



Hemel Hempstead Cycling Club

10-mile time trial

Saturday 15 June 2024

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

Course: **F11/10**

Organiser:

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Time Keepers:

Annette Lacey & Mike
Bannister

A good day was had by most – many PB's are a good indication of that. I have put a comparison of Spindata predicted times up against the actual times and a good number seem to be green! And otherwise many others are pretty close to predictions too. Suggestion is the wind wasn't as big a factor as predicted as the course is quite sheltered along much of it. Sadly a good number of people didn't like the look of the weather and did not start. The rain in the morning had long gone before the event, and roads were dry. We were nearly scuppered by a car accident on the course that happened as I was putting out the signs, but fortunately everything was cleared and road fully reopened with half an hour to spare!

A highlight for the day was Leon Atkins breaking his own Youth Competition Record, faster than predicted and of course winning the event overall at the same time. The Hemel club kind of look on Leon as our own, as his dad has been a long time member of the club (off and on since he himself was a Junior) and of course Leon started out with the club.

So thank you to all those that helped run the events – I couldn't do it without them. Firstly the timekeepers –Mike Bannister at the start and Annette Lacey at the finish, with Annette assisted by Sandra Mogan who sent the times to HQ. Pushers Stan Nwaka & John Barry. Turn marshals were Geoff and Helen Reynolds, Zoe Adams, Tim Cox, Gavin Atkins at turn 1 and Dave Rogers and Andrew Bradley at turn 2. Canteen and HQ help were Nigel Goffin, and Tim Cox. I may have forgotten someone! But you know you were there to help, thank you.

Almost all the prizes were awarded immediately after the event finished and times confirmed. If you missed that and think you are due a prize then please contact me, letting me know bank details.

Photos: Brian Jones from Kimroy Photography was on the course to capture your images. Please go see the gallery and make your purchases from here:

<https://www.kimroy-photography-2.co.uk/category/87612.html>

Cheers,

Paul

Full results – Women's event

W Pos	No	Name	Club	Time	Predicted time	Gap
1	150	Kate Allan	Team Bottrill	20:03	19:48	0:15
2	148	Laura Davies	Jadan Vive Le Velo	20:26	20:41	0:15
3	144	Lauren Creamer	Velo Fixers	21:07	21:23	0:16
4	134	Lucy Benezet Minns	Tofauti Everyone Active	21:15	-	-
5	147	Louise Robinson	Shaftesbury CC	21:17	21:28	0:11
6	140	Linda Dewhurst	RIDE REVOLUTION COACHING	22:01	22:08	0:07
7	124	Iris Gray	Welwyn Whs	22:17	23:38	1:21
8	132	Deb Hutson-Lumb	Wrekinsport CC	22:26	22:35	0:09

9	141	Chris Murray	Army Cycling	22:39	21:49	0:50
10	138	Jo Spencer	Swindon Whrs	22:58	22:24	0:34
11	139	Frances Lammyman	St Neots CC	23:09	22:51	0:18
12	127	Jayne Paine	Willesden CC	23:19	25:54	2:35
13	125	Liffey Daniels	FTP (Fulfil The Potential) RT	23:22	23:36	0:14
14	135	Elaine Simpson	Nottingham Clarion CC	23:44	23:11	0:33
15	133	Claire Hall	Parenesis-TougHuman Cycling	24:24	22:58	1:26
16	123	Susan Oldham	Cowley Road Condors CC	26:05	25:36	0:29
17	131	Joy Payne	VTTA (London & Home Co)	26:07	24:20	1:47
18	120	Jill Bartlett	Hounslow & District Whs	26:56	25:55	1:01
19	117	Gina Brown	VTTA (London & Home Co)	27:26	26:33	0:53
20	118	Lynne Scofield	Rockingham Forest Whrs	27:58	-	-
21	166	Rosie Wingate	Liv CC Halo Films	27:59	26:08	1:51
22	122	Samantha Messenger	Bicester Millennium CC	28:01	-	-
23	119	Rachel Green	Cheltenham & County CC	28:18	26:44	1:34
24	116	Hannah Makins	Mickey Cranks CC	29:03	26:52	2:11
	121	Stephanie Cousins	QN Racing	DNS Apol		
	126	Kate Kirkland	Born to Bike-Bridgtown Cycles	DNS Apol		
	128	Eva Zsigooova	VeloRefined Rule 5	DNS Apol		
	129	Ann Shuttleworth	Cambridge CC	DNS Apol		
	130	Chantal Dyle	London Dynamo	DNS		
	136	Alice Connor	London Academy Racing	DNS Apol		
	137	Kirsty Mcseveney	...a3crg	DNS Apol		
	142	Kim Barfoot-Brace	Team Bottrill	DNS Apol		
	143	Deborah Beare	Icknield RC	DNS		
	145	Joss Lowden	HUUB WattShop	DNS Apol		
	146	Keri Parton	Team Bottrill	DNS Apol		
	149	Sally Turner	HUUB WattShop	DNS Apol		

