

Event

Veterans Time Trials Association London & Home Counties Group



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

Date

Sunday 8th May 2022 starts 8:31 am

Description

**10 Mile Open Time Trial
Course F11/10**

Headquarters

Tring Sports Centre

Mortimer Hill

Tring

HP23 5JD

What3words [///unfit.convert.neat](https://www.what3words.com/unfit.convert.neat)

open from 7.31 am

Signing on will take place in the main sports hall which is accessed down the side passage on the left (it will be sign posted), and then look for the BIG red square. Do not enter via the main reception, otherwise you might end up going for a swim.

This recently rebuilt sports centre has plenty of toilets, changing rooms and showers. The floor is brand new so do not wear your cycling shoes in the hall.

2021 Winners

Angela Carpenter -...a3crg 21:06
Richard Oakes - Team Ohten 18:43

Don Byham Memorial Trophy

Don Byham was a much-liked stalwart of the
London & Home Counties Group.



In the days long ago when teams were restricted to two due to shortage of riders, Don was so often one of the team members but never an event winner—bridesmaid but never the bride.

Don died just a few days before his retirement, just as he was anticipating that more time to train could mean that he would become a winner.

The Don Byham Memorial Trophy was presented by fellow member Terry Swift and first won in 1985 by John Webb (VC Slough). It is awarded to the second best on standard member of the London & Home Counties. The trophy is presented at the LH&C Annual Luncheon and Prize Presentation.

Organiser Contact Details

Geoff Perry

8 The Meadway, Loughton, Milton Keynes

07808 905879

geoffreyperry@aol.com

Officials

Start Time Keeper - Katja Rietdorf - London & Home Counties VTTA - (LNDC)

Finish Time Keeper - Mike Bannister (LNDC)

Marshalls

We have only the minimum number of marshals so take special care you know the course, especially on the first turn which has 2 large meandering roundabouts and several chances to go wrong! There will be no marshal where you enter the slip road from the DC for the first turn, but a sign will be placed. It is the very first slip road after the start, so no reason to go wrong.

Prize List

Awards are made to VTTA members only.

VTTA Gold-Silver-Bronze Medals for Men BOS (Best On Standard) 1-2-3, which will also be the same as Men Fastest 1-2-3 on Vets' Handicap Times (VHT)

VTTA Gold-Silver-Bronze Medals for Women BOS/VHT 1-2-3

VTTA Golds-Medals (each) for Club Team of 3 BOS/VHT

VTTA Gold Medal - Fastest Man on Actual Time

VTTA Gold Medal - Fastest Woman on Actual Time

VTTA Gold Medals – Fastest Tandem BOS

VTTA Gold Medals – Fastest Tandem on Actual Time

1st Man & Woman BOS/VHT receive an invitation to the LH&C Annual Luncheon and Prize Presentation

Local Regulations

Numbers, Signing in and signing out

You sign on in advance of your start at the HQ where you can collect your number and receive any last minute instructions or warnings. You will also **need to sign out of the event otherwise you will be DISQUALIFIED.**

Local Regulation 1. – No U Turns should be made at any time while riding on the public highway.

Local Regulation 2. – Car Parking

There must be no parking of motor vehicles on any part of the A41 apart from those of the officials.

Local Regulation 3. – Finishing riders MUST leave the main carriageway at the START of the exit slip road to B489. Failure to do so will be recorded as DNF and no time given (see below)

F11/10 & DNFs

This course often sees several riders with no finishing time (DNF) because they DO NOT follow the course and the specific finishing instructions, which are in place for the rider's safety, as cars enter the slip-road early and at high speed!

Carefully study the illustrations & photos which follow:



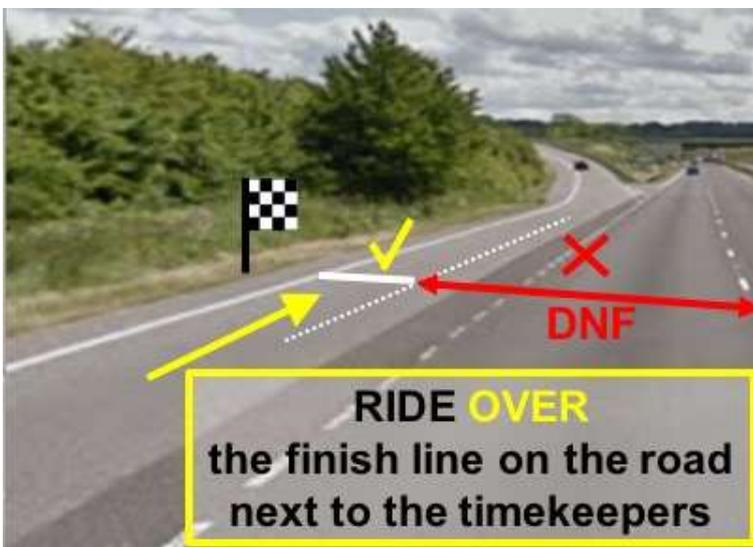
Cars do enter the slip road very early!



