



Hounslow and District Wheelers' Open 25 Mile Time Trial:
Promoted for and on behalf of Cycling Time Trials Limited under their Rules and Regulations.

Timekeeper Mr D Ashton. **Assistant Timekeeper** Mr M Ashton

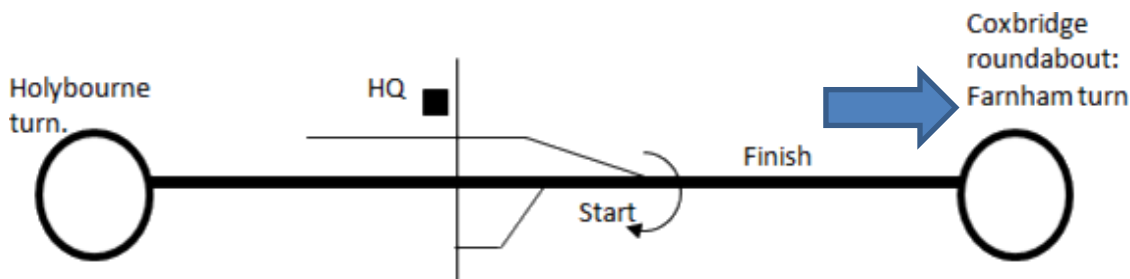
Event Secretary Mr B McMichael 205 London Road Twickenham Middlesex TW 1 1EJ.

Sunday 17TH July 2016

First Rider **08:05**

Course **H25/8** Farnham

Safety Notice.



The (A31) road surface **approaching** Coxbridge roundabout **from the West** is in a poor state of repair. A rider fell here in an event in May 2016, with no other vehicles involved. Take extra care, and under no circumstances attempt to enter the roundabout whilst steering with your triathlon bars. You must use the widest part of your handlebar. This is a D.C. Regulation.



Hounslow and District Wheelers' Open 25 Mile Time Trial:

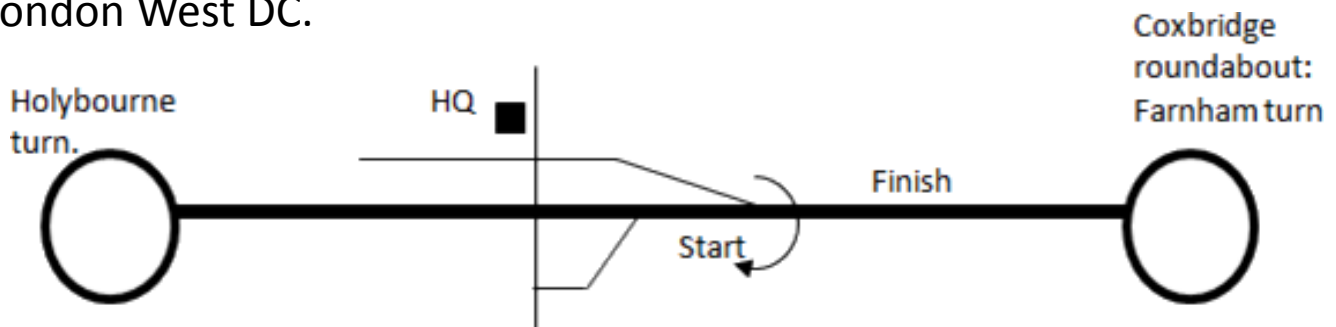
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Course **H25/8** Farnham

LOCAL REGULATIONS applicable to the H25/8 course.

- **Shoulder numbers** must be prominently displayed on the **LEFT ARM**.
- **Any rider seen crossing the central reservation**, before ,during or after the event, except at one of the specific breaks in the reservation made for that purpose may be disqualified and will reported to the London West DC.



- **Any rider seen steering using their Tribars**, when entering, navigating and exiting any part of the Coxbridge (Farnham) roundabout may be disqualified, and will be reported to the London West DC.
- **In the interests of your safety** you must use the **widest part of your handlebars**.
- Cycling Time Trials Limited and the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard.
- It is also recommended that a working rear light, either flashing, or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

PLEASE NOTE NEW MOBILE PHONE FOR THE EVENT IS : **07503251549**

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Sunday 17TH July 2016 First Rider **08:05** Course **H25/8** Farnham

2017? No HQ = No Event



Headquarters: **GU10 5LH** Bentley Memorial Hall.

