



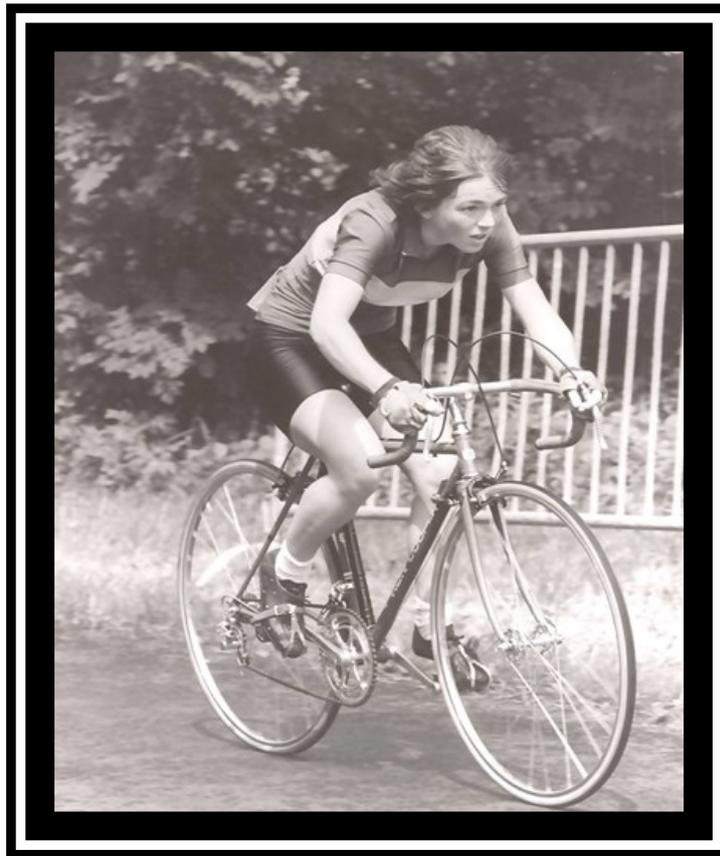
High Wycombe Cycling Club



The Lesley Cole Memorial Good Friday 10 Mile Time Trial

To be held on Friday 14th April 2017 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
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Event Headquarters: Wycombe District Athletics Complex, Marlow Road, Little Marlow. SL7 3RS

Event HQ opens at 6:00am

Time Keepers:

Donald Ashton Farnborough & Camberley 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.

High Wycombe Cycling Club extends a very warm welcome to London Womens's Racing (LWR), who asked if this event could be included within their 2017 time trial league calendar (<https://londonwomensracing.co.uk/>). This is an excellent initiative and all ladies riding this event should consider either joining as individuals, or persuading their club to affiliate. Follow this link to sign up to the league by Weds 12th to be included in the points in this event. <https://londonwomensracing.co.uk/membership/>

The inclusion of the LWR Ladies has resulted in a record number of ladies riding this event, and the need to extend the field size from 120 to 150. Unfortunately, the entry has also significantly exceeded the maximum field size, meaning that the riders with the slowest LTS have to be rejected. Regrettably, most of these are Ladies.

This year, we have allowed reserves. PLEASE DO NOT DNS and therefore deprive another rider of the opportunity of competing in this event. To ensure that reserves do not miss an opportunity to ride, I would be grateful if you would please advise me immediately you become aware that you will be unable to compete in this event. Please do this either by text to 07930 340144. or by email to nkcroxford@gmail.com. Please put your name and competitor number in the message. Riders who do not sign on within 30 mins of their allotted start time will be assumed DNS, and their place will immediately be offered to a reserve.

Thank you!