Heading off for another 10 miles? DNF



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Route HQ to Start

Start

Local Regulation 1. – No U Turns should be made at any time while riding on the public highway.

Car Parking

There must be no parking of motor vehicles on any part of the A41 apart from those of the officials.

Directions

Start [Maps location](#): for 51.79193351968347, -0.6874430467625308

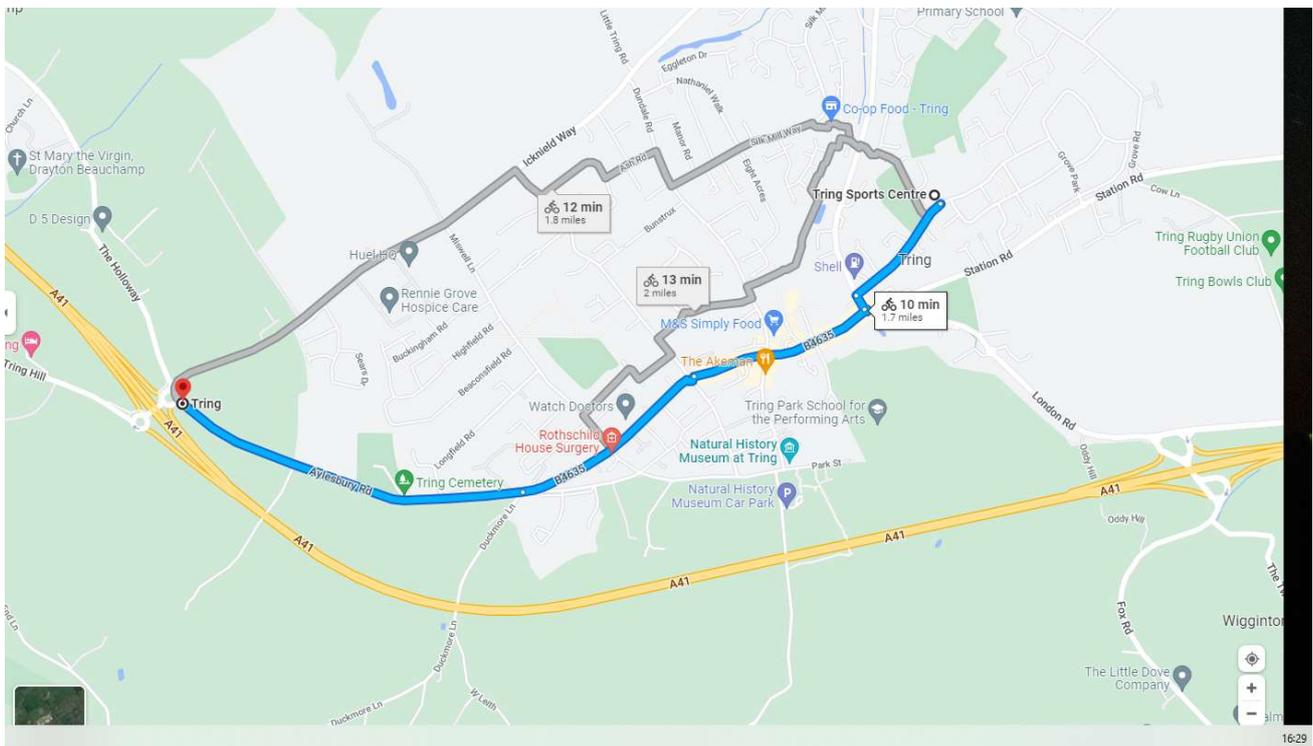
Approximate location what3words ///mistaken.protect.shallower

1.7 miles (10 minutes)

Turn Right out of the HQ, proceed down Mortimer Hill.

At the T-junction turn left onto Brook Street (B488~) and then immediately right at the mini-roundabout into the High Street (B4635). Watch out for any speed ramps or cobbles.

Proceed along the High Street to a larger Roundabout and take the 2nd exit (“straight over”) onto Western Road and proceed, as it is renamed Aylesbury Road, and climb the hill (about 30m in height gain) to the (familiar) start (1st exit) at the roundabout. (A41/B4009/Icknield Way).



