

## DULWICH PARAGON CC

### Open 10 Mile Time Trial

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Incorporating:  
Round 11 of South East Women's TT Series  
and  
Dulwich Paragon CC 10 mile Championship

**Saturday 22<sup>nd</sup> August 2015 at 14:00**

Course: G10/42

Event secretary: Maurice Joseph, 30 Westfields Avenue, London SW13 0AU  
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Start timekeeper: Su Balcombe, Brighton Excelsior CC  
Finish timekeeper: Frank Cubis, Kingston Phoenix RC  
Volunteers: the members and friends of Dulwich Paragon CC

First, I would like to thank the London South District Committee, the timekeepers – Su Balcombe and Frank Cubis – and the Dulwich Paragon club members who volunteered and enabled this event to happen. I would also like to thank all the riders who braved the heat to participate in this time trial. I appreciate the support of Rebecca Slack by including this event on the South East Women's TT Series (SEWTTTS) 2015 schedule, which no doubt contributed to the size and quality of women's field that this event attracted.

In the race itself, Rob Sharland (Paceline RT) produced a searing ride to match the conditions to win by over a minute, and led his club to the team prize. It was a little closer for the women with under 40 seconds covering the top three, with Kate McNeill ([www.drag2zero.com](http://www.drag2zero.com)) victorious. Both Rob and Kate are entered for their respective National 10 Mile Championships next weekend, so I wish them the very best of luck there. Details of all the various prize winners are listed below along with the full results.

In its 80<sup>th</sup> year, I am proud to see Dulwich Paragon CC return to the cycling time trails handbook by promoting this open event. This event was also designated as the club's 10 mile championship, which attracted an entry of over 20 members. Katie Crowe, who was first rider off, was crowned women's club champion and broke a club record that has stood for over 25 years. In addition to this, both the men's and women's team club records were broken at this event, with Benjamin Allen (3<sup>rd</sup> Overall) the 2015 men's club champion.

Once again, thank you all for your support.

Maurice Joseph  
Event Secretary

## Prizes

### Individual – no more than one individual prize per person

#### Scratch male

1 <sup>st</sup>	Rob Sharland	Paceline RT	£50
2 <sup>nd</sup>	Conall Yates	In-Gear Quickvit Trainsharp RT	£30
3 <sup>rd</sup>	Benjamin Allen	Dulwich Paragon CC	£15

#### Scratch female

1 <sup>st</sup>	Kate McNeill	<a href="http://www.drag2zero.com">www.drag2zero.com</a>	£50
2 <sup>nd</sup>	Mathilde Pauls	Fusion RT Gear Club	£30
3 <sup>rd</sup>	Maryka Sennema	Paceline RT	£15

#### Veteran on standard

1 <sup>st</sup>	Michael Deen	Redmon CC	£30
2 <sup>nd</sup>	Robert Gilmour	Hounslow & District Whs	£20
3 <sup>rd</sup> *	Carl Ferri	Cadence Performance	£10

\* 3<sup>rd</sup> prize awarded to next eligible rider as 3<sup>rd</sup> place on standard had already received a prize

#### Road bike male

1 <sup>st</sup>	Pat Wright	Paceline RT	£25
2 <sup>nd</sup>	Jon Puleston-Jones	Dulwich Paragon CC	£15
3 <sup>rd</sup>	Paul Moore	Paceline RT	£8

#### Road bike female

1 <sup>st</sup>	Olivia Campbell	Dulwich Paragon CC	£25
2 <sup>nd</sup>	Fiona Inskip	Newcomers CC	£15
3 <sup>rd</sup>	Julie Chasin	Kingston Wheelers	£8

#### Team

1 <sup>st</sup>	Paceline RT	1:02:46	
		Rob Sharland	£15
		Gareth Thomas	£15
		Pat Wright	£15

