



Hemel Hempstead Cycling Club

10-mile time trial

Saturday 12 June 2021, 2pm start

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

Organiser:

Paul Thomson
43 Dinmore, Bovington
Hemel Hempstead
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(07973 675052)
paul.thomson@hemelcycling.org.uk or paulthomo@aol.com
Event webpage:
<http://www.hemelcycling.org.uk/open-time-trials>

Time Keepers:

Annette Lacey (start) & Mike Bannister (Finish)

Headquarters (open from 1pm):

Aston Clinton School (*The Clock School building only*)
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 at least a DNF or you risk disqualification or worse.

Take note of the fact the first turn comes up a lot quicker than you might expect in a 10... it is in sight in the first 2-3 minutes of starting! Make sure you take the very first slip road you come to, the next one is a good 6 or 7 miles further and up some big climbs!

Also please note that due to the nature of the sliproad and the fact it is on a clearway there is every likelihood there will NOT be a marshal to ensure you take this sliproad to the turn. It is your responsibility to ensure you know the course (study the map below).

COVID PRECAUTIONS – PLEASE TAKE CAREFUL NOTE The following precautions have been introduced to protect yourself and members of Hemel Hempstead Cycling Club

- Only attend the event if you are riding – no supporters or helpers (under 18's can bring 1 guardian/parent, but they must stay in the car in the car park when you are riding)
- You should not attend or ride the event if you feel ill in any way or if a family member has any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- All warm-ups should be done on the road. Therefore no turbo/rollers in the car park
- You should not gather together with other competitors in the car park, HQ or at the start.
- You should not leave any personal items with the timekeeper. It will be left there if you do!
- Numbers will be available at the HQ where you will sign on. Please maintain social distance whilst waiting to collect your number and sign on and at the start and when returning your number. Bring your own pen.
- You must not stop at the finish and must not loiter at the HQ/Car Park and you should pack away and leave immediately upon completion of the race.

- No support can be provided if you suffer a mechanical difficulty. It is strongly advised that you carry a spare inner tube/tub, pump & levers (if required).

*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 or elsewhere.*

You must sign on in advance of your start at the headquarters where you 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. Failure to sign out will result in a DNF being recorded for your time.

Please return number after your ride when signing out. **DO NOT** fold numbers at all. **DO NOT** use sticky tape (or other sticking methods) to secure the numbers at all.

All under 18 MUST complete and bring with them a parental consent form and leave it at signing on when collecting your number.

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.

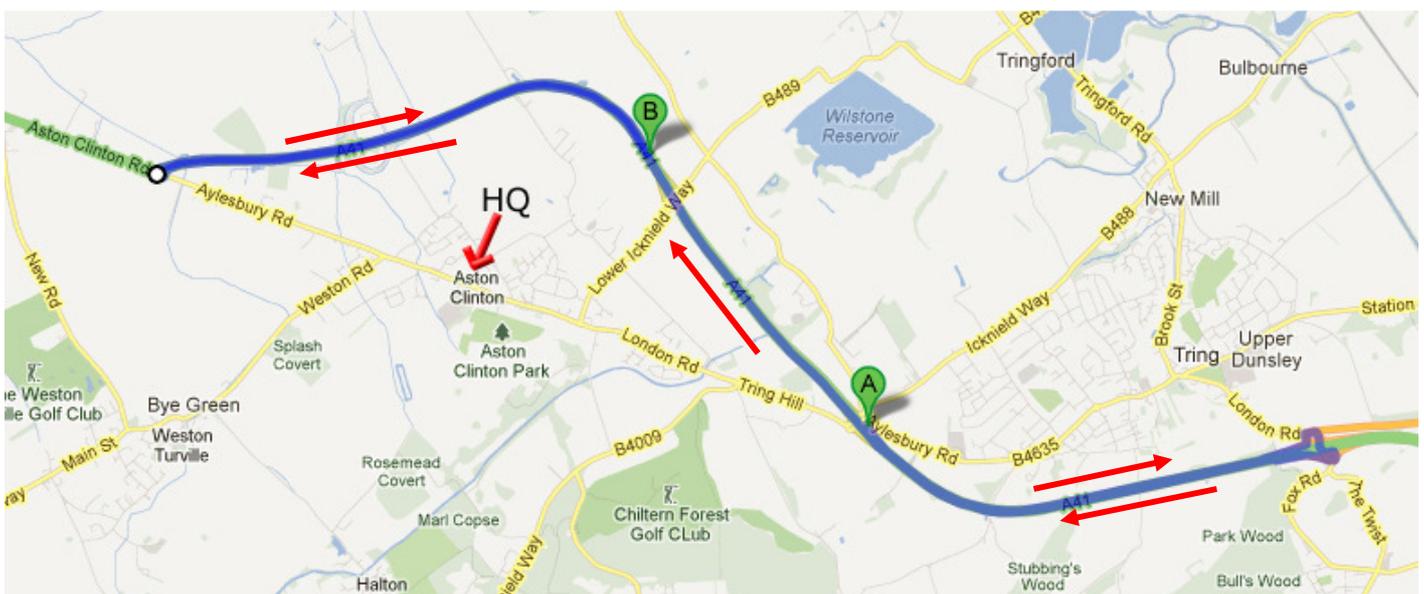
Safety – not your performance – is your first priority