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Route Finish to HQ

[Finish maps location](#): 51.79193351968347, -0.6874430467625308

Finish to HQ 3.1 miles (19 mins)

Continue up the Slip Road to the T-Junction

Turn left onto Lower Icknield Way and immediately turn right

Onto The Holloway (a country road). Proceed through Drayton Beauchamp

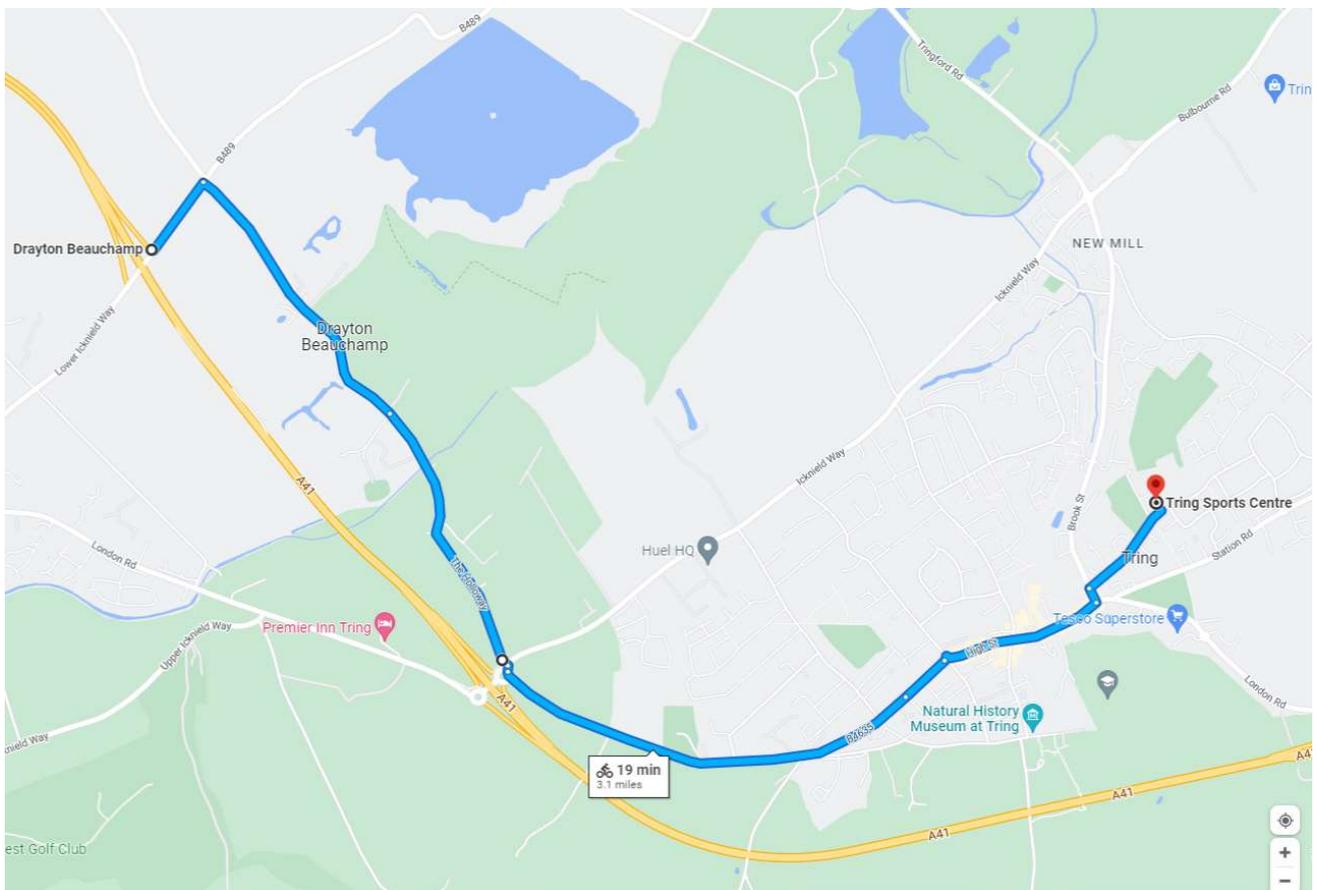
Climb up hill to the (now-familiar) start Roundabout (A41/B4009/Icknield Way)

Then retrace your route back to the HQ

Down Aylesbury Road, 2nd exit ("straight over") at the roundabout, along the High Street, until the mini roundabout. Watch out for speed ramps and cobblestones.

At the roundabout, take the 1st left onto Brook St/B488, and immediately

Turn right onto Mortimer Hill and Climb the Hill to the Tring Sports Centre on the left.



