



Veterans Time Trials Association

15 Miles

National Championship

Promoted for and on behalf of Cycling Time Trials
under their Rules and Regulations



SATURDAY 25 AUGUST 2018



Veterans Time Trials Association

LONDON & HOME COUNTIES GROUP

PRESENT

The National Championship 15 Miles Time Trial

on

Saturday 25 August 2018 at 14:00

Course H15/1

*The event is being run for and on behalf of Cycling Time Trials
under their rules and regulations*

Event Secretary

Rachael Elliott
6 Pindar Place
Newbury
Berkshire RG14 2RR

Event Headquarters

Woolhampton Village Hall
Bath Road
Woolhampton
Berkshire RG7 5RE

Timekeepers: Bob Lyle (Newbury RC) and Howard Waller (Oxford City RC)

AWARDS

Overall Champion Jersey and Cap

1st Man on Standard	Gold Medal
2nd Man on Standard	Silver Medal
3rd Man on Standard	Bronze Medal
1st Woman on Standard	Gold Medal
2nd Woman on Standard	Silver Medal
3rd Woman on Standard	Bronze Medal
Club Team of Three	Gold Medals
Group Team of Three	Gold Medals
1st Tandem on Standard	Gold Medals

Awards to VTTA Members only

Number	Name	Club	Group	Age	Standard	Start Time
TANDEMS						
1	Norman Harvey	Sotonia CC	Wessex	85	46:16	14:01
	Mary Corbett	Sotonia CC				
3	Brian Foran	Lampard RC	London & Home Counties	58	43:07	14:03
		Nikki Hunt		VTTA (London & hc)		
5	Sharon Clifford	SheHair Racing Team	Yorkshire	58	41:44	14:05
		Phil Barnes		Team Swift		
WOMEN						
10	Linda Dewhurst	Team Milton Keynes	London & Home Counties	59	44:53	14:10
11	Louisa Cooper	Bournemouth Jubilee Whs		36		14:11
12	Sue Rust	Kettering CC	East Anglian	55	44:15	14:12
13	Gillian Reynolds	Willesden CC	London & Home Counties	69	47:07	14:13
14	Lorna Rowland	Twickenham CC	London & Home Counties	48	43:20	14:14
15	Liz Powell	DRAG2ZERO	Midlands	44	42:50	14:15
16	Mandy Bunn	CC Sudbury	East Anglian	49	43:27	14:16
17	Michelle Walter	Bournemouth Arrow CC	Wessex	57	44:33	14:17
18	Arja Scarsbrook	Bush Healthcare CRT	West	70	47:26	14:18
19	Mary-Jane Hutchinson	Bristol South Cycling Club	West	61	45:14	14:19
20	Vicky Gill	DRAG2ZERO		38		14:20
21	Wendy Gooding	Team Bottrill / Vanguard	East Anglian	54	44:07	14:21
22	Christina Murray	Army Cycling Union	Wessex	42	42:34	14:22
23	Joanna Wells	Hounslow & District Wheelers	London & Home Counties	57	44:33	14:23
24	Catherine Pascoe	New Forest CC	Wessex	55	44:15	14:24
25	Julia Shaw	DRAG2ZERO	Wessex	53	43:58	14:25
26	Helen Reynolds	Hemel Hempstead CC	East Anglian	53	43:58	14:26
27	Katja Rietdorf	Born to Bike - Bridgtown Cycles	London & Home Counties	47	43:12	14:27
28	Abi Vyner	Rapha Cycling Club	London & Home Counties	48	43:20	14:28
29	Emma Mcdermott	Oxonian CC		40	42:17	14:29
30	Alice Lethbridge	DRAG2ZERO		33		14:30
31	Angela Carpenter	...a3crg	Wessex	49	43:27	14:31
32	Diane Wilson-Evans	Bynea Cycling Club	South Wales	58	44:43	14:32
33	Joy Payne	Amersham Road Cycling Club	London & Home Counties	61	45:14	14:33
34	Annette Lacey	Hemel Hempstead CC	London & Home Counties	55	44:15	14:34
MEN						
37	David Wilson-Evans	Bynea Cycling Club	South Wales	61	41:52	14:37
38	John Lacey	Hemel Hempstead CC	London & Home Counties	54	40:50	14:38
39	David Cook	Bedfordshire Road RT	London & Home Counties	62	42:02	14:39
40	Antony Green	New Forest CC	Wessex	54	40:50	14:40

