



# **VTTA London & Home Counties**

## **10 Mile Open Time Trial**

Including

**The Don Byham Memorial**

**Monday 6th May 2019**

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

# **RESULT**

**Event Secretary  
Geoff Perry  
5 The Meadway  
Loughton  
Milton Keynes MK5 8AN  
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**Mark Vowells**

*Photo by Kimroy*

# PRIZE LIST

## Men

1st	Mark Vowells (T)	CC Bexley	+8:09
2nd	Keith Dorling	Team Bottrill	+7:15
3rd	Jim Moffatt	CC Luton	+7:13

## Women

1st	Angela Carpenter	...a3crg	+7:30
2nd	Jackie Field	CC Ashwell	+7:20
3rd	Helen Reynolds	Hemel Hempstead CC	+6:46

## Team

Club team of three on standard	Andrew Grant		
	Chris Dyason	Cambridge CC	+19:59
	Colin Lizieri		

## **Don Byham Trophy** (Second on Standard - London Group)

Geir Robinson	Regents Park Rouleurs	+7:09
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***All the above awards to paid up VTTA Members only***

## **Fastest**

Adam Bidwell	Kingston Wheelers CC	19:25
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**Mark Vowells, Angela Carpenter and Geir Robinson  
all receive free invitations to the VTTA L&HC  
Awards Luncheon on Sunday 17th November 2019  
The Luncheon will be held at  
Aldenham Golf Club, Church Lane, Aldenham, Radlett WD25 8NN**

### Solo Best on Standard

1	Mark Vowells (T)	CC Bexley	Kent	23:50	08:09
2	Angela Carpenter (W)	...a3crg	Wessex	21:36	07:30
3	Jackie Field (W)	CC Ashwell	EA	22:07	07:20
4	Keith Dorling	Team Bottrill	EA	20:24	07:15
5	Jim Moffatt	CC Luton	L&HC	20:39	07:13
6	Geir Robinson	Regents Park Rouleurs	L&HC	19:40	07:09
7	Neil Mackley	...a3crg	Wessex	20:08	07:04
8	Andrew Grant	Cambridge CC	EA	21:22	06:59
9	Andy Langdown	Blazing Saddles	Wessex	19:54	06:55
10	Grant Woodthorpe	Twickenham CC	L&HC	19:46	06:54
11	Chris Dyason	Cambridge CC	EA	22:20	06:49
12	Mark Jones	DRAG2ZERO	L&HC	19:48	06:48
13	Adam Bidwell	Kingston Wheelers CC	S/S	19:25	06:47
14	Helen Reynolds (W)	Hemel Hempstead CC	EA	22:35	06:46
14	Michiel Vaal	CES Sport	N&EM	20:36	06:46
16	Richard Gifford	TrainSharp	S/S	20:33	06:44
17	Alan Murchison	DRAG2ZERO	L&HC	19:59	06:41
18	John Lacey	Hemel Hempstead CC	L&HC	20:34	06:38
19	Angus Macinnes	Royal Air Force CA	S/S	20:33	06:34
20	Steven Cottingham	Bath Cycling Club	West	20:50	06:32
21	Chris Massey	CES Sport	SWales	20:00	06:31
22	Linda Dewhurst (W)	Team Milton Keynes	L&HC	23:33	06:29
23	Matt Steel	Shaftesbury CC	EA	19:50	06:27
24	Rod Hicks	Port Talbot Whs CC	SWales	20:47	06:20
24	Stuart Stow	Twickenham CC	L&HC	20:43	06:20
26	Susan Semple (W)	Born to Bike - Bridgtown Cycles	Mids	23:02	06:19
26	David Butt	CC Weymouth	Wessex	21:47	06:19
28	Patrick Ellerbeck	St Neots CC	EA	21:48	06:18
29	Michael Wills	Team Lutterworth Cycle Centre	N&EM	21:23	06:16
30	Steve Kaye	Fenland Clarion CC	EA	21:20	06:13
31	Colin Lizieri	Cambridge CC	EA	21:48	06:11
32	Keith Lea	Paceline RT	S/S	20:35	06:10
32	Gareth Williams	Twickenham CC	L&HC	20:53	06:10

