



# Hemel Hempstead Cycling Club

## 10-mile time trials for solos & tandems

Saturday 17 June 2017, 12 Noon

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

### Organiser:

Paul Thomson  
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Hemel Hempstead  
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Event webpage:  
<http://www.hemelcycling.org.uk/events/open-10-mile-time-trial>

### Time Keepers:

Annette Lacey (start) & Mike Bannister (Finish)

### Headquarters:

Aston Clinton School  
**Twitchell Lane**  
**Aston Clinton**  
**Bucks HP22 5JJ**  
(the HQ is approx 2 miles from start – see map below)

**Please take time to read ALL of these details and instructions! It is all important!**

Course: **F11/10 (Tring & Aston Clinton by-passes)**

**Start** on southbound sliproad to A41 on the Western Tring junction approx approx 40 yards from the start of the slip road. Proceed along A41 to come off at first sliproad (Eastern Tring junction) to

**Turn** (approx 2.0 miles) by taking **4th exit** out of RAB and under the A41, going around 2nd RAB to take 2nd exit back onto the A41 westbound and continue past all junctions to RAB at end of Aston Clinton by-pass to

**Turn** (7.87 miles) by taking 3rd exit out of RAB back along the by-pass, again ignoring College Road junction to

**Finish** on Buckland **sliproad** 16 yards sth-east of manhole cover on grass verge, about 83 yards nth-west of (i.e. before) separation of slip road and main carriageway, also about 450 yards nth-west of the B489 overbridge.

**The finish of the course is in the slip road. All riders must enter the sliproad in the first 10 meters and ride within 2 metres of the white line marking the left edge of the carriageway of the slip road. Failure to do this will lead to a DNF - If you impede a vehicle you risk disqualification.**

*There must be no parking of motor vehicles on any part of the A41 apart from those of the officials. **All parking must be in the HQ car park.** Do NOT obstruct other road users or driveways outside the school.*

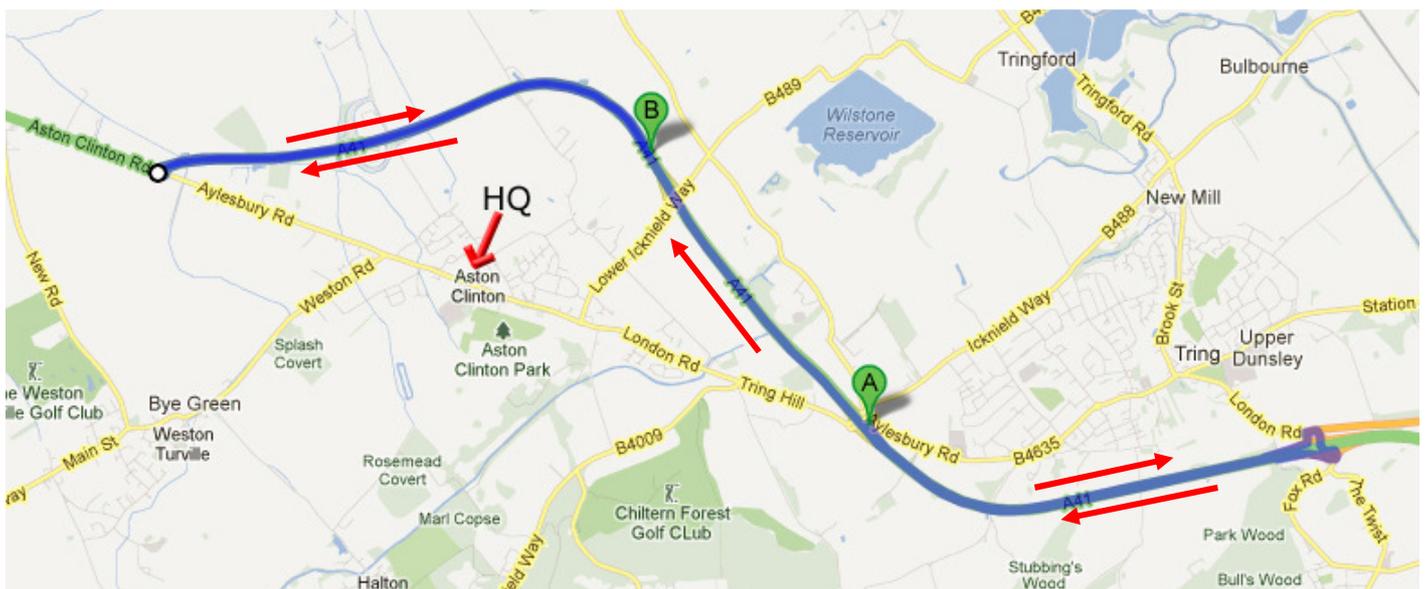
You must sign on in advance of your start at the headquarters where you can pick up your number and receive any last minute instructions or warnings. Please note that you **MUST** return in person to sign out after your ride. Please return number with all pins to canteen in exchange for a free tea/coffee/soft drink. **DO NOT** fold numbers at all. **DO NOT** use sticky tape (or other sticking methods) to secure the numbers at all.

