



High Wycombe Cycling Club



The Lesley Cole Memorial Good Friday 10 Mile Time Trial

To be held on Friday 30th March 2018 on the Course H10/22

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



Lesley was a keen member of the High Wycombe CC Ladies Race team. Tragically, on the evening of August 16th 1982, whilst riding home from the Palmer Park Velodrome at Reading, she was struck by a car and unfortunately did not survive her injuries. The driver did not stop and has never been identified. High Wycombe CC subsequently dedicated this event in Lesley's Memory, and this year's event is the 34th Lesley Cole Memorial Time Trial.

Sponsored by:

VERCO
OFFICE FURNITURE LIMITED

Event Headquarters: Wycombe District Athletics Complex, Marlow Road, Little Marlow. SL7 3RS

Event HQ opens at 6:00am

Time Keepers:

Ron Smith Didcot Phoenix CC
Geoff Booker Oxonian CC

Event Organiser:

Nigel Croxford
Tanglewood, 57 Summerleys Road,
Princes Risborough. Bucks. HP27 9PZ
01844 346656/07930 340144

Dear Rider,

Thank you very much for entering this event, we look forward to welcoming you, and wish you a successful ride.

This year, High Wycombe Cycling Club extends a very warm welcome to London Womens's Racing (LWR), who have once again included this event within their 2018 time trial league calendar (<https://londonwomensracing.co.uk/>).

Please remember to return your number to race HQ (in exchange for a cup of tea), and sign back in. Failure to sign in after finishing will result in you being classed as DNF (Regulation 17b)

Cycling Time Trials strongly advises you to wear a hard shell helmet, and it is also recommended that you have a working front or rear light, either flashing or constant that is visible to other road users.

Prize List

| | Fastest Seniors | Fastest Lady | Fastest Vets on Std. | Fastest Men's Team | Fastest Lady's Team |
|------------|------------------------|---------------------|-----------------------------|---------------------------|----------------------------|
| 1st | £50 | £50 | £50 | £30 per rider | £30 per rider |
| 2nd | £45 | £45 | £45 | | |
| 3rd | £40 | £40 | £40 | | |
| 4th | £35 | £35 | £35 | | |
| 5th | £30 | £30 | £30 | | |
| 6th | £25 | £25 | £25 | | |

Please note that there is one individual prize per rider

To celebrate this special time of the year, Margaret Wright has generously donated:

EASTER EGG PRIZES GALORE!!!

There will be random prize draws for riders, officials and helpers—please stay for the prize giving — you might be a winner!!

Course details:

H10/22 - A404 Marlow

HQ: Wycombe District Athletics Complex, Marlow Road, Little Marlow. SL7 3RS
(Hall opens at 6:00am)

Course Description:

- Start on the A4155 on the eastern side of the junction with the A404 at lamp post number 90, 72 yards westward of the entrance to an unclassified road signposted 'Lexmark' **0.00 miles**
- Proceed westward on the A4155 to the flyover roundabout junction with the A404. **0.10 miles.** Bear left (CARE, give way to traffic from the right) and take the slip road to join the A404.
- Continue on the A404 over the river Thames bridge to the roundabout junction with A308 **2.14 miles.** Give way to traffic from the right and take the second exit to continue southwards on A404
- Continue on the A404 and straight on PAST the slip road leading to the A4130 **3.55 miles**
- Bear left up the slip road to join the A4 at Maidenhead Thicket roundabout 5 miles. Riders must give way to traffic from the right already on the roundabout and be vigilant to traffic joining the roundabout from the east side on the A4. Circle the roundabout and take the 4th exit to rejoin the A404 (Take Care - fast moving traffic from the right on the A404 coming off the A404M) **5.33 miles.**
- Continue northwards on A404 and straight on PAST the slip road leading to A4130 **6.45 miles.**
- Continue to the roundabout junction with A308. (Care on very fast descent into the roundabout). Give way to traffic from the right and be vigilant to traffic joining the roundabout from the left from Bisham Village. Take the second exit on the A404. **8.52 miles**
- Continue on A404 to finish at a small yellow sign (No Parking on the verge at any time) 25 yards north of and past the 'Globe' sign situated within the Business Park parallel to the A404 **10.00 miles.**