34	Robert Watson	Cambridge CC	EA	21:21	06:07
34	Barry McDonald	3T-RACING	EA	20:29	06:07
36	Claire Emons (W)	Newbury RC	L&HC	23:00	06:06
36	Tim Beaven	Bicester Millennium CC	L&HC	20:21	06:06
38	Les Liddiard	Team Jewson - MI Racing	West	21:47	06:05
39	Stuart Evans	Port Talbot Whs CC	SWales	23:29	06:03
39	Jon Surtees	CES Sport	N&EM	20:51	06:03
41	James Fawcett	Hampshire Road Club	Wessex	21:01	06:02
41	Nick English	AeroCoach	L&HC	20:00	06:02
43	Simon Adcock	Team Bottrill	Mids	20:22	06:00
44	Lauren Davies (W)	G.S. Henley	L&HC	22:31	05:55
45	Adrian Blacker	C and N Cycles RT	S/S	21:18	05:54
45	Antony Bee	Wigmore CC	Kent	21:18	05:54
47	Ray Retter	Born to Bike - Bridgtown Cycles	West	23:40	05:52
48	Roger Foster	Banbury Star Cyclists' Club	Mids	21:42	05:51
48	Matthew Reader	Verulam CC	L&HC	20:54	05:51
48	Danuta Tinn (W)	Maidenhead & District CC	L&HC	23:36	05:51
51	Joy Payne (W)	Amersham Road Cycling Club	L&HC	24:26	05:50
52	Kenneth Stevens	South Pennine RC	N&EM	29:14	05:50
53	Jonathan Williams	Amersham Road Cycling Club	L&HC	20:29	05:48
54	Alastair Semple	Stafford RC	Mids	21:07	05:47
55	Matthew Durdy	Richmond CC	L&HC	21:12	05:46
55	Mark Coombe	Twickenham CC	L&HC	21:03	05:46
57	Hans Nilsson	London Phoenix CC	L&HC	22:15	05:44
58	Roderick Macfadyen	Reading CC	L&HC	21:45	05:43
59	Paul Lilley	Fenland Clarion CC	EA	21:52	05:41
59	Paul Newman	Southgate CC	L&HC	20:59	05:41
61	Martin O'Sullivan	Teddington and Turing Velo	L&HC	20:42	05:40
61	Michael Bennett	Bicester Millennium CC	L&HC	21:09	05:40
61	Thomas Pfeiffer	Dulwich Paragon CC	EA	21:00	05:40
64	John Dowling	Hemel Hempstead CC	L&HC	22:14	05:38
64	Michael Gowan	Festival Road Club	S/S	24:21	05:38
66	Issy Zimmerman	Verulam Really Moving	L&HC	21:22	05:36

67	Vincent Jenkins	VTTA (Midlands)	Mids	25:10	05:35
68	Gillian Reynolds	Willesden CC (W)	L&HC	25:56	05:34
69	Steven Loraine	Team Swift	Mids	22:20	05:32
70	Mandy Bunn	Datalynx-Parenesis Cycling (W)	EA	23:36	05:30
71	Michael Martin	CC Ashwell	EA	21:38	05:29
72	Andrew Halliday	Westerley Cycling Club	L&HC	21:08	05:28
73	Richard Hutt	Harp RC	L&HC	22:18	05:27
74	Nigel Jones	Gloucester City Cycling Club	West	22:19	05:26
75	Neil Crowther	Blazing Saddles	S/S	21:06	05:25
76	Kevin Stokes	Born to Bike - Bridgtown Cycles	L&HC	21:53	05:24
76	John Murphy	Gloucester City Cycling Club	West	25:39	05:24
78	Murat Ozdenya	Team Vision Racing - Silverhook	EA	21:09	05:22
79	Tim May	PDQ Cycle Coaching	Mids	20:46	05:21
79	Geoff Reynolds	Hemel Hempstead CC	EA	21:42	05:21
81	Rob Vessey	Didcot Phoenix CC	West	21:52	05:20
82	Dave Stocker	Abellio - SFA Racing Team	Kent	21:52	05:15
83	Nick Jones	Bournemouth Jubilee Whs	Wessex	21:03	05:14
83	Stan Nwaka	Verulam Really Moving	L&HC	22:08	05:14
85	Graham Rudd	Redbridge CC	L&HC	20:49	05:13
86	Andrew Simpkins	Solihull CC	Mids	23:01	05:12
87	Sophie Whitworth	G.S. Henley (W)	L&HC	23:48	05:08
88	Adrian Cox	Team Milton Keynes	L&HC	22:21	05:07
89	Tony May	TMG Horizon Cycling Team	EA	22:39	05:06
90	Peter Hatt	Velo Club St Raphael	Wessex	21:53	05:05
91	Michael Stevens	Fareham Wheelers CC	Wessex	22:26	05:02
92	Andy Sharman	Baines Racing	L&HC	21:39	05:01
93	Evan Jardine-Skinner	Sotonia CC	Wessex	21:12	05:00
94	Michael Cope	Kettering CC	EA	22:34	04:59
95	James Churcard	Reading CC	L&HC	21:14	04:58
96	Geoff Perry	Born to Bike - Bridgtown Cycles	L&HC	22:38	04:55
97	Cliff Voller	Newbury RC	West	23:46	04:53
98	Carmelo Luggeri	CC Ashwell	EA	23:00	04:52
99	Michael Edmunds	Verulam Really Moving	L&HC	22:15	04:48