- **No bicycles** to be taken into the Hall.
- Only leather or soft rubber soled shoes may be worn in the hall. No cleated cycling shoes (even if recessed 'SPD') to be worn in the hall **If you are not sure, just wear your socks!**
- **NO turbo-training in the car park** You must be at least 50 metres **SOUTH** of the crossroads.
- Numbers and signing on will be **at the Headquarters.**
- **Allow 15 minutes to reach the start area.**

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Getting to the Start Area from Bentley Memorial Hall (Allow 15 minutes riding time):

1. From the hall: Turn left at the cross-roads through Bentley Village and follow this road which runs parallel with the A31.
2. Proceed until joining the A31 via a slip road. Watch out for earlier competitors coming up from behind you, down the hill at 40 m.p.h.
3. Follow the A31 down the hill, East for approximately ½ a mile to the junction (minor X-Roads) just before the Bull PH.
4. Turn (GREAT CARE) across the dual carriageway, retracing along the A31 for approximately ¼ mile up the hill to the first lay-by (**Start Point**);
5. On finishing continue to the same break in the carriageway. Turn (GREAT CARE) and proceed along the A31 past the start point (CARE) and leave the A31 at the next slip road (signpost Bentley);
6. Turn right at the 'T' junction and continue over the A31 to return to Bentley Memorial Hall.

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LONDON WEST DC

EVENT PARKING

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



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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





Hounslow and District Wheelers' Open 25 Mile Time Trial:

Sunday 17TH July 2016

First Rider **08:05**

Course **H25/8** Farnham

Course Details : H25/8 : A31 Bentley-Farnham-Holybourne

OS Ref

796442 Start at a point in the lead out onto the A31, from the lay-by on the South side at the start of the Bentley by-pass, approximately 800 yards West of the Bull Public House on the North side of the A31, 10 yards short of the last road drain at the lay-by Exit (Western end)
(Start).....0.000

736403 Join the A31 (**Care**) and proceed along the Bentley by-pass through Froyle and Neatham to the Holybourne roundabout,
(Turn)4.704

828459 Circle the roundabout ((**M1, M2, M3**) (**Check**) and take the **Third Exit back onto the A31** to retrace, going through Froyle and along the Bentley by-pass to continue past the Bull PH to the Farnham Roundabout at the junction with the A325
(Turn).....11.907

736403 Circle the Roundabout (**M4, M5, M6**) (**Check**) and take the **Fourth Exit back onto the A31** To retrace past the start point (**14.294 miles**) to go along the Bentley by-pass to the Holybourne Roundabout
(Turn).....18.998

813448 Circle the roundabout (**M1, M2, M3**) (**Check**) and take the **Third exit back onto the A31** to retrace, going through Froyle and along the Bentley by-pass to continue past the Bull PH (**24.405 miles**) to a point **70 yards beyond the County boundary line and 23 yards** Beyond the start of a tarmac path on the North side where
FINISH.....25.000

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Start_time	Rider		#	Club/Team	Category	Age	Vets Std
08:05	Simon	Wroxley	5	Hounslow & District Whs	Senior	27	n/a
08:06	Nancy	Staniland (W)	6	London Phoenix CC	Senior	36	n/a
08:07	Helen	Gravatt (WV)	7	Twickenham CC	Veteran	52	01:13:55
08:08	Thomas	Carding	8	LFGSS CC	Senior	28	n/a
08:09	Nigel	Bicknell	9	Farnham RC	Veteran	70	01:14:06
08:10	David	Butler	10	Charlottesville C.C.	Veteran	55	01:09:05
08:11	Daniel	Pink	11	Bigfoot CC	Senior	29	n/a
08:12	Colin	Gray	12	Norwood Paragon CC	Veteran	54	01:08:52
08:13	Jill	Bartlett (WV)	13	Hounslow & District Whs	Veteran	56	01:14:53
08:14	Peter	Horsfield	14	Redmon CC	Veteran	66	01:12:20
08:15	Simon	Mitchell	15	Horsham Cycling	Veteran	45	01:07:03
08:16	Wayne	Brown	16	Oxted Cycle Club	Senior	36	n/a
08:17	Alan	Robinson	17	Central Sussex CC	Veteran	75	01:16:59
08:18	John	Sellars	18	London Phoenix CC	Veteran	44	01:06:51
08:19	Virginia	McGee (WV)	19	Charlottesville C.C.	Veteran	52	01:13:55
08:20	Sophie	Household (W)	20	SSLL Racing Team	Senior	24	n/a
08:21	Michele	Contrino	21	Charlottesville C.C.	Senior	32	n/a
08:22	Robert	Briggs	22	Didcot Phoenix CC	Veteran	62	01:10:57
08:23	Therese	Coen (W)	23	London Phoenix CC	Senior	28	n/a
08:24	Rachel	Watkins (WV)	24	Kingston Phoenix RC	Veteran	55	01:14:38
08:25	Robert	Watson	25	North Hampshire RC	Veteran	56	01:09:19
08:26	Hugh	Pelling	26	Old Portlians CC	Veteran	52	01:08:26
08:27	Joanna	Wells (WV)	27	Hounslow & District Whs	Veteran	55	01:14:38
08:28	Ashley	Evans	28	London Dynamo	Junior	18	n/a
08:29	Oliver	Walker	29	South Eastern RC	Senior	37	n/a
08:30	Jody	Conibear (W)	30	Hemel Hempstead CC	Senior	39	n/a
08:31	Michael	Gowan	31	Festival Road Club	Veteran	73	01:15:43