Prize List

| | Fastest Seniors | Fastest Lady | Fastest Vets on Std. | Fastest Men's Team | Fastest Lady's Team |
|------------|------------------------------------|------------------------------------|-----------------------------|--|--|
| 1st | £50 +£50 Wiggle Voucher | £50 +£50 Wiggle Voucher | £50 | £30 per rider +£30 Wiggle Voucher | £30 per rider +£30 Wiggle Voucher |
| 2nd | £45 +£30 Wiggle Voucher | £45 +£30 Wiggle Voucher | £45 | | |
| 3rd | £40 +£10 Wiggle Voucher | £40 +£10 Wiggle Voucher | £40 | | |
| 4th | £35 | £35 | £35 | | |
| 5th | £30 | £30 | £30 | | |
| 6th | £25 | £25 | £25 | | |

We thank Verco Office Furniture for their generous donation of Wiggle Vouchers

In addition to the above, 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!!

| No. | Name | Club | Category | Std. | Start Time |
|-----|--------------------|---|----------|-------|------------|
| 1 | Phil Crouch | High Wycombe CC | Veteran | 27:51 | 07:01 |
| 2 | malcolm davies | VC Elan - Harry Perry Cycles | Veteran | 26:09 | 07:02 |
| 3 | Daniel Wolman | London Phoenix CC | Senior | | 07:03 |
| 4 | peter graham | North Hampshire RC | Veteran | 26:59 | 07:04 |
| 5 | Andy Warby | AeroCoach | Senior | | 07:05 |
| 6 | Graeme Davidson | Kenilworth Whs | Veteran | 26:27 | 07:06 |
| 7 | Thomas Whatley | Paceline RT | Senior | | 07:07 |
| 8 | Peter Warwick | Didcot Phoenix CC | Veteran | 26:32 | 07:08 |
| 9 | Richard Partington | OV Cycling Club | Veteran | 27:09 | 07:09 |
| 10 | Timothy Allen | R P Vision Racing Team | Espoir | | 07:10 |
| 11 | Marc Preece | Royal Air Force Cycling Association | Veteran | 26:09 | 07:11 |
| 12 | alan allcock | Didcot Phoenix CC | Veteran | 27:51 | 07:12 |
| 13 | Michael Garvey | High Wycombe CC | Veteran | 26:50 | 07:13 |
| 14 | Malcolm Ash | Aylesbury CC | Veteran | 28:52 | 07:14 |
| 15 | James Barlow | Didcot Phoenix CC | Senior | | 07:15 |
| 16 | Oliver Blagden | VELOFLOW CC | Espoir | | 07:16 |
| 17 | Ollie Hucks | High Wycombe CC | Espoir | | 07:17 |
| 18 | Chris Dollimore | Berkshire Tri Squad | Veteran | 26:23 | 07:18 |
| 19 | John Payne | Amersham Road Cycling Club | Veteran | 28:23 | 07:19 |
| 20 | Robert Willcocks | Royal Air Force Cycling Association | Senior | | 07:20 |
| 21 | Graham Giggs | Bath Road Club | Senior | | 07:21 |
| 22 | Phil Brown | Trainsharp | Veteran | 26:27 | 07:22 |
| 23 | Daniel Homer | London Phoenix CC | Veteran | 26:27 | 07:23 |
