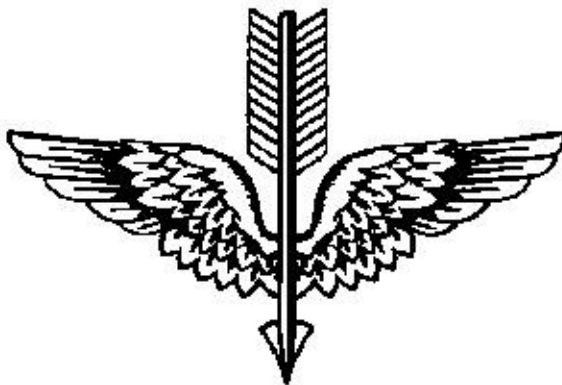


Speedwell Bicycle Club

Founded 1876

President R. L. Male Esq.



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

Open 28 Mile Time Trial

Sunday, 10th May 2009, 9:00am

Course: K34/14 (2 laps)

Organiser: Alex Zebedee

23 Ascot Close, Stratford Upon Avon, Warwickshire, CV37 9FN

01789 205974

Timekeepers: Peter Chronicle, Reg Bromley

Event headquarters: Inkberrow Village Hall

With grateful thanks to the following who have donated prizes

The logo for Bikefood, featuring the word "Bikefood." in a bold, black, sans-serif font. The letter "o" in "food" is replaced by a stylized bicycle wheel and frame.

<http://www.mybikefood.com>



The Brewery,
Upper Spennall Farm,
Off Spennall Lane,
Gt Alne,
Warwickshire B49 6JF
01789 488007

<http://www.puritybrewing.com>



The Bulls Head Inn
The Village Green
Inkberrow
Worcestershire
WR7 4DY
01386 792233

<http://www.thebullsheadinn.co.uk>

k

Mick Cooper

<http://timetrialtraining.co.uk>

Event headquarters

Inkberrow Village Hall, Sands Road, Inkberrow, Worcs, WR7 4DZ

You will find this just off the A422 at eastern end of Inkberrow village (see map), just off A422 (Worcester – Stratford road). From Stratford direction take first right, after Inkberrow village sign. From Worcester direction, proceed through village and turn left into Sands Lane. The Village Hall is on the left in approx 100M. There is plenty of parking for cars, turbos etc.

Prize list

Fastest:	
- 1st	£25
- 2nd	£20
- 3rd	£15
- 4th	£10
Veteran on standard:	
- 1st	£10 + tub Bikefood energy powder and bottle
- 2nd	Bikefood bottle and 5 energy drink sachets
- 3rd	Bikefood bottle
Fastest woman:	
- 1st	"Personal Best" - The autobiography of Beryl Burton
- 2nd	Tub energy drink powder
Team of 3	1 tub energy drink powder and 1 bottle each
Fastest on a road bike (no tribars, no pointy hats)	£10
Lanterne Rouge	"Training for Cycling Time Trials" by Mick Cooper
Most traveled finisher (distance from home address to event)	Photo
Fastest event organiser (listed by CTT website or handbook as organising an Open Time Trial in 2009)	£10
Special prize Club with most finishers in this event AND our Mountain TimeTrial on 17th May	Bikefood goody box!
Every rider	Complimentary Bikefood energy drink sachet

Competitors' notes

- Numbers and signing on sheet will be at the Headquarters.
- This is a 2 lap circuit which will keep the time keepers on their toes, so PLEASE no warming up on the course once the event has started.
- Do respect riders that are still racing when you have finished.
- Refreshments will be on sale after the event.
- 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 an internationally accepted safety standard.

Veteran's standards

Standards are based on the VTTA 30-mile standards, which have been adjusted to a 28-mile standard.

Directions to the start

Right out of the HQ, left onto the A422, right at the junction with the B4088. The start is on the right after about 200 yards. Please allow 15-20 minutes to get to the start.

Course details K34-14

Start on B4088 (Redditch - Evesham road) in line with Warwickshire county boundary sign 165 yards south of junction with A422/A441 at Cookhill. Ride north

At junction A422 turn left (A422)

At Tolley's garage at Flyford Flavell Turn sharp left onto Alcester road

At Weethley Gate turn left (4088)

(On completion of first lap pass finish and commence second lap)

14 miles

Finish in line with "road narrows" sign near south end of layby and about 0.25 mile before start point

28 miles



OS license number: 100040719

See course maps on our website - Fly over the course in Google Earth

There is a map of the course on our website at:

<http://speedwellbc.org.uk/midlands-spoco>

Also you can view the actual terrain in detail using Google Earth:

- If you don't have Google Earth on your computer you can download it for free from <http://earth.google.com>
- Download the map from <http://speedwellbc.org.uk/files/K34-14.kmz> (or click the link on our website)
- You can save the map to your computer or run it directly in Google Earth
- Click the Play button in Google Earth to see the fly-through
- Use the controls to inspect any part of the course in detail



This event is part of the Midland Sporting Courses Series. To enter the series you can download an entry form from http://midlanddc.org.uk/files/BAR-SPOCO_entry_form_2009.pdf or you can obtain one from Alex Zebedee (contact details above).

