



Sleaford Wheelers Cycling Club

Charity 10TT

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

In aid of

Lincs & Notts Air Ambulance

Date: Saturday 31st March

Start: 2pm

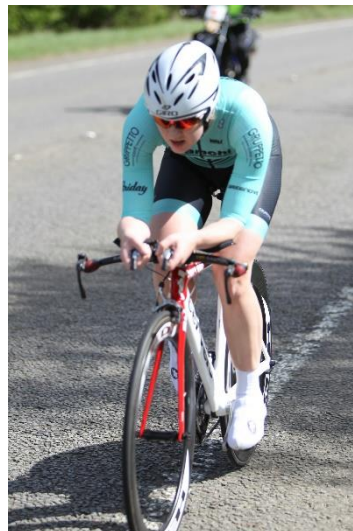
Course: C10/10

Men's Course Record: George Atkins, 20:18

Women's Course Record: Sarah King, 23:36



*Men's Winner 2017
Matt Sinclair
Photo: Steve Forman*



*Women's Winner 2017
Sarah King
Photo: Steve Forman*

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A Few Words from the Organiser



Hello, and thank you for entering this year's Sleaford Wheelers Cycling Club Charity 10 Time Trial!

Each year we use this event to raise much-needed funds for a charity which is close to our hearts. This year we have chosen to support the Lincs & Notts Air Ambulance, which effectively delivers the equivalent of an A&E department to a seriously injured person and can transport them to the best hospital to treat their injuries in as little as 8 minutes. We felt that, as cyclists who often ride on busy roads, any of us might one day need the services of the ambucopter and that this event gives us a chance to give back and support the charity.

Your entry fee isn't the only way you can support the Lincs & Notts Air Ambulance at the Charity 10. We will also be selling raffle tickets and homemade post-ride cakes!

I would like to take this opportunity to ask that you do not park in front of the Event HQ and instead use the car park on Grantham Road. We would like to continue to use St Botolph's Church Hall for future events, for this reason we need to make sure we don't upset the local residents!

Finally I hope you have a safe and successful ride, and look forward to seeing you after for some well-earned tea and cake!

Linda Hurst

About Our Chosen Charity



Photo: Twitter @LNAACT

The Lincs & Notts Air Ambulance is a dedicated Helicopter Emergency Medical Service. We can reach any point in the two counties in less than 20 minutes and on average can transfer a patient to hospital within 8 minutes. Each mission costs approx £2,500 and we fly an average of 3 missions per day, 365 days of the year. Each year we need to raise £2.5m to keep flying and saving lives.

Since our Charity began, over 23 years ago, we have undertaken more than 18,600 life-threatening missions, delivering specialist medical attention to the people of Lincs & Notts in their greatest hour of need. Traveling at speeds sometimes in excess of 200mph, our skilled team of pilots, doctors and paramedics effectively bring the equivalent of an A&E department to the scene of an incident and can transport a patient to a specialist unit or major hospital in a fraction of the time taken by road ambulance.

We are based at RAF Waddington, south of Lincoln. This base is unaffected by road congestion, country roads, heavy vehicles or road works. Our Helicopter, affectionately known as our 'Ambucopter', is fully equipped for almost any medical emergency. It is usually staffed by a pilot, two paramedics and a doctor.

Every year we are called upon for approximately 1,000 missions. Each year the generous people of Lincolnshire and Nottinghamshire help us raise the money to do this! Please continue to spread the word, organise fundraisers, play our lottery, volunteer your time and donate to our 11 charity shops across the counties. Together we can keep this vital lifesaving service operating for many years to come.

For more information, please go to: www.ambucopter.org.uk.