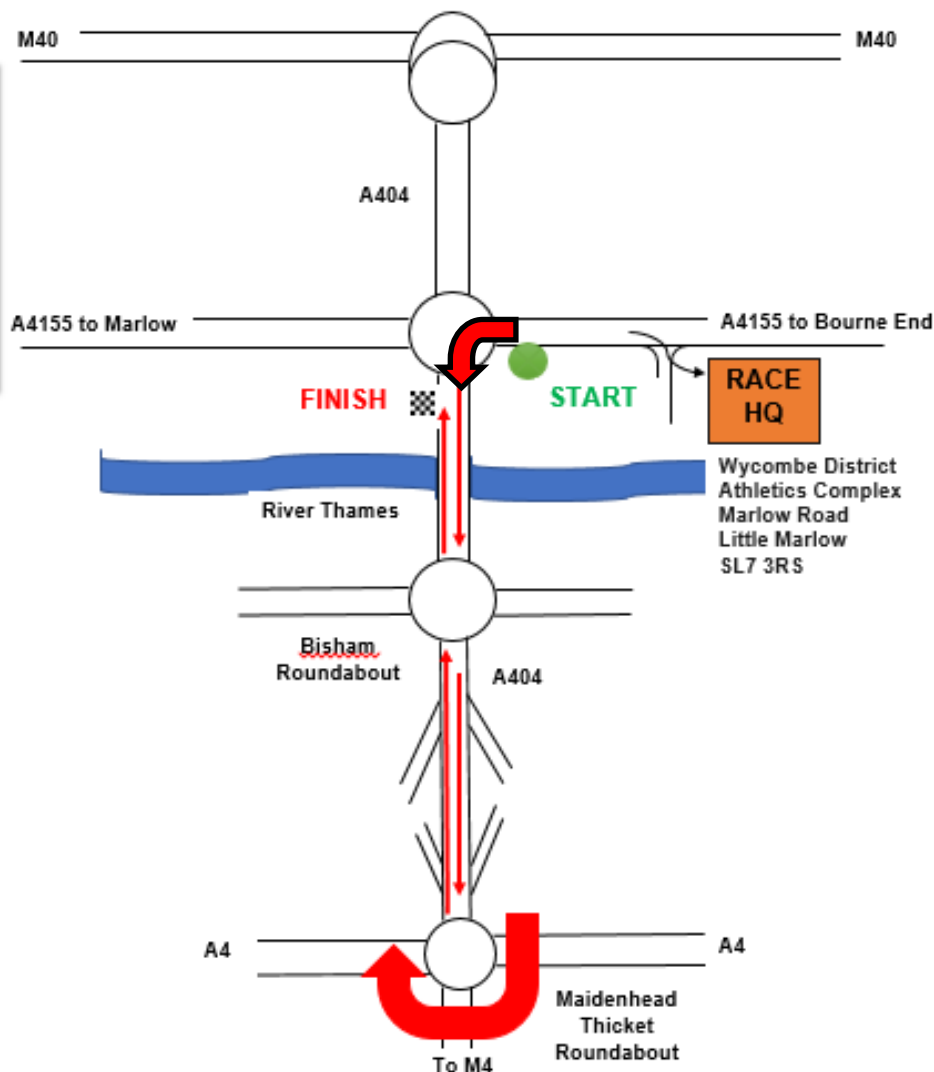
On finishing, riders MUST NOT stop on the A404 but immediately take the slip road leading up to the A4155, and to race HQ.

Have a good ride, stay safe, and remember - head up at all times!!

H10/22 10 mile course

Please take Care on the fast approach to the Bisham Roundabout (from either direction).

Please take the slip road to Marlow (A4155) immediately after finishing. Turn right at the roundabout to return to the Race HQ



VERY IMPORTANT INFORMATION REGARDING THE COURSE & HQ

1. All riders are expected to know the course, they should not rely upon marshals
2. Take care when approaching the Bisham Roundabout (from both directions), it can be very busy, and visibility is limited until you are at the roundabout.
3. Please note the position of the slip road leading up to the turn at the Maidenhead Thicket Roundabout (Intersection with the A4). This is the **second** slip road after the Bisham Roundabout.
4. **Do not stop at the Finish Point, immediately take the slip road back to A4155/Race HQ**
5. Car parking - There is ample car parking at the race HQ. Please keep within the boundary of the facility. Please do not enter the adjacent field, as this will get us barred from further use of this great facility.
6. Male and female changing rooms are available at the race HQ.
7. London West DC Regulations:
 - i. LWDC Reg. 4: No vehicles except those of the Timekeepers shall be parked at the start or finish.
 - ii. LWDC Reg. 7: Noisy Turbo Trainers are not to be used at morning events within 100 yards of Residential accommodation .

