



L&HC
10 Mile Time Trial
 Wednesday 16 August 14:00
 Course: H10/3r

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

Timekeepers: Bob Lyle (Newbury RC) and William Emons (Wessex VTТА)
 Start and Finish Official – John Hoskins (L&HC VTТА)
Event Secretary: Claire Emons: 07733 272826

AWARDS (VTТА Members only)

			AAT	Actual Time	VTТА Group
VTТА Men on AAT					
VTТА Gold Medal	John Lacey	Hemel Hempstead CC	20:01	21:48	L&HC
VTТА Silver Medal	Jake Prior	Velo Club St Raphael	20:25	22:21	Wessex
VTТА Bronze Medal	John Dowling	Hemel Hempstead CC	20:36	23:32	L&HC
VTТА Women on AAT					
VTТА Gold Medal	Lucia Borradaile	CC Weymouth	20:08	25:17	Wessex
VTТА Silver Medal	Rachel Green	Cheltenham & County CC	25:38	29:54	WEST
Fastest Tandem on AAT					
	Rachael Elliott & Ian Greenstreet	Newbury Velo	17:35 18:27	20:14	L&HC
Fastest Man Overall on Actual Time					
Gold Medal	John Lacey	Hemel Hempstead CC	20:01	21:48	L&HC
Fastest Woman Overall on Actual Time					
Gold Medal	Lucia Borradaile	CC Weymouth		25:21	Wessex
Fastest Road Bike Overall on Actual Time					
Gold Medal	ANDY SELF	NORTH HAMPSHIRE RC		23:12	L&HC

Team of Three on AAT	NO QUALIFYING TEAM				
VTТА Gold Medal					

Winners of the Individual Gold Medal on Age Adjusted Time will also receive an invitation to the L&HC Annual Prizegiving Lunch

RACE REPORT

Wednesday 14th August saw the second London and Home Counties midweek event on the A4 between Newbury and Hungerford on the popular H10/3r course. We had good numbers again this year with 49 solo riders including 5 women, 9 on road bikes, 2 trike and 2 tandems.

After a couple of weeks of sunny conditions across the country we ended up with the only wet day of the week with on and off drizzle throughout the day. While it was dry during sign on and initially at the start the rain started shortly after the first few riders set off – despite the drizzle and gloomy weather the winds were light and some excellent times were achieved.

As this is a VTТА event the main focus is on Age Adjusted Time and medals are only awarded for those riders that are members of a VTТА Group.

In the women's field on Age Adjusted Time, Lucia Borradaile (CC Weymouth) took the gold medal in an age adjusted time of 20:08, with silver going to Rachel Green (Cheltenham & County Cycling Club) in 25:38.

In the women's scratch event the overall winner was Lucia Borradaile (CC Weymouth) in 25:21, with Kate Bradley (Born to Bike - Bridgtown Cycles) second in 26:01 with Rachel Green (Cheltenham & County Cycling Club) third in 29:54.

In the men's field the gold medal went to John Lacey (Hemel Hempstead CC) in an age adjusted time of 20:01, with silver going to Jake Prior (Velo Club St Raphael) in 20:25 and bronze was awarded to John Dowling (Hemel Hempstead CC) in 20:36.

Matthew Buckley (Velo Club St Raphael) was fastest man overall with a time of 19:49 followed by Tom Quinlan (FTP (Fulfil The Potential) Race Team) in 20:19 with George Westall (Royal Air Force Cycling Association) third in 20:53. However, the VTТА Gold Medal goes to John Lacey (Hemel Hempstead CC) in a time of 21:48.

The tandem pairing of Rachael Elliott and Ian Greenstreet (Newbury Velo) crossed the line in an age adjusted time of time of 17:35 and 18:27 respectively.

These events are not possible without the help of volunteers so many thanks to Bob Lyle (finish timekeeping), William Emons (start timekeeping and course signs), John Hoskins (start and finish assistant), Steve and Sherry Skinner for stepping in and manning the kitchen and Rachael Elliott for helping me with the array of sweet and savoury treats. Thanks also to Newbury Road Club for providing the numbers and signage.

Well done to all the winners and we wish every rider a successful rest-of-season.

We hope you'll come back and ride again next year!

Claire Emons

RESULTS

OVERALL (ALL SOLO MACHINES)

N o	Name	Club	Time	AAT	VTTA Group
1	Matthew Buckley	Velo Club St Raphael	19:49		
2	Tom Quinlan	FTP (Fulfil The Potential) Race Team	20:19		
3	George Westall	Royal Air Force Cycling Association	20:53		
4	Bryce Dyer	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek	20:57	20:24	
5	Kenneth Brown	Newbury RC	21:45	21:37	
6	John Lacey	Hemel Hempstead CC	21:48	20:01	L&HC
7	Brett Bishop	Kenton RC	22:12	21:34	L&HC
8	Issy Zimmerman	Regents Park Rouleurs	22:12	20:49	L&HC
9	Jake Prior	Velo Club St Raphael	22:21	20:25	Wessex
10	Francis Treanor	Amersham Road Cycling Club	22:24	21:01	L&HC
11	Mark Bradley	Bristol South Cycling Club	22:30	20:51	West
12	Andy Self	North Hampshire RC	23:12	21:16	L&HC
13	Stu Carver	North Hampshire RC	23:20	21:41	Wessex
14	John Dowling	Hemel Hempstead CC	23:32	20:36	L&HC
15	Desmond Gayler	Kenton RC	23:47	22:24	L&HC
16	Matt Doe	...a3crg	24:01	23:18	Wessex
17	Mark Welch	Oxted Cycle Club	24:06	22:10	Surrey/Sussex
18	Andrew Payne	Maidenhead & District CC	24:11	21:57	
19	Philip Porteous	High Wycombe CC	24:21	21:57	L&HC
20	Stuart Thompson	Velo Club St Raphael	24:50	24:17	Wessex
21	Jymmy Trevor	City RC (Hull)	25:04	24:15	Yorkshire
22	Lucia Borradaile	CC Weymouth	25:21	20:01	Wessex
23	Steve Skinner	Southdown Velo	25:38	22:19	Wessex
24	Alan Allcock	Newbury RC	25:47	22:28	L&HC
25	Kate Bradley	Born to Bike - Bridgtown Cycles	26:01	23:20	
26	Cliff Voller	VTTA West Group	26:23	22:12	West
27	Richard Byrne	Newbury RC	26:41	24:54	L&HC
28	Peter Fuell	Newbury RC	26:54	24:40	
29	Wayne Baker	Team Echelon	27:38	24:42	Midlands
30	Peter Walton	Hertfordshire Whs	27:40	24:21	East Anglia
31	Nigel Gleeson	VTTA (Merseyside)	27:59	24:52	Merseyside
32	Lewis Lawton	Swindon Road Club	28:41	24:44	Wessex
33	Peter Pike	Sotonia CC	28:42	24:45	
34	Rachel Green	Cheltenham & County CC	29:54	25:38	West
35	David Hanson	North Cotswold CC	29:56	25:45	L&HC

TANDEM (OVERALL)

No.	Name	Club	Time	VTTA Group
1	Ian Greenstreet & Rachael Elliott	Newbury Velo	19:39	L&HC
2	Gillian Thorne & Chris Ward			

TT BIKES

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1	Matthew Buckley	Velo Club St Raphael	19:49		
2	Tom Quinlan	FTP (Fulfil The Potential) Race Team	20:19		
3	George Westal	Royal Air Force Cycling Association	20:53		
4	Bryce Dyer	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek	20:57	20:24	
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	DNSA				
	Peter Wilson	Bath Cycling Club			West
	Pippa O'Brien	RT PODA			L&HC
	David England	Crabwood Cycling Club			Wessex
	Les Gardner	Maidenhead & District CC			L&HC
	Jeff King	Oxonian CC			L&HC
	Brad Quinn	City RC (Hull)			
	Rob Vessey	...a3crg			Wessex
	Angus MacInnes	Charlotteville Cycling Club			Surrey/Sussex
	Daryl Stroud	Gloucester City Cycling Club			West
	Jeremy Redford	Army Cycling			

ROAD BIKES

No.	Name	Club	Time	AAT	VTТА Group
1	Andy Self	North Hampshire RC	23:12	21:16	L&HC
2	Richard Byrne	Newbury RC	26:41	24:54	L&HC
3	Peter Fuell	Newbury RC	26:54	24:40	
4	Nigel Gleeson	VTТА (Merseyside)	27:59	24:52	Merseyside
5	Peter Pike	Sotonia CC	28:42	24:45	
	DNSA				
	Roslyn Young	Serpentine Running Club			L&HC
	Gary Roy Evans	Surrey Cycling Club			
	David Marshall	Blue Light Cycling Club			L&HC
	Edward Scarrow	VC Norwich			

TRIKES

No.	Name	Club	Time	ATT	VTТА Group
1	Jymmy Trevor	City RC (Hull)	25:04	20:01	Yorkshire
2	Wayne Baker	Team Echelon	27:38	20:01	Midlands