



**Maidenhead & District  
Cycling Club**  
www.maidenheadcc.org.uk

**Hilly 30**

**Sunday 31<sup>st</sup> August 2008**

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

**Event Secretary**

Andrew Small  
11 Simpson Close  
Maidenhead, SL6 8RZ  
07770 864152

**Timekeeper**

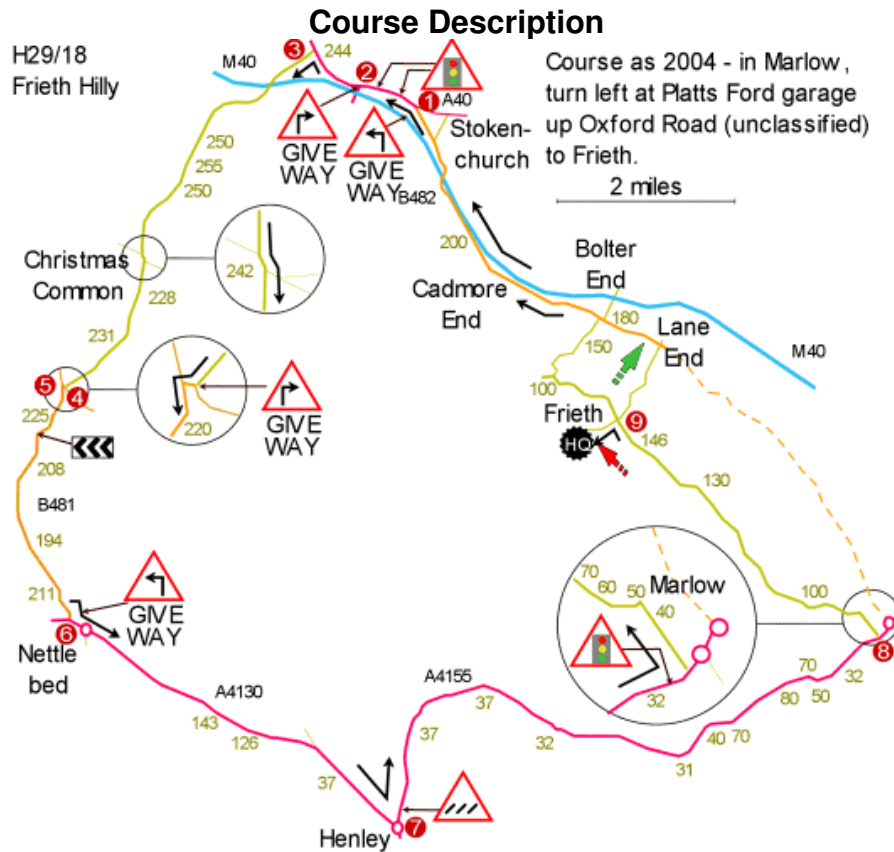
Andrew Small (MDCC)

**Headquarters**

Frieth Village Hall

**Course Record**

Tim Bedingfield (2007) 1:10:15  
Bonus £10 for setting new CR



**Course Description**

Course as 2004 - in Marlow,  
turn left at Platts Ford garage  
up Oxford Road (unclassified)  
to Frieth.

2 miles

**OS Ref H29/18 – Hilly 30**

- 806918 START in Lane End on B482 approx 200 yards past the Cadmore End side of the Frieth crossroads in lay-by of Culver Graphics, opposite lamp-post no. 4
- 764960 Proceed north to the junction with A40 Stokenchurch. Turn left (Marshal 1) & continue to the junction with M40(J5). Turn right (M2) onto old A40.
- 746971 Proceed to junction with minor road to Christmas Common. Turn left (M3). Continue through Christmas Common to junction with B480.
- 700910 Turn right (Care, blind from right) (M4) & immediate left (M5) onto B481.
- 702874 Proceed via Cookley Green to Nettlebed. Turn left (M6) onto A4130.
- 760830 Straight on at roundabout to junction with A4155 at Henley (Care, tight & heavy traffic)
- 849865 Turn left at roundabout (M7) and continue thro' Medmenham to Marlow
- 847865 Approx 100 yards after pedestrian crossing, at Platts garage turn left (M8) up Oxford Road and continue uphill to Frieth crossroads. Turn left (M9).
- 796903 FINISH near Frieth Village Hall