**Please keep your head up at all times. At roundabouts the traffic coming from the right has priority over you, so please give way. In particular the first one at the bottom of the off sliproad does not have good line of sight for traffic coming from the right so please take great care here.**

*Local Regulation 1. – No U Turns should be made at any time while riding on the public highway.*

**Safety – not your performance – is your first priority**

**Map of course <https://www.cyclingtimetrials.org.uk/course-details/f11-10> (click and zoom in to see details – 1st turn for example)**



HQ to start route (blue route A to B) – please note that over half of this 2 miles is uphill so allow at least 15 minutes to get to the start from the HQ



**This is important – please note! The finish of the course is on the sliproad – and NOT on the main carriageway.**

You MUST move into the sliproad at the finish at the earliest opportunity (within 10 yards) and you MUST stay to the left side of the sliproad – within 2 yards of the left side lane marker (unless you happen to overtake a rider coming into the finish) and you should continue after the finish up the rest of the sliproad (you may make use of the hard shoulder to prevent holding up any traffic).

If you stay on the main carriageway you WILL be classed as DNF and if you then make a (potentially dangerous) move to come into the sliproad after the finish then you WILL be put as DQ and reported to the District for further disciplinary action (and that could be a ban from all cycle racing). That is if you survive... as several riders have nearly been hit by cars already in the sliproad as the cyclist moves across in front of them! It is for this last reason that this rule has been put in place and is very strictly enforced.

## Prizes:

Fastest	£80	Fastest woman	£80
2	£60	2	£60
3	£50	3	£50
4	£40	4	£40
5	£30	5	£30
6	£20	6	£20
7	£15	Fastest junior	£40
8	£15	Team of 3	£75
9	£10	2nd team	£60
10	£10	3rd team	£45
Competition Record at end of event			£100

Most riders will be aware of the new CTT entry system where riders now have a unique rider ID number. However maybe some of those that still use paper entry are not aware. Those riders will have been registered on the system (either by myself or an organiser of another event). Those that can access the internet (and I stress that it does not need to be yourself – you can ask someone else to do it, like a club mate, friend or relative), should go into the system in order to ensure all is correct and that you 'claim' all your results.

No event runs completely smoothly, and I will apologise in advance if anything does go wayward, but if you can think of any improvements, then please let me know.

I intend to have the result board projected up on screens, so please bring your specs if you need them!

**It is my intention to do a small prize presentation at the end, so if you think you have won something, please stick around! I hate posting out prizes! I will do the women's and junior prizes after the first event has finished. There will also be a prize presentation by the London Womens Cycle Racing group as this event has been allocated as their final event of the TT series.**

**The men's and team awards will be done after the second event. Note that the prize awards for men are across both events – so if you are in the top 10 (overall) or a potential team winner from the first event you should stay until the end of the second event to collect your prize.**

Here's looking forward to seeing you on Saturday.