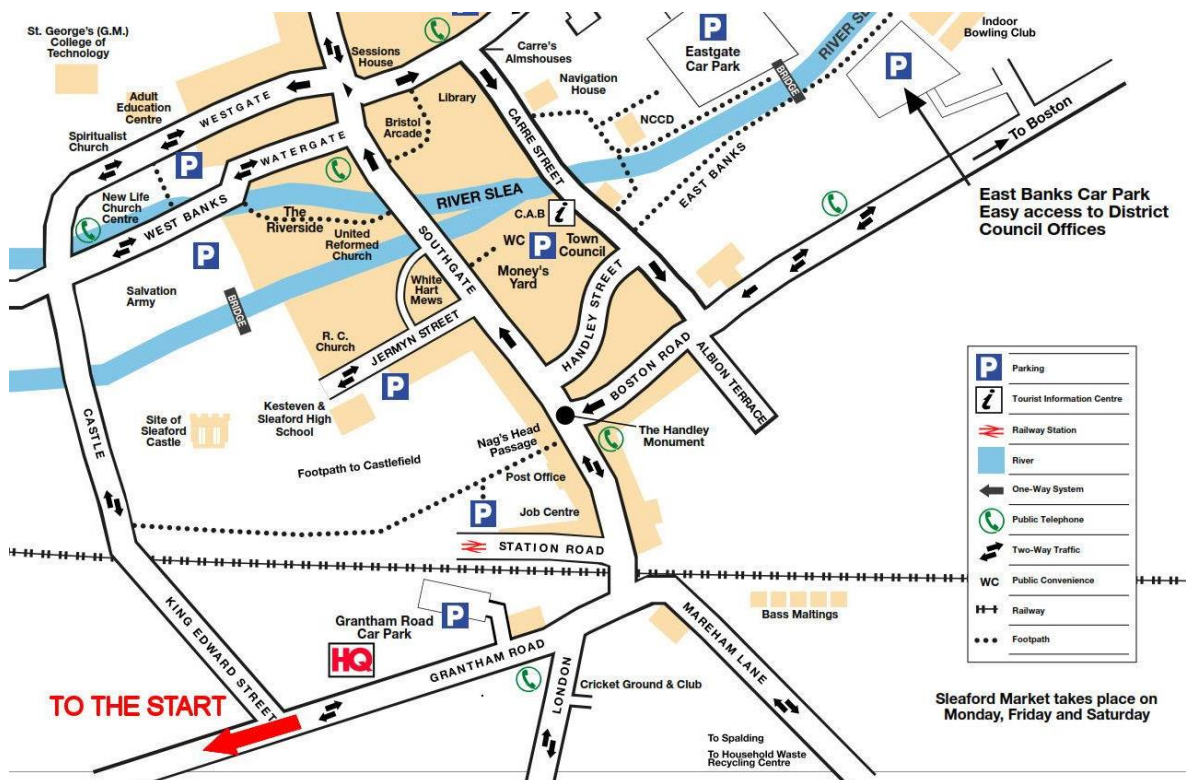
Event Information

Event HQ

The Event HQ for this event will be St Botolph's Church Hall, Grantham Road, Sleaford, which will be open from 1pm.

Directions: From the A15/A153 roundabout take exit to Sleaford. HQ is approximately 1 mile on the left.

Parking is available 200 yards away at £2 per day. There is no parking outside the Event HQ due to issues with local residents.



Course Details

To get to the start from Event HQ go right towards Grantham. Take the first exit at Quarrington roundabout onto the A15. The start is approximately half a mile along on the left.

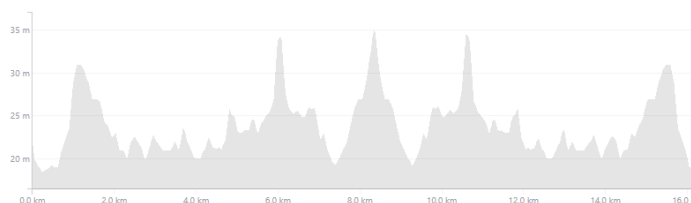
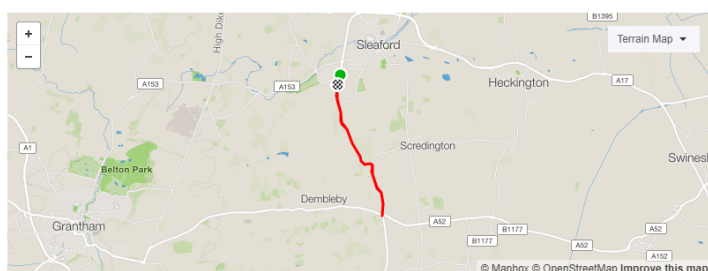
C10/10: Start on A15 Sleaford Bypass 0.25 miles South of Quarrington Roundabout (A15/A153/B1517) near field entrance with large tarmac entrance both sides of A15. Proceed South on A15 through Osbournby to Roundabout (A15/A52). Encircle Roundabout and retrace along A15 to Finish approximately 80 yards short of lay-by sign (approximately 1 mile going south) and 0.32 miles short of the Start.