100	Steve Peck	Ely & District CC/B&T Motor Repairs	EA	22:59	04:46
100	Clive Faine	Team Milton Keynes	L&HC	24:34	04:46
102	Joe Graystone	Cowley Road Condors CC	L&HC	21:38	04:44
103	Carol O'Connor (W)	Calder Clarion	York	24:44	04:43
104	Richard Moule	Bossard Whs	L&HC	23:16	04:36
104	Ross Edgar	Lea Valley CC	EA	21:46	04:36
106	James Scarth	Bishop's Stortford CC	EA	21:36	04:31
107	David Guy	OV Cycling Club	L&HC	25:04	04:28
108	John McGlashan	Redmon CC	Kent	24:04	04:26
109	Stephen Tierney	Team Bottrill	Kent	22:22	04:23
110	Tim Kingston	GS Invicta - Eye Level Optical	Kent	21:55	04:22
110	John Bourton	Bicester Millennium CC	L&HC	23:59	04:22
112	Robert Saunders	North Bucks RC	L&HC	23:14	04:19
113	Jon Fairclough	Woking Cycle Club	S/S	23:56	04:17
114	Nick Hickman	Team Salesengine.co.uk	EA	22:43	04:15
114	Steve Skinner	Bognor Regis CC	Wessex	23:51	04:15
116	Paul Sexton	CC Breckland	EA	21:59	04:08
117	Sarah-Anne Lucas (W)	Folkestone Velo Club	Kent	24:55	04:06
118	Tony Tuohy	Redmon CC	S/S	23:12	04:05
119	Nigel Croxford	High Wycombe CC	L&HC	23:43	04:02
120	Jon Talbot	Wisbech Whs	EA	22:36	04:00
121	Stephanie Cousins (W)	Team Milton Keynes	L&HC	25:36	03:51
122	Alison Vessey (W)	Didcot Phoenix CC	West	26:50	03:50
123	Allison Kaye (W)	Verulam CC	L&HC	25:53	03:39
124	Murray Kirton	A5 Rangers CC	Mids	27:08	03:37
125	Glen Knight	KISS Racing Team (KRT)	Mids	22:33	03:34
125	Richard Payne	34 Nomads CC	EA	23:38	03:34
127	Melvyn Lewis	Born to Bike - Bridgtown Cycles	Mids	24:12	03:27
128	David Rogers	Hemel Hempstead CC	L&HC	24:24	03:21
129	Gillian Morgan (W)	Westerley Cycling Club	L&HC	26:29	03:20
130	Kate Bradley (W)	Born to Bike - Bridgtown Cycles	L&HC	25:01	03:19
131	April Lewis (W)	Born to Bike - Bridgtown Cycles	Mids	26:26	03:17
132	Joanna Wells (W)	Hounslow & District Whs	L&HC	26:37	03:12



133	Graham Pepperdine	Verulam CC	EA	24:04	03:08
134	Brian Jones	Horsham Cycling	S/S	25:34	03:05
135	Patrick O'Connor	Calder Clarion	York	24:04	03:03
136	Paul Valks	Lewes Wanderers CC	S/S	26:57	03:02
137	John Hassall	Bossard Whs	L&HC	26:31	03:01
138	Phil Wright	Hartlepool CC	North	25:40	02:26
139	Gerry Peppin	Corinium Cycle Club	West	25:08	02:09
140	Jill Bartlett (W)	Hounslow & District Whs	L&HC	28:02	01:53
141	Rosslyn Young (W)	Serpentine Running Club	L&HC	31:09	01:28
142	Hilary Walker (W)	Serpentine Running Club	L&HC	30:42	-00:02
143	Graeme Church	Team Milton Keynes	L&HC	27:08	-00:05
144	Denese Hallahan (W)	Wisbech Whs	EA	32:00	-01:29