Course Details

Start (A on Map) on southbound slip road to A41 on the Western Tring junction approximately 40 yards from the start of the slip road.

Proceed along A41 to come off at **first slip** road (Eastern Tring junction) to

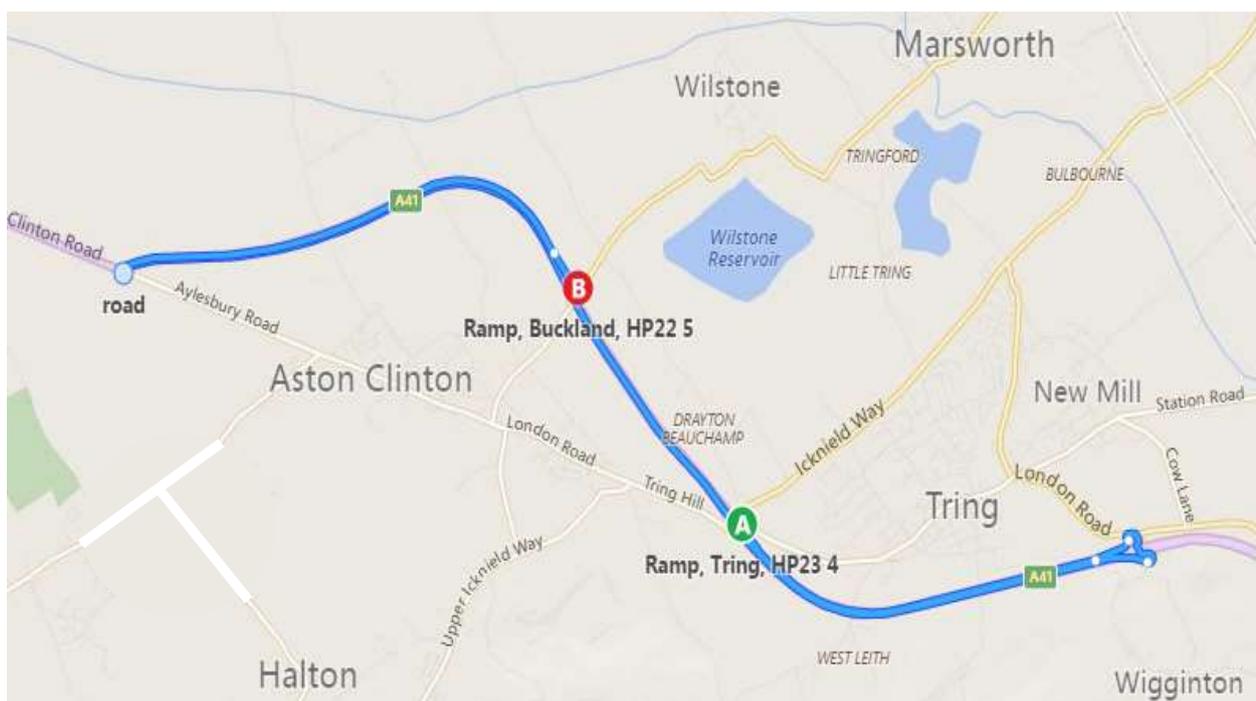
Turn (approximately 2.0 miles) by taking 4th exit out of roundabout (giving priority as to join first roundabout to traffic on your right with restricted view) and **under the A41**, going around 2nd roundabout to take 2nd exit back (slip road) onto the A41 westbound and continue past all junctions to roundabout at end of Aston Clinton by-pass to

Turn (7.87 miles) by taking 3rd exit out of roundabout back along the by-pass, again ignoring College Road junction to

