



The Hemel Hempstead Cycling Club

Open Hilly Time Trial

'The Sid Latchford Memorial'

Incorporating Round 2 of the London North Millennium Trophy
'Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations'

Course F11/22

Sunday 2nd April 2023

Timekeeper: Annette Lacey (Hemel Hempstead CC)

Organiser: John Lacey Tel. 07771 756876

Awards

Fastest Rider to hold the Sid Latchford Memorial Trophy for one year

1 st Male TT £30	1 st Lady TT £30	1 st Male Road Bike £20	1 st Lady Road Bike £20
2 nd Male TT £20	2 nd Lady TT £20	2 nd Male Road Bike £15	2 nd Lady Road Bike £15
3 rd Male TT £10		3 rd Male Road Bike £10	

(Road Bike Rules - no aerobars, TT bikes or very deep/disc TT wheels)

Fastest Young Rider (16 or under) £20

Fastest team of 3 (mixed across both events) £10 each

The 1st, 2nd and 3rd placed riders across both categories and young rider will also receive an additional prize from **Pedalworks Bike Shop**, 5-7 West Street, Dunstable, Beds, LU6 1SL.

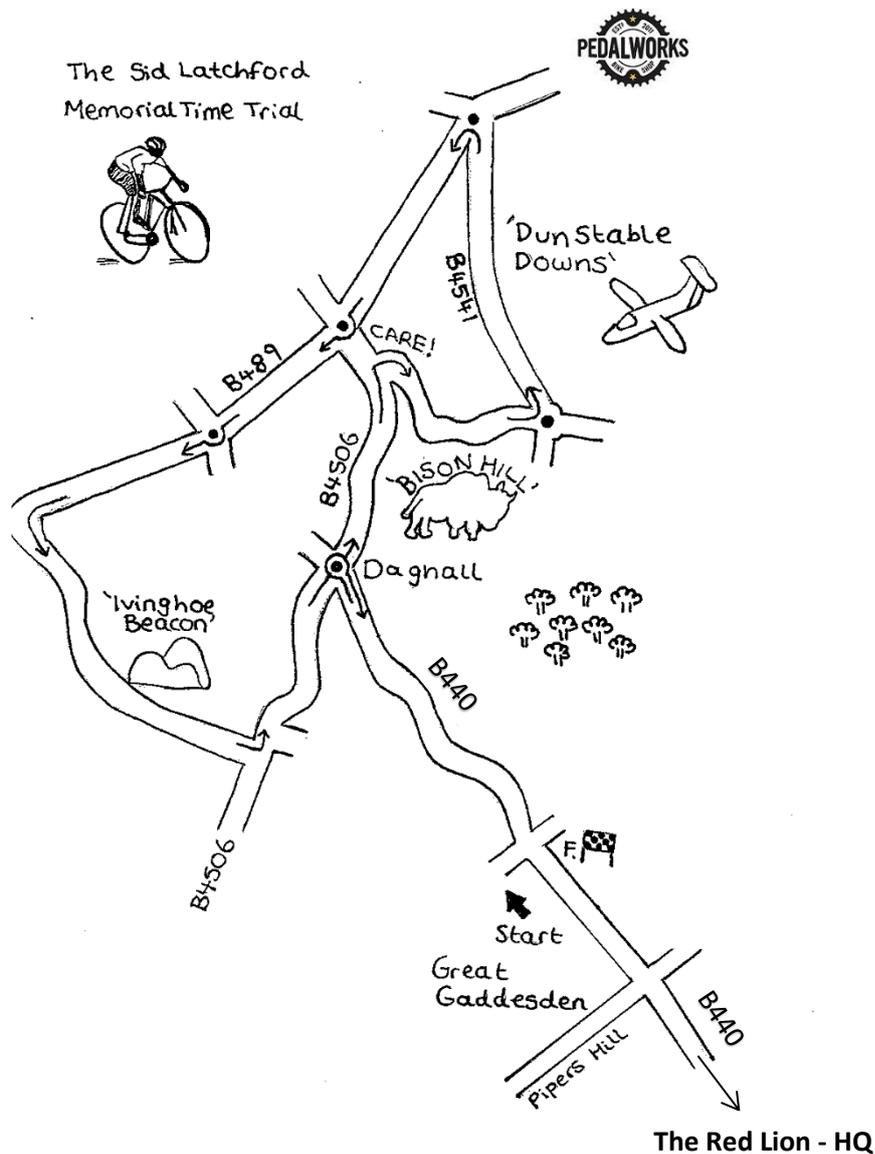
Prize giving will be directly after the event so please stick around for that, prize money can be sent by bank transfer but physical prizes from Pedalworks can only be collected on the day.

Event Headquarters:

The Red Lion Public House

Leighton Buzzard Rd, Water End, HP1 3BD

Signing on from 7:30am – N.B. no changing facilities at HQ – please arrive 'ready to race'
Please park (within the lines) in 'overflow' car park – HQ is approx. 1 mile from the start.
You can purchase coffee and tea from the bar at the Red Lion as well as breakfast rolls etc.