☆ C10/10 - Accurate (End Point Corrected)

Ride Segment Sleaford, Lincolnshire NG34, UK, England, United Kingdom

16.16km 0% 19m 35m 17m

Distance Avg Grade Lowest Elev Highest Elev Elev Difference 1,269 Attempts By 305 People



Fastest Times



George Atkins

KOM 20:17 30 Jul 2015



Sarah K.

QOM 23:36 15 Apr 2017

[Compare Efforts](#)

Award Details

There will be no cash prizes for this event with all profits going towards our chosen charity, Lincs & Notts Air Ambulance. As in previous years, category winners will receive an Easter Egg. These have kindly been donated by Jean Crane, President of Sleaford Wheelers Cycling Club and Event Organiser Linda Hurst. These will be presented after the event to winners once all results are in.

This year's photographs will be provided by Richard Howes Photography.

Richard Howes
PHOTOGRAPHY ©

Weddings - Portraiture - Lifestyle - Commercial

Thank you to those riders who sent in cheques over and above the entry fee.

Timekeepers

The timekeepers for this year's events will be Steve Walker of Lincoln Wheelers and Sharon Fensom of Spalding Cycling Club.

Recorder

The recorders for this year's event will be Denise Buckley and Jon Riddell of Sleaford Wheelers Cycling Club.

Rules and Regulations

Numbers

These will be issued when signing on and must be returned when signing back in (Reg. 17b).

The number shall be centrally positioned below the waist so as to be clearly visible from the rear when in his/her normal riding position.



Photo: Cycling Weekly

Restrictions

There must be no warming up on the course once the event is in progress.

U turns are not permitted in the vicinity of the Start and Finish areas.

No head/earphones are permitted, except for hearing aids (Reg. 19).

Sleeveless tops are not permitted (Reg. 16).

Please call your number out upon completing your ride.

Advice to Riders

In the interests of your own safety, Cycling Time Trials and the Event Promoters strongly advise you to wear a hard-shell helmet that meets a recognized standard.

All competitors under the age of 18 years and/or Juniors must wear a properly affixed helmet, as per Regulation 15.

CTT recommend 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.