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Start_time	Rider		#	Club/Team	Category	Age	Vets Std
08:32	Paul	Cannon	32	Epsom CC	Veteran	67	01:12:44
08:33	Roger	Chapman	33	Farnham RC	Veteran	62	01:10:57
08:34	Vernon	Schutte	34	Farnborough & Camberley CC	Veteran	62	01:10:57
08:35	Craig	Nilsson	35	Rye & District Wheelers CC	Senior	27	n/a
08:36	Chris	Aitken	36	Thames Valley Triathletes	Senior	37	n/a
08:37	John	Allen	37	Redmon CC	Veteran	56	01:09:19
08:38	Richard	Philp	38	Hounslow & District Whs	Veteran	48	01:07:38
08:39	Dave	Loader	39	Bath Road Club	Veteran	69	01:13:37
08:40	Sarah	Matthews (WV)	40	a3crg	Veteran	56	01:14:53
08:41	Andrew	Green	41	Bec CC	Veteran	41	01:06:13
08:42	Claire	Kitching (WV)	42	Newbury RC	Veteran	47	01:12:49
08:43	Richard	Guy	43	Woking Cycle Club	Veteran	44	01:06:51
08:44	Jackie	Dodd (WV)	44	Kingston Phoenix RC	Veteran	54	01:14:23
08:45	Peter	Lavery	45	Hemel Hempstead CC	Veteran	44	01:06:51
08:46	Tony	Tuohy	46	Redmon CC	Veteran	54	01:08:52
08:47	Tim	Carman	47	Farnborough & Camberley CC	Veteran	47	01:07:26
08:48	David	Powis	48	Dorking Cycling Club	Senior	37	n/a
08:49	Edward	Harris	49	Evans Cycles Race Team	Senior	33	n/a
08:50	Laura	Bartlett (W)	50	a3crg	Senior	33	n/a
08:51	Vaughan	Marris	51	Fareham Wheelers CC	Juvenile	14	n/a
08:52	Carl	Ferri	52	Cadence Performance	Veteran	46	01:07:15
08:53	Samuel	Evans	53	Dulwich Paragon CC	Senior	32	n/a
08:54	John	McGlashan	54	Redmon CC	Veteran	65	01:11:58
08:55	Barry	Stewart	55	Bigfoot CC	Senior	34	n/a
08:56	Serge	Bouschet	56	Dulwich Paragon CC	Veteran	43	01:06:39
08:57	David	Haggart	57	De Laune CC	Veteran	55	01:09:05
08:58	Jonny	Allen	58	Islington Cycling Club	Senior	30	n/a
08:59	Dan	Thisdell	59	Tandem Club	Veteran	53	01:08:39

**Hounslow and District Wheelers' Open 25 Mile Time Trial: Sunday 17th July 2016 H25/8:***Promoted for and on behalf of Cycling Time Trials under their rules and regulations".*

Start_time	Rider		#	Club/Team	Category	Age	Vets Std
09:00	Ben	Brandon	60	Team Bottrill	Veteran	49	01:07:50
09:01	Julian	Middlewick	61	Hampshire RC	Veteran	43	01:06:39
09:02	Paul	Morris	62	Fareham Wheelers CC	Senior	31	n/a
09:03	Jon	Fry	63	Horsham Cycling	Veteran	45	01:07:03
09:04	Daniel	Sharp	64	Charlotteville C.C.	Veteran	43	01:06:39
09:05	Philip	Watts	65	North Hampshire RC	Veteran	56	01:09:19
09:06	Mike	Boyce	66	a3crg	Veteran	60	01:10:21
09:07	Damian	Poulter	67	Hounslow & District Whs	Veteran	42	01:06:26
09:08	Martin	O'Sullivan	68	Teddington and Turing Velo	Veteran	41	01:06:13
09:09	Dan	Strange	69	High Wycombe CC	Senior	27	n/a
09:10	Stephen	Williamson	70	a3crg	Veteran	45	01:07:03
09:11	Phil	Ember	71	Paceline RT	Veteran	42	01:06:26
09:12	Mark	Valios	72	Bigfoot CC	Veteran	42	01:06:26
09:13	Andrew	Murray	73	Team Corridori	Veteran	51	01:08:14
09:14	Rick	Hughes	74	Worthing Excelsior CC	Veteran	53	01:08:39
09:15	Mark	Perry	75	Look Mum No Hands!	Senior	39	n/a
09:16	Dave	Warne	76	Bigfoot CC	Veteran	60	01:10:21
09:17	Robert	Taylor	77	Bec CC	Senior	35	n/a
09:18	Billy	Dyer	78	Devizes Town C.C.	Veteran	46	01:07:15
09:19	Glenn	Karpeta	79	7 Oaks Triathlon Club	Veteran	53	01:08:39
09:20	Gary	Chambers	80	Fareham Wheelers CC	Senior	30	n/a
09:21	Eddie	Allen	81	Redmon CC		23	n/a
09:22	Stephen	Ralston	82	London Dynamo	Veteran	40	01:06:00
09:23	Tony	Day	83	Bigfoot CC	Veteran	45	01:07:03
09:24	Ayrton	Pope	84	Paceline RT	Espoir	20	n/a
09:25	Stuart	Stow	85	Twickenham CC	Veteran	51	01:08:14
09:26	Edward	Renwick	86	Oxford City RC	Senior	39	n/a
09:27	Gary	Ferrett	87	Hampshire RC	Veteran	53	01:08:39
09:28	Stephen	Wood	88	Antelope Racing Team	Veteran	53	01:08:39
09:29	Paul	Cloudsdale	89	Bigfoot CC	Veteran	43	01:06:39
09:30	Andy	Langdown	90	Blazing Saddles	Veteran	47	01:07:26