Full results – Men's event

Pos	No	Name	Club	Time	Predicted time	Gap
1	113	Leon Atkins	258 Protege	17:56	18:04	0:08
2	108	Will Lowden	Cambridge University CC	18:01	18:04	0:03
3	115	James Jenkins	Hart Performance Coaching	18:03	17:53	0:10
4	112	Nicholas Trbovic	Elysium Kalas RT	18:10	18:21	0:11
5	107	Rob Francis	Team Bottrill	18:39	18:20	0:19
6	93	Matthew Cox	FTP (Fulfil The Potential) RT	18:44	18:51	0:07
7	109	Hadyn James	BPC FLOWBIO RT	18:55	18:33	0:22
8	111	Richard Oakes	Team Ohten Aveas	18:58	18:45	0:13
9	106	Ryan Witchell	Royal Leamington Spa CC	18:59	19:09	0:10
10	105	Matt Rizzo-Naudi	Cambridge University CC	19:12	19:52	0:40
11	76	David Parkin	Velotik Racing Team	19:14	19:23	0:09
12	92	Lee Watson	Army Cycling	19:23	19:43	0:20

13	81	Sam Brown	6AM Cycling	19:27	18:59	0:28
14	99	Daniel Chambers	Bicester Millennium CC	19:36	19:43	0:07
15	91	Aaron Borrill	Farnborough & Camberley CC	19:41	19:48	0:07
16	69	Colin McDermott	Festival Road Club	19:44	19:10	0:34
17	68	Tony Chapman	Frome and District Whrs	19:45	19:40	0:05
18	97	Simon Bowler	AS Test Team	19:49	19:41	0:08
19	79	James Percy	Mid Devon CC	19:54	19:22	0:32
20	67	Steven Cottington	Bath CC	19:55	20:04	0:09
20	87	Peter Main	34 Nomads CC	19:55	20:04	0:09
22	74	Dean Callister	Aerologic RT	19:59	19:31	0:28
23	71	Tim Butler	Gloucester City CC	20:01	20:05	0:04
24	26	Joe Adlam-Cook	Cambridge University CC	20:02	19:24	0:38
25	95	Toby Williams	Velotik Racing Team	20:07	19:19	0:48
26	94	Keith Lea	Paceline RT	20:09	19:45	0:24
27	65	Tim Radley	Gloucester City CC	20:13	20:19	0:06
28	62	Richard Llewellyn	Imperial Racing Team	20:15	20:21	0:06
29	110	Alastair Luxford	Wightlink Wight Mountain RT	20:16	19:24	0:52
30	21	Oliver Baylin	www.giant-helston.co.uk	20:17	20:29	0:12
30	102	Stuart Hourigan	VeloRefined Rule 5	20:17	19:33	0:44
32	77	Robert Willcocks	Royal Air Force CA	20:19	19:50	0:29
33	88	Matthew Reader	Verulam CC	20:21	20:10	0:11
34	23	Daryl Maffey	CC London	20:22	20:12	0:10
35	56	Paul Lawton	ADDFORM Vive Le Velo	20:23	20:08	0:15
36	8	Dan Whitehouse-Smith	Army Cycling	20:26	20:18	0:08
37	9	Tom Quinlan	FTP (Fulfil The Potential) RT	20:27	20:12	0:15
37	66	Mark Ellis	Mercedes AMG Petronas CC	20:27	20:31	0:04
39	159	Jonathan Allen	Cowley Road Condors CC	20:29	-	-
40	61	Adam Fisher	Cambridge CC	20:31	20:15	0:16
41	86	Jonathan Mills-Keeling	Aerologic RT	20:34	20:51	0:17
42	37	Steven Hughes	Thames Turbo Triathlon Club	20:44	20:03	0:41
42	64	Keith Dorling	Team Bottrill	20:44	20:27	0:17
44	48	Niel Dunnage	PDQ Cycle Coaching	20:45	20:16	0:29
45	83	Ady Dench	Team Sheffield	20:47	20:33	0:14
46	32	Mark Pritchard	Aerologic RT	20:49	20:41	0:08
47	1	John Lacey	Hemel Hempstead CC	20:50	21:23	0:33
48	29	Andrew Miller	ADDFORM Vive Le Velo	20:51	20:25	0:26
48	45	Matthew Smith	Gemini BC	20:51	20:16	0:35
50	19	Neal Beauchamp	Kingston Whrs CC	20:53	20:30	0:23
50	53	Kyle Jones	trainSharp	20:53	19:57	0:56
52	5	Martin Hailstone	ADDFORM Vive Le Velo	20:57	21:07	0:10
53	49	Chris Fowler	RIDE REVOLUTION COACHING	20:58	20:43	0:15
54	54	David Clark	Eastbourne Rovers CC	20:59	20:11	0:48

