

## **FARNHAM ROAD CLUB**

**Open 10 Mile Time Trial – incorporating the Ron Wickerson Memorial Trophy  
Saturday 21<sup>st</sup> May 2016 1.00pm**

### **IMPORTANT NOTICE FOR ALL COMPETITORS**

Dear cyclist,

Thank you for entering our time trial. In order to help this event run smoothly, this start sheet contains a little more information than usual. One difference for this year is that there may be a random doping check in place after the event – there will be signs on display near the signing-on sheets (see attached). Please make sure you return to the HQ after your race in case you are required for doping control. Once again the HQ is at Bentley Memorial Hall and there have been some detail changes to parking arrangements for this year's event – please check the attached map to see where parking is permitted. Finally we are still keen to stay on the right side of the Bentley villagers so please demonstrate consideration to the Bentley residents by doing the following:

- Avoid causing extra noise and disturbance – e.g. repeated car door slamming, turbo training near houses, talking loudly etc.
- Park considerately – use the memorial hall car park to the maximum, do not park in Hole Lane or London Road (the main road through Bentley), do not block off residents access to their houses. Park south of the cross roads on the verges – see attached map for more information.
- Observe the Highway Code at all times – avoid riding two abreast on narrow sections of road and allow residents to pass quickly.
- Mind your language!
- Show consideration and respect for the village residents at all time

Thanks for your help in maintaining the goodwill of the local residents. Remember, it is up to all of us to make sure the events based on the A31 can continue to run in the future.

John Cooke  
Event Organiser  
Farnham Road Club  
Tel: 01252 541473  
Mob: 0796 6920595  
Email: [johncharles.cooke@btinternet.com](mailto:johncharles.cooke@btinternet.com)  
Website: [www.farnhamroadclub.co.uk/](http://www.farnhamroadclub.co.uk/)

# FARNHAM ROAD CLUB

## Open 10 Mile Time Trial – incorporating the Ron Wickerson Memorial Trophy Saturday 21<sup>st</sup> May 2016 1.00pm Course H10/8 START SHEET

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

### Event Secretary

John Cooke, 30 Salisbury Road, Farnborough, Hampshire, GU14 7AL

Tel: 01252 541473  
Mob: 0796 6920 595

### Event Headquarters

Bentley Memorial Hall, Bentley, Hampshire – Numbers and signing on at the hall, allow 10 minutes to reach the start. Numbers can be exchanged for refreshments after the race.

### Timekeepers

Jim Brown, *Farnham RC*  
Deana Rice, *Farnham RC*

| OS Ref |  | Distance |
|--------|--|----------|
| 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" | 0.000    |
| 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) 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 crossroads and 163 yards short of The Bull to where FINISH  | 10.000   |
|        | (Distance between start and finish is 697 yards)   |          |

### How to get to the start from the Race HQ (Approx 15 minutes riding time):

From Bentley Memorial Hall, turn left and proceed along London Road (North East) until joining the A31 via a slip road. Follow the A31 east for half a mile to the junction (minor cross roads) just before the Bull PH. Turn right with GREAT CARE – across the dual carriageway – and retrace along the A31 for approx. 400yds to the lay-by (start point). When you have finished the event turn across the dual carriageway at the next available opening with GREAT CARE and proceed along the A31 past the start point for half a mile to the slip road leading to Bentley. Turn right at the T junction – proceeding over the A31 towards Bentley Memorial Hall.

See Overleaf for important safety information about the course and details of prizes

## **Important safety information – please take the time to read carefully**

The dual carriageway of the A31 reduces to a single lane at a point approximately three miles from the start point. The right hand lane is cross-hatched for a distance of 400yds to finish at a point opposite the Petrol Filling station just beyond the “Hen and Chickens” PH situated on the North side of the A31.

Returning from the Holybourne Roundabout on the North side the road reduces to a single lane by road cross-hatching on the right hand lane commencing 200yds before the junction to Mill Court on the south side and finishing adjacent to the “Hen and Chickens” PH on the North side.

Competitors are to act in a manner appropriate to competing on a single lane carriageway whilst within the restrictions imposed by the crosshatched areas.