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Start_time	Rider		#	Club/Team	Category	Age	Vets Std
09:31	Paul	Holdsworth	91	Hounslow & District Whs	Veteran	52	01:08:26
09:32	Theo	Tadros	92	In-Gear Quickvit Trainsharp RT	Juvenile	14	n/a
09:33	Rory	Barrett	93	Southborough & Dist. Whs	Senior	32	n/a
09:34	Steve	Avery	94	Bigfoot CC	Veteran	57	01:09:34
09:35	Matthew	Parfitt	95	Charlotteville C.C.	Senior	34	n/a
09:36	Andrew	Ferry	96	Bigfoot CC	Veteran	49	01:07:50
09:37	Jerry	Bromyard	97	Royal Navy & Royal Marines CA	Veteran	62	01:10:57
09:38	Richard	Miles	98	Bognor Regis CC	Veteran	59	01:10:04
09:39	Nick	McCormick	99	Epsom CC	Veteran	53	01:08:39
09:40	Liam	Maybank	100	Twickenham CC	Veteran	44	01:06:51
09:41	Michael	Naulls	101	Velo Club Venta	Veteran	45	01:07:03
09:42	William	Wallace	102	CC London	Senior	38	n/a
09:43	Trevor	Leeding	103	Worthing Excelsior CC	Veteran	50	01:08:02
09:44	James	Cadman	104	Hounslow & District Whs	Senior	30	n/a
09:45	Kevin	Grimshaw	105	Bigfoot CC	Veteran	50	01:08:02
09:56	Nicolas	Stagg	116	Hounslow & District Whs	Veteran	45	01:07:03
09:47	Robert	Gilmour	107	Hounslow & District Whs	Veteran	65	01:11:58
09:48	Drew	Hosie	108	a3crg	Veteran	52	01:08:26
09:49	Richard	Mason	109	London Dynamo	Veteran	40	01:06:00
09:50	James	Boyman	110	Farnham RC	Senior	28	n/a
09:51	Martin	Winter	111	Twickenham CC	Veteran	52	01:08:26
09:52	Jonathan	Thomas	112	Epsom CC	Veteran	55	01:09:05
09:53	Ian	Bashford	113	Old Portlians CC	Veteran	60	01:10:21
09:54	Ian	White	114	Farnham RC	Veteran	53	01:08:39
09:55	Peter	Tadros	115	In-Gear Quickvit Trainsharp RT	Veteran	45	01:07:03
09:46	Ray	Claridge	106	G A Cycles	Veteran	46	01:07:15
09:57	Rupert	Robinson	117	Evans Cycles Race Team	Veteran	44	01:06:51
09:58	Mike	O'Gorman	118	Worthing Excelsior CC	Veteran	64	01:11:36
09:59	Paul	Demicoli	119	Banbury Star CC	Veteran	51	01:08:14
10:00	Rob	Sharland	120	Paceline RT	Senior	28	n/a



Hounslow and District Wheelers' Open 25 Mile Time Trial:

Sunday 17TH July 2016

First Rider **08:05**

Course **H25/8** Farnham

PRIZES

1st Rider on time £50.

+ The New Hudson Trophy to hold for 1 year.

2nd Rider on time £25.

3rd Rider on time £15.

1st Lady on time £50.

+ The Norman Trophy to hold for 1 year

2nd Lady on time £25.

1st Vet on Standard £50.

2nd Vet on Standard £25.

3rd Vet on Standard £15.

1st team of 3 riders on time £75 (£25 per rider).

1st team of 2 Ladies £50 (£25 per rider).

We wish you all a pleasant morning's sport and a safe ride.

Bruce McMichael. Event Secretary

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