54	59	John Jones	Verulam Really Moving	20:59	20:44	0:15
56	82	Paul Smith	VeloRefined Rule 5	21:02	21:09	0:07
57	47	Paul Walshe	Plymouth Corinthian CC	21:05	21:02	0:03
58	42	Charles Langford	Southend Whrs	21:11	21:08	0:03
59	25	Adrian Talley	Velo Club St Raphael	21:13	20:28	0:45
60	161	Joseph Shaw	Ipswich BC	21:14	21:32	0:18
61	20	Glenn Taylor	Shorter Rochford RT	21:15	20:55	0:20
62	33	Alexander Luisi	Bath CC	21:21	21:11	0:10
63	154	Peter Cottington	Bath CC	21:22	-	-
64	11	Issy Zimmerman	Regents Park Rouleurs	21:34	20:49	0:45
65	40	Adam Wells	Rockingham Forest Whrs	21:36	21:07	0:29
65	41	Rob Fletcher	Equipe Velo	21:36	20:48	0:48
67	2	Asher Gray	Welwyn Whs	21:40	-	-
68	38	Danny Metherell	VéloElite RC	21:41	20:52	0:49
69	43	Philip Wilkinson	Rockingham Forest Whrs	21:46	21:17	0:29
70	36	Nick James	Mickey Cranks CC	21:47	20:56	0:51
71	34	James Conolly	Stevenage CC	21:48	21:06	0:42
71	35	James Wooldridge	Team Milton Keynes	21:48	20:56	0:52
73	157	Simon Hunt	VéloElite RC	21:54	21:38	0:16
74	164	Gavin Draper	North Hampshire RC	21:59	22:28	0:29
75	24	Jack Eastman-Nye	George Fox Cycling Solutions	22:11	20:14	1:57
76	30	Lee Turner	VeloRefined Rule 5	22:14	21:28	0:46
77	160	David Prom	Abellio - SFA Racing Team	22:17	22:35	0:18
78	151	Andrew Halliday	Westerley CC	22:19	21:54	0:25
79	155	James Hunt	Oxonian CC	22:21	21:41	0:40
80	153	Adrian Gower	Hitchin Nomads CC	22:24	22:22	0:02
81	7	Thomas Pfeiffer	Dulwich Paragon CC	22:36	-	-
82	165	Daniel Ramsbottom	Royal Air Force CA	22:39	23:34	0:55
83	162	Stu Carver	North Hampshire RC	22:42	22:23	0:19
84	163	Roger Porter	Verulam CC	24:06	23:15	0:51
	3	Martin Simmons	CC Breckland	DNS Apol		
	4	Cameron Crook	Thame Cycles RT	DNS Apol		
	6	Gregory Speakman	Thames Valley Police	DNS Apol		
	10	Andrew Wenham	Shaftesbury CC	DNS		
	12	Vincent Douglas	Gloucester City CC	DNS		
	13	Graham Harman	Sotonia CC	DNS Apol		
	14	Simon Law	Team Enable - M.I. Racing	DNS Apol		
	15	Paul Aldridge	Kenilworth Whrs	DNS Apol		
	16	Dan Jenkins	Hart Performance Coaching	DNF		
	17	Mark Woolford	ZeroBC RT	DNS Apol		
	18	Kenneth Brown	Newbury RC	DNS Apol		
	22	Ashley Steventon	Royal Air Force CA	DNF		
	27	Grant Orsborn	Bedfordshire Road RT	DNS		
	28	Mark Wise	Team Enable - M.I. Racing	DNS Apol		

