Shaftesbury Cycling Club

presents the 104th edition of its

Open 50 Miles Time Trial

(B.B.A.R. Counting Event)

Sunday 19th July 2020

Start 6.00 a.m.

Course E2/50c

Event HQ: Westley Waterless Village Hall, near Newmarket.

Postcode: CB8 0RH Grid Reference: TL 624561

Event Secretary: Gary Jackson 40 Hillcroft, Loughton, Essex, IG10 2PS

Mobile: 07899 962432

Email: 50Organiser@ShaftesburyCC.uk

Timekeepers: Frida Wezel, Michael Keen and Laura Carter

Awards

Fastest The Perkins-Shaftesbury Centenary Trophy (to be held for one year)

<u>Men</u>		<u>Handicap</u>	<u>Veteran Standar</u>			<u>ard</u>	
First		£50	First	£50	First		£30
Secon	d	£40	Second	£40			
<u></u>	<u>Women</u>		Third	£30	<u>Fastest</u>	Team of	<u> Three</u>
First		£50	Fourth	£20	£10	each ride	er
Secon	d	£40	Fifth	£10			

One Rider - One Prize (except for Team Award)

IT IS IMPERATIVE THAT YOU READ THE NOTES ON PAGES 2 & 3 WHICH DETAIL THE ACTIONS NEEDED BECAUSE OF THE COVID 19 PANDEMIC

Visit www.ShaftesburyCC.co.uk for details of all Club activities.

Start & Result Sheets

Questropics computing service

IMPORTANT: COVID-19 REQUIREMENTS AND NOTES

- * CTT has issued two PDF documents, a Covid-19 Risk Assessment and "Putting on a Cycling Time Trials Event during COVID19", which you may have already seen. Rather than repeating everything here the documents have been included in your Start Sheet mailing and you should read them carefully. However the following points are of importance.
- Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid 19 symptons.
- * AT NO TIME MUST RIDERS AND HELPERS GATHER IN GROUPS OF MORE THAN SIX. SOCIAL DISTANCING MUST BE OBEYED IN THE HQ, AT PARKING AREAS AND AT THE START.
- Event Headquarters are at Westley Waterless Village Hall, near Newmarket (see map for directions). Hall will be open at 5.00 am. The car park is for use by officials only. Please park outside the HQ grounds and only to the east of Village Hall. Remember that most of the villagers will be asleep at 6 in the morning so please keep the noise to a minimum. Please park sensibly and avoid blocking the pathways by not parking on the verges. Please give consideration to all other road users in the area so ensuring that we will be able to continue using these Headquarters.
- ❖ NO CHANGING FACILITIES WILL BE AVAILABLE AT THE HQ. Separate Toilet facilities are available for men and women but only one person at a time is allowed in the respective room. Access is via the lobby next to the main door. To maintain distance, women will use the righthand side of the doorway and men the left with separate queues outside if necessary. Signing on and signing out will be in the hall and access is via the exits from the toilets or via the fire exit door at the end of the driveway or as instructed on the day. Once again, one in − one out and queuing if necessary. Exit from the hall is via the fire exit only. Riders should bring their own pen for signing in and out, numbers will be laid out individually and riders should only handle their own number and, if they haven't brought their own, any pins required. After the race the number should be placed in the discard container.
- * NO SHOEPLATES or SMOKING in the Hall.
- ❖ It is also possible to park nearer the Start and Finish, in the road between Six Mile Bottom and West Wratting. PARK HEAD TO TOE, NOT ALONGSIDE.
- Start is about 5 miles from event HQ. To get to the Start, turn right out of Village Hall, left at crossroads then right at next crossroads to Six Mile Bottom. Turn left & proceed to slip road onto A11 southbound, continue and take the next slip road to The Wilbrahams.
- No static warm-ups are allowed, so no turbos or rollers. Warming up can be done in the road leading to West Wratting and also on Mill Road both to the north and south of the start. Warming up cannot be done on the race course but you are obviously allowed to travel along the A11 from the parking at the finish to the Wilbrahams slip road for the start.
- ❖ No more than three riders are allowed to queue at the start, so time your arrival accordingly. There will no Pusher-off. Absolutely NO PARKING at the start. Any clothing, bottles, etc, left at the start will NOT be returned to Finish or HO.
- On finishing the race, riders should not stop at the finish and should not loiter at the HQ or parking areas but sign out promptly and leave the race as soon as possible.
- ❖ There will be no refreshments at the HQ and no results displayed. Results will be published on the relevant websites once all are confirmed. DO NOT APPROACH THE TIMEKEEPERS.