41	Cliff Voller	Newbury RC	West	67	43:05	14:41
42	Peter Stainer	Amersham Road Cycling Club	London & Home Counties	56	41:06	14:42
43	Kenneth Stevens	South Pennine RC	Nottingham & East Midlands	88	53:57	14:43
44	Andrew Simpkins	Solihull CC	Midlands	64	42:25	14:44
45	Colin Parkinson	South Western RC/Evans Cycles	Nottingham & East Midlands	56	41:06	14:45
46	Glen Knight	KISS Racing Team (KRT)	Midlands	40	39:10	14:46
47	Gary Martin	Westerley Cycling Club	London & Home Counties	59	41:32	14:47
48	John Bush	Maidenhead & District CC	Surrey/Sussex	58	41:23	14:48
49	Brian James	Brighton Mitre CC	London & Home Counties	88	53:57	14:49
50	Gareth Williams	Twickenham CC	London & Home Counties	52	40:35	14:50
51	Roy Oakes	South Pennine RC	Nottingham & East Midlands	73	44:47	14:51
52	John McGlashan	Redmon CC	Kent	67	43:05	14:52
53	John Eames	Chippenham & District Whs	North Lancs & Lakes	71	44:09	14:53
54	John Howells	Corinium Cycle Club	West	77	46:21	14:54
55	Roger Taylor	Frome and District Wheelers	West	72	44:28	14:55
56	David Guy	OV Cycling Club	London & Home Counties	73	44:47	14:56
57	Ron Hallam	South Pennine RC	Nottingham & East Midlands	87	52:56	14:57
58	Robert Hutchinson	Bristol South Cycling Club	West	65	42:38	14:58
59	Bob Brabbins	Wellington Wheelers CC	London & Home Counties	75	45:31	14:59
60	Kevin Stokes	Born to Bike - Bridgtown Cycles	London & Home Counties	56	41:06	15:00
61	Robert.a. Engers	Shorter Rochford RT	London & Home Counties	57	41:14	15:01
62	Bob Awcock	Born to Bike - Bridgtown Cycles	Midlands	74	45:09	15:02
63	Bernard Phillips	Maidenhead & District CC		61	41:52	15:03
64	Peter Weaver	New Forest CC		71	44:09	15:04
65	Ray Retter	Born to Bike - Bridgtown Cycles	West	72	44:28	15:05
66	Phil Wright	Hartlepool CC	North	63	42:14	15:06
67	David Driver	Yeovil Cycling Club	West	77	46:21	15:07
68	Chris Lowe	Swindon Road Club	West	59	41:32	15:08
69	Brian Moon	Willesden CC	London & Home Counties	72	44:28	15:09
70	Chris Roberts	Team PedalRevolution.co.uk	East Anglian	73	44:47	15:10
71	Tony Flynn	Willesden CC	London & Home Counties	45	39:47	15:11
72	Jorj James	Maidenhead & District CC		52	40:35	15:12
73	Murray Kirton	A5 Rangers CC	Midlands	77	46:21	15:13
74	David Steel	Hereford & District Whs CC	Midlands	71	44:09	15:14
75	Richard Moule	Bossard Wheelers	London & Home Counties	61	41:52	15:15
76	Andrew Askwith	Bridlington CC	Yorkshire	54	40:50	15:16
77	Norman Griffin	Vive Le Velo	Yorkshire	60	41:42	15:17