Paul

Results will be sent to the CTT website and TT Forum, and also will be available on our own club website here:

<http://www.hemelcycling.org.uk/events/open-10-mile-time-trial>

No	Start	Name	Club
1	12:01	Andrew Bradley	Hemel Hempstead CC
2	12:02	Martin Headon	Dulwich Paragon CC
3	12:03	Paul James	VTTA West Group
4	12:04	Trevor Watson	Bossard Whs
5	12:05	Kieran Blair	Echelon Cycling
6	12:06	Nick Marks	CC London
7	12:07	Carl Adams	Team Bottrill / HSS Hire
8	12:08	David England	Crabwood CC
9	12:09	Trevor Parrish	A5 Rangers CC
10	12:10	Adam Evans	Banjo Cycles.com/Raceware/Specialized
11	12:11	Nigel Croxford	High Wycombe CC
12	12:12	David Wells	CC Ashwell
13	12:13	David Brown	Leighton Buzzard Road CC
14	12:14	Paul Valks	Lewes Wanderers CC
15	12:15	John Sellars	London Phoenix CC
16	12:16	John McCormack	Islington CC
17	12:17	Denese Hallahan	Wisbech Whs
18	12:18	Tracey Williams	Icknield RC
19	12:19	Alexa Kearns	Islington CC
20	12:20	Therese Coen	London Phoenix CC
21	12:21	Sophie Whitworth	G.S. Henley

22	12:22	Nancy Staniland	London Phoenix CC
23	12:23	Rachel Lynn	Penge Cycle Club
24	12:24	Mary Ion	Boot Out Breast Cancer CC
25	12:25	Jennifer Millmore	Islington CC
26	12:26	Jo Billings	London Women's Racing CC
27	12:27	Vivienne Tomlin	CC London
28	12:28	Sharon Davey	Icknield RC
29	12:29	Anna Goldsmith	Twickenham CC
30	12:30	Kristin Stolpe	Lovelo Cinelli RT
31	12:31	Michelle Lee	Bicester Millennium CC
32	12:32	Trudy Sharam	Lea Valley CC
33	12:33	Mareike Suesse	CC London
34	12:34	Jan Farmer	Serpentine Running Club
35	12:35	Ann Shuttleworth	Chelmer CC
36	12:36	Kathryn Morris	Dulwich Paragon CC
37	12:37	Judy Reid	Icknield RC
38	12:38	Laura Delnevo	East London Velo
39	12:39	Rosslyn Young	Serpentine Running Club
40	12:40	Julie Chasin	Twickenham CC
41	12:41	Gillian Reynolds	Willesden CC
42	12:42	Rachel Przybylski	Charlotteville CC
43	12:43	Francine Hill	CC London
44	12:44	Caroline Reuter	London Phoenix CC
45	12:45	Suzy Patience	Banbury Star CC
46	12:46	Janet Bassett	CC Ashwell
47	12:47	Karen Dennett	Bishop's Stortford CC
48	12:48	Lucy Francis	London Dynamo
49	12:49	Debra Ogden	London Women's Racing CC
50	12:50	Helen Mckay	Les Filles Racing Team
51	12:51	Emma Angove	Chippenham & District Wheelers
52	12:52	Kristy Howells	Boot Out Breast Cancer CC
53	12:53	Liz Saul	London Dynamo
54	12:54	Helen Frater	Islington CC
55	12:55	Lindsey Ackland	Royal Leamington Spa CC
56	12:56	Katie Crowe	Dulwich Paragon CC
57	12:57	Katharine Hibbert	Islington CC
58	12:58	Cat Benger	London Women's Racing CC
59	12:59	Gillian Morgan	Westerley CC
60	13:00	Danuta Tinn	Maidenhead & District CC
61	13:01	Sarah Croucher	Momentum Cycles RC
62	13:02	Antonia Hutchinson	Regents Park Rouleurs
63	13:03	Gail Wilkinson	ABCpure
64	13:04	Anneke Prins	Welwyn Whs
65	13:05	Alice Lethbridge	DRAG2ZERO
66	13:06	Wendy Gooding	Team Bottrill / HSS Hire
67	13:07	Genia Marek	London Women's Racing CC
68	13:08	Laura Vipond	Islington CC
69	13:09	Su-Anne Bullock	Icknield RC
70	13:10	Kate Allan	DRAG2ZERO
71	13:11	Adrian Feek	Bath Road Club
72	13:12	Paul Thomson	Hemel Hempstead CC
73	13:13	Paul Woodham	Bossard Whs