	31	Sam Thompson	Podium Addict	DNS Apol		
	39	Martin Reynolds	Cambridge CC	DNS		
	44	Robert Watson	Cambridge CC	DNS Apol		
	46	Eddie Humphreys	Nottingham Clarion CC	DNS Apol		
	50	Karl Norris	360VRT	DNF		
	51	Rikky Hughes	Droitwich CC	DQ		
	52	Peter Shaw	Bedfordshire Road RT	DNS Apol		
	55	Ross Harper	Verulam CC	DNS Apol		
	57	Ben Farrer	Bedfordshire Road CC	DNS Apol		
	58	Ed Moss	Beacon Roads CC	DNF		
	60	Lewis Roberts	Blackspokes RT	DNS		
	63	Myles Davidson	Bigfoot CC	DNS Apol		
	70	Lee Williams	FTP (Fulfil The Potential) RT	DNS Apol		
	72	Max Belcher	Elysium Kalas RT	DNS Apol		
	73	Henry Okill	Southend Whrs	DNF		
	75	Adam Baker	Royal Air Force CA	DNS Apol		
	78	Kevin Tye	VeloRefined Rule 5	DNS Apol		
	80	Mark Jones	DRAG2ZERO	DNS Apol		
	84	Samuel Robinson	Ashford Whs	DNS Apol		
	85	Jack Smy	Army Cycling	DNS Apol		
	89	Richard Evans	Shaftesbury CC	DNS Apol		
	90	Matt Donovan	Bedfordshire Road RT	DNS		
	96	Nik Allen	Team TMC	DNF		
	98	Larry Wiltshire	Chichester City Riders	DNS		
	100	Ian Short	CC Sudbury	DNS Apol		
	101	David Mead	Team Enable - M.I. Racing	DNS Apol		
	103	Nick Dwyer	DRAG2ZERO	DNS Apol		
	104	Howard Bayley	...a3crg	DNS Apol		
	114	Jake Sargent	Team Bottrill	DNS Apol		
	152	Andrew Jarratt	Finchley RT	DNS Apol		
	156	Ashley Roue	Mapperley CC	DNS Apol		
	158	Tom Herbert	Kingston Whrs CC	DNS Apol		

Team positions (best 3 riders to count)

1	Cambridge University CC	0:57:15
108	Will Lowden	18:01
105	Matt Rizzo-Naudi	19:12
26	Joe Adlam-Cook	20:02
2	Team Bottrill	0:59:26
107	Rob Francis	18:39
150	Kate Allan	20:03
64	Keith Dorling	20:44

1	Cambridge University CC	0:57:15
2	Team Bottrill	0:59:26
3	Aerologic RT	1:01:22
4	ADDFORM Vive Le Velo	1:02:11
5	Army Cycling	1:02:28
6	FTP (Fulfil The Potential) RT	1:02:33
7	Bath CC	1:02:38
8	VeloRefined Rule 5	1:03:33
9	Rockingham Forest Whrs	1:11:20