Unable to ride? Please contact the <u>Organiser</u> or <u>Webmaster</u> as soon as possible so that a Reserve may be allocated a Start Time. With only 6 days between Closing Date and Race, early notification is very important.

If possible, reserves will be told of their starting position before the race but it may be that spaces will not be available until the race. All riders should sign on at least 30 minutes before their start time after which their position could be allocated to a reserve. Reserves should report and sign on and wait to be allocated a starting position. Note: Reserves must wear the number as given in this Start Sheet, not that of the rider they replace.

IMPORTANT: CTT REGULATIONS AND RIDERS' NOTES

- 1 NO 'Warming up' by competitors is allowed on the course once the event has started.
- 2 NO "U" TURNS are allowed within sight of either the start or finishing points. Riders carrying out this dangerous manoeuvre are liable to disqualification from the event and further disciplinary action by the District Committee. Note: Riders must continue after the Finish before crossing the road at Six Mile Bottom.
- 3 Riders' body numbers will be available at event HQ and must be personally signed for after reading any special course instructions.
- 4 As soon as you have finished you should return your number to the event HQ and personally sign out (failure to do so may mean you will be recorded as DNF).
- 5 Marshals placed to direct competitors off the main carriageway MUST NOT stand at the apex between the carriageway and the slip road but should be located at the commencement of the slip road.
- 6 Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will also be liable to disciplinary action by the District Committee.
- 7 IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard. ALL juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet
- 8 Riders are reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **NO LIGHT NO RIDE**.
- 9 Don't forget to make sure the batteries for your light and/or your gears are fully charged.

HEAD DOWN RIDING KILLS!

After no racing for 18 weeks it's no wonder that riders are keen to get going again and even the 6 am start hasn't deterred people from all over the country from entering. We obviously had to put the closing date back from the original 30th June and at the close 189 entries were received. The early start allows us a field size of 120 but unfortunately, even with 10 reserves, we still had to return a number of entries, some of them very fast riders.

The event has been handicapped using the CTT Standardised Handicapping System modified to avoid negative handicaps. Handicaps for riders without a current 50 time have been calculated from their other PB's. If no previous times, then no handicap.

Not surprisingly many of you asked for late starts but to make the competition fair for all BBAR contenders the field has been set in three sections which will help us to meet the course time restrictions. The fastest 40 will be the last to go, preceded by the women and tandem and for the rest it will be an earlier start. This may seem unfair but conditions can change dramatically in a four hour period and this will keep major rivals together. Pacing is always a problem with fast fields and we hope that our field setting will keep it to a minimum.

Last year's event showed that the course can still be fast early in the morning and hopefully you will all achieve personal bests. For the slower riders this is your chance to ride the E2 when in the past you could only dream of being accepted.

Over the years we have seen 8 Competition Records set in this event, can we hope for more?

Last year's ECCA 100 saw the disqualifications of riders who failed to follow the course and ended up riding in the middle of 4 lanes of fast moving traffic to stay on the A14 rather than keeping LEFT to join the A11. London East considers that not only is this highly dangerous but such actions could cause the E2 courses to be lost.

YOU HAVE BEEN WARNED.