74	13:14	Martin Balk	3C Cyclexperience
75	13:15	Daniel Wolman	London Phoenix CC
76	13:16	Richard Boley	Hemel Hempstead CC
77	13:17	Peter Warwick	Didcot Phoenix CC
78	13:18	Philip Porteous	High Wycombe CC
79	13:19	Jamie Wimborne (Junior)	Watford Velo Sport
80	13:20	Allan Ng	San Fairy Ann CC
81	13:21	Roger Taylor	Frome and District Wheelers
82	13:22	Jonathan Bradbourne	Redhill CC
83	13:23	Keith Barcock	Banbury Star CC
84	13:24	Sion Stansfield	ABCpure
85	13:25	Andrew Simpkins	Solihull CC
86	13:26	Jeffrey Davis	Farnborough & Camberley CC
87	13:27	Stephen Eggleton	Stratford CC
88	13:28	Chris Jolliffe	Crawley Wheelers
89	13:29	Peter Caro	Watford Velo Sport
90	13:30	Ieuan Woods (Junior)	Banks/Catford CC Equipe
151		Chris Morrow	CC Luton
152		Michael Oliver	Mickey Cranks CC
153		James Mahoney	Sigma Sport.co.uk
154		James Billingham	Kings Cliffe Flyers
155		Tony Flynn	Willesden CC
156		Thierry Huser	Dulwich Paragon CC
157		Bernard Lamb	Hemel Hempstead CC
158		Dan Macintyre	Bicester Millennium CC
159		Terry Sykes	Bedfordshire Road CC
160		Bob Loader	Sydenham Whs
161		Graeme Church	Team Milton Keynes
162		David Brookling	Team Jewson - MI Racing

No's 151 to 162 are reserves, and could be allocated a free space from either event.

I hope to allocate the numbers and notify the riders concerned by Friday evening. Please look out for an email if you are a reserve.

Reserves will ride with the allocated number as above.

No	Start	Name	Club
1	14:01	Tim Davies	Icknield RC
2	14:02	Andrew Fowkes	Hillingdon Triathletes
3	14:03	James Beechey	Baines Racing Silverstone Cycle
4	14:04	Graham Pepperdine	Verulam CC
5	14:05	Simon Barbour	AS Test Team
6	14:06	Richard Hutt	Harp RC
7	14:07	Jon Friend	Bedfordshire Road RT
8	14:08	Richard Moule	Bossard Whs
9	14:09	Brian Evans	Hertfordshire Whs
10	14:10	Chris Herbert	Lovelo Cinelli RT
11	14:11	Martin O'Sullivan	Teddington and Turing Velo
12	14:12	Simon Church	In-Gear Quickvit Trainsharp RT
13	14:13	Mark Wise	Team Jewson - MI Racing
14	14:14	Daniel Homer	London Phoenix CC
15	14:15	Robert Moore	Nuun-Sigma Sport-London RT
16	14:16	Simon Bayliss	Rugby Racing CC
17	14:17	David Ogden	Farnborough & Camberley CC

