsbury Park CC | V46 | 0:54:51 |
| 9.57 | 57 | James Griffin | Kingston Wheelers CC * | M28 | |
| 9.58 | 58 | Barry Stewart | Bigfoot CC | M34 | |
| 9.59 | 59 | Andrew R Green | Bec CC | V41 | 0:52:53 |
| 10.00 | 60 | Steve Dennis | East Grinstead CC | V52 | 0:57:19 |

[#] CTT Target Time reduced from 25m to 21m

The Southern Counties Cycling Union Good Friday Meeting

This iconic event returns to the Lee Valley VeloPark on Friday 25 March 2016

With over 100 years of history, the Good Friday Meeting is the oldest Track meeting in Britain and predates the Tour de France. It attracts some of the world's best riders and will be one of the few opportunities to see Team GB riders in action on home soil ahead of the Rio Olympics. Over the years the Good Friday Meeting has seen the likes of Sir Bradley Wiggins, Sir Chris Hoy, Victoria Pendleton, Jody Cundy, Andy Tennant and Ed Clancy compete at this unique track cycling event.

It is unique due to the open nature of the racing which sees amateur riders take on professionals

Entertaining for both the long time fans and the newly converted it's an event for all those who cherish bike racing and watching competition at its most thrilling.

General admission for the Good Friday Meeting starts at £16.50 with presale VIP tickets at £19.25 (all tickets include booking fee). Just one ticket allows access to a whole day's racing. Further information at www.eventim.co.uk/TheGoodFridayMeeting

^{*} Sponsored Clubs