



**L&HC**  
**10 Mile Time Trial**  
 Wednesday 17 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 – Stuart Stow  
**Event Secretary:** Claire Emons: 07733 272826

**AWARDS**

		<b>Plus/ Time</b>	<b>VTТА Group</b>
<b>VTТА Women on Std</b>			
VTТА Gold Medal	Linda Dewhurst (Team Milton Keynes)	+6:09	L&HC
VTТА Silver Medal	Joy Payne (High Wycombe CC)	+5:57	L&HC
VTТА Bronze Medal	Arja Scarsbrook (Team Echelon)	+5:56	WEST
<b>VTТА Men on Std</b>			
VTТА Gold Medal	Jeff Roberts (High Wycombe CC)	+6:01	L&HC
VTТА Silver Medal	Chris Ford (High Wycombe CC)	+5:36	L&HC
VTТА Bronze Medal	William Sawyer (Velo Club St Raphael)	+5:17	Wessex
<b>VTТА Women on Scratch</b>			
VTТА Gold Medal	Helen Roby (High Wycombe CC)	24:04	L&HC
VTТА Silver Medal	Dena Ford (High Wycombe CC)	24:33	L&HC
VTТА Bronze Medal	Linda Dewhurst (Team Milton Keynes)	24:47	L&HC
<b>VTТА Men on Scratch</b>			
VTТА Gold Medal	Jeff Roberts (High Wycombe CC)	21:29	L&HC
VTТА Silver Medal	Chris Ford (High Wycombe CC)	22:08	L&HC
VTТА Bronze Medal	Jymmy Trevor (Jem Hadar Racing)	22:29	Yorkshire
<b>Team of Three on Std</b>			
VTТА Gold Medal	High Wycombe (Jeff Roberts, Joy Payne, Helen Roby)	+17:48	L&HC
<b>Fastest Woman Overall</b>			
Gold Medal	Jennifer George (The Independent Pedaler – NopinZ)	21:37	
<b>Fastest Man Overall</b>			
Gold Medal	Nick English (Aerocoach)	21:02	

Winners of the Individual Gold Medal on standard will receive an invitation to the L&HC Annual Prizegiving Lunch

## RACE REPORT

Wednesday 17<sup>th</sup> August saw the second London and Home Counties midweek event on the A4 between Newbury and Hungerford on the popular H10/3R course. This event saw one of the largest midweek fields for a long time with a field of 62 riders including 16 women and a tandem.

After weeks of wall to wall sunshine and scorching temperatures the day started on a note of pessimism, as an ominous forecast suggested thundery windy showers at some point during the race. However, as riders came to the line the showers held back and the sun came out and although the wind was not as favourable for the course nevertheless some good times were seen including a number of course bests.

As this is a VTTA event the main focus is on standard rather than scratch, however in this instance it has been decided to award additional medals to those announced, with medals going to VTTA members on scratch as well as a medal awarded to the fastest woman and man over all.

In the women's field the standard competition was very closely contested with the gold medal going to Linda Dewhurst (Team Milton Keynes) with a plus of 6:09, Linda also had the highest plus of the day. In silver was Joy Payne (High Wycombe CC) with a plus of 5:57 and one second behind in bronze was Arja Scarsbrook (Team Echelon) in a plus of 5:56.

In the women's field the overall winner was Jennifer George (The Independent Pedaler – Nopinz) in 21:37 – Jennifer was also 4<sup>th</sup> overall. Additionally VTTA gold, silver and bronze medals were awarded to VTTA members on scratch to Helen Roby (High Wycombe CC) in 24:04, Dena Ford (High Wycombe CC) in 24:33 and Linda Dewhurst (Team Milton Keynes) in 24:47.

In the men's field, on standard the gold medal went to Jeff Roberts (High Wycombe CC) with a plus of 6:01, Chris Ford (High Wycombe CC) in silver with a plus of 5:36 and bronze was awarded to William Sawyer (Velo Club St Raphael) with a plus of 5.17.

Nick English (Aerocoach) was fastest man overall with a time of 21:02 and additionally VTTA gold, silver and bronze medals were awarded to VTTA members on scratch to Jeff Roberts (High Wycombe CC) in 21:29, Chris Ford (High Wycombe CC) in 22:08 and Jimmy Trevor (Jem Hadar Racing) in 22:29

The tandem pairing of Rachael Elliott and Ian Greenstreet (Newbury Velo) crossed the line in a time of 20:15.