78	Nicolas Stagg	Hounslow & District Wheelers	London & Home Counties	47	40:01	15:18
79	Dave Johnson	Bicester Millennium CC	London & Home Counties	60	41:42	15:19
80	Gavin Hinxman	DRAG2ZERO	East Anglian	50	40:21	15:20
81	Nick McCormick	Epsom CC	London & Home Counties	55	40:58	15:21
82	Gary Pamment	3T-RACING	East Anglian	47	40:01	15:22
83	Rob Vessey	Didcot Phoenix CC	West	55	40:58	15:23
84	John Dowling	Hemel Hempstead CC	London & Home Counties	61	41:52	15:24
85	Jon Simpkins	DRAG2ZERO	Midlands	47	40:01	15:25
86	Michiel Vaal	Team Backstedt Bike Perf'mance	Nottingham & East Midlands	56	41:06	15:26
87	Ken Platts	Cambridge CC	East Anglian	66	42:51	15:27
88	Brian Sunter	Condor RC	Yorkshire	75	45:31	15:28
89	Paul Welsby	DRAG2ZERO	Midlands	51	40:28	15:29
90	George Evans	Team Bottrill / Vanguard		20		15:30
91	Ian Greenstreet	AeroCoach	London & Home Counties	54	40:50	15:31
92	Steven Cottington	Bath Cycling Club	West	56	41:06	15:32
93	Colin Lizieri	Cambridge CC	East Anglian	63	42:14	15:33
94	Barry Eeles	North Hampshire RC	Wessex	52	40:35	15:34
95	Keith Ainsworth	Sheffrec CC	North Midlands	59	41:32	15:35
96	Martin Reynolds	Cambridge CC	East Anglian	55	40:58	15:36
97	Gregory Woodford	Reading CC	London & Home Counties	57	41:14	15:37
98	Oliver Bates	Team Bottrill / Vanguard		21		15:38
99	Alan Allcock	Didcot Phoenix CC	London & Home Counties	63	42:14	15:39
100	Stuart Travis	Team Bottrill / Vanguard		33		15:40
101	Alan Murchison	DRAG2ZERO	London & Home Counties	47	40:01	15:41
102	Simon Amies	Bicester Millennium CC	London & Home Counties	49	40:14	15:42
103	Stuart Stow	Twickenham CC	London & Home Counties	53	40:43	15:43
104	Mervyn Wilson	North Lancashire Road Club	North Lincs & Lakes	67	43:05	15:44
105	Liam Maybank	Twickenham CC	London & Home Counties	46	39:54	15:45
106	Robert Watson	Cambridge CC	East Anglian	57	41:14	15:46
107	Jon Elliott	Maidenhead & District CC		37		15:47
108	Geoff Perry	Born to Bike - Bridgtown Cycles	London & Home Counties	58	41:23	15:48
109	Roger Porter	Verulam CC	London & Home Counties	71	44:09	15:49
110	George Fox	Team Bottrill / Vanguard		24		15:50
111	Benjamin Allen	Westerley Cycling Club	London & Home Counties	43	39:33	15:51
112	Tim Davies	Icknield RC	London & Home Counties	51	40:28	15:52
113	Frank Anderson	SVTTA	Scotland	66	42:51	15:53
114	Chris Dyason	Cambridge CC	East Anglian	70	43:51	15:54
115	James Rix	Team Bottrill / Vanguard	Surrey/Sussex	42	39:26	15:55

RIDERS' NOTES

MEDALS

Medals are dummies for the presentation ceremony only and must be returned to the organiser

A formal prizegiving will take place at the National VTTA AGM on the 26th January 2019

The medals will have the 75th commemorative logo

SIGNING ON

It is compulsory for all riders to sign on **AND sign back in again** (do not forget to sign back in, otherwise you will be disqualified from the event). Numbers will be available at the event headquarters at Woolhampton Village Hall which will open from 12:30pm. **PLEASE DO NOT WEAR CLEATED SHOES INTO THE HALL.**

Please be aware when arriving at the HQ that there is a low height barrier at the entrance. We do not want your precious bicycles ending up in pieces!

SAFETY

- Always give priority to traffic from your right when negotiating roundabouts.
- Signal clearly to other road users the course you intend to take.
- Safety - not your performance - is the first priority at all times. Anyone caught riding in a "head down" position may face a disciplinary hearing.
- CTT regulations require competitors under 18 years of age to wear a helmet of hard/soft shell construction and recommends the use helmets by all other competitors.