| 24 | Mark Thomas | Bigfoot CC | Veteran | 26:59 | 07:24 |
| 25 | Hadyn James | Reading CC | Senior | | 07:25 |
| 26 | Les Liddiard | Team Jewson - MI Racing ~Poly Pipe~McCann | Veteran | 27:38 | 07:26 |
| 27 | David Lancaster | VC 10 | Veteran | 26:50 | 07:27 |
| 28 | David Guy | OV Cycling Club | Veteran | 29:14 | 07:28 |
| 29 | martyn parrish | Berkshire Tri Squad | Veteran | 25:59 | 07:29 |
| 30 | Jamie Pine | Nuun-Sigma Sport-London RT | Senior | | 07:30 |
| 31 | Roderick MacFadyen | Reading CC | Veteran | 27:14 | 07:31 |
| 32 | Paul Demicoli | Didcot Phoenix CC | Veteran | 26:54 | 07:32 |
| 33 | adam quilter | Aylesbury CC | Veteran | 26:50 | 07:33 |
| 34 | Mike Knight | Team Bottrill / HSS Hire | Senior | | 07:34 |
| 35 | Chris Boddy | G.S. Henley | Senior | | 07:35 |
| 36 | Martin Stanley | Didcot Phoenix CC | Veteran | 26:09 | 07:36 |
| 37 | Richard Burton | Westerley Cycling Club | Veteran | 27:44 | 07:37 |
| 38 | Adam Stone | Paceline RT | Senior | | 07:38 |
| 39 | John Froud | Festival Road Club | Veteran | 30:40 | 07:39 |
| 40 | Stephen Morrell | Echelon Cycling | Veteran | 26:41 | 07:40 |
| 41 | Michael Bennett | Bicester Millennium CC | Veteran | 26:36 | 07:41 |
| 42 | Martin Cairns | G.S. Henley | Veteran | 26:04 | 07:42 |
| 43 | Andy Colsell | High Wycombe CC | Senior | | 07:43 |
| 44 | Daniel Moll | VC de Londres | Senior | | 07:44 |
| 45 | rob fletcher | TMG Horizon Cycling Team | Veteran | 26:27 | 07:45 |
| 46 | Harri James | Didcot Phoenix CC | Senior | | 07:46 |
| 47 | Peter Hatt | Velo Club St Raphael | Veteran | 26:45 | 07:47 |
| 48 | Andy Gajraj | High Wycombe CC | Veteran | 26:36 | 07:48 |
| 49 | Mark Edgley | Dulwich Paragon CC | Senior | | 07:49 |
| 50 | James Hayden | Paceline RT | Senior | | 07:50 |
| 51 | Jonathan Shubert | Arctic Tacx RT | Senior | | 07:51 |
| 52 | Ian Marshall | Bicester Millennium CC | Veteran | 26:36 | 07:52 |
| 53 | David Newman | Westerley Cycling Club | Senior | | 07:53 |
| 54 | Kieran Blair | Echelon Cycling | Senior | | 07:54 |
| 55 | Martin Winter | Twickenham CC | Veteran | 26:54 | 07:55 |
| 56 | Jon Elliott | Maidenhead & District CC | Senior | | 07:56 |
| 57 | Laurence Plant | AS Test Team | Senior | | 07:57 |
| 58 | Ben Webeck | Clapham Chasers | Senior | | 07:58 |
| 59 | Charlie Wijsman | High Wycombe CC | Veteran | 26:09 | 07:59 |
| 60 | Ryan Davies | AS Test Team | Senior | | 08:00 |