## Results

Pos.	Race no	Name	Club	Time	+ / -	Notes
1	80	Rob Sharland	Paceline RT	S 0:19:32		1st male & team prize
2	60	Conall Yates	In-Gear Quickvit Trainsharp RT	S 0:20:53		2nd male
3	50	Benjamin Allen	Dulwich Paragon CC	V 0:20:56	0:05:03	3rd male
4	75	Mark Perry	All Terrain Cycles	S 0:21:21		
5	71	Carl Ferri	Cadence Performance	V 0:21:23	0:05:00	
6	40	James Rix	Crawley Wheelers	S 0:21:26		
7	65	David Emery	Dulwich Paragon CC	V 0:21:31	0:04:38	
8	45	Gareth Thomas	Paceline RT	S 0:21:33		Team prize
9	62	Simon Collins	Dulwich Paragon CC	V 0:21:37	0:04:36	
10	31	Pat Wright	Paceline RT	S 0:21:41		1st male road & team prize
11	55	Phil Ember	Paceline RT	V 0:21:50	0:04:14	
12	51	Michael Deen	Redmon CC	V 0:21:54	0:05:44	1st veteran on std
13	43	Jon Puleston-Jones	Dulwich Paragon CC	V 0:22:16	0:03:57	2nd male road
14	52	James Griffin	Kingston Wheelers CC	S 0:22:17		
15	30	Kate Mcneill	<a href="http://www.drag2zero.com">www.drag2zero.com</a>	W S 0:22:21		1st woman
16	66	Robert Gilmour	Hounslow & District Whs	V 0:22:40	0:05:26	2nd veteran on std
17	56	David Watt	Kingston Phoenix RC	S 0:22:48		
17	76	Adrian Blacker	Norwood Paragon CC	V 0:22:48	0:04:02	
19	15	Mathilde Pauls	Fusion RT Gear Club	W S 0:22:55		2nd woman
20	10	Maryka Sennema	Paceline RT	W V 0:22:59	0:05:09	3rd woman & 3rd veteran on std
21	46	Rodney Smith	Wigmore CC	V 0:23:02	0:03:52	
22	41	Neil O'brien	Champion System/VCUK	S 0:23:06		
23	61	Keith Griffin	Paceline RT	V 0:23:13	0:03:32	
24	42	Paul Moore	Paceline RT	S 0:23:17		3rd male road
25	47	Edd Sowden	Paceline RT	S 0:23:38		
25	63	Chris Hewitt	Oxtd Cycle Club	S 0:23:38		
27	74	Ting Le Deng	Dulwich Paragon CC	S 0:23:46		
28	1	Katie Crowe	Dulwich Paragon CC	W S 0:23:47		
29	73	Jim Ley	Paceline RT	V 0:23:57	0:02:07	
30	32	Colin Barton	Worthing Excelsior CC	V 0:24:08	0:02:56	
31	68	Thomas Hampshire	Paceline RT	S 0:24:11		
32	20	Clare Campbell-Smith	Born to Bike - Bridgtown Cycles	W V 0:24:15	0:04:24	
33	36	Andrew Dixon	Wigmore CC	V 0:24:18	0:02:56	
34	12	Charlotte Roberge	Dulwich Paragon CC	W S 0:24:27		
35	78	Morris Pamplin	Dulwich Paragon CC	S 0:24:28		
36	21	Delia Beddis	Les Filles Racing Team	W S 0:24:34		
37	67	George Hayes	Dulwich Paragon CC	S 0:24:46		
38	6	Philippa Jenkins	Southborough & Dist. Whs	W S 0:24:48		
39	25	Mandy Hibberd	North Hampshire RC	W S 0:24:56		

Continued overleaf

Results (continued)

Place	Start no	Name	Club	Time	+ / -	Notes
40	22	Jane Dennyson	London Phoenix CC	W V 0:25:11	0:02:51	
41	7	Olivia Campbell	Dulwich Paragon CC	W S 0:25:16		1st woman road
41	39	Chris Hedley	Dulwich Paragon CC	V 0:25:16	0:01:20	
43	53	Adrian Feek	Bath Road Club	V 0:25:35	0:01:01	
44	2	Vikki Filsell	Les Filles Racing Team	W V 0:25:43	0:03:00	
45	17	Fiona Inskip	Newcomers CC	W S 0:25:46		2nd woman road
46	16	Suzanne Sisson	Pearson Cycling Club	W V 0:25:51	0:03:02	
47	49	Simon Andrews	Polhill Racing Club	V 0:25:57	0:00:48	
48	58	Nathan Dan	Dulwich Paragon CC	V 0:26:11	0:00:39	
49	26	Ulrike Von Saldern	Dulwich Paragon CC	W V 0:26:38	0:01:35	
50	8	Gemma Hayes	East Grinstead CC	W S 0:26:43		
50	11	Valerie Place	7 Oaks Triathlon Club	W V 0:26:13	0:03:01	
50	34	Colin Jarman	Southborough & Dist. Whs	V 0:26:43	0:01:40	
53	13	Julie Chasin	Kingston Wheelers	W V 0:26:47	0:01:21	3rd woman road
54	59	Stephen Allport	Bec CC	V 0:26:52	-0:00:53	
55	23	Heidi Shepherd	Dulwich Paragon CC	W S 0:26:56		
56	14	Jo Sloman	Dulwich Paragon CC	W S 0:27:14		
57	3	Dalila Lecky	Dulwich Paragon CC	W S 0:27:20		
58	18	Natasha Jarman	Dulwich Paragon CC	W S 0:27:48		
59	28	Jessica Letters	Dulwich Paragon CC	W S 0:28:13		
60	9	Maria Hedley	Dulwich Paragon CC	W V 0:29:44	-0:01:05	
61	54	Malcolm Young	Dulwich Paragon CC	S 0:30:05		0:17:10 late start
62	29	Martina Ben-Shaul	Dulwich Paragon CC	W V 0:31:24	-0:02:26	
63	69	Richard Hoskin	Redmon CC	V 0:32:37	-0:03:55	
64	70	Chris Mcnamara	Pedal Heaven	V DNF		
65	72	Alex Ioannides	Dulwich Paragon CC	S DNF		
66	19	Clara Jones	Dulwich Paragon CC	W S DNS (mech)		
67	4	Zoe Capstick	Brixton Cycles Club	W S DNS (A)		
68	5	Claire Leonard	South Downs Bikes	W V DNS (A)		
69	33	Maurice Joseph	Paceline RT	S DNS (A)		
70	35	Christopher Bedson	Dulwich Paragon CC	S DNS (A)		
71	57	Joe Simons	Brixton Cycles Club	S DNS (A)		
72	77	Tom Simpson	Brixton Cycles Club	S DNS (A)		
73	79	Barry Packman	Dorking CC	V DNS (A)		
74	24	Laura Perrett	London Phoenix CC	W S DNS		
75	27	Selena Bartley	Sussex Nomads CC	W V DNS		
76	37	Eric Downing	Kingston Wheelers	S DNS		
77	38	Leslie Morris	VTTA (London & Home Counties)	V DNS		
78	44	Mark Gillett	Brixton Cycles Club	S DNS		
79	48	Mark Weight	Kingston Wheelers	S DNS		
80	64	Bob Loader	Sydenham Wheelers	V DNS		