

ISLINGTON CYCLING CLUB

# OPEN 10 MILE TIME TRIAL

6PM SATURDAY 25 JULY 2015

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

**Timekeepers:** **V Freeley**  
**F Turner**

**Event Secretary: Aidan Farrow**  
150 Sheldon Road  
London  
N18 1RN  
07742056112  
aidan.organising@gmail.com

## Men's Prizes

1<sup>st</sup> £100  
2<sup>nd</sup> £60 cycling voucher  
3<sup>rd</sup> £30 cycling voucher  
Minor prizes TBC

## Women's Prizes

1<sup>st</sup> £100  
2<sup>nd</sup> £60 cycling voucher  
3<sup>rd</sup> £30 cycling voucher  
Minor prizes TBC

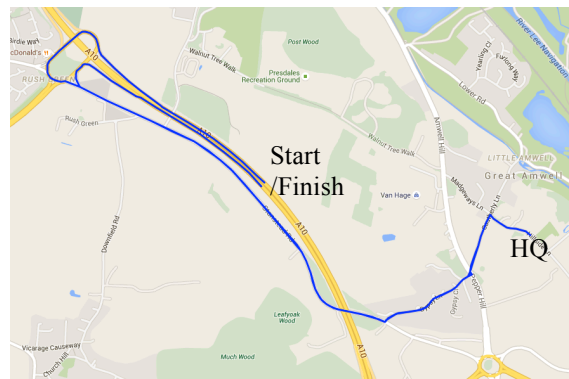
## Event Headquarters

Great Amwell Parish Hall, Hillside Lane, Great Amwell, Ware, Hertfordshire SG12 9SH.  
**Sign on will open at 5pm. Bags and kit can be left at the event HQ at owners risk.**

The event HQ is located between Ware and Hoddesdon near St Margarets railway station, From St Margarets station go north on Amwell Lane, turning left onto Cautherly Lane and left again onto Hillside Lane. If you are coming with a car from the A10 turn off on to the A414. At the first roundabout, take the 2nd exit onto Pepper Hill (A1170) and after ~200m turn right onto Cautherly Lane. The next right is Hillside Lane where the event HQ is located. Overflow parking will be provided in a nearby field. Please park with consideration for local residents.

## Course Information: F20/10

- The start is on the A10 south of Rush Green roundabout.
- Arrive at the event HQ with plenty of time to sign on and to ride to the start.
- To cycle to the start from the event HQ follow Hillside Lane north and turn right onto Cautherly Lane. Cross Pepper Hill (A1170) with care, and proceed on Gypsy Lane, before turning right onto Stanstead Road (B1502). Turn onto the A10 at Rush Green roundabout with care and proceed to the start lay-by.
- The route is marshalled and signed but it is your responsibility to know the course.
- You should arrive at the start on time but not more than 5 minutes early. The start assistant will call your number when you are the next rider to start.

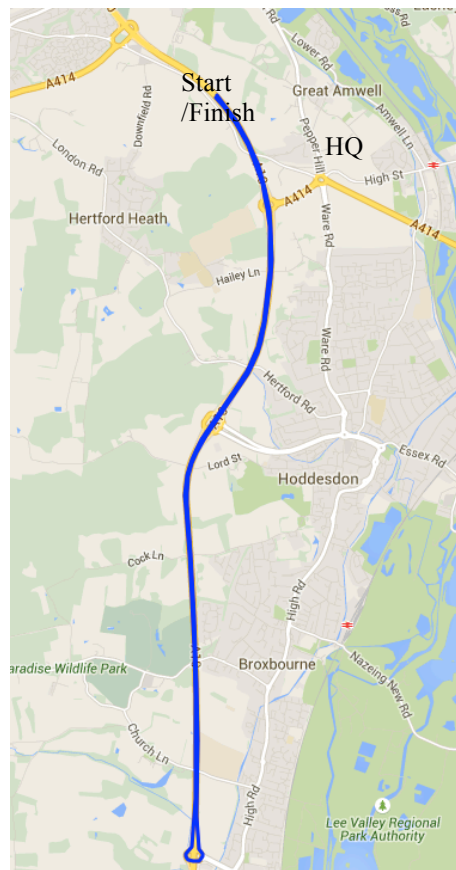


## Course Description: F20/10

- Start (GR 358126) on A10 southbound carriageway at southern end of lay-by approximately half a mile south of Rush Green elevated roundabout (junction of A10 and A414) at 6<sup>th</sup> cats eye north of post marked 51/28. Proceed south past exits for A414 Harlow and A1170 Hoddesdon, to:
- Turn (4.8 miles) at Turnford elevated roundabout. (signposted Broxbourne, Wormley, Turnford A1170). Take second exit onto slip road to join A10 northbound. Continue north on A10 past exits for A1170 Hoddesdon and A414 Harlow, to:-
- Finish at first cat's-eye south of northern end of island in lay-by, roughly half a mile south of Rush Green elevated roundabout.
- N.B. On finishing riders must not stop, but continue riding to take first exit (A414) to Rush Green elevated roundabout and make their way back to the event HQ.

Police Area

Hertfordshire



## Local Regulations:

- No U turns should be made in sight of the start or finish areas.
- No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points.
- In order to avoid milling about and congestion at the start riders should not go to the start more than 5 minutes before their due time. The timekeeper or other club official should ensure that riders do not congest or obstruct the lay-by for other users.