| No. | Name | Club | Category | Std. | Start Time |
|-----|-----------------------|-------------------------------------|------------|-------|------------|
| 61 | James Churchar | Reading CC | Veteran | 25:59 | 08:01 |
| 62 | Paul Nicholls | VC 10 | Veteran | 27:09 | 08:02 |
| 63 | Gavin Stevens | Royal Air Force Cycling Association | Senior | | 08:03 |
| 64 | Philip Porteous | High Wycombe CC | Veteran | 27:20 | 08:04 |
| 65 | Tim Duncan-Booth | Farnborough & Camberley CC | Veteran | 26:04 | 08:05 |
| 66 | Stuart Martingale | Sotonia CC | Veteran | 26:41 | 08:06 |
| 67 | Chris Bartley | AS Test Team | Senior | | 08:07 |
| 68 | Rick Gradidge | SW Rouleurs | Veteran | 26:23 | 08:08 |
| 69 | Chris Summers | Sotonia CC | Veteran | 28:14 | 08:09 |
| 70 | Keith Lea | Paceline RT | Veteran | 26:32 | 08:10 |
| 71 | Edward Nunn | Berkshire Tri Squad | Senior | | 08:11 |
| 72 | Kevin Haynes | Finsbury Park CC | Veteran | 26:23 | 08:12 |
| 73 | David Marshall | Hemel Hempstead CC | Veteran | 26:50 | 08:13 |
| 74 | Colin Crocker | Sotonia CC | Veteran | 28:23 | 08:14 |
| 75 | Tony Ball | Team Swift | Veteran | 26:36 | 08:15 |
| 76 | Tim Childs | Westerley Cycling Club | Veteran | 27:04 | 08:16 |
| 77 | Andy Court | Bicester Millennium CC | Veteran | 26:04 | 08:17 |
| 78 | Ben Croxford | High Wycombe CC | Espoir | | 08:18 |
| 79 | julius reeves | CC London | Veteran | 26:36 | 08:19 |
| 80 | Robert West | AeroCoach | Veteran | 26:09 | 08:20 |
| 81 | Jeff Roberts | High Wycombe CC | Veteran | 26:54 | 08:21 |
| 82 | George Eyles | Maidenhead & District CC | Veteran | 26:09 | 08:22 |
| 83 | cliff voller | Newbury RC | Veteran | 28:23 | 08:23 |
| 84 | John Beer | Kingston Phoenix RC | Veteran | 28:23 | 08:24 |
| 85 | Rob Walker | Cambridge University CC | Espoir | | 08:25 |
| 86 | Jenny Simmonds | London Dynamo | W. Veteran | 28:34 | 08:26 |
| 87 | Tracy Corbett | Les Filles Racing Team | W. Veteran | 28:29 | 08:27 |
| 88 | sophie whitworth | G.S. Henley | W. Veteran | 28:34 | 08:28 |
| 89 | Laura Vipond | Islington Cycling Club | W.Senior | | 08:29 |
| 90 | Mathilde Pauls | Sigma Sport.co.uk | W.Senior | | 08:30 |
| 91 | Katie Greves | AS Test Team | W.Senior | | 08:31 |
| 92 | amy pritchard | Giant Camden Team Liv | W.Senior | | 08:32 |
| 93 | Genia Marek | London Women's Racing CC | W.Senior | | 08:33 |
| 94 | Nicole Oh | Les Filles Racing Team | W. Veteran | 28:02 | 08:34 |
| 95 | Clare Campbell-Smith | Born to Bike - Bridgtown Cycles | W. Veteran | 28:48 | 08:35 |
| 96 | Kathryn Morris | Dulwich Paragon CC | W.Senior | | 08:36 |
| 97 | Jennifer Millmore | Islington Cycling Club | W.Senior | | 08:37 |
| 98 | MJ (gosia) Cyganowska | Rapha Cycling Club | W.Senior | | 08:38 |
| 99 | Kate Robinson | Berkshire Tri Squad | W.Senior | | 08:39 |
| 100 | Danuta Tinn | Maidenhead & District CC | W. Veteran | 29:03 | 08:40 |
| 101 | Katie Crowe | Dulwich Paragon CC | W. Veteran | 28:02 | 08:41 |
| 102 | Katharine Hibbert | Islington Cycling Club | W.Senior | | 08:42 |
| 103 | Joy Payne | Amersham Road Cycling Club | W. Veteran | 29:51 | 08:43 |
| 104 | Sarah Harrison | Islington Cycling Club | W.Senior | | 08:44 |
| 105 | Dena Ford | High Wycombe CC | W. Veteran | 28:58 | 08:45 |
| 106 | Gillian Reynolds | Willesden CC | W. Veteran | 31:01 | 08:46 |
| 107 | Alison Vessey | Mickey Cranks Cyling Club | W. Veteran | 30:06 | 08:47 |
| 108 | Michelle Lee | Bicester Millennium CC | W. Veteran | 28:24 | 08:48 |
| 109 | Michelle Ayres | South Bucks RC | W. Veteran | 29:32 | 08:49 |
| 110 | Kate Allan | DRAG2ZERO | W.Senior | | 08:50 |
| 111 | Anna Key | Oxonian CC | W.Senior | | 08:51 |
| 112 | Helen Gravatt | Twickenham CC | W. Veteran | 29:03 | 08:52 |
| 113 | Jo Billings | London Women's Racing CC | W. Veteran | 28:08 | 08:53 |
| 114 | Jayne Paine | Willesden CC | W. Veteran | 28:58 | 08:54 |
| 115 | Katja Rietdorf | Born to Bike - Bridgtown Cycles | W. Veteran | 28:34 | 08:55 |
| 116 | Karla Boddy | Team Corley Cycles | W.Senior | | 08:56 |
| 117 | Lucy Austin | Didcot Phoenix CC | W.Senior | | 08:57 |
| 118 | Jennifer Crouch | London Dynamo | W.Senior | | 08:58 |
| 119 | Orla Shields | Islington Cycling Club | W.Senior | | 08:59 |
| 120 | Rachael Elliott | DRAG2ZERO | W.Senior | | 09:00 |