### **DC regulations**

#### **Restriction of parking at the Start and Finish**

LWDC 4 No vehicles, except those of the timekeepers, shall be parked at the start or finish

#### **Reporting of breaches of local Regulations**

LWDC 5 All breaches of Local Regulations shall be reported in writing to the London West District Secretary

### **Local Regulations**

#### **H10/8**

H10/8-1 Riders must not cross the central reservation unless using one of the specific breaks in the reservation for that purpose

### **Local Regulations applicable to the use of Bentley Village Hall**

No bicycles to be taken into the hall

Shoes with plates or cleats that could damage the floor to be removed before entering the hall

Please make sure you use the car park to its maximum. No parking in Hole Lane or London Road - park south of the cross roads on the Westerly verge or other suitable parking places shown on the attached map.

Please park considerately and ensure villagers have sufficient space to exit their drives safely.

#### **Awards:**

|                    |                       |               |                       |               |                       |               |
|--------------------|-----------------------|---------------|-----------------------|---------------|-----------------------|---------------|
| <b>Fastest Men</b> | <b>1<sup>st</sup></b> | <b>£50.00</b> | <b>2<sup>nd</sup></b> | <b>£30.00</b> | <b>3<sup>rd</sup></b> | <b>£20.00</b> |
|--------------------|-----------------------|---------------|-----------------------|---------------|-----------------------|---------------|

|                      |                       |               |                       |               |                       |               |
|----------------------|-----------------------|---------------|-----------------------|---------------|-----------------------|---------------|
| <b>Fastest Women</b> | <b>1<sup>st</sup></b> | <b>£50.00</b> | <b>2<sup>nd</sup></b> | <b>£30.00</b> | <b>3<sup>rd</sup></b> | <b>£20.00</b> |
|----------------------|-----------------------|---------------|-----------------------|---------------|-----------------------|---------------|

**Age category prizes: £20 for fastest in each of the following age groups**

|                 |                 |                 |                 |                 |                 |               |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---------------|
| <b>12-18yrs</b> | <b>19-39yrs</b> | <b>40-49yrs</b> | <b>50-59yrs</b> | <b>60-69yrs</b> | <b>70-79yrs</b> | <b>80+yrs</b> |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---------------|

**Ron Wickerson Memorial prize for fastest vet on standard £30.00 in addition to the above**

**Cycling Time Trials and Farnham Road Club strongly advise the use of a hard shell helmet meeting internationally approved safety standards and a working rear light**