START at layby on B440 (was A4146) Dagnall Road (GR TL029117) opposite Gade Valley Cottages just North of Gt. Gaddesden Parish Hall

Head north on B440 to Dagnall RAB (3.7mls) where turn right onto B4506 Dunstable Road
Turn right – **EXTREME CARE** into B4540 (5.5mls) to climb 'Bison Hill' passing Whipsnade Zoo
At RAB (7.2mls) turn left onto B4541 to climb Dunstable Downs – FAST DESCENT FOLLOWS

At RAB junction (9.4mls) turn left onto B489 Tring Road/Icknield Way - **CARE**

Take care at pedestrian crossing immediately after junction - stop if necessary

Continue on B489 straight over RAB's at Eaton Bray (11.2mls) and Edlesborough (12.4mls)

Turn left onto Beacon Road (13.9mls) CARE over cattle grids at bottom and top of climb

At Ringshall (16.5mls) turn left onto B4506 Ringshall Road - **CARE** – FAST DESCENT FOLLOWS

At Dagnall RAB (18mls) turn right onto B440 (was A4146) - **CARE**

Continue on B440 to FINISH at layby (TL025121) - 21.5mls

Link to Strava segment:

<https://www.strava.com/segments/6897520>



In the interest of your safety – please read

The course runs on public roads which may be busy with traffic, the surface of which is poor in places and there are fast descents which may be slippery when wet.

Negotiating roundabouts - give priority to traffic from your right – particular care should be taken at Dagnall which is used near the start and finish of the course.

****** Cycling Time Trials now require all riders to have a working front and rear light and wear a helmet. ******

Riders and spectators must not approach the time keepers, or congregate near the finish area.

Please keep your head up at all times. Marshalls will be stationed at points where there is a change of direction, but the final responsibility for keeping on course remains with the rider. Please familiarise yourself with the course before riding.

Strictly no parking in Start or Finish lay-bys
Hemel Hempstead Cycling Club wishes you all a safe and successful ride

Please note that all competitors are required personally to sign the signing out sheet when returning their number.

Failure to do so will result in the competitor being recorded as DNF.

Road Bike Event Start Sheet

No	Name	Club / Team	Cat	Start
11	Janka Pekarova	CC London	V	8:11
12	Davi A. Braga	Verulam CC	S	8:12
13	Sinclair Easton	CC London	V	8:13
14	Matthew Cook	Bedfordshire Road RT	V	8:14
15	Crispin Henley	CC London	S	8:15
16	Drew Sheffield	FTP (Fulfil The Potential) Race Team	V	8:16
17	Peter Sibley	Watford Velo Sport	S	8:17
18	Ben Reidy	CC Ashwell	V	8:18
19	Edmond Dixon	Bicester Millennium CC	V	8:19
20	Adam Swan	CC Ashwell	S	8:20
21	Jack Samways	Watford Velo Sport	S	8:21
22	Christian Olley	TMG Horizon Cycling Team	V	8:22
23	Alice Elwood	Islington Cycling Club	S	8:23
24	David Fitzgerald	CC London	V	8:24
25	Oswin Grady	Bedfordshire Road RT	V	8:25
26	Jayne Paine	Les Filles Racing Team	V	8:26
27	Michael Burke	VéloElite RC	S	8:27
28	Marc Harper	CC London	V	8:28

Time Trial Event Start Sheet

No	Name	Club / Team	Cat	Start
29	Thomas Godfrey	Bedfordshire Road CC	Juv	8:29
30	Leon Atkins	Welwyn Whs	Juv	8:30
31	Nathanael Thould	Icknield RC	Jun	8:31
32	Mike Bridge	Verulam CC	V	8:32
33	Peter Redshaw	CC London	V	8:33
34	Matthew Wight	Verulam Really Moving	S	8:34
35	Richard Moule	Bossard Whs	V	8:35
36	Paul Caton	Verulam Really Moving	V	8:36
37	Desmond Gayler	Kenton RC	V	8:37
38	Blank	-		8:38
39	Maddy Pope	GreenlightPT	S	8:39
40	John Jones	Verulam Really Moving	V	8:40
41	Duncan Godfrey	Team Trident	V	8:41
42	Henrietta Broadway	CC London	S	8:42
43	Tom Newbery-Dunn	Total Tri Training	S	8:43
44	Karine Jones	Verulam Really Moving	V	8:44
45	Josh Crow-Stewart	05/03	S	8:45
46	Dermot Kealey	Finchley RT	V	8:46
47	Adrian James	Verulam CC	V	8:47
48	Chris Knight	Team Trident	V	8:48
49	David Relf	Team Trident	V	8:49
50	Luke Clarke	TMG Horizon Cycling Team	S	8:50
51	Nicholas Coe	Verulam Really Moving	V	8:51
52	Gregory Smith	Finsbury Park CC	V	8:52
53	Matthew Bond	Kenton RC	S	8:53
54	Henry Farrell	Full Gas Racing Team	S	8:54
55	Ross Clarke	TMG Horizon Cycling Team	S	8:55
56	Sean Bradley	Team Trident	S	8:56
57	Dominic Bray	Finsbury Park CC	V	8:57
58	Andrew Jarratt	Finchley RT	S	8:58
59	Richard Davis	Verulam CC	V	8:59
60	Rob Walker	WardPerformanceUK.com	S	9:00