### Tandem Best on Standard

Rachael Elliott & Ian Greenstreet	Newbury RC & Aerocoach	L&HC	19:16	07:23
Richard O'Rourke	Team Vision Racing - Silverhook	EA		DNF
Grant Warwick	Team Lutterworth Cycle Centre	N&EM		DNS(A)
David Creese	Chronos RT	L&HC		DNS(A)
Paul Welsby	DRAG2ZERO	Mids		DNS(A)
John Golder	Chelmer CC	EA		DNS(A)
Karen Dennett (W)	Bishop's Stortford CC	EA		DNS(A)
Andrew Clarke	North Shropshire Wheelers	Mersey		DNS(A)
Roger Porter	Verulam CC	L&HC		DNS(A)
Steve Legg	...a3crg	Wessex		DNS(A)
Colin Harrison	East Grinstead CC	S/S		DNS(A)
Mark Wise	Team Jewson - MI Racing	Mids		DNS(A)
Nigel Sign	Fareham Wheelers CC	Wessex		DNS(A)
Mike Boyce	...a3crg	Wessex		DNS(A)
Tony Flynn	Westerley Cycling Club	L&HC		DNS(A)
Robert Jolliffe	New Forest CC	Wessex		DNS(A)
John Robertson	VTTA (Merseyside)	Mersey		DNS(A)
Robert Charles	Blazing Saddles	S/S		DNS
Mark Woolford	Team Swindon Cycles	West		DNS
Ian Crosby	VTTA (London & Home Counties)	L&HC		DNS
Jed Rock	Dorking Cycling Club	S/S		DNS

## Summary

There were about 190 entrants for the 150 places plus 15 reserves, so unfortunately some riders were disappointed to not get a ride on this fast course. All the women and the Paracyclist got a ride in accordance with the CTT regulations (25%/5%).

It wasn't a fast day but nonetheless 20 riders improved their LTS by 14 seconds on average. The remaining 125 riders were slower than their LTS by 64 seconds on average. Rachael Elliott & Ian Greenstreet set a L&HC Age record on their tandem with 19:16.

Perhaps the most significant result was that NO riders were DNF'd at the finish slip road, and followed the start sheet instructions to enter the slip road promptly. This is for everyone's safety and minimises blood pressure spikes for the timekeepers. Unfortunately the finish line photographer was a little disappointed to say the least!

## Acknowledgements

Many thanks to L&HC members and their friends who made the event possible.

Signs up/down: Katja Rietdorf & Geoff Perry

Start Timekeeper: Peter Tasker

Pushers Off: Paul Marchant & Phil Melville

Finish Timekeeper: Annette Lacey

Assistant Finish Timekeeper: Katja Rietdorf

All the marshals were orchestrated by John Hassall, who knows how to sell 'a good time'.

1st RAB at Tring: Sarah, Daniel and Adam Sandiford & a good friend

2nd RAB at Aylesbury: Ann & Ryan Hassall

Finish Line Photographer: David Lloyd

Traffic Count: Audrey Hughes, who used her local knowledge to find the most tranquil places

HQ / Sign-on / Reserves / Organiser on the day: John Hoskins

Results service: Mick & Marion Fountain & MS-DOS.

Organising the Hall and general support: David Guy

Cakes / Catering: Catherine Guy & Therese Hoskins

Production of start/results programmes: Jim Burgin

## Results

The results have been uploaded electronically to:

CTT website ([www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk))

<https://www.cyclingtimetrials.org.uk/race-results/18947#anchor>

<https://www.cyclingtimetrials.org.uk/race-results/18948#anchor>

VTTA website ([www.vtta.org.uk](http://www.vtta.org.uk)) <https://www.vtta.org.uk/events/view/18954>

<https://www.vtta.org.uk/events/view/18955> Time Trialling Forum ([www.timetriallingforum.co.uk](http://www.timetriallingforum.co.uk))

<http://www.timetriallingforum.co.uk/index.php?topic/71974-vtta-london-10/>

Spin Data ([www.spindata.co.uk](http://www.spindata.co.uk)) <https://www.spindata.co.uk/events?task=event.display&cid=18947>

They have been notified of their shortcomings in respect of trike standards

## Photographers

Kimroy ([www.kimroy-photography.co.uk](http://www.kimroy-photography.co.uk)) was the photographer on the main carriageway after the hill and Trevor Hill was loitering in the long grass at the Tring turn. His photographs are available on FaceBook (album VTTA F11/10 Time Trial 6th May 2019). David Lloyd's photos ([www.davidlloydphotography.smugmug.com](http://www.davidlloydphotography.smugmug.com)) were purely for finish line DNF and consequently are unavailable.



**Angela Carpenter**

*Photo by Kimroy*



**Geir Robinson**

*Photo by Kimroy*