| Time                    | No | Name       | Club/team      | Category                        | Age     |    |
|-------------------------|----|------------|----------------|---------------------------------|---------|----|
| <b>Tandem Event</b>     |    |            |                |                                 |         |    |
| 13:02:00                | 2  | David      | Butler         | Charlottesville Cycling Club    | Veteran | 55 |
|                         |    | Peter      | Butler         | Charlottesville Cycling Club    | Espoir  | 18 |
| <b>Womens Event</b>     |    |            |                |                                 |         |    |
| 13:03:00                | 3  | Kaye       | Dwyer          | Lewes Wanderers CC              | Veteran | 53 |
| 13:04:00                | 4  | Pippa      | O'Brien        | 700cc                           | Veteran | 55 |
| 13:05:00                | 5  | Heather    | Martin-Dye     | Maidenhead & District CC        | Senior  | 35 |
| 13:06:00                | 6  | Mandy      | Hibberd        | North Hampshire RC              | Veteran | 40 |
| 13:07:00                | 7  | Victoria   | Lawson         | Didcot Phoenix CC               | Senior  | 35 |
| 13:08:00                | 8  | Alison     | Brockhurst     | Lewes Wanderers CC              | Veteran | 43 |
| 13:09:00                | 9  | Morgan     | Pike           | Clapham Chasers                 | Senior  | 31 |
| 13:10:00                | 10 | Jasmijn    | Muller         | Born to Bike - Bridgtown Cycles | Senior  | 36 |
| 13:11:00                | 11 | Joanna     | Wells          | Hounslow & District Whs         | Veteran | 55 |
| 13:12:00                | 12 | Therese    | Coen           | London Phoenix CC               | Senior  | 28 |
| 13:13:00                | 13 | Lisa       | Davis          | Lewes Wanderers CC              | Veteran | 41 |
| 13:14:00                | 14 | Wendy      | Frost          | Redmon CC                       | Veteran | 45 |
| 13:15:00                | 15 | Danuta     | Tinn           | Maidenhead & District CC        | Veteran | 51 |
| 13:16:00                | 16 | Clare      | Campbell-Smith | Born to Bike - Bridgtown Cycles | Veteran | 48 |
| 13:17:00                | 17 | Jackie     | Dodd           | Kingston Phoenix RC             | Veteran | 54 |
| 13:18:00                | 18 | Aisling    | Gilchrist      | Clapham Chasers                 | Senior  | 28 |
| 13:19:00                | 19 | Isabel     | Cashman        | London Phoenix CC               | Senior  | 32 |
| 13:20:00                | 20 | Julia      | Shaw           | DRAG2ZERO                       | Veteran | 50 |
| <b>Slowest 60 Event</b> |    |            |                |                                 |         |    |
| 13:21:00                | 21 | Jonathan   | Hyndman        | Crabwood CC                     | Veteran | 44 |
| 13:22:00                | 22 | Martin     | Whitty         | a3crg                           | Veteran | 47 |
| 13:23:00                | 23 | Kevin      | Grant          | Frome and District Wheelers     | Veteran | 58 |
| 13:24:00                | 24 | Chris      | Brewer         | Redmon CC                       | Veteran | 55 |
| 13:25:00                | 25 | Jon        | Elliott        | Maidenhead & District CC        | Senior  | 34 |
| 13:26:00                | 26 | Nicholas   | Cosgreave      | Farnborough & Camberley CC      | Veteran | 58 |
| 13:27:00                | 27 | Michael    | Twitchett      | South Eastern RC                | Veteran | 76 |
| 13:28:00                | 28 | Richard    | Hoskin         | Redmon CC                       | Veteran | 69 |
| <b>Mens Event</b>       |    |            |                |                                 |         |    |
| 13:31:00                | 1  | Ian        | White          | Farnham RC                      | Veteran | 53 |
| 13:32:00                | 2  | Thomas     | Goodyer        | Portsmouth North End CC         | Senior  | 22 |
| 13:33:00                | 3  | David      | Phillips       | Old Portlians CC                | Veteran | 61 |
| 13:34:00                | 4  | David      | Eccles         | Redmon CC                       | Veteran | 68 |
| 13:35:00                | 5  | Stuart     | Richards       | Clapham Chasers                 | Senior  | 34 |
| 13:36:00                | 6  | Paul       | Medcraft       | Dorking Cycling Club            | Veteran | 41 |
| 13:37:00                | 7  | Ben        | Crick          | East Grinstead CC               | Veteran | 51 |
| 13:38:00                | 8  | Jon        | Frost          | Redmon CC                       | Veteran | 49 |
| 13:39:00                | 9  | Barrington | Day            | Fareham Wheelers CC             | Veteran | 78 |
| 13:40:00                | 10 | Robert     | Moore          | Nuun-Sigma Sport-London RT      | Senior  | 33 |
| 13:41:00                | 11 | Matthew    | Whitaker       | Paceline RT                     | Veteran | 49 |
| 13:42:00                | 12 | Nik        | Burrell        | Andover Whs                     | Veteran | 42 |
| 13:43:00                | 13 | John       | Beer           | Kingston Phoenix RC             | Veteran | 65 |
| 13:44:00                | 14 | Dave       | Loader         | Bath Road Club                  | Veteran | 69 |
| 13:45:00                | 15 | Martin     | Dickinson      | Deal Tri                        | Veteran | 45 |
| 13:46:00                | 16 | Oliver     | Roberts        | PBscience.com                   | Senior  | 39 |
| 13:47:00                | 17 | Alan       | Emmott         | Fareham Wheelers CC             | Veteran | 69 |
| 13:48:00                | 18 | Leslie     | Morris         | VTTA (London & Home Counties)   | Veteran | 73 |
| 13:49:00                | 19 | Steven     | Leonard        | Clapham Chasers                 | Senior  | 32 |
| 13:50:00                | 20 | Pat        | Wright         | Paceline RT                     | Senior  | 31 |
| 13:51:00                | 21 | Mike       | O'Gorman       | Worthing Excelsior CC           | Veteran | 64 |
| 13:52:00                | 22 | Paul       | Morris         | Fareham Wheelers CC             | Senior  | 31 |
| 13:53:00                | 23 | Peter      | McArdle        | Woking Cycle Club               | Veteran | 50 |
| 13:54:00                | 24 | Peter      | Horsfield      | Redmon CC                       | Veteran | 65 |
| 13:55:00                | 25 | Thomas     | Pfeiffer       | Dulwich Paragon CC              | Veteran | 45 |
| 13:56:00                | 26 | Chris      | Lord           | Brighton Excelsior CC           | Veteran | 63 |
| 13:57:00                | 27 | Darran     | Clare          | Blazing Saddles                 | Veteran | 41 |
| 13:58:00                | 28 | Robin      | Harris         | Clapham Chasers                 | Veteran | 48 |
| 13:59:00                | 29 | Brian      | James          | Brighton Mitre CC               | Veteran | 85 |

