



London and Home Counties Group

10 MILE OPEN TIME TRIAL: RESULTS

13 June 2024 at 14:00

Organiser: Rachael Elliott (Newbury Velo) **Email:** rachael.elliott@gmail.com
Timekeepers: David and Kathleen Collard-Berry (...a3crg)
Helpers: Neil Atherton (Newbury Velo), Chris Dace (Newbury Velo), William Emons (VTTA Wessex), Beckie Hamilton (Newbury Velo), Andy Jones (Newbury Velo), John & Joy Payne (VTTA London & Home Counties Group), Gareth Davies (Newbury Velo)

MEDAL WINNERS

VTTA Members Only

Open: Best on Age-Adjusted Time

Gold Medal	Matt Hill	Zubaran Racing (North)	19:01 (21:15 actual)
Silver Medal	Mick Stevens	Melton Olympic CC (Notts/E Mids)	19:15 (23:40 actual)
Bronze Medal	Jeff Roberts	High Wycombe CC (London & HC)	19:44 (21:23 actual)

Women: Best on Age-Adjusted Time

Gold Medal	Lucia Borradaile	CC Weymouth (Wessex)	20:02 (25:22 actual)
Silver Medal	Claire Emons	...a3crg (Wessex)	20:40 (23:52 actual)