Prizes:

Fastest	£80	Fastest woman	£80	Fastest junior	£40
2	£60	2	£60	Team of 3	£75
3	£50	3	£50	2nd team	£60
4	£40	4	£40		
5	£30	5	£30		
6	£20	6	£20	No women's team	
7	£15	7	£15	awarded as only 1	
8	£15	8	£15	team entered. No	
9	£10	9	£10	junior women entered.	
10	£10	10	£10		

If you think you have won a prize, then please email me your claim with details of your bank so it can be transferred across (note organisers don't have access to sending money through the CTT system)

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



This is the first turn. Make yourself familiar with it. Looks complicated but it isn't really – go around the RAB at the bottom of sliproad and **go under the bridge** and around the 2nd RAB to take the sliproad going westbound. Easy. But be careful at the bottom of the off sliproad as you cannot see to the right for oncoming traffic.



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 after the first 10 yards of the sliproad you WILL be classed as DNF and if you then make a (potentially dangerous) move to come into the sliproad before or 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. **In the image above if you take any part of the Yellow route – then DNF or likely DQ**

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.

Paul

No	Start	Name	Club
1	14:01	Tracy Wilkinson-Begg	TWB - On Time Race Team
2	14:02	Jan Farmer	Serpentine Running Club
3	14:03	Emma McDermott	Oxonian CC
4	14:04	Roslyn Young	Serpentine Running Club
5	14:05	Jo Corbett	Sherwood CC
6	14:06	Jill Bartlett	Hounslow & District Whs