| Time     | No | Name        | Club/team  | Category                        | Age     |    |
|----------|----|-------------|------------|---------------------------------|---------|----|
| 14:00:00 | 30 | Phil        | Ember      | Paceline RT                     | Veteran | 42 |
| 14:01:00 | 31 | Jonathan    | Thomas     | Epsom CC                        | Veteran | 55 |
| 14:02:00 | 32 | Callum      | Clarke     | Sigma Sport.co.uk               | Senior  | 25 |
| 14:03:00 | 33 | PAUL        | CANNON     | Epsom CC                        | Veteran | 67 |
| 14:04:00 | 34 | Vernon      | Schutte    | Farnborough & Camberley CC      | Veteran | 62 |
| 14:05:00 | 35 | Mark        | Shepherd   | Banjo Cycles.com/Raceware       | Veteran | 45 |
| 14:06:00 | 36 | Peter       | Phipps     | a3crg                           | Veteran | 56 |
| 14:07:00 | 37 | Christopher | Bax        | PMR @ Toachim House             | Veteran | 64 |
| 14:08:00 | 38 | Chris       | Jolliffe   | Crawley Wheelers                | Veteran | 58 |
| 14:09:00 | 39 | Mike        | Hindley    | Clapham Chasers                 | Senior  | 30 |
| 14:10:00 | 40 | Nick        | Dwyer      | Lewes Wanderers CC              | Veteran | 52 |
| 14:11:00 | 41 | Richard     | May        | Islington Cycling Club          | Veteran | 45 |
| 14:12:00 | 42 | andrew      | murray     | Team Corridori                  | Veteran | 51 |
| 14:13:00 | 43 | Peter       | Franks     | Charlottesville Cycling Club    | Veteran | 55 |
| 14:14:00 | 44 | Peter       | Wilson     | Bath Cycling Club               | Veteran | 81 |
| 14:15:00 | 45 | Jon         | Hughes     | Velo Club Godalming & Haslemere | Veteran | 44 |
| 14:16:00 | 46 | Paul        | Teague     | Fit to Ride                     | Senior  | 39 |
| 14:17:00 | 47 | Leigh       | Schwartz   | Team Swindon Cycles             | Senior  | 26 |
| 14:18:00 | 48 | Christian   | Moxon      | Clapham Chasers                 | Senior  | 36 |
| 14:19:00 | 49 | Charles     | Jepson     | Becontree Wheelers CC           | Veteran | 85 |
| 14:20:00 | 50 | James       | Copeland   | Fareham Wheelers CC             | Senior  | 32 |
| 14:21:00 | 51 | LEON        | FIELDING   | a3crg                           | Veteran | 40 |
| 14:22:00 | 52 | Nick        | McCormick  | Epsom CC                        | Veteran | 52 |
| 14:23:00 | 53 | Brett       | Davis      | Lewes Wanderers CC              | Veteran | 43 |
| 14:24:00 | 54 | Robert      | Jolliffe   | New Forest CC                   | Veteran | 63 |
| 14:25:00 | 55 | Tom         | Lane       | Blazing Saddles                 | Senior  | 25 |
| 14:26:00 | 56 | Richard     | Peel       | Paceline RT                     | Senior  | 32 |
| 14:27:00 | 57 | lawrence    | wintergold | Hounslow & District Whs         | Veteran | 51 |
| 14:28:00 | 58 | Michele     | Contrino   | Charlottesville Cycling Club    | Senior  | 32 |
| 14:29:00 | 59 | Nicholas    | Warburton  | Clapham Chasers                 | Senior  | 27 |
| 14:30:00 | 60 | Sebastian   | Ader       | a3crg                           | Veteran | 44 |
| 14:31:00 | 61 | Edward      | Nunn       | Berkshire Tri Squad             | Senior  | 31 |
| 14:32:00 | 62 | David       | Watt       | Kingston Phoenix RC             | Senior  | 37 |
| 14:33:00 | 63 | Jon         | Smith      | Fareham Wheelers CC             | Veteran | 50 |
| 14:34:00 | 64 | ken         | rayson     | a3crg                           | Veteran | 69 |