**PLEASE STAY FOR THE PRIZE CEREMONY WHICH
WE ANTICIPATE BEING HELD AT HQ AT AROUND 17:15**

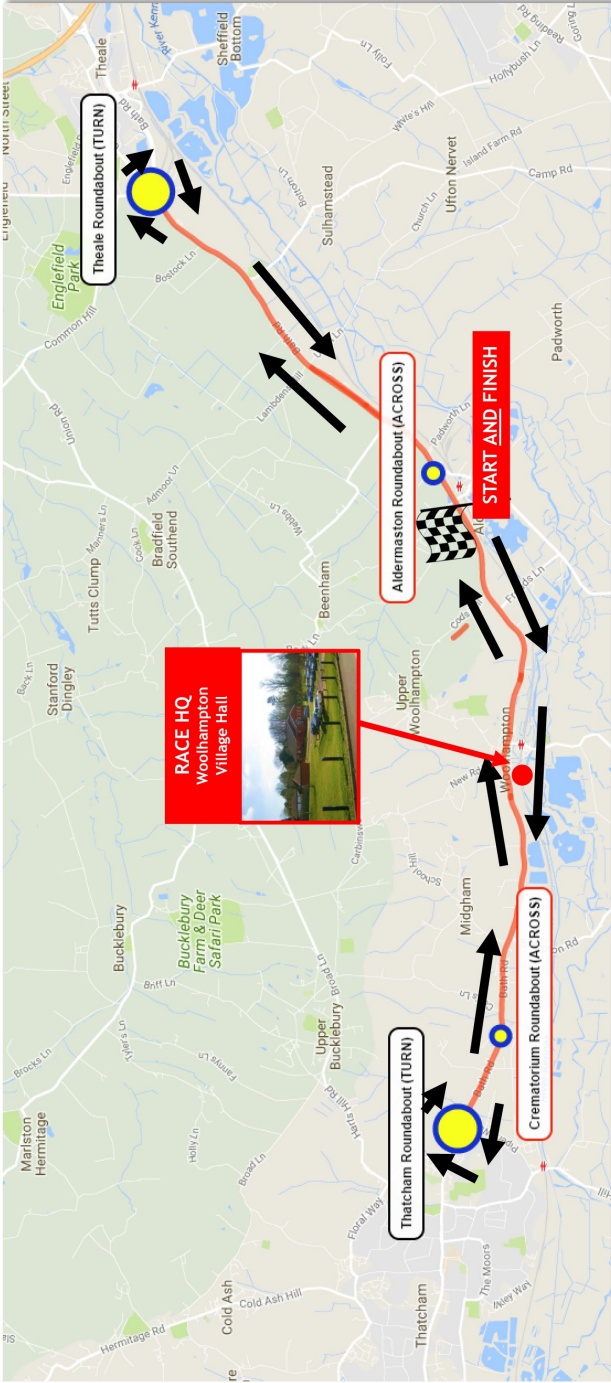


***The cover picture is of Karen Ledger
Women's 15 Mile Champion 2017***

Photo by Kimroy

Please direct any enquiries relating to the day to Rachael Elliott (Event Organiser, London & Home Counties Group) by emailing rachael.elliott@gmail.com or calling 07931 722817.

H15/1 COURSE MAP



GETTING TO THE START FROM HQ

Turn right out of HQ and follow the A4 for two miles until you reach the start. You will see the start on the opposite side of the road. Allow 10 minutes to get to the start.

Bear in mind you will be joining the course on the A4, so please be aware of riders who are already racing both when exiting HQ and when joining the queue at the start.

With the start and finish in the same layby, please be aware that you may be finishing your ride whilst others are starting theirs. Be aware of other riders at all times.

COURSE H15/1		
OS Ref	Description	Dist
602675	Start at a point at the Eastern end of the long layby on the South side of the A4, 100 yards west of Aldermaston roundabout, opposite LP 89	0
538670	Proceed westward on A4 going through Woolhampton and Midgham to the Crematorium roundabout	3.967
532673	Go straight across (2nd exit) keeping on the A4 to the Thatcham roundabout, turn at roundabout (3rd exit) to rejoin A4 going East	4.66
604675	Retrace to go through Midgham and Woolhampton to the Aldermaston roundabout	9.356
632707	Go straight across keeping on the A4 to Theale roundabout at the junction with the A340	12.034
	Turn on the roundabout and take the 5th exit to rejoin A4 going West	
602675	Retrace to Aldermaston roundabout (junction with A340)	14.977
601675	Go past the start point for 91yards to finish at Western end of layby point 10 yards short of its end and 32yards short of LP 92	15

Refreshments



As many of you will be aware, today's Event Secretary, Rachael Elliott (who is also National Secretary of the VTTA) suffered a brain haemorrhage which caused a stroke in February this year. The stroke has left her with a severe sight impairment. Since the stroke, the Guide Dogs for the Blind have been a tremendous source of support for Rachael and provided her with unrelenting practical help and rehabilitation. Rachael is also on the waiting list for a



Guide Dog herself!

We have therefore decided that all donations for tea, coffee and cake will be given to the Guide Dogs for the Blind. The charity, which happens to be based very close to Rachael's hometown of Newbury, do incredible work for blind and sight impaired people like Rachael throughout the UK and all donations will make a very, very tangible difference to people around the UK who are having to come to terms with sight loss.

Rachael with a Guide Dog puppy earlier this summer