18	14:18	David Lindsay	St Neots CC
19	14:19	Michael Gowan	Festival Road Club
20	14:20	Richard Jennings	Shutt Velo Rapide
21	14:21	Glenn Taylor	Shorter Rochford RT
22	14:22	Peter Smith	Team Jewson - MI Racing
23	14:23	Ben Webeck	ABCpure
24	14:24	Toby Maloy	Team Milton Keynes
25	14:25	Thomas Whatley	Paceline RT
26	14:26	James Hedley-Smith	Verulam Really Moving
27	14:27	Sam Wightman	Chelmer CC
28	14:28	Steve Clarke	TMG Horizon CT
29	14:29	Ian Watson	CC London
30	14:30	Barnabas Purbrook	Nuun-Sigma Sport-London RT
31	14:31	James Barlow	Didcot Phoenix CC
32	14:32	Steve Coxshall	CASP Racing Club
33	14:33	Andrew Bradbury	Paceline RT
34	14:34	Adam Quilter	Aylesbury CC
35	14:35	Jonathan Gates	Royal Air Force CA
36	14:36	Mike Appleyard	Lancashire RC
37	14:37	John Sullivan	Westerley CC
38	14:38	Joe Schwartz	Team Swindon Cycles
39	14:39	Cliff Voller	Newbury RC
40	14:40	Mark Cox	Fairly United CT
41	14:41	Steve Legg	...a3crg
42	14:42	Simon Bowler	AS Test Team
43	14:43	Peter Hatt	Velo Club St Raphael
44	14:44	Andrew Burnett	Bicester Millennium CC
45	14:45	Timothy Allen	R P Vision Racing Team
46	14:46	Thomas Pfeiffer	Dulwich Paragon CC
47	14:47	Jonathan Williams	Amersham Road CC
48	14:48	Daniel Sibley	Bedfordshire Road RT
49	14:49	Peter Cookson	Willesden CC
50	14:50	Jon Simpkins	DRAG2ZERO
51	14:51	Robert Watson	Team Bottrill / HSS Hire
52	14:52	Steve Kaye	Fenland Clarion CC
53	14:53	John Watson	Hitchin Nomads CC
54	14:54	Vincent Jenkins	LeisureLakesBikes.com
55	14:55	Richard Gildea	Didcot Phoenix CC
56	14:56	David Rumm	Southborough & Dist. Whs
57	14:57	Ross Freeman	Harlow CC
58	14:58	Alan Allcock	Didcot Phoenix CC
59	14:59	Paul Welsby	DRAG2ZERO
60	15:00	Angus Macinnes	Royal Air Force CA
61	15:01	Rob Fletcher	TMG Horizon CT
62	15:02	Edward Nicholson	Team Bottrill / HSS Hire
63	15:03	Adrian Gorham	Kettering CC
64	15:04	Thomas Robb	Bedfordshire Road RT
65	15:05	Simon Cannings	JCA Equipe Velo
66	15:06	John Martin	Elmsall Road Club
67	15:07	Richard Price	London Phoenix CC
68	15:08	Kelly Miller	Farnborough & Camberley CC