| 14:35:00 | 65 | Gareth      | Thomas     | Paceline RT                     | Senior  | 30 |
| 14:36:00 | 66 | Peter       | Stuart     | London Phoenix CC               | Senior  | 28 |
| 14:37:00 | 67 | Jorj        | James      | Maidenhead & District CC        | Veteran | 50 |
| 14:38:00 | 68 | Derek       | Dowden     | Charlottesville Cycling Club    | Veteran | 58 |
| 14:39:00 | 69 | George      | Bright     | Clapham Chasers                 | Senior  | 26 |
| 14:40:00 | 70 | Stephen     | Whitewick  | VeloRefined.com Aerosmiths      | Veteran | 55 |
| 14:41:00 | 71 | Stuart      | Martingale | Sotonia CC                      | Veteran | 48 |
| 14:42:00 | 72 | Christopher | Fletcher   | Portsmouth North End CC         | Senior  | 29 |
| 14:43:00 | 73 | Nigel       | Ford       | Hargroves Cycles CC             | Veteran | 45 |
| 14:44:00 | 74 | Richard     | Guy        | Woking Cycle Club               | Veteran | 44 |
| 14:45:00 | 75 | Matthew     | Charlton   | Farnborough & Camberley CC      | Senior  | 34 |
| 14:46:00 | 76 | Robert      | Taylor     | Bec CC                          | Senior  | 34 |
| 14:47:00 | 77 | Jery        | Bromyard   | Royal Navy & Royal Marines CA   | Veteran | 61 |
| 14:48:00 | 78 | Mike        | Boyce      | a3crg                           | Veteran | 60 |
| 14:49:00 | 79 | Cormac      | Toomey     | Clapham Chasers                 | Senior  | 34 |
| 14:50:00 | 80 | John        | Dewey      | Team Bottrill                   | Senior  | 35 |
| 14:51:00 | 81 | Simon       | Church     | In-Gear Quickvit Trainsharp RT  | Veteran | 50 |
| 14:52:00 | 82 | Simon       | Holder     | PBscience.com                   | Veteran | 41 |
| 14:53:00 | 83 | Matthew     | Butler     | Charlottesville Cycling Club    | Senior  | 22 |
| 14:54:00 | 84 | Duncan      | Hermer     | Fit to Ride                     | Veteran | 40 |
| 14:55:00 | 85 | Simon       | Berogna    | Velo Club St Raphael            | Veteran | 42 |
| 14:56:00 | 86 | reg         | smith      | Gravesend CC                    | Veteran | 69 |
| 14:57:00 | 87 | Colin       | Barton     | Worthing Excelsior CC           | Veteran | 55 |
| 14:58:00 | 88 | Simon       | Oakes      | Clapham Chasers                 | Senior  | 29 |
| 14:59:00 | 89 | Simon       | Hummel     | PBscience.com                   | Veteran | 46 |
| 15:00:00 | 90 | Rob         | Sharland   | Paceline RT                     | Senior  | 28 |
| 15:01:00 | 91 | Shaun       | Smart      | Southdown Velo                  | Veteran | 52 |
| 15:02:00 | 92 | Jonny       | Allen      | Islington Cycling Club          | Senior  | 30 |
| 15:03:00 | 93 | Adam        | Evans      | Newbury RC                      | Veteran | 44 |



**Bentley Memorial Hall  
Parking for 20 cars app**

- Please park considerably 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

# **This event may be subject to a Doping Control**

**It is your responsibility to check**

As soon as you have finished you should return to the event HQ as **it is your responsibility to check** if you are required for Doping Control

Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board

If your number is displayed you should report immediately to Doping Control which will be nearby

**Remember, it is up to you to check and ensure that you comply**

If required you must report to Doping Control after finishing without delay