Other events in the SPOCO series are: 17th May Speedwell BC K23/36, 24th May Echelon Cycles/VTTA K48/23, 12th July Derby Mercury A25/16, 15th Aug Coventry CC K10/25P

Riders

No	Start	Name	Club	L	J	V	Age	Std
1	9:01	Jeff Matthews	Speedwell BC			V	50	1:19:39
2	9:02	Richard Eason	Solihull CC					
3	9:03	Bryan Healey	Stourbridge Velo					
4	9:04	Nadine Mayhew	Leamington C & AC	L		V	41	1:19:03
5	9:05	Jon Wood	Coventry CC			V	44	1:16:10
6	9:06	Steve Mountford	Solihull CC			V	48	1:18:28
7	9:07	David Walker	Worcs St Johns			V	46	1:17:19
8	9:08	Ruth Blacker	Wyre Forest CRC	L				
9	9:09	John Shelley	Saracen RC			V	63	1:27:44
10	9:10	James Wall	Stratford CC					
11	9:11	Phil Blacker	Wyre Forest CRC			V	41	1:14:29
12	9:12	Liam Preece	Cardiff Ajax					
13	9:13	Andy Seabourne	Speedwell BC			V	54	1:22:03
14	9:14	John Bevan	MI Racing			V	74	1:35:12
15	9:15	Jamie Burrell	Team Echelon-SPIUK			V	41	1:14:29
16	9:16	Jo Kirk	BRAT	L				
17	9:17	Colin Williamson	Solihull CC			V	58	1:24:33
18	9:18	Phil Hunt	Wyre Forest CRC					
19	9:19	Harry Morgan	Solihull CC			V	64	1:28:23
20	9:20	Scot Povey	Warwickshire RC					
21	9:21	Mick Lee	Royal Sutton CC			V	46	1:17:19
22	9:22	Dan Bill	Team Echelon-SPIUK					
23	9:23	David Boughton	Coventry Road Club					
24	9:24	Mike Bloom	Rugby RCC			V	68	1:36:38
25	9:25	Bob Weare	Team Midland			V	48	1:18:28
26	9:26	Clive Pinfold	Coventry Road Club			V	60	1:25:49
27	9:27	Marina Bloom	Rugby RCC	L		V	41	1:19:03
28	9:28	Mike Harfield	Worcs St Johns					
29	9:29	Norbert Wysocki	Wyre Forest CRC			V	60	1:25:49
30	9:30	Richard Bradley	Shorter-Rochford RT			V	42	1:15:02
31	9:31	Richard Shimmell	Warwickshire RC					
32	9:32	John Herring	Leamington C & AC			V	57	1:23:54
33	9:33	Eddie Priddy	Solihull CC			V	49	1:19:03
34	9:34	Dave Fenton	Worcs Tri Club			V	40	1:13:55
35	9:35	Alistair Chesney	Solihull CC			V	43	1:15:36
36	9:36	Robert Jones	SC Malestroit			V	59	1:25:11
37	9:37	Michelle Parsons	Team Echelon-SPIUK	L		V	43	1:20:14
38	9:38	Brian Foran	Lampard RC			V	49	1:19:03
39	9:39	Brian Taylor	Midland C & AC			V	71	1:33:05
40	9:40	David Barnes	Wyre Forest CRC			V	42	1:15:02
41	9:41	Richard Sommerville	Warwks RC					
42	9:42	Dave Preece	Worcs St Johns					
43	9:43	Patrick Ian Connolly	Wyre Forest CRC			V	40	1:13:55
44	9:44	Alexandra Zebedee	Speedwell BC	L		V	42	1:19:39
45	9:45	Richard Deeley	MJS Racing					
46	9:46	Matthew Purshouse	Warwickshire RC			V	44	1:16:10
47	9:47	Simon Smith	Mercia CC					
48	9:48	Pete Varian	Red Kite Cycles			V	47	1:17:53
49	9:49	Bill Moore	Shorter-Rochford RT					