COURSE DETAILS E2/50C

START (G.R. TL 561550) at paint mark on road leading to The Wilbrahams on bridge above A.11, 20 yards east (downhill) from the eastern traffic lights. Proceed immediately left down slip road to join A.11 southbound. Continue and take slip road (M) to Four Went Ways interchange (A.1307) and circle elevated roundabout (M) (4.01 miles) taking 4th exit (M) onto A.11 northbound. Continue on A.11 past Six Mile Bottom to join A.14 and after approximately 7 miles bear left onto A.11. Continue past Suffolk border to Freckenham sign (B.1085) (Note: there are two exits both signed B.1085, the second, most easterly, is the correct exit) and take slip road (M) to T-junction. Turn right (M) WITH CARE (22.5 miles). Be aware; this section of road is open to traffic in both directions – stay left. Continue to roundabout to take third exit (M) to cross over A.11 to next roundabout, take 2nd exit (M) onto Newmarket Road, B.1085, and continue to roundabout TURN (M) (24.36 miles). NOTE: DO NOT REJOIN A.11 AT THIS POINT. Take 4th exit and retrace to roundabout where take 1st exit (M) (26.1 miles) onto A.11 southbound. Retrace on A.11 to join A.14 at Newmarket, then after approximately 7 miles keep left to rejoin A.11. Continue southwards and take slip road (M) to elevated roundabout at Four Went Ways (M) (44.6 miles), taking 4th exit (M) to rejoin A.11 northbound. Continue to Six Mile Bottom, where take A.1304 slip road and continue to FINISH beyond A.11 bridge, 2 kerb joints east of eastern end of central traffic island, approximately 30 yards east of sign saying "Weston Colville/West Wratting 4". (50.0 miles) (G.R. TL 574564)

Be aware that the Finish is on the road to Six Mile Bottom, 800 yards AFTER you leave the A11 and not on the slip road itself.

NO "U-Turns" after Finish. Continue to Six Mile Bottom where turn right for HQ.

NOTES:

When leaving the A.14 Newmarket by-pass (three/four lane section) in both east and west directions, STAY IN THE INSIDE LANE. If you move into the middle lanes you will **go off-course** and **BE AT HIGH RISK** from passing traffic.

Any rider failing to stay on the course at the A14/A11 junction in either direction will be disqualified and subject to disciplinary action for breach of Regulation 20.

On the return leg between the Start, Four Went Ways and Six Mile Bottom early riders may meet other riders who are just starting. Take extra care at the slip road from the Start and when leaving the A.11 on the slip road to the Six Mile Bottom Finish.

YOUR SAFETY:

At all the roundabouts you should get to the inside middle of the roundabout as soon as it is safe to do so. If you ride on the outside of the roundabout you are at risk from vehicles leaving at each exit. In a previous year a driver had to take avoiding action because a rider rode across the exit road as he was about to leave, forcing the car to re-circle the roundabout.

See separate leaflet for maps of the course

This Start Sheet can be downloaded from our website (http://www.ShaftesburyCC.co.uk) as PDF files – just follow the links to the Open 50. When viewed with Acrobat Reader you will able to see the maps at a much larger magnification, so that you can be certain of knowing the course.