| No. | Name | Club | Category | Std. | Start Time |
|-----|------------------|---------------------------------|------------|-------|----------------|
| 121 | Stuart Auckland | Team Bottrill / HSS Hire | Veteran | 26:09 | 09:01 |
| 122 | Anthony McNamara | Rockingham CC | Veteran | 27:32 | 09:02 |
| 123 | David Wright | Cotswold Veldrijden | Veteran | 26:59 | 09:03 |
| 124 | Simon Burrell | Twickenham CC | Veteran | 26:54 | 09:04 |
| 125 | Richard Gifford | In-Gear Quickvit Trainsharp RT | Veteran | 27:04 | 09:05 |
| 126 | Geoff Perry | Born to Bike - Bridgtown Cycles | Veteran | 27:20 | 09:06 |
| 127 | Matt Ward | Watford Velo Sport | Senior | | 09:07 |
| 128 | Adrian Feek | Bath Road Club | Veteran | 26:41 | 09:08 |
| 129 | Dylan Kennedy | CC London | Senior | | 09:09 |
| 130 | Ian Greenstreet | Newbury RC | Veteran | 26:59 | 09:10 |
| 131 | Richard Hutt | Harp RC | Veteran | 27:32 | 09:11 |
| 132 | Andrew Payne | Maidenhead & District CC | Veteran | 27:14 | 09:12 |
| 133 | Simon Bowler | AS Test Team | Veteran | 26:50 | 09:13 |
| 134 | Keith Revell | London Dynamo | Veteran | 27:26 | 09:14 |
| 135 | Henrik Persson | Kingston Wheelers CC | Senior | | 09:15 |
| 136 | John Sullivan | Westerley Cycling Club | Veteran | 26:59 | 09:16 |
| 137 | Chris Ford | High Wycombe CC | Veteran | 27:04 | 09:17 |
| 138 | Craig Nilsson | Rye & District Wheelers CC | Senior | | 09:18 |
| 139 | Simon McGowan | Didcot Phoenix CC | Veteran | 26:54 | 09:19 |
| 140 | Liam Maybank | Twickenham CC | Veteran | 26:18 | 09:20 |
| 141 | Thomas Pfeiffer | Dulwich Paragon CC | Veteran | 26:27 | 09:21 |
| 142 | Robert Gilmour | Hounslow & District Whs | Veteran | 28:14 | 09:22 |
| 143 | Stewart House | Arctic Tacx RT | Veteran | 26:41 | 09:23 |
| 144 | Paul Fitzpatrick | Berkshire Tri Squad | Veteran | 26:13 | 09:24 |
| 145 | Stephen Campbell | Twickenham CC | Veteran | 26:32 | 09:25 |
| 146 | LEE GOWARD | High Wycombe CC | Veteran | 26:36 | 09:26 |
| 147 | Nick Clarke | Lovelo Cinelli RT | Senior | | 09:27 |
| 148 | Robin Vessey | Mickey Cranks Cyling Club | Veteran | 26:59 | 09:28 |
| 149 | Stephen Warwick | Didcot Phoenix CC | Veteran | 27:04 | 09:29 |
| 150 | Peter Harrison | AS Test Team | Senior | | 09:30 |
| 151 | Brian Moon | Willesden CC | Veteran | 29:14 | Reserve |
| 152 | Hilary Walker | Serpentine Running Club | W. Veteran | 30:14 | Reserve |
| 153 | Sally White | High Wycombe CC | W. Veteran | 29:03 | Reserve |
| 154 | Olivia Bentley | Twickenham CC | Senior | | Reserve |
| 155 | Alex Moorhouse | Willesden Triathlon Club | Senior | | Reserve |
| 156 | Daniel Goldsmith | Twickenham CC | Veteran | 27:04 | Reserve |
| 157 | Brian James | Brighton Mitre CC | Veteran | 34:20 | Reserve |
| 158 | Gillian Morgan | Westerley Cycling Club | W. Veteran | 29:26 | Reserve |
| 159 | Anna Goldsmith | Twickenham CC | W. Veteran | 28:48 | Reserve |
| 160 | Helen Bridgman | Kingston Wheelers CC | Senior | | Reserve |
| 161 | Jo Irwin | Giant Camden Team Liv | W. Veteran | 28:39 | Reserve |