| No. | Name | Club | Category | Std. | Start Time |
|-----|----------------------|-------------------------------|----------|-------|------------|
| 1 | Andy Gajraj | High Wycombe CC | Veteran | 26:41 | 07:01 |
| 2 | Jonathan Williams | Amersham Road Cycling Club | Veteran | 26:09 | 07:02 |
| 3 | Robert Gilmour | Hounslow & District Whs | Veteran | 28:23 | 07:03 |
| 4 | cliff voller | Newbury RC | Veteran | 28:32 | 07:04 |
| 5 | Laurence Plant | AS Test Team | Senior | | 07:05 |
| 6 | Philip Watts | North Hampshire RC | Veteran | 27:26 | 07:06 |
| 7 | Chris Jolliffe | Crawley Wheelers | Veteran | 27:38 | 07:07 |
| 8 | Liam Smith | Kingston Wheelers CC | Senior | | 07:08 |
| 9 | Brian James | Brighton Mitre CC | Veteran | 34:56 | 07:09 |
| 10 | Chris Boddy | Didcot Phoenix CC | Senior | | 07:10 |
| 11 | James Churchard | Reading CC | Veteran | 26:04 | 07:11 |
| 12 | Andrew Payne | Maidenhead & District CC | Veteran | 27:20 | 07:12 |
| 13 | Dean Kirkwood | Kingston Wheelers CC | Veteran | 26:04 | 07:13 |
| 14 | Michael Zuill | VTTA (London & Home Counties) | Veteran | 29:14 | 07:14 |
| 15 | Simon Bowler | AS Test Team | Veteran | 26:54 | 07:15 |
| 16 | Tim Childs | Westerley Cycling Club | Veteran | 27:09 | 07:16 |
| 17 | Tim Peters | Horsham Cycling | Veteran | 26:23 | 07:17 |
| 18 | David Guy | OV Cycling Club | Veteran | 29:26 | 07:18 |
| 19 | Salvatore Albanese | RIPCOR | Veteran | 26:41 | 07:19 |
| 20 | Ian Greenstreet | AeroCoach | Veteran | 27:04 | 07:20 |
| 21 | LEE GOWARD | High Wycombe CC | Veteran | 26:41 | 07:21 |
| 22 | Rad Hart-George | Bicester Millennium CC | Senior | | 07:22 |
| 23 | Duncan Emery | Twickenham CC | Veteran | 26:18 | 07:23 |
| 24 | Lez Young (Tricycle) | Lincoln Wheelers CC | Veteran | 28:06 | 07:24 |
| 25 | Neil Grunshaw | Kingston Wheelers CC | Senior | | 07:25 |
| 26 | Roderick MacFadyen | Reading CC | Veteran | 27:20 | 07:26 |
| 27 | Ben Nichol | High Wycombe CC | Senior | | 07:27 |
| 28 | julius reeves | CC London | Veteran | 26:41 | 07:28 |
| 29 | Julian Hucks | High Wycombe CC | Veteran | 27:26 | 07:29 |
| 30 | Chris Manko | Team Milton Keynes | Senior | | 07:30 |
| 31 | Mike Appleyard | Lancashire RC | Veteran | 26:54 | 07:31 |
| 32 | Daniel Homer | London Phoenix CC | Veteran | 26:32 | 07:32 |
| 33 | Gavin Francis | London Dynamo | Veteran | 26:59 | 07:33 |
| 34 | MALCOLM Ash | Aylesbury CC | Veteran | 29:02 | 07:34 |
| 35 | rob fletcher | JCA Equipe Velo | Veteran | 26:32 | 07:35 |
| 36 | James Nicholson | Pure Motion Cycling Club | Senior | | 07:36 |
| 37 | Rob Vessey | Didcot Phoenix CC | Veteran | 27:04 | 07:37 |
| 38 | Sam Hucks | High Wycombe CC | Junior | | 07:38 |
| 39 | Ian Ellis | A5 Rangers CC | Veteran | 26:50 | 07:39 |
| 40 | Jeremy Archer | RT 316 | Veteran | 26:27 | 07:40 |
| 41 | Martin Winter | Twickenham CC | Veteran | 26:59 | 07:41 |
| 42 | Martin Cairns | G.S. Henley | Veteran | 26:09 | 07:42 |
| 43 | Anthony Atkin | Didcot Phoenix CC | Senior | | 07:43 |
| 44 | David Newman | Westerley Cycling Club | Senior | | 07:44 |
| 45 | Henrik Persson | Kingston Wheelers CC | Senior | | 07:45 |
| 46 | Martin Stanley | Didcot Phoenix CC | Veteran | 26:13 | 07:46 |
| 47 | Dermot Kealey | Finchley RT | Veteran | 26:36 | 07:47 |
| 48 | Michael Garvey | High Wycombe CC | Veteran | 26:54 | 07:48 |
| 49 | CHRIS SUMMERS | Sotonia CC | Veteran | 28:23 | 07:49 |
| 50 | Jamie Pine | Nuun-Sigma Sport-London RT | Veteran | 25:59 | 07:50 |
| 51 | Jon Elliott | Maidenhead & District CC | Senior | | 07:51 |
| 52 | Christopher Edginton | Fairly United Cycling Team | Veteran | 26:54 | 07:52 |
| 53 | Chris Dollimore | Berkshire Tri Squad | Veteran | 26:27 | 07:53 |
| 54 | Caroline Reuter | London Phoenix CC | Veteran | 28:13 | 07:54 |
| 55 | Janet Bassett | Team Bottrill / Vanguard | Senior | | 07:55 |
| 56 | Teresa Goddard | Kingston Wheelers CC | Veteran | 29:14 | 07:56 |
| 57 | Laura Vipond | Islington Cycling Club | Senior | | 07:57 |
| 58 | April Edwards | Tri Training Harder | Senior | | 07:58 |
| 59 | Caroline Hemmington | Kingston Wheelers CC | Veteran | 28:58 | 07:59 |
| 60 | Jennifer Millmore | Islington Cycling Club | Senior | | 08:00 |