No	Start	Name	Club / Team	Cat	Best C & LTS	H'cap	Age Std
			SOLOS	-			
1	06:01	Adrian GORHAM	Kettering CC	V	2:00:13	32:53	2:22:55
2	06:02	Stuart PECKHAM	Velo Club St Raphael	V	1:53:59	27:04	2:19:27
3	06:03	Abid HUSSAIN	Icknield RC	V	1:55:37	28:35	2:16:59
4	06:04	Edward RENWICK	Oxford City RC	V	1:59:27	32:10	2:16:32
5	06:05	Andy NEWHAM	Lincoln Wheelers CC	V	1:51:14	24:30	2:18:14
6	06:06	Chris TYE	Plomesgate CC	V	1:53:20	26:27	2:20:40
7	06:07	Keith STOCKWELL	Welwyn Whs	V	1:54:52	27:53	2:19:03
8	06:08	Paul HAYWARD	VC Baracchi	V	1:58:01	30:49	2:16:05
9	06:09	Adam BISHOP	Lea Valley CC	V	1:59:53	32:34	2:17:24
10	06:10	Jeff ROBERTS	High Wycombe CC	٧	1:50:35	23:53	2:21:32
11	06:11	Chris JONES	Bynea Cycling Club	V	1:52:43	25:53	2:17:49
12	06:12	Simon SMITH	JRC Shutt Ridley RT	V	1:53:24	26:31	2:17:24
13	06:13	Andrew KNOWLES	North Norfolk Whs	S	1:55:11	28:11	
14	06:14	Duncan EMERY	Twickenham CC	V	1:58:03	30:51	2:18:14
15	06:15	Alister CAMPBELL	Eagle Road Club	٧	1:51:09	24:25	2:16:05
16	06:16	Lee WILLIAMS	North Hampshire RC	S	1:53:17	26:24	
17	06:17	Sam FULLER	70aks Tri Club	S	1:54:39	27:41	
18	06:18	James WOOD	West Suffolk Wheelers	V	1:56:11	29:07	2:22:27
19	06:19	Nicholas KNIGHT	Hart Performance Coaching	V	1:59:52	32:33	2:17:24
20	06:20	Andrew HALLIDAY	Westerley Cycling Club	V	1:50:34	23:52	2:18:38
21	06:21	Dale STURMAN	West Suffolk Wheelers	V	1:52:28	25:39	2:20:40
22	06:22	Mike PADFIELD	North Norfolk Whs	V	1:53:22	26:29	2:17:24
23	06:23	Martin BAUMBER	Shaftesbury CC	V	1:55:31	28:29	2:18:38
24	06:24	Martin BULLEN	Peterborough CC	V	1:57:26	30:17	2:29:14
25	06:25	Sean SANDERS	Drighlington BC	٧	1:50:58	24:15	2:19:27
26	06:26	Matt DONOVAN	Bedfordshire Road RT	S	1:52:55	26:04	
27	06:27	Robert PISOLKAR	Shaftesbury CC	V	1:54:28	27:31	2:24:30
28	06:28	Alex PEARSON	Woolwich CC	V	1:55:53	28:50	2:16:59
29	06:29	David PENNINGTON	Southend Wheelers	S	1:59:39	32:21	
30	06:30	Adrian BLACKER	C and N Cycles RT	٧	1:50:27	23:46	2:21:59
31	06:31	Toby WILLIAMS	Velotik Racing Team	S	1:51:51	25:04	.5
32	06:32	Neil MACKLEY	a3crg	V	1:53:32	26:38	2:21:59
33	06:33	Peter RICHARDS	Icknield RC	V	1:55:53	28:50	2:21:59
34	06:34	Nick HANSON	Seacroft Whs	V	1:57:43	30:33	2:21:06
35	06:35	Steven COTTINGTON	Bath Cycling Club	٧	1:51:32	24:46	2:22:55
36	06:36	John MANLOW	Ely & District CC/B&T Motor Repairs	V	1:52:45	25:54	2:19:51
37	06:37	Matthew DAVIES	Holohan Coaching Race Team	S	1:54:12	27:16	
38	06:38	Harry LOADER	Team Bottrill	S	1:55:10	28:10	
39	06:39	Nick ELSON	Woolwich CC	S	1:59:40	32:22	
40	06:40	Brett DAVIS	trainSharp	٧	1:50:22	23:41	2:18:14
	i	d	TANDEM TRICYCLE	A	åd		h
	06.44	Ian PIKE	Live Ja Whardana CC	V			
41	06:41	Lauren PIKE	Lincoln Wheelers CC	W			
	911111111111111111111111111111111111111		SOLOS				
42	06:42	Hayley RUCH	East Essex Triathlon Club	WV		*	2:26:32
43	06:43	Louise ROBINSON	Essex Roads CC	WV	2:02:44	35:14	2:28:36
44	06:44	Susan SANDERS	Drighlington BC	WV	2:15:39	47:17	2:29:33
45	06:45	Victor CHETTA	Pirate juice cc	٧	1:47:06	20:38	2:16:05

