



Finsbury Park CC Road Race

9:00 a.m., Sunday 3rd October 2010

**HQ: The Lawling Park Hall, Lawling Park, Katonia Avenue, Maylandsea, Essex
CM3 6AD**

NB: HQ has changed from previous years due to the previous village hall undergoing repairs.

Race held under the Technical Regulations of British Cycling.

Riders' Instructions:

- No crash helmet or license - no ride!
- Please park sensibly at the HQ
- No unofficial following cars - offenders risk disqualification
- Signing on closes 20 minutes before start
- The Chief Commissaire will address all riders 10 minutes before start
- Riders will assemble for the start at the HQ and be led out by the lead car, where the race will remain neutralised until signalled by the lead car
- Please obey the instructions of officials and marshals at all times and take extreme care at all road junctions. It is the riders' responsibility to ensure safety.

Officials and Helpers:

Commissaire: Gino Howe
Asst. Commissaire: Joan Potts
Chief Judge: Gray Turnock
Lead car 1, Chief of Course: Vince Freeley
Lead car 2: Sid Lovatt, Alan Dunne
Ambulance: 2 staff
Organiser: Nat Spurling
Neutral service: Pete Douglas
Chief Marshal: Pete Douglas
Marshalling: Finsbury Park CC, Accredited marshals
Bell, lap board: Sam Parker
Signing on: Sam Parker
Catering: Colin Baker, Ian Turner

Timings

08:15: Marshals' briefing
08:30: Convoy briefing
08:40: Signing on closes
08:50: Commissaire's briefing to riders
09:00: **Race starts**

Riders:

Name	Club/Team	BC Category	
Andrew Hastings	Finchley	RT 1	
Ben Thompson	Orbea for Goodness Shakes!	Elite	
Daniel Crawley	Crest CC Ilford	2	
Daniel Kogan	Orbea-For Goodness Shakes!	1	
David Barnes	East London Velo	1	
David Weir	Cyclingbargains.com	RT 2	
Douglas Coleman	Anders TMG	2	
Edgar Medellin	Finchley	RT 2	
Gavin Moore	Stowmarket & District	CC 2	
Glenn Vinnicombe	Cambridge	CC 2	
Graham Galvin	East London Velo	1	
Hugo Robins	East London Vélo	3	
Ian Franklin	Crest CC - Ilford	1	
Ian Knight	Virgin Active	2	
Ian Taylor	Team Bglobal	E	
Jack Adams	Pendragon/LeCol/Colnago	Elite	
James Jones	Beeline Bicycles	RT 2	
James Whatling	Orbea - For Goodness Shakes!	1	
James Wylie	Velo Schils Interbike	RT3	
Jamie Caldwell	St Ives	2	
Jason Kettle	Eagle RC	2	
Jeffrey Orrey	Essex Roads	3	
Joe Perrett	100%Me	E	
Lee Rowe	Finchley	RT 2V	

Lewis Atkins orbea - for goodness shakes E
 Mark Jervis Python rt 2nd
 Mark Porter Glade CC 3
 Matt MEADOWS Metropolitan Police cc 3
 Matthew Cook W V Eemland 2J
 Mike Auger VC Norwich
 Neil Chapman Maldon 2
 Neil Edwards private member 3
 Neil Vaughan VC Norwich 3rd Vet
 Neil Wass Anders TMG Horizon RT3
 Nigel Stephens Finchley RT 2
 Oliver Caddy Cambridge CC 3
 Owen Lake Cambridge CC 2J
 Pete Wager Felt-Colbornes RT1
 Phil Holloway southend wheelers 3
 Philip Hetzel Ipswich BC 2
 Robert Moore London Phoenix CC 2
 Roger Maidment East London Velo 2
 Roy Chamberlain Team Corley Cycles 1
 Russel Hampton Sprocket Pro Cycling E
 Russell Ford Glade CC 2 V
 Sam King Cambridge CC 2
 Scott cousins Maldon and District cc 3
 Sean Dines Virgin Active 2
 Simon Lawn Sigma Sport 1
 Steve Golla Sigma E
 Steve Murrell East London Velo 3
 Thomas Doe VC Norwich 3
 Trevor Ormes Velo Schils Interbike 2
 Wayne Crombie East london Velo 2
 Will Hayter London Dynamo 1
 Wouter Sybrandy Sigma Sport Specialized RT Elite

Course

Turn left from HQ, left on Steeple Road, then right Grange Road after Mayland to get onto the course.



then left into Green Lane/Foxhall through Asheldham on the Tillingham Road B1021.

Turn first left Southminster Road (Single Track Road) to end then turn right then left (100 metres) to

turn left onto Bradwell Road (Main Road) continue to Steeple to complete one lap.

Finish is on entering Steeple turn left into Batt's Road, over the summit of the hill, round the bends and continue to 500m before the T junction with Foxhall Road.
THE FINISH HAS MOVED ABOUT 1KM FURTHER ON THAN IN PREVIOUS YEARS

Distance is 126km (7 laps)

Organised under the regulations of the BCF

Any complaints regarding this event should be made in writing to the organiser within 48 hours. On-line entries are available at: www.riderhq.com