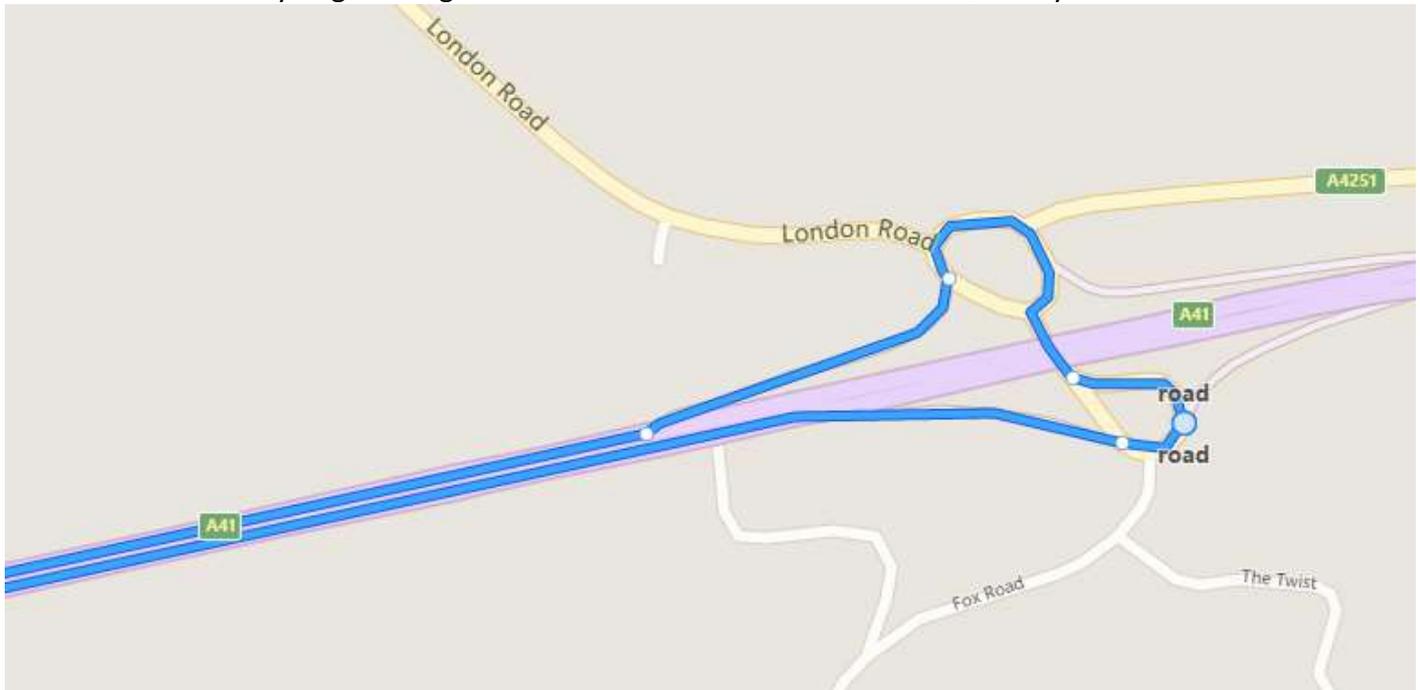
Finish (B on Map) on Buckland slip road 9 yards south-east of manhole cover on grass verge, about 91 yards north-west of (i.e. before) separation of slip road and main carriageway, also about 460 yards north-west of the B489 overbridge.

Finishing riders MUST leave the main carriageway at the START of the exit slip road to B489. Failure to do so will be recorded as DNF and no time will be recorded.

Quite a good way to visualize the course is that it is a series of 2-mile 'intervals'. 2-miles flat to the first RAB, 'recover' on the RAB, 2-miles flat to the top of the hill, 2-mile 'recovery' down the hill, 2-miles flat to the RAB, 'recover' on the RAB then a final 2-miles flat to the finish.



First DOUBLE Roundabout after 2 miles – Many riders like to explore the wide selection of exits and even ride the wrong way up entrances to the roundabout, where they will unsurprisingly meet vehicles head-on! If you go wrong here the walk-of-shame back to the HQ is only 0.7 miles!



Last roundabout – 2 miles to go to the finish – give full gas.



Roundabouts

At roundabouts the traffic coming from the right has PRIORITY over you, so give way. The first RAB at the bottom of the off slip road DOES NOT have good line of sight of traffic so take GREAT CARE. **Make yourself familiar with the layout of the 1st roundabout as riders all too frequently go wrong and waste a fast time, BREAK the Highway Code and risk being DISQUALIFIED. Because of the location of the HQ many of you will have navigated part of this RAB whilst driving to the HQ.**