Dist	0.00
4.00	4.50
5.00	8.50
10.00	12.70
18.00	25.00
29.00	29.50

**Prize List**

**Fastest Overall**

First	£10.00
Second	£7.50

**Vets on Standard**

First	£10.00
Second	£7.50

**Fastest Lady**

First	£7.50
-------	-------

**Team (of 2)**

First	£7.50
Second	£5.00

## Start Sheet

No.	Name	Club	Vet Std*	Time off
3	Jon Cross	Maidenhead & District CC	01:21:36	08:33
4	Nigel Shurben	Maidenhead & District CC	01:24:04	08:34
5	Chris Heape	Maidenhead & District CC	01:24:04	08:35
6	Mark Cox	Didcot Phoenix CC		08:36
7	Shea Hindman	Maidenhead & District CC		08:37
8	Steve Fleming	Reading CC	01:27:55	08:38
9	Gurpal Panesar	Maidenhead & District CC	01:24:04	08:39
10	William Girvan	North Hampshire RC	01:20:24	08:40
11	Paul Callinan	London Dynamo		08:41
12	Ian Middleton	agiskoviner.com		08:42
13	Simon Greenland	Maidenhead & District CC	01:28:34	08:43
14	Rob Brockwell	Maidenhead & District CC	01:22:50	08:44
15	Peter Weir	Maidenhead & District CC		08:45
16	Greg Crosswell	WightMountain RT		08:46
17	Richard Meaden	Maidenhead & District CC		08:47
18	Paul Lloyd	Didcot Phoenix CC		08:48
19	Gary Pritchard	Maidenhead & District CC	01:23:37	08:49
20	Wouter Sybrandy	Sigma Sport		08:50
21	Phil Brown	Didcot Phoenix CC		08:51
22	Julian Fairley	Maidenhead & District CC	01:20:24	08:52
23	Rod MacFadyen	Reading CC	01:24:04	08:53
24	Edward James	Maidenhead & District CC		08:54
25	John Dowling	Hemel Hampstead CC	01:25:58	08:55
26	Nigel Williams	Python RT		08:56
27	Helen Boatman (W)	Team Milton Keynes		08:57
28	Alexandra Zebedee (W)	Solihull CC	01:24:42	08:58
29	Andrew Payne	Maidenhead & District CC	01:23:37	08:59
30	Ray Hughes	Clarence Wheelers	01:25:20	09:00

\* VTTA 30 Standard Times

### Sponsored Clubs

**London Dynamo** Cyclefit; **WightMountain RT** WightLink; **Reading CC** MAR Services, Hale Partnership, Pro-Vision Clothing; **agiskoviner.com** Agisko, Viner; **Sigma Sport** Specialized, Sportful; **Python RT** SmartestEnergy, Ixia, Real451, PUSH Print.

### DC Regulations

#### Location of Numbers

Riders' numbers will be issued from the HQ (opens 8:00 AM).

#### Restriction of Parking at Start and Finish

No vehicles, except those of the timekeepers, to be parked at the start or finish. Please use the parking provided at the HQ.

#### Use of Turbo Trainers

Turbo trainers are not to be used within 100 yards of residential accommodation.

### Notes

#### Field Layout

The starting order includes several adjacent Maidenhead riders. Due to the small size of the field and proportion of MDCC riders entering the event, this was unavoidable without considerably increasing the likelihood of riders of similar pace starting together. My apologies for this, and I hope you agree that it was better to run the event with this limitation, rather than having to cancel altogether.

#### Marshals

Please ask family and friends if they can help marshal this event. Marshals may claim £2.50 to help cover travel costs and will receive a free tea & cake when returning their jacket to the HQ.

View <http://mdcc.blogspot.com/> for latest information