| No. | Name | Club | Category | Std. | Start Time |
|-----|------------------------|---------------------------------------|----------|-------|------------|
| 61 | Nicole Oh | Les Filles Racing Team | Veteran | 28:08 | 08:01 |
| 62 | Fiona Inskip | Boot Out Breast Cancer Cycling Club | Veteran | 28:13 | 08:02 |
| 63 | Gillian Morgan | Westerley Cycling Club | Veteran | 29:32 | 08:03 |
| 64 | Debra Ogden | London Women's Racing CC | Senior | | 08:04 |
| 65 | Karla Boddy | Les Filles Racing Team | Senior | | 08:05 |
| 66 | Alison Vessey | Didcot Phoenix CC | Veteran | 30:14 | 08:06 |
| 67 | Helen Bridgman | Kingston Wheelers CC | Senior | | 08:07 |
| 68 | Lydia Brookes | Les Filles Racing Team | Senior | | 08:08 |
| 69 | Nicola Whittock | London Women's Racing CC | Veteran | 29:03 | 08:09 |
| 70 | Katja Rietdorf | Born to Bike - Bridgtown Cycles | Veteran | 28:39 | 08:10 |
| 71 | Joy Payne | Amersham Road Cycling Club | Veteran | 29:59 | 08:11 |
| 72 | Toni Wilkes | London Women's Racing CC | Junior | | 08:12 |
| 73 | Alison Wyatt | Kingston Wheelers CC | Veteran | 28:58 | 08:13 |
| 74 | Sue Smith | London Women's Racing CC | Veteran | 28:29 | 08:14 |
| 75 | Jacintha Hamilton-Love | Dulwich Paragon CC | Senior | | 08:15 |
| 76 | Gillian Reynolds | Willesden CC | Veteran | 31:12 | 08:16 |
| 77 | MJ (gosia) Cyganowska | Rapha Cycling Club | Senior | | 08:17 |
| 78 | Clare Gillott | Les Filles Racing Team | Senior | | 08:18 |
| 79 | Maria Fitzpatrick | London Women's Racing CC | Senior | | 08:19 |
| 80 | Danuta Tinn | Maidenhead & District CC | Veteran | 29:09 | 08:20 |
| 81 | Kathryn Morris | Dulwich Paragon CC | Senior | | 08:21 |
| 82 | Anne-Marie Benoy | High Wycombe CC | Senior | | 08:22 |
| 83 | Lesley Levison | Hillingdon Triathletes | Veteran | 29:14 | 08:23 |
| 84 | Helen Sharp | Twickenham CC | Senior | | 08:24 |
| 85 | Jasmijn Muller | Kingston Wheelers CC | Senior | | 08:25 |
| 86 | sophie whitworth | G.S. Henley | Veteran | 28:39 | 08:26 |
| 87 | Olivia Bentley | Vision Innovative Leisure Racing Team | Senior | | 08:27 |
| 88 | Pippa O'Brien | RT PODA | Veteran | 29:26 | 08:28 |
| 89 | Alison Dex | London Women's Racing CC | Veteran | 29:32 | 08:29 |
| 90 | Katie Greves | AS Test Team | Senior | | 08:30 |
| 91 | Andrew Bradbury | Paceline RT | Senior | | 08:31 |
| 92 | Peter Hatt | Velo Club St Raphael | Veteran | 26:50 | 08:32 |
| 93 | Philip Porteous | High Wycombe CC | Veteran | 27:26 | 08:33 |
| 94 | patrick kelly | Velo Club Long Eaton | Senior | | 08:34 |
| 95 | Andrew Wright | High Wycombe CC | Veteran | 26:45 | 08:35 |