Start Times

| NO | NAME | CLUB | CAT | START |
|----|-------------------|-------------------------------------|----------|-------|
| 1 | Ann Le Bek | Sleaford Wheelers Cycling Club | Veteran | 14:01 |
| 2 | John Burton | Alford Whs | Veteran | 14:02 |
| 3 | Chris Close | Sleaford Wheelers Cycling Club | Veteran | 14:03 |
| 4 | Sarah Edmond | Lincoln Tri Club | Veteran | 14:04 |
| 5 | Roger Sewell | Wisbech Whs | Veteran | 14:05 |
| 6 | Philip Williams | Lincoln Tri Club | Senior | 14:06 |
| 7 | June Jackson | Sleaford Wheelers Cycling Club | Veteran | 14:07 |
| 8 | Jim Parker | Lincoln Tri Club | Veteran | 14:08 |
| 9 | Martha Wilson | Sleaford Wheelers Cycling Club | Senior | 14:09 |
| 10 | James Westwood | Witham Wheelers | Veteran | 14:10 |
| 11 | Alison Fox | Ely & District CC/B&T Motor Repairs | Veteran | 14:11 |
| 12 | Gary Baker | Reading CC | Veteran | 14:12 |
| 13 | Ron Hallam | South Pennine RC | Veteran | 14:13 |
| 14 | Andy Clark | VTTA (North Midlands) | Veteran | 14:14 |
| 15 | Richard Moys | Fenland Clarion CC | Senior | 14:15 |
| 16 | Mark Staples | VC Veldrijden | C5 | 14:16 |
| 17 | Matthew Naylor | Sleaford Wheelers Cycling Club | Veteran | 14:17 |
| 18 | Sophie Hunt | Witham Wheelers | Senior | 14:18 |
| 19 | Abigail Saggs | Sleaford Wheelers Cycling Club | Juvenile | 14:19 |
| 20 | Jez Willows | Velo Club Flintham | Veteran | 14:20 |
| 21 | Paul Pearson | Witham Wheelers | Veteran | 14:21 |
| 22 | Sonya Hurt | Team Backstedt Bike Performance | Veteran | 14:22 |
| 23 | Stuart White | Sleaford Wheelers Cycling Club | Veteran | 14:23 |
| 24 | Thomas Edmond | Lincoln Tri Club | Juvenile | 14:24 |
| 25 | Alex Deck | Rutland Cycling Club | Veteran | 14:25 |
| 26 | Tracey Wilkinson | Alford Whs | Veteran | 14:26 |
| 27 | Stuart Gutteridge | Tri3 Sleaford Triathlon Club | Veteran | 14:27 |
| 28 | Mick Speight | Sleaford Wheelers Cycling Club | Veteran | 14:28 |
| 29 | Bill Wood | Spalding CC | Veteran | 14:29 |
| 30 | Philip Collier | Mapperley CC | Veteran | 14:30 |
| 31 | Julie Bratton | Velo Club Flintham | Veteran | 14:31 |
| 32 | Deryck Gilham | Wisbech Whs | Veteran | 14:32 |
| 33 | Tracey George | Witham Wheelers | Veteran | 14:33 |
| 34 | Amie Hatton | Sleaford Wheelers Cycling Club | Juvenile | 14:34 |
| 35 | Paul Ripley | Alford Whs | Veteran | 14:35 |
| 36 | Samuel Howes | Sleaford Wheelers Cycling Club | Juvenile | 14:36 |
| 37 | Emily Purbrick | Lincoln Tri Club | Senior | 14:37 |
| 38 | Derek Jones | Tri3 Sleaford Triathlon Club | Veteran | 14:38 |
| 39 | Joanne Howes | Sleaford Wheelers Cycling Club | Veteran | 14:39 |
| 40 | Simon Pitchford | Fenland Clarion CC | Veteran | 14:40 |
| 41 | Matt Purbrick | Lincoln Tri Club | Senior | 14:41 |
| 42 | John Scott | Witham Wheelers | Veteran | 14:42 |