## For your information and safety

- Safety not performance is your first priority.
- The wearing of a helmet is recommended.
- For visibility race numbers are printed on a bright, reflective background. The number must be placed on your shorts from the waistband downwards, and must not be covered by other clothing.
- We recommend that riders use lights, even during daytime.
- Any road junction or roundabout can constitute a hazard in a race – be aware.
- At roundabouts the traffic coming from the right has priority over you, so please give way.
- If you have an accident during a race, no matter how minor, you are required to report it to the Event Secretary as soon as possible.
- Observe the law and highway code at all times
- Avoid u-turns and dangerous manoeuvres while warming up, approaching the start and leaving the finish.
- Keep your head up at all times – look where you are going.

**Juniors:** The minimum age for competitors is 12 years. In accordance with Regulation 15 all junior competitors must wear protective hard shell helmets. Riders under 18 years must know the law and the Highway Code, and be competent to ride on public roads alone. A CTT permission form must be returned to the event HQ.

**Islington CC wishes you good luck and a safe ride.**

<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Start Time</b>
1	Pavel Chodarcevic	Islington CC	18:01
2	Daniel Wolman	London Phoenix CC	18:02
3	Tony Padgett	Islington CC	18:03
4	Sheldon Ferguson	London Phoenix CC	18:04
5	Karl Willis	Hertfordshire Whs	18:05
6	David Lancaster	VC 10	18:06
7	Paul Baker	Islington CC	18:07
8	Owen Wilkins	London Phoenix CC	18:08
9	Deena Blacking	Islington CC	18:09
<b>10</b>	<b>Gavin Ashfield</b>	<b>Hitchin Nomads CC</b>	<b>18:10</b>
11	Markus Noe-Nordberg	London Dynamo	18:11
12	Michael Hennessy	Southend Wheelers	18:12
13	Sarah Harrison	Cycling Club Hackney	18:13
14	Alicia Speake	Islington CC	18:14
15	Gunther Zechmann	London Phoenix CC	18:15
16	Jonathan Hemming	Addiscombe CC	18:16
17	Martine Groen	Islington CC	18:17
18	Laura Perrett	London Phoenix CC	18:18
19	Elsbeth Storrar	Islington CC	18:19
<b>20</b>	<b>Daniel Babbs</b>	<b>Chelmer CC</b>	<b>18:20</b>
21	Tom Simpson	Brixton Cycles Club	18:21
22	Tina Reid	Trainsharp Racing Team	18:22
23	James O'Connell	Regents Park Rouleurs	18:23
24	Ceci Gath	Islington CC	18:24
25	Murat Ozdenya	Team Vision Racing	18:25
26	Thomas Weir	CC Ashwell	18:26
27	Derek Trangmar	Lea Valley CC	18:27
28	Markus Panayi	Islington CC	18:28
29	Anthony Rumilla	London Phoenix CC	18:29
<b>30</b>	<b>Gavin Moore</b>	<b>Team Velovelocity.co.uk</b>	<b>18:30</b>

Number	Name	Club	Start Time
31	Jonathan Williams	Amersham Road Cycling Club	18:31
32	Jonny Allen	Islington CC	18:32
33	Iain Boardman	Dulwich Paragon CC	18:33
34	Alex Barlow	Islington CC	18:34
35	Robert Watson	Newmarket Cycling & Triathlon Club	18:35
36	Orestis Mavroudis-Chocholis	Islington CC	18:36
37	James Parsons	North Road CC	18:37
38	James Seville	Islington CC	18:38
39	Matthew Hallett	Cycling Club Hackney	18:39
<b>40</b>	<b>William Wallace</b>	<b>CC London</b>	<b>18:40</b>
41	Damian Poulter	Hounslow & District Whs	18:41
42	Guy Llewellyn	Islington CC	18:42
43	Thomas Pfeiffer	Dulwich Paragon CC	18:43
44	Alex Drake	Islington CC	18:44
45	Ryan Whitchell	University of Bristol	18:45
46	Desmond Gayler	Kenton RC	18:46
47	Peter Cutler	Islington CC	18:47
48	Glenn Hutchison	Cycling Club Hackney	18:48
49	Jack Naumann	Islington CC	18:49
<b>50</b>	<b>Jonathan Wale</b>	<b>Loughborough Students CC</b>	<b>18:50</b>
51	Matthew Reader	Verulam CC	18:51
52	Richard May	Islington CC	18:52
53	James Higgs	Rapha Cycling Club	18:53
54	David Dugdale	Islington CC	18:54
55	Richard Hutt	Harp RC	18:55
56	Richard Burton	Westerley CC	18:56
57	Peter Cockbain	South Bucks RC	18:57
58	David Shannon	Islington CC	18:58
59	Lewis Dixon	Lea Valley CC	18:59
<b>60</b>	<b>James Long</b>	<b>Bishop's Stortford CC</b>	<b>19:00</b>
61	John Watson	Hitchin Nomads CC	19:01
62	Colin Whitechurch	Ely & District CC/JT Cycles	19:02
63	Hazar Emre Tez	Islington CC	19:03
64	John Coles	West Suffolk Whs & Tri Club	19:04
65	Matthew Eley	Ely & District CC/JT CYCLES	19:05
66	Andrew Digby	Welwyn Whs	19:06
67	Matthew Parker	Islington CC	19:07
68	Andrew Harrison	Finchley Racing Team	19:08
69	Peter Shields	Islington CC	19:09
<b>70</b>	<b>Russell Hampton</b>	<b>Team Polypipe</b>	<b>19:10</b>
71	John McCormack	Islington CC	19:11
72	Darren Bigmore	Glendene CC	19:12
73	Jamie Kennell-Webb	Islington CC	19:13