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No	Start	Name	Club / Team	Cat	C & LTS	H'cap	Std
			SOLOS				
46	06:46	Daniel RYAN	North Road CC	S	1:49:39	23:01	
47	06:47	Helen GRAVATT	CC Ashwell	WV	1:59:07	31:51	2:34:10
48	06:48	Kirsty McSEVENEY	a3crg	W	2:03:35	36:01	
49	06:49	Jennie PAGE	Southend Wheelers	WV	2:25:30	56:28	2:27:05
50	06:50	Colin PARKINSON	South Western Road Club	V	1:46:30	20:04	2:22:55
51	06:51	James CHURCHARD	Reading CC	V	1:47:47	21:16	2:16:32
52	06:52	Angela CARPENTER	a3crg	WV	1:52:48	25:57	2:31:48
53	06:53	Chanel MASON	Storey Racing	W	2:01:37	34:11	
54	06:54	Louise DOUGLASS	Essex Roads CC	W	2:13:29	45:16	***************************************
55	06:55	Graham RUDD	API-Metrow	V	1:46:33	20:07	2:15:36
56	06:56	Mark SANDERS	Mid Devon CC	V	1:49:19	22:42	2:24:30
<u>57</u>	06:57	Lisa DAVIS	trainSharp	WV	1:58:24	31:11	2:29:05
58	06:58	Jade ANSTIS	Royal Leamington Spa Cycling Club	W		37:43	
59	06:59	Gillian MORGAN	Westerley Cycling Club	WV	2:23:16	54:23	2:36:21
60	07:00	Alexander ROYLE	Manchester Bicycle Club	S	1:46:21	19:56	JU.LI
61	07:01	David SHEPHERD	a3crg	V	1:48:05	21:33	2:23:25
62	07:02	Jackie FIELD	CC Ashwell	WV	1:52:15	25:26	2:33:40
63	07:02	Fiona BURNIE	GS Metro	W	2:00:16	32:55	2.55.40
64	07:04	Sarah KELMAN	St Ives CC	WV	2:00:10	41:44	2:30:54
65	07:05	Iain BOARDMAN	Dulwich Paragon CC	V	1:46:32	20:06	2:17:49
66	07:06	William WALLACE	CC London	V	1:48:52	22:17	2:16:05
67	07:00	Jennifer MILLMORE	Islington Cycling Club	W	1:54:56	27:57	2.10.03
68	07:08	Lisa HURRELL	Maldon & District CC	W	1.54.50	37:23	
69	07:08	Deborah BEARE	Icknield RC	W		52:10	
70	07:09 07:10	Chris HOLMES	Twickenham CC	V	1:46:07	19:43	2:16:59
71	07:10	Geoff REYNOLDS		V V	1:47:37	21:07	·§
7 <u></u>	07:11	Chris LEA	Hemel Hempstead CC	V	1:49:59	23:20	2:21:06 2:22:55
73	07.12		Buxton CC/Sett Valley Cycles Bath Cycling Club	W	÷	32:23	2.22.33
-/3 	07:14		-	WV	1:59:41	40:22	2.27.05
74 75	07.14 07:15	Denise BURROWS Darran BENNETT	AeroCoach Ely & District CC/B&T Motor	V	2:08:15 1:47:37	40.22 21:07	2:27:05
76	07:16			S		22:06	2:19:27
	ļ	Samuel THIENEL	Shaftesbury CC	WV	1:48:40		2.27.05
77	07:17	Fiona SHARP	Team Swift	··· -	1:57:48	30:37	2:27:05
78	07:18	Sally TURNER	trainSharp	WV	2:03:23	35:50	2:26:32
79 80	07:19	Vida SUTOVA	Redbridge CC	WV	1.45.20	50:17 19:16	2:30:27
	07:20	Anna TURVEY	DRAG2ZERO	VVV	1:45:38		2:26:32
81	07:21 07:22	Darren YARWOOD	Almerico Vive Le Velo		1:41:35	15:29	2:17:49
82	ļ	Richard SHARP	Team Swift	S	1:42:22	16:13	2.10.27
83 84	07:23	Matthew READER	Verulam CC	V	1:44:53	18:34	2:19:27 2:17:49
	07:24	Kevin BAUMBER	Shaftesbury CC		1:45:50		ļ
85	07:25	Julian ELLIOTT	Finsbury Park CC	V	1:39:11	13:15	2:19:03
86	07:26	Mark SMITH	Crawley Wheelers	V	1:40:26	14:25	2:17:49
87	07:27	Keith AINSWORTH	Sheffrec CC	V	1:42:05	15:57	2:24:30
88	07:28	Tom THORNELY	Buxton CC/Sett Valley Cycles	S	1:43:51	17:36	
89	ļ	Timothy CHILVERS	Maldon & District CC	S	1:45:48	19:25	<u> </u>
90	07:30	Carl DONALDSON	GS Metro	S	1:36:13	10:29	24655
91	07:31		AeroCoach	V	1:39:33	13:35	2:16:59
92	07:32		Arctic Aircon RT	V	1:41:31	15:25	2:18:14
93	07:33	Ross HOLLAND	Saint Piran	S	1:42:43	16:33	
94	07:34	Rob YOUNG	Team Vision Racing - Silverhook	V	1:44:47	18:28	2:17:49
95	07:35	Jonathan SHUBERT	Arctic Aircon RT	S	1:37:55	12:04	<u></u>