69	15:09	Stuart Lynn	Dulwich Paragon CC
70	15:10	David Kiernan	Lutterworth Cycle Centre RT
71	15:11	Tim Duncan-Booth	Farnborough & Camberley CC
72	15:12	Jonathan Gould	Cheltenham & County CC
73	15:13	Joseph Drane	Islington CC
74	15:14	David Rogers	Hemel Hempstead CC
75	15:15	Nicholas Gasson	34 Nomads CC
76	15:16	Lawrence Wintergold	Hounslow & District Whs
77	15:17	Cristian Regep	Oxford University CC
78	15:18	James Bainbridge	Hitchin Nomads CC
79	15:19	Anthony Newland	Bossard Whs
80	15:20	Jim Moffatt	CC Luton
81	15:21	Paul Coles	73Degrees CC
82	15:22	Peter Lavery	Hemel Hempstead CC
83	15:23	Dave Stocker	Abellio - SFA Racing Team
84	15:24	Charles Dennison	Southborough & Dist. Whs
85	15:25	Andy Tyler	Great Yarmouth C C
86	15:26	Mark Woolford	Trainsharp
87	15:27	Lee Turner	Sigma Sport.co.uk
88	15:28	Paul French	Bedfordshire Road RT
89	15:29	Gavin Stevens	Royal Air Force CA
90	15:30	Thomas Weir	Hitchin Nomads CC
91	15:31	John Dowling	Hemel Hempstead CC
92	15:32	Michael Bennett	Bicester Millennium CC
93	15:33	Simon Hunt	Farnborough & Camberley CC
94	15:34	Dave Wentworth	Team Salesengine.co.uk
95	15:35	Josh Crow-Stewart	Hemel Hempstead CC
96	15:36	Lewis Jones	Rugby Racing CC
97	15:37	Ian Markham	Chronos RT
98	15:38	Simon Holder	Kingfisher Triathletes
99	15:39	Pierre Scrase	Baines Racing Silverstone Cycle
100	15:40	Alan Murchison	DRAG2ZERO
101	15:41	Mark Ellis	Team Milton Keynes
102	15:42	Andy Branson	Ashford Whs
103	15:43	Robert Barker	Kettering CC
104	15:44	Samuel Robinson	Ashford Whs
105	15:45	James Richardson	North Bucks RC
106	15:46	Jason Hales	Royal Leamington Spa CC
107	15:47	Michael Parker	TMG Horizon CT
108	15:48	Gareth Davies	CC Ashwell
109	15:49	Alan Crane	Chronos RT
110	15:50	Ian Greenstreet	Newbury RC
111	15:51	Peter Oliver	Fairly United CT
112	15:52	Tim Childs	Westerley CC
113	15:53	David Lovell	Addiscombe CC
114	15:54	Tim Peters	Horsham Cycling
115	15:55	Luke Clarke	TMG Horizon CT
116	15:56	Matt Kuwertz	Southborough & Dist. Whs
117	15:57	Tim Kingston	GS Invicta
118	15:58	Martin Stanley	Didcot Phoenix CC
119	15:59	Greg Brookes	Lutterworth Cycle Centre RT

<b>120</b>	16:00	Julian Elliott	Finsbury Park CC
<b>121</b>	16:01	Dave Johnson	VC 10
<b>122</b>	16:02	Richard Weatherstone	GS Stella
<b>123</b>	16:03	Christopher Morehen	Kings Cliffe Flyers
<b>124</b>	16:04	Malcolm Davies	VC Elan - Harry Perry Cycles
<b>125</b>	16:05	Thomas Key	Primera-Teamjobs
<b>126</b>	16:06	Dan Sadler	RT 316
<b>127</b>	16:07	Mark Shepherd	Banjo Cycles.com/Raceware/Specialized
<b>128</b>	16:08	Stuart Evans	Port Talbot Whs CC
<b>129</b>	16:09	Chris Parsons	Rugby Racing CC
<b>130</b>	16:10	Ryan Davies	AS Test Team
<b>131</b>	16:11	Colin Mcdermott	Festival Road Club
<b>132</b>	16:12	James Vaughan	JCA Equipe Velo
<b>133</b>	16:13	Andy Court	Bicester Millennium CC
<b>134</b>	16:14	Jimmy Robinson	Fenland Clarion CC
<b>135</b>	16:15	Keith Lea	Paceline RT
<b>136</b>	16:16	Jeremy Archer	RT 316
<b>137</b>	16:17	Matthew Reader	Verulam CC
<b>138</b>	16:18	Stuart Martingale	Sotonia CC
<b>139</b>	16:19	Craig Harper	Verulam CC
<b>140</b>	16:20	Craig Mckee	Rugby Racing CC
<b>141</b>	16:21	Andrew Wright	High Wycombe CC
<b>142</b>	16:22	Ian Short	API-Metrow
<b>143</b>	16:23	Roger Porter	Verulam CC
<b>144</b>	16:24	Paul Nicholls	VC 10
<b>145</b>	16:25	Simon Norman	Bedfordshire Road RT
<b>146</b>	16:26	Tim Beaven	Bicester Millennium CC
<b>147</b>	16:27	Stuart Auckland	Team Bottrill / HSS Hire
<b>148</b>	16:28	Edward Smith	Islington CC
<b>149</b>	16:29	Alan Lang	Hartlepool CC
<b>150</b>	16:30	Nick English	AeroCoach