Start List

BIB	Start	Rider	Club	M/F	Bike / Trike	VTTA STD	Vets' Handicap	VTTA Grp
1	08:31	Matthew Reader	Verulam CC	M	B	27:01	0:55	L&HC
2	08:32	James Wooldridge	Team Milton Keynes	M	B	26:14	0:08	L&HC
3	08:33	Richard Moule	Bossard Whs	M	B	28:30	2:24	L&HC
4	08:34	Kevin Humphreys	Sherwood CC	M	B	28:06	2:00	EMID
5	08:35	Nick Morgan	Hitchin Nomads CC	M	B	26:14	0:08	#N/A
6	08:36	Colin Harrison	East Grinstead CC	M	B	27:30	1:24	EA
7	08:37	Robert Saunders	North Bucks RC	M	B	28:06	2:00	L&HC
8	08:38	David Cook	Bedfordshire Road RT	M	B	28:39	2:33	L&HC
9	08:39	Andrew Knight	Bedfordshire Road CC	M	B	26:36	0:30	L&HC
10	08:40	Joel Stewart	Team Ohten Aveas	M	B	26:36	0:30	L&HC
11	08:41	Sheehan Quirke	VC Veldrijden	M	B	27:30	1:24	NMID
12	08:42	Gary Pamment	CC Sudbury	M	B	26:56	0:50	EA
13	08:43	Mark Halliday	North Bucks RC	M	B	27:37	1:31	L&HC
14	08:44	Philip Skinner	Welwyn Whs	M	B	27:24	1:18	L&HC
15	08:45	Keith Lea	Paceline RT	M	B	27:01	0:55	#N/A
16	08:46	Michael Bennett	Bicester Millennium CC	M	B	27:07	1:01	L&HC
17	08:47	Tim Davies	CC Luton	M	B	27:12	1:06	L&HC
18	08:48	David Marshall	Hemel Hempstead CC	M	B	27:24	1:18	L&HC
19	08:49	James Hunt	Oxonian CC	M	B	26:27	0:21	#N/A
20	08:50	Graham Winstone	ZeroBC Race Team	M	B	26:46	0:40	L&HC
21	08:51	Peter Younghusband	Petersfield Tri Club	M	B	27:30	1:24	WSX
22	08:52	Conall Yates	Team Solo Vinci	M	B	26:10	0:04	S/S
23	08:53	James Harris	Catford CC Ltd	M	B	26:19	0:13	#N/A
24	08:54	Mike Kirby	Banbury Star CC	M	B	28:13	2:07	L&HC
25	08:55	Colin McDermott	Festival Road Club	M	B	27:12	1:06	S/S
26	08:56	Graham Harman	Sotonia CC	M	B	26:56	0:50	#N/A
27	08:57	Peter Cottington	Bath Cycling Club	M	B	27:51	1:45	L&HC
28	08:58	Chris Grimble	Bicester Millennium CC	M	B	26:41	0:35	#N/A
29	08:59	Martin Wright	Eat Plants Not Pigs CC	M	B	26:27	0:21	MIDS
30	09:00	Tim Lewis	Ful-on Tri	M	B	26:23	0:17	#N/A
31	09:01	Andrew Grant	Cambridge CC	M	B	29:08	3:02	EA
32	09:02	Geoff Reynolds	Hemel Hempstead CC	M	B	27:24	1:18	EA
33	09:03	Peter Main	34 Nomads CC	M	B	27:24	1:18	EA
34	09:04	Tim Butler	Gloucester City CC	M	B	26:36	0:30	#N/A
35	09:05	Brett Davis	DRAG2ZERO	M	B	26:46	0:40	S/S

BIB	Start	Rider	Club	M/F	Bike / Trike	VTTA STD	Vets' Handicap	VTTA Grp
36	09:06	Simon Hall	Stourbridge CC	M	B	26:14	0:08	#N/A
37	09:07	Timothy Budd	Hounslow & District Whs	M	B	26:14	0:08	#N/A
38	09:08	Matthew Smith	Colour Tech RT	M	B	26:14	0:08	#N/A
39	09:09	Christopher Rosam	Epsom CC	M	B	27:58	1:52	S/S
40	09:10	Alastair Luxford	Full Gas Racing Team	M	B	26:06	0:00	#N/A
41	09:11	Martin O'Sullivan	Teddington & Turing Velo	M	B	26:36	0:30	L&HC
42	09:12	Jez Willows	Sherwood CC	M	B	27:24	1:18	EMID
43	09:13	Hans Nilsson	London Phoenix CC	M	B	28:39	2:33	L&HC
44	09:14	Cliff Voller	Newbury RC	M	B	29:30	3:24	WEST
45	09:15	Mark Arnold	VTTA (East Anglia Group)	M	B	26:36	0:30	EA
46	09:16	Neil Gerrard	Thanet RC	M	B	26:10	0:04	KENT
47	09:17	Ragnar Laan	Twickenham CC	M	B	26:23	0:17	L&HC
48	09:18	Adam Lowe	Metropolitan Police CC	M	B	27:01	0:55	EA
49	09:19	Martin Simmons	C C C P	M	B	27:24	1:18	KENT
50	09:20	Gaz Poulson	Royal Air Force CA	M	B	27:12	1:06	EMID
51	09:21	Ian Woodcock	Bedfordshire Road RT	M	B	26:41	0:35	L&HC
52	09:22	Martin Stanley	Droitwich Cycling Club	M	B	27:18	1:12	MIDS
53	09:23	Andrew Halliday	Westerley Cycling Club	M	B	26:51	0:45	L&HC
54	09:24	Neil Barford	45 RC	M	B	27:30	1:24	#N/A
55	09:25	Stuart Hourigan	VeloRefined Rule 5	M	B	26:32	0:26	KENT
56	09:26	Mark Hamer	Stratford Cycling Club	M	B	26:36	0:30	MIDS
57	09:27	Mike Watson	Lowestoft Wheelers CC	M	B	27:37	1:31	EA
58	09:28	Michael Edmunds	Verulam Really Moving	M	B	27:24	1:18	L&HC
59	09:29	Paul James	VTTA West Group	M	B	26:51	0:45	WEST
60	09:30	James Fawcett	...a3crg	M	B	27:24	1:18	WSX
61	09:31	Paul Newman	Shorter Rochford RT	M	B	26:56	0:50	L&HC
62	09:32	Scott Beard	Shaftesbury CC	M	B	26:41	0:35	EA
63	09:33	Alan Allcock	Didcot Phoenix CC	M	B	28:49	2:43	L&HC
64	09:34	Phil Laing	Lea Valley CC	M	B	26:10	0:04	#N/A
65	09:35	Jeremy Redford	Army Cycling	M	B	26:46	0:40	WEST
66	09:36	Antony Bee	Wigmore CC	M	B	27:37	1:31	KENT
67	09:37	Stan Nwaka	Verulam CC	M	B	27:51	1:45	L&HC
68	09:38	Nick Taylor	Metropolitan Police CC	M	B	27:12	1:06	EA
69	09:39	Simon Hunt	VéloElite RC	M	B	26:56	0:50	EMID
70	09:40	Ian Hope	Team Ohten Aveas	M	B	26:41	0:35	EA