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|----|-----------------------|---|----------|-------|
| 43 | Peter Holland (Trike) | Lincoln Wheelers CC | Veteran | 14:43 |
| 44 | Michael Smalley | Witham Wheelers | Veteran | 14:44 |
| 45 | Richard Hamblin | Sleaford Wheelers Cycling Club | Veteran | 14:45 |
| 46 | Cameron Mcrae | Witham Wheelers | Espoir | 14:46 |
| 47 | David Foster | Tri3 Sleaford Triathlon Club | Veteran | 14:47 |
| 48 | Samuel Laird | Sleaford Wheelers Cycling Club | Juvenile | 14:48 |
| 49 | Elizabeth McTernan | Alford Whs | H4 | 14:49 |
| 50 | Shaun Robinson | Lindsey Roads Cycling Club | Veteran | 14:50 |
| 51 | Mandy Jackson | Sleaford Wheelers Cycling Club | Veteran | 14:51 |
| 52 | Simon Inman | OVB | Veteran | 14:52 |
| 53 | Jon Beere | Witham Wheelers | Veteran | 14:53 |
| 54 | Keely McNiffe | Tri3 Sleaford Triathlon Club | Espoir | 14:54 |
| 55 | Alex Pritchard | University of Nottingham C C | Espoir | 14:55 |
| 56 | Paul Blease | Alford Whs | Veteran | 14:56 |
| 57 | Phil Ackerman | Fenland Clarion CC | Veteran | 14:57 |
| 58 | Adam Jackson | Tri3 Sleaford Triathlon Club | Senior | 14:58 |
| 59 | John Hassall | Bossard Whs | Veteran | 14:59 |
| 60 | Sam Bradley | Alford Whs | Senior | 15:00 |
| 61 | Reece Egner | Witham Wheelers | Espoir | 15:01 |
| 62 | John Gadie | Barton Wheelers Cycling Club | Veteran | 15:02 |
| 63 | Andy Cole | Sleaford Wheelers Cycling Club | Veteran | 15:03 |
| 64 | Tim Baggs | Velo Club Flintham | Veteran | 15:04 |
| 65 | Kristian Woolf | VC Equipe/Flix Oral Hygiene/Propulse | Senior | 15:05 |
| 66 | James Haworth | University of Warwick Triathlon & Road Cycling Club | Senior | 15:06 |
| 67 | Martin Lister | Witham Wheelers | Veteran | 15:07 |
| 68 | George Hackney | Paintrain Lincoln | Veteran | 15:08 |
| 69 | Daniel O'Connor | Calder Clarion | Senior | 15:09 |
| 70 | Alistair Golby | Cambridge University CC | Espoir | 15:10 |
| 71 | Joseph Hudson | Sharrow CC | Senior | 15:11 |
| 72 | Rod Weston | Sleaford Wheelers Cycling Club | Veteran | 15:12 |
| 73 | Sarah King | Bianchi Dama | Senior | 15:13 |
| 74 | John Hughes | Sleaford Wheelers Cycling Club | Veteran | 15:14 |
| 75 | John Martin | Elmsall Road Club | Veteran | 15:15 |
| 76 | Martin Hedley | Witham Wheelers | Veteran | 15:16 |
| 77 | Tony Gilbert | Bourne Wheelers | Veteran | 15:17 |
| 78 | Patrick Kelly | Velo Club Long Eaton | Senior | 15:18 |
| 79 | Thomas Howes | Sleaford Wheelers Cycling Club | Junior | 15:19 |
| 80 | Gary Symons | Witham Wheelers | Veteran | 15:20 |
| 81 | Karl Baillie | University of Derby Cycling Club | Espoir | 15:21 |
| 82 | David Wright | Cheshire Roads Club | Veteran | 15:22 |
| 83 | David Herd | Witham Wheelers | Veteran | 15:23 |
| 84 | Laurence Staples | Bourne Wheelers | Veteran | 15:24 |
| 85 | Joe Perkins | University of Nottingham C C | Senior | 15:25 |
| 86 | Neil Winter | Lincoln Wheelers CC | Veteran | 15:26 |