No	Start	Name	Club / Team	Cat	Best C & LTS	H'cap	Age Std
			SOLOS				
96	07:36	Paul BURTON	Paceline RT	S	1:40:21	14:20	
97	07:37	Mat IVINGS	Buxton CC/Sett Valley Cycles	V	1:41:55	15:48	2:18:14
98	07:38	Rob PEARS	Bath Cycling Club	V	1:43:49	17:34	2:22:27
99	07:39	Josh CROW-STEWART	Arctic Aircon RT	S	1:46:06	19:42	
100	07:40	Adam DUGGLEBY	Almerico Vive Le Velo	S	1:36:09	10:25	
101	07:41	Conrad MOSS	Primera-Teamjobs	V	1:39:20	13:23	2:17:24
102	07:42	Adam WILD	GS Metro	S	1:41:00	14:56	
103	07:43	Peter HOOPER	Eastbourne Rovers CC	S	1:42:28	16:19	
104	07:44	Mark RICHARDS	D A P Cycling Club	S	1:44:44	18:26	
105	07:45	Danny GRIEVES	GS Metro	S	1:37:22	11:33	
106	07:46	Ben STOWE	Arctic Aircon RT	S	1:40:02	14:02	
107	07:47	Harley MATTHEWS	D A P Cycling Club	S	1:41:54	15:47	
108	07:48	Andrew GRANT	Cambridge CC	V	1:43:35	17:21	2:28:26
109	07:49	Marc TOWNSEND	trainSharp	S	1:45:42	19:20	
110	07:50	Matthew SMITH	DRAG2ZERO	٧	1:35:47	10:04	2:16:05
111	07:51	Dave GREEN	CC Breckland	V	1:39:14	13:18	2:21:59
112	07:52	Harry WALTON	Cheltenham & County Cycling Club	S	1:40:57	14:54	
113	07:53	Nick CLARKE	Arctic Aircon RT	S	1:43:07	16:55	
114	07:54	Sam WIGHTMAN	Team Bottrill	V	1:44:14	17:58	2:16:05
115	07:55	Liam MAYBANK	Twickenham CC	٧	1:36:30	10:44	2:18:38
116	07:56	Tim McEVOY	FTP (Fulfil The Potential) Racing	V	1:39:43	13:45	2:16:05
117	07:57	Ross CLARKE	TMG Horizon Cycling Team	S	1:41:51	15:44	
118	07:58	Henrik PERSSON	Kingston Wheelers CC	S	1:43:11	16:59	
119	07:59	Andrew RIVETT	Velo Club St Raphael	V	1:45:08	18:48	2:18:38
120	08:00	Chris BARTLEY	AS Test Team	S	1:34:21	8:44	
			RESERVES				
121		Marek SASURA	GS Avanti	V	2:00:21	33:00	2:16:59
122		Chris WOMACK	VC Baracchi	V	2:01:42	34:16	2:34:00
123		Adam LAYCOCK	VTTA (East Anglia Group)	V	2:02:14	34:46	2:20:40
124		Adam WELLS	Paceline RT	S	2:02:52	35:21	·
125		Bob QUARTON	Wolsey RC	V	2:03:30	35:56	2:27:41
126		Jason TURNER	Norwich A B C	V	2:03:47	36:12	2:19:03
127		Jon HEANEY	Maidenhead & District CC	S	2:04:30	36:52	
128		Matthew SAUNDERS	Team Vision Racing - Silverhook	V	2:04:39	37:01	2:16:05
129		Matt PRICE	Icknield RC	V	2:06:44	38:58	2:15:36
130	5	Noel TOONE	Kettering CC	V	2:06:49	39:02	2:23:25