BIB	Start	Rider	Club	M/F	Bike / Trike	VTTA STD	Vets' Handicap	VTTA Grp
71	09:41	Richard Gifford	trainSharp	M	B	27:44	1:38	S/S
72	09:42	Jason Davies	Royal Air Force CA	M	B	26:51	0:45	EA
73	09:43	George Turner	VTTA (L&HC)	M	B	26:14	0:08	L&HC
74	09:44	Mike Boyce	...a3crg	M	B	28:39	2:33	WSX
75	09:45	David Rumm	Southborough & Dist. Whs	M	B	27:12	1:06	S/S
76	09:46	Andy King	Kettering CC	M	B	27:58	1:52	EMID
77	09:47	Adrian Cox	Team Milton Keynes	M	B	27:58	1:52	L&HC
78	09:48	Ian Radburn	Oxonian CC	M	B	27:12	1:06	L&HC
79	09:49	John J Murphy	Gloucester City CC	M	B	32:17	6:11	WEST
80	09:50	Matt Boulton	Swindon Wheelers	M	B	26:06	0:00	WEST
81	09:51	Tim Cox	Hemel Hempstead CC	M	B	26:32	0:26	L&HC
82	09:52	Daniel Homer	London Phoenix CC	M	B	26:56	0:50	#N/A
83	09:53	Steven Loraine	Legato Racing Team (LRT)	M	B	28:30	2:24	MIDS
84	09:54	Mark Vowells (Tricycle)	San Fairy Ann CC	M	T	31:20	5:14	KENT
85	09:55	Steven Cottington	Bath Cycling Club	M	B	27:51	1:45	WEST
86	09:56	Dan Jenkins	Southend Wheelers	M	B	27:12	1:06	EA
87	09:57	Stephen Murphy	Shaftesbury CC	M	B	28:39	2:33	EA
88	09:58	Andrew Grant	Chelmer CC	M	B	28:13	2:07	EA
89	09:59	David England	Crabwood Cycling Club	M	B	31:05	4:59	WSX
90	10:00	Nick Dwyer	DRAG2ZERO	M	B	27:37	1:31	S/S
91	10:01	Stephen Wilkinson	TWB - On Time Race Team	M	B	27:24	1:18	KENT
92	10:02	Paul Smith	VeloRefined Rule 5	M	B	26:51	0:45	KENT
93	10:03	Michael Parker	TMG Horizon Cycling Team	M	B	27:30	1:24	L&HC
94	10:04	Chris Dyason	Cambridge CC	M	B	30:07	4:01	EA
95	10:05	Grant Orsborn	Bedfordshire Road RT	M	B	27:58	1:52	EA
96	10:06	Ed Watson	Ratae RC	M	B	26:36	0:30	EMID
97	10:07	Stu Carver	North Hampshire RC	M	B	27:24	1:18	WSX
98	10:08	David Prom	San Fairy Ann CC	M	B	27:01	0:55	KENT
99	10:09	Paul Valks	Lewes Wanderers CC	M	B	31:05	4:59	S/S
		WOMEN						
101	10:11	Kirsty McSeveney	...a3crg	F	B	28:38	2:32	WSX
102	10:12	Danuta Tinn	Maidenhead & District CC	F	B	30:08	4:02	L&HC
103	10:13	Jayne Paine	Les Filles Racing Team	F	B	30:01	3:55	L&HC
104	10:14	Rachel Green	Cheltenham & County CC	F	B	30:31	4:25	WEST
105	10:15	Claire Emons	...a3crg	F	B	29:41	3:35	WSX