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|-----|----------------------|---|----------|-------|
| 87 | Tim Lister | Spalding CC | Senior | 15:27 |
| 88 | Nick Leaton | Bourne Wheelers | Veteran | 15:28 |
| 89 | Dale Wilkes | Mansfield Road Club | Senior | 15:29 |
| 90 | Alexander Colman | Alford Whs | Senior | 15:30 |
| 91 | Simon Shepherd | Velo Club Lincoln (Pygott & Crone - Bang Olufsen) | Senior | 15:31 |
| 92 | David Yarham | Peterborough CC | Veteran | 15:32 |
| 93 | David Smith | Sleaford Wheelers Cycling Club | Veteran | 15:33 |
| 94 | Alan Yost | Alford Whs | Veteran | 15:34 |
| 95 | Chris Ward | Team Swift | Veteran | 15:35 |
| 96 | Stu Hammond | Team Backstedt Bike Performance | Veteran | 15:36 |
| 97 | Dave Leonard | Lincoln Wheelers CC | Veteran | 15:37 |
| 98 | Steve Jackson | Sleaford Wheelers Cycling Club | Veteran | 15:38 |
| 99 | Rod Oglesby | Lincoln Wheelers CC | Veteran | 15:39 |
| 100 | Ian Dalton | Cherry Valley RT (B&C Express) | Veteran | 15:40 |
| 101 | Mark Atkinson | Alford Whs | Senior | 15:41 |
| 102 | Callum McPartlin | Tri3 Sleaford Triathlon Club | Senior | 15:42 |
| 103 | Kerri Shore | Sleaford Wheelers Cycling Club | Veteran | 15:43 |
| 104 | Louise George | Witham Wheelers | Veteran | 15:44 |
| 105 | Michiel Vaal | Team Backstedt Bike Performance | Veteran | 15:45 |
| 106 | Matthew Mann | Hinckley Cycle Racing Club | Veteran | 15:46 |
| 107 | Micky Pell | Alford Whs | Veteran | 15:47 |
| 108 | Michael Egner | Witham Wheelers | Veteran | 15:48 |
| 109 | Paul Harwood | Nottingham Clarion CC | Veteran | 15:49 |
| 110 | Sean Hunt | Lincoln Wheelers CC | Veteran | 15:50 |
| 111 | Chris Kettle | Bourne Wheelers | Veteran | 15:51 |
| 112 | Chris Rimes | Team Salesengine.co.uk | Veteran | 15:52 |
| 113 | Graham McAndrew | Witham Wheelers | Veteran | 15:53 |
| 114 | Simon Jackson | Sleaford Wheelers Cycling Club | Veteran | 15:54 |
| 115 | Neil Holden | Lutterworth Cycle Centre Racing Team | Veteran | 15:55 |
| 116 | Jensen Windsor | Alford Whs | Juvenile | 15:56 |
| 117 | Robert McAndrew | Team Jewson - MI Racing ~Poly Pipe~McCann | Junior | 15:57 |
| 118 | Ehren Courtman | R P D Racing | Junior | 15:58 |
| 119 | Nev Chamberlain | Sleaford Wheelers Cycling Club | Veteran | 15:59 |
| 120 | Billy Jarish | Lincoln Wheelers CC | Senior | 16:00 |
| 121 | Tom Comben | Bourne Wheelers | Veteran | 16:01 |
| 122 | Adam Egner | Witham Wheelers | Espoir | 16:02 |
| 123 | Andrew Gurney | Spalding CC | Veteran | 16:03 |
| 124 | Carl Friskney | Sleaford Wheelers Cycling Club | Veteran | 16:04 |
| 125 | Neil Palmer | Spalding CC | Veteran | 16:05 |
| 126 | Michael Lamb | Kiveton Park Cycling Club | Veteran | 16:06 |
| 127 | Lorne Ffoulkes-Jones | Tuxford Clarion C C | Veteran | 16:07 |
| 128 | Beth Wilmot | Sleaford Wheelers Cycling Club | Veteran | 16:08 |
| 129 | Lord Rolbin | Bourne Wheelers | Veteran | 16:09 |

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|-----|------------------|--|---------|-------|
| 130 | Shaun Eden | Mapperley CC | Veteran | 16:10 |
| 131 | Peter Odling | Alford Whs | Veteran | 16:11 |
| 132 | Alistair Seymour | Royal Air Force Cycling Association | Veteran | 16:12 |
| 133 | John Woolley | Lincoln Wheelers CC | Veteran | 16:13 |
| 134 | Kathryn Smith | Sleaford Wheelers Cycling Club | Veteran | 16:14 |
| 135 | James Gelsthorpe | Velo-One Cycling Team(Staples Vegetables/Neil Palmer Electrical) | Senior | 16:15 |
| 136 | Ian Pike (Trike) | Fenland Road Club | Veteran | 16:16 |
| 137 | Gary Ison | Melton Olympic CC | Veteran | 16:17 |
| 138 | David Phillips | Mansfield Road Club | Veteran | 16:18 |
| 139 | Tim Crosby | Tri3 Sleaford Triathlon Club | Veteran | 16:19 |
| 140 | John Brearley | Squadra RT | Senior | 16:20 |
| 141 | Mark Booth | Kettering CC | Veteran | 16:21 |
| 142 | Henry Gould | Witham Wheelers | Senior | 16:22 |
| 143 | John Odell | Nottingham Clarion CC | Senior | 16:23 |
| 144 | | | | 16:24 |
| 145 | Matt Sinclair | Lutterworth Cycle Centre Racing Team | Senior | 16:25 |

On completing your ride, please continue to the HQ.
Please remember to sign back in.

Head Down Riding Can Be Fatal

Keep your eyes on the road

*Sleaford Wheelers Cycling Club wish you all a safe and
successful ride.*

Event Secretary
Linda Hurst

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