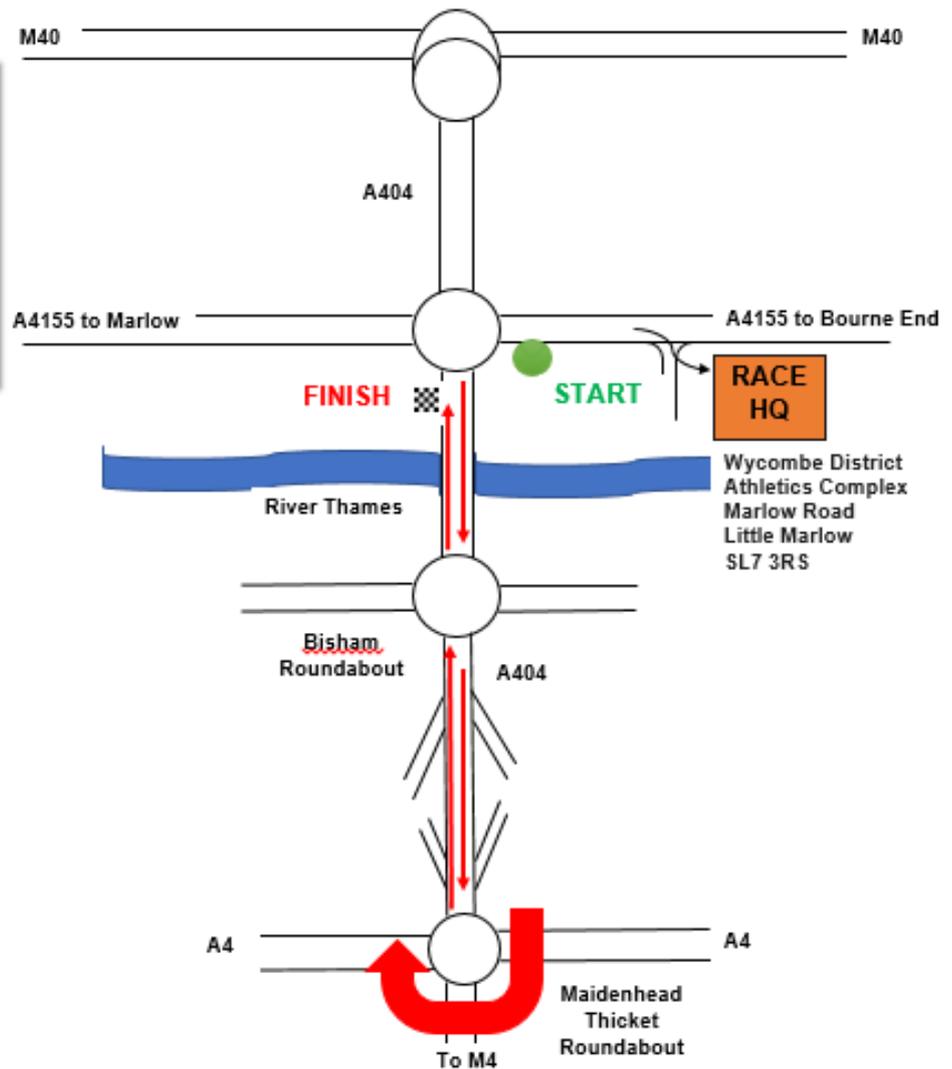
Tandem Event

| | | | | | |
|---|-----------------------|----------------------------|--------|--|-------|
| 1 | Peter Oliver | Fairly United Cycling Team | Tandem | | 09:32 |
| 2 | Christopher Edgington | Fairly United Cycling Team | | | |

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. Last year someone chose to walk a dog in the adjacent field, which upset the landowner and initially barred us from further use of this great facility.
6. Male and female changing rooms and showers 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 .

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 and 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!!