| 96 | Geoff Perry | Born to Bike - Bridgtown Cycles | Veteran | 27:26 | 08:36 |
| 97 | Adam Stone | North Road CC | Senior | | 08:37 |
| 98 | Chris Aitken | Thames Valley Triathletes | Senior | | 08:38 |
| 99 | John Levison | Hillingdon Triathletes | Veteran | 26:27 | 08:39 |
| 100 | Thomas Whatley | Paceline RT | Senior | | 08:40 |
| 101 | Peter Oliver | Fairly United Cycling Team | Veteran | 26:59 | 08:41 |
| 102 | Robert Taylor | Army Cycling Union | Senior | | 08:42 |
| 103 | Alan Lang | Hartlepool CC | Veteran | 27:38 | 08:43 |
| 104 | Andrea Tadorelli | Berkshire Tri Squad | Veteran | 26:23 | 08:44 |
| 105 | Hadyn James | Velolife | Senior | | 08:45 |
| 106 | Jeff Roberts | High Wycombe CC | Veteran | 26:59 | 08:46 |
| 107 | Chris Beales | Pearson Cycling Club | Veteran | 27:14 | 08:47 |
| 108 | Tony Flynn | Willesden CC | Veteran | 26:18 | 08:48 |
| 109 | Phil Crouch | High Wycombe CC | Veteran | 27:59 | 08:49 |
| 110 | Pat Wright | Paceline RT | Senior | | 08:50 |
| 111 | Ollie Hucks | High Wycombe CC | Espoir | | 08:51 |
| 112 | JOHN SULLIVAN | Westerley Cycling Club | Veteran | 27:04 | 08:52 |
| 113 | David Wright | Cotswold Veldrijden | Veteran | 27:04 | 08:53 |
| 114 | Gerry Peppin | Corinium Cycle Club | Veteran | 27:09 | 08:54 |
| 115 | Chris Loake | Pure Motion Cycling Club | Senior | | 08:55 |
| 116 | Antony Bee | Wigmore CC | Veteran | 26:59 | 08:56 |
| 117 | Chris Ford | High Wycombe CC | Veteran | 27:09 | 08:57 |
| 118 | Peter Warwick | Didcot Phoenix CC | Veteran | 26:36 | 08:58 |
| 119 | Richard Partington | OVB | Veteran | 27:14 | 08:59 |
| 120 | Liam Maybank | Twickenham CC | Veteran | 26:23 | 09:00 |

| No. | Name | Club | Category | Std. | Start Time |
|------------|-----------------|-------------------------------------|-----------------|-------------|-------------------|
| 121 | Dan Sadler | RT 316 | Veteran | 25:59 | 09:01 |
| 122 | Richard Hutt | Harp RC | Veteran | 27:38 | 09:02 |
| 123 | adam quilter | Aylesbury CC | Veteran | 26:50 | 09:03 |
| 124 | Stephen Warwick | Cotswold Veldrijden | Veteran | 27:09 | 09:04 |
| 125 | Angus MacInnes | Royal Air Force Cycling Association | Veteran | 26:59 | 09:05 |
| 126 | Steve Golla | High Wycombe CC | Veteran | 26:18 | 09:06 |
| 127 | alan allcock | Didcot Phoenix CC | Veteran | 27:59 | 09:07 |
| 128 | Adam Wells | Paceline RT | Senior | | 09:08 |
| 129 | Ragnar Laan | Twickenham CC | Veteran | 25:59 | 09:09 |
| 130 | Edmund Bradbury | JLT Condor | Senior | | 09:10 |
| 131 | Gareth Davies | Team Bottrill / Vanguard | Senior | | 09:11 |