

Startsheet

Lampard RC 10 (Solo)

Start Number	Start Time	Rider	Club	Gender	Category
n/a	n/a	Steve Golla			
n/a	n/a	Mark Simmons	Team Milton Keynes		
n/a	n/a	Paul Taylor	Reading CC		
n/a	n/a	Sam Hayes			
n/a	n/a	Tim Read	Stevenage CC		
n/a	n/a	Ian Marshall	Team Milton Keynes		
n/a	n/a	Geoff Bunyan	Embark Spirit BSS		
n/a	n/a	Michael Bannister	Hemel Hempstead CC		
n/a	n/a	Gareth Rose			
n/a	n/a	Fred Edwards	Team Milton Keynes		
n/a	n/a	Carl Bond	Kenton RC		
n/a	n/a	Steve Clarke	Verulam CC		
n/a	n/a	Richard Moule			
n/a	n/a	Jeremy Mulkern	Aylesbury CC		
n/a	n/a	Neil Allonby			
n/a	n/a	Jeff Irving	www.scientific-coaching.com		
n/a	n/a	Roger Porter	Verulam CC		
n/a	n/a	Malcolm Ash	Aylesbury CC		
n/a	n/a	Chris Sheppard			
n/a	n/a	Stephen Thomas	Stevenage CC		
n/a	n/a	Malcolm Steer	Finsbury Park CC		
n/a	n/a	Adrian Feek			
n/a	n/a	Dave Wentworth	North Bucks RC		
n/a	n/a	Barry Gilzean			
n/a	n/a	Frank Pressling			
n/a	n/a	Tonya Antonis (L)	www.scientific-coaching.com		
n/a	n/a	Rocky Kumar			
n/a	n/a	Melanie Conibear (L)	Hemel Hempstead CC		
n/a	n/a	Paul Hall			
n/a	n/a	Colin Holmes			
n/a	n/a	Tom Newman			
n/a	n/a	Mike Lewis			

Start Number	Start Time	Rider	Club	Gender	Category
n/a	n/a	Laura Bissel (L)	www.scientific-coaching.com		
n/a	n/a	Veronica Shadbolt (L)	Lampard RC		
n/a	n/a	Anthony Perkins	Hitchin Nomads CC		
n/a	n/a	Debbie Knott (L)	Hemel Hempstead CC		
n/a	n/a	Richard Bland	Hitchin Nomads CC		
n/a	n/a	Ronald Purdy	Willesden CC		
n/a	n/a	John Perkins	Hitchin Nomads CC		
n/a	n/a	Matt Little	Verulam CC		
n/a	n/a	Martin Smith			
n/a	n/a	Ross Clarke	Verulam CC		
n/a	n/a	Auriel Forrester (L)	www.scientific-coaching.com		
n/a	n/a	David Brookling	Banbury Star Cyclists' Club		
n/a	n/a	Ian Newberry	Gregarios Superclub Ciclista		
n/a	n/a	Gordon Spencer	Team Milton Keynes		
n/a	n/a	Geoff Perry	Team Milton Keynes		
n/a	n/a	Simon Howes			