BIB	Start	Rider	Club	M/F	Bike / Trike	VTTA STD	Vets' Handicap	VTTA Grp
106	10:16	Lisa Davis	DRAG2ZERO	F	B	29:07	3:01	#N/A
107	10:17	Joy Payne	High Wycombe CC	F	B	31:15	5:09	L&HC
108	10:18	Gillian Reynolds	Willesden CC	F	B	32:49	6:43	L&HC
109	10:19	Lorna Rowland	Twickenham CC	F	B	29:35	3:29	#N/A
110	10:20	Kim Barfoot-Brace	Bath Cycling Club	F	B	28:38	2:32	WEST
		TANDEMS						
112	10:22	Richard May	Islington Cycling Club	M	TAN	26:11	#N/A	L&HC
		David Shannon	Islington Cycling Club	M	TAN	26:11	#N/A	L&HC
114	10:24	Christopher York	Maldon & District CC	M	TAN	27:10	#N/A	#N/A
		Joanne York	Maldon & District CC	F	TAN	27:10	#N/A	#N/A
116	10:26	Andrew Hutchison	Lowestoft Wheelers CC	M	TAN	27:46	#N/A	EA
		Catherine Hutchison	Lowestoft Wheelers CC	F	TAN	27:46	#N/A	EA

VTTA National Age Records

As the F11/10 is one of the fastest 10 mile courses in the country a number of records have been set on the course (course record 17:16). So for ease of reference these are the age records at the end of 2021, covering the age range of those riders schedule to compete in the event.

Solo Men	Age	Year	Course	Record
James Rix	41	2017	V718	17:47
Stephen Irwin	45	2016	V718	17:49
Stephen Irwin	46	2017	V718	17:59
Ian Guilor	50	2017	V718	18:02
Richard Oakes	52	2021	F11/10	18:08
Kevin Tye	56	2018	E2/10	18:44
Kevin Tye	57	2019	P881	19:01
Kevin Tye	59	2021	E2/10	19:11
Keith Ainsworth	62	2021	F11/10	19:23
Roger Iddles	65	2009	V718	19:51
Andrew Grant	66	2019	F11/10	20:08
Andrew Grant	68	2021	F11/10	20:15
Terry Icke	73	2017		20:21
Brian Sunter	74	2017	V718	21:08
Michael Allen	75	2021	E2/10	22:19
Vincent Jenkins	76	2016	V718	22:26
Frank Kerry	77	2012	V718	22:31
Derek Stewart	78	2015	V718	22:35
Ron Hallam	79	2009	L1015	22:42
Dennis Milsom	80	2008	P613	22:56
Dennis Milsom	82	2010		23:20
Ron Hallam	85	2015	O10/3	23:46

Solo Women

Rider	Age	Year	Course	Record
Angela Carpenter	52	2021	E2/10	20:27
Jackie Field	53	2018	E2/10	21:20
Jackie Field	56	2021	E2/10	21:26
Sarah Matthews	58	2018	P881R	21:33
Lindsay Clarke	59	2021	A10/3	22:01
Carole Gandy	61	2005	Q10/19	22:09
Carole Gandy	66	2010		22:21
Carole Gandy	67	2011	V718	22:28
Carole Gandy	68	2012	V718	23:51
Arja Scarsbrook	70	2018	P881/R	24:18
Arja Scarsbrook	71	2019	P881R	24:42
Gillian Reynolds	72	2021	F11/10	24:59
Arja Scarsbrook	73	2021	R10/17	25:15
Gill Henshaw	74	2008	V718	25:41

Tandem Men

Riders	Age	Year	Course	Record
Eddie Green & Martyn Winter	107	1987		19:07
Eddie Green & Martyn Winter	109	1988		19:08
Cliff Beldon & Simon Beldon	118	2017	V718	19:28

Tandem Mixed

Riders	Age	Year	Course	Record
Alex Deck & Richard Dixon	104	2017	V718	18:22
Vic Haines & Sue Fenwick	106	2010		20:23
Paul Bennett & Nikki Hunt	116	2000	E2/10	20:24