No	Start	Name	Club
7	14:07	Deborah Beare	Icknield RC
8	14:08	Rachel Green	Cheltenham & County CC
9	14:09	Laura Pittard	Brother Uk - Team OnForm
10	14:10	Becca Drake	BellaVelo cc
11	14:11	Fiona Sharp	Chapeau! Vive Le Velo
12	14:12	Gillian Morgan	Westerley CC
13	14:13	Kirsty McSeveney	...a3crg
14	14:14	Su-Anne Bullock	Icknield RC
15	14:15	Sue Rust	Kettering CC
16	14:16	Beth Grogan	Selby CC
17	14:17	Sally Turner	trainSharp
18	14:18	Gillian Reynolds	Willesden CC
19	14:19	Anastasia Bowler	AS Test Team
20	14:20	Judy Reid	Icknield RC
21	14:21	Francesca Hall	Loughborough Lightning / TRG
22	14:22	Teresa Robbins	Reading CC
23	14:23	Jennifer Millmore	Team Watto
24	14:24	Louise Moriarty	Look Mum No Hands!
25	14:25	Alice Lethbridge	DRAG2ZERO
26	14:26	Sam Murcott	Beeston CC
27	14:27	Graeme Church	Team Milton Keynes
28	14:28	Thomas Meller Gibbs	Lincoln Whs CC
29	14:29	Dylan Sage	Bush Healthcare CRT
30	14:30	Jamie Copus	High Wycombe CC
31	14:31	Toby Bush	Bourne Whs
32	14:32	Colin Parkinson	South Western RC
33	14:33	Mark Tyrrell	Oxonian CC
34	14:34	Mattie Dodd	Team Backstedt Bike Performance
35	14:35	Stuart Day	VC Sevale (Malvern)
36	14:36	Peter Younghusband	Petersfield Triathlon Club
37	14:37	James Churchard	Reading CC
38	14:38	Finlay Tarling	WORX Factory Racing PB Silverstone
39	14:39	Thomas Pfeiffer	Dulwich Paragon CC
40	14:40	Daniel Chambers	Bicester Millennium CC
41	14:41	Daniel Thompson	Hillingdon Triathletes
42	14:42	Darren Yarwood	Chapeau! Vive Le Velo
43	14:43	Craig Chappell	Team Vision Racing - Silverhook
44	14:44	Matt Donovan	Bedfordshire Road RT
45	14:45	Ed Watson	Ratae RC
46	14:46	Christopher Wedge	Whitewebbs CC
47	14:47	Lewis Tompsett	Thanet RC
48	14:48	Brett Davis	trainSharp
49	14:49	Peter Lloyd	Lindfield Coffee Works
50	14:50	Mark Bashford	East Grinstead CC
51	14:51	Lee Francis	VC Bristol
52	14:52	Rikky Hughes	Worcester St. Johns CC
53	14:53	Ady Dench	Team Sheffield
54	14:54	Paul Schofield	St Ives CC
55	14:55	Tony Costello	Team Swindon Cycles
56	14:56	Tim May	PDQ Cycle Coaching
57	14:57	Antony Bee	Wigmore CC
58	14:58	Ronnie Stone	Regents Park Rouleurs
59	14:59	Mathew Stonley	Mapperley CC
60	15:00	Adam Fisher	Cambridge CC
61	15:01	Rod Hicks	Port Talbot Whs CC
62	15:02	Toby Brown	trainSharp Development Team
63	15:03	Graham Harman	Sotonia CC
64	15:04	Andy Thomas	Lindsey Roads CC
65	15:05	Tom Houghton	Team TMC
66	15:06	Simon Adcook	Worcester St. Johns CC

No	Start	Name	Club
67	15:07	Stephen Wilkinson	TWB - On Time Race Team
68	15:08	Andrew Hastings	Haste CC
69	15:09	Nick Richards	GS Mossa
70	15:10	Zachary Herrod	AeroLab Ward WheelZ
71	15:11	James Moss	North Road CC
72	15:12	Jacob Bush	Bourne Whs
73	15:13	Antony Brown	George Fox Cycling Solutions
74	15:14	Mark Greenwood	Lungs 2 Legs
75	15:15	Michael Bennett	Bicester Millennium CC
76	15:16	Sam Hucks	High Wycombe CC
77	15:17	Edward Hales	London Dynamo
78	15:18	Bevan Jones	Team Sportslab
79	15:19	Mark Woolford	Team Swindon Cycles
80	15:20	Jamieson Blain	Bikestrong-KTM
81	15:21	Matthew Houlberg	Meudon Pedal Heaven Le Col RT
82	15:22	Rad Hart-George	Mickey Cranks CC
83	15:23	Cormac Nisbet	High Wycombe CC
84	15:24	Chris Spencer	Royal Leamington Spa CC
85	15:25	Kouros Driscoll	Sotonia CC
86	15:26	Sam Wightman	Team Bottrill
87	15:27	Mark Atkinson	Alford Whs
88	15:28	Graham Winstone	ZeroBC Race Team
89	15:29	Graham Rudd	API-Metrow
90	15:30	Neil Mackley	...a3crg
91	15:31	Paul Newman	Shorter Rochford RT
92	15:32	Aaron Freeman	Richardsons-Trek RT
93	15:33	Ian Woodcock	Bedfordshire Road RT
94	15:34	Nicholas Candy	Finchley RT
95	15:35	Robert Barker	Kettering CC
96	15:36	James Fawcett	...a3crg
97	15:37	Jonathan Williams	Amersham Road CC
98	15:38	Dave Bell	Cambridge CC
99	15:39	Daniel Goodwin	trainSharp Development Team
100	15:40	Samuel Tillet	Bikestrong-KTM
101	15:41	Glenn Taylor	Shorter Rochford RT
102	15:42	Keith Ainsworth	Sheffrec CC
103	15:43	Ben Houston	East Grinstead CC
104	15:44	Simon Bowler	AS Test Team
105	15:45	Andy Lack	Paceline RT
106	15:46	Gary Pamment	CC Sudbury
107	15:47	Simon Cannings	JCA Equipe Velo
108	15:48	Sam Brown	6AM Cycling
109	15:49	Matt Hill	VC Godalming & Haslemere
110	15:50	Rob Walker	AeroLab Ward WheelZ
111	15:51	Stuart Hourigan	34 Nomads CC
112	15:52	Adam Charleston	High Wycombe CC
113	15:53	Simon Church	trainSharp
114	15:54	Matt Steel	Shaftesbury CC
115	15:55	Brendan Reese	Army Cycling
116	15:56	Nick Dwyer	Lewes Wanderers CC
117	15:57	Matthew Reader	Verulam CC
118	15:58	Alastair Luxford	Full Gas RT
119	15:59	Stu Wright	QN Racing
120	16:00	Alex Doherty	DRAG2ZERO
121	16:01	Richard Gifford	trainSharp
122	16:02	Ross Holland	Saint Piran
123	16:03	Henry Farrell	Full Gas RT
124	16:04	Kieran Morris	Oswestry Paragon CC
125	16:05	Steven Cottingham	Bath CC
126	16:06	Ben Williams	GS Mossa

No	Start	Name	Club
127	16:07	Fergus Jones	ZeroBC Race Team
128	16:08	Richard Sharp	Chapeau! Vive Le Velo
129	16:09	Stuart Wells	Lindsey Roads CC
130	16:10	Robert Willcocks	Royal Air Force CA
131	16:11	Andy Tucker	Newbury Velo
132	16:12	Joel Stewart	Team Ohten Aveas
133	16:13	Ian Knight	Milton Keynes RC
134	16:14	Daniel Barnett	Team Bottrill
135	16:15	Martin O'Sullivan	Teddington and Turing Velo
136	16:16	Richard Oakes	Team Ohten Aveas
137	16:17	Jeff Roberts	High Wycombe CC
138	16:18	Neal Parkin	Team Bottrill
139	16:19	Keith Dorling	Team Bottrill
140	16:20	Ollie Hucks	NopinZ Motip Race Team
141	16:21	Rob Fletcher	JCA Equipe Velo
142	16:22	Mark Jones	DRAG2ZERO
143	16:23	David Holland	Cowley Road Condors CC
144	16:24	Alan Murchison	DRAG2ZERO
145	16:25	Michael Hill	Chester RC
146	16:26	Charlie Bailey	Foran CCC
147	16:27	Michael Barnes	Royal Air Force CA
148	16:28	Thomas Day	SEG Racing Academy
149	16:29	Luke Norris	Banbury Star Cyclists' Club
150	16:30	Ken Buckley	Nuun-Sigma Sport-London RT
151		David Nearney	CC Hackney
152		Edwin Kaye	Alford Whs
153		Richard Hamilton	Amersham Road CC
154		Grant Orsborn	Bedfordshire Road RT
155		Andrew Halliday	Westerley CC
156		William Grainger	Andover Whs
157		Adrian Gower	Hitchin Nomads CC
158		Antonio Maschio	Sotonia CC
159		Peter Shaw	Bedfordshire Road RT
160		James Schofield	Cowley Road Condors CC
161		Jymmy Trevor	Jem Hadar Racing
162		Andrew Morgan	G.S. Henley
163		Chris Spray	Ratae RC
164		Dexter Mansel-Thomas	Tofauti Everyone Active
165		Michael Costello	Race Hub

No's 151 to 165 are reserves.

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 and be taken in the order listed.