Riders were treated to a substantial array of cakes after the event. Hot and cold drinks supplied by Coops Mobile Coffee

We were fortunate on the day to have Gareth Ian Davis out on the course taking photos they can be found here <https://lightroom.adobe.com/shares/3feeecec8ae24df6990eb78cb4758555> these are free to download but please could you credit Gareth with the photo

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), Stuart Stow (start and finish assistant), Jeff Garner and Dave Jones from Newbury Road Club marshalled the turn, Jimmy Trevor for results one the day and Rachael Elliott for helping me with the array of sweet 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

No.	Name	Club	Time	Standard (Plus)	VTTA Group
1	Nick English	AeroCoach	21:02	05:17	
2	Jeff Roberts	High Wycombe CC	21:29	06:01	L&HC
3	George Westall	Newbury Velo	21:35		
4	Jennifer George	The Independent Pedaler - NopinZ	21:37		
5	Jack Smy	Abingdon Race Team	21:39		
6	Chris Ford	High Wycombe CC	22:08	05:36	L&HC
7	Jymmy Trevor	Jem Hadar Racing	22:29	04:22	Yorkshire
8	William Sawyer	Velo Club St Raphael	22:29	05:08	Wessex
9	Paul Winchcombe	Chippenham & District Wheelers	23:11	04:55	West
10	Michael Garvey	High Wycombe CC	23:22	04:02	L&HC
11	Daryl Stroud	Gloucester City Cycling Club	23:31	04:06	West
12	Christopher Davis	Giant CC Halo Films	23:45	05:04	West
13	John Dowling	Hemel Hempstead CC	23:49	04:41	L&HC
14	Carl Bond	Kenton RC	23:51	03:05	
15	Rob Vessey	Pankhurst Cycles	23:52	03:52	West
16	Helen Roby	High Wycombe CC	24:04	05:50	L&HC
17	Peter Iffland	Chippenham & District Wheelers	24:10	03:27	West
18	Dena Ford	High Wycombe CC	24:33	05:28	L&HC
19	Stewart Harrison	Kings Lynn CC	24:34	02:44	East Anglia
20	Andrew Simpkins	Team Echelon	24:34	04:24	Midlands
21	Paul James	VTTA West Group	24:44	02:12	West
22	Linda Dewhurst	Team Milton Keynes	24:47	06:09	L&HC
23	Cliff Voller	Newbury RC	24:49	04:41	West
24	Liffey Daniels	360VRT	25:05		
25	Joy Payne	High Wycombe CC	25:18	05:57	L&HC
26	Stu Carver	North Hampshire RC	25:23	02:07	Wessex
27	Alan Allcock	Didcot Phoenix CC	25:27	03:22	L&HC
28	Ian Radburn	Oxonian CC	25:32	01:46	L&HC
29	Lucia Borradaile	CC Weymouth	25:46	05:20	Wessex
30	John Isard	Hampshire Road Club	25:47	03:32	Surrey/Sussex
31	Susan Oldham	Bicester Millennium CC	26:51	03:24	L&HC
32	Sally White	High Wycombe CC	27:05	03:03	L&HC
33	Arja Scarsbrook	Team Echelon	27:08	05:56	West
34	Alexa Forbes	London Dynamo	27:36	03:03	L&HC
35	Stephanie Cousins	QN Racing	28:02	02:13	L&HC
36	Emma Dickson	360VRT	28:08		
37	Robert Jollife	New Forest CC	28:42	00:37	Wessex
38	Chris Summers	Sotonia CC	28:45	00:34	Wessex
39	Robert Barrett	FloatAero Race Team	28:47	00:43	L&HC
40	Rachel Green	Cheltenham & County Cycling Club	28:56	01:35	West
41	Brian Lewis	Bicester Millennium CC	29:37	02:04	West
42	John Eames	Chippenham & District Wheelers	29:42	00:38	North Lancs and Lakes
43	Graeme Church	QN Racing	30:05		L&HC
44	John J Murphy	Gloucester City Cycling Club	30:49	01:28	West
45	Craig Beacon	Jem Hadar Racing	30:56		
46	Jan Farmer	Serpentine Running Club	36:53		L&HC

**TANDEM**

Ian Greenstreet & Rachael Elliott	Newbury Velo	20:15	L&HC
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**APOLOGIES**

	Wayne Baker	Team Echelon	DNSA	Midlands
	Kevin Grant	Frome and District Wheelers	DNSA	
	Alison Brashier	North Hampshire RC	DNSA	Wessex
	Paul Hartigan	Hillingdon Triathletes	DNSA	L&HC
	Mark Welch	Oxted Cycle Club	DNSA	Surrey/Sussex
	Andrew Grant	Chelmer CC	DNSA	East Anglia
	Joe Fellows	Trash Mile	DNSA	
	Richard Knight	CC London	DNSA	L&HC
	George Turner	VTTA (L&HC)	DNSA	L&HC
	Philip Watts	North Hampshire RC	DNSA	Wessex
	Howard Waller	Python RT	DNSA	L&HC
	Peter Oliver	ZeroBC Race Team	DNSA	L&HC
	Liam Maybank	Twickenham CC	DNSA	L&HC
	Hans Nilsson	London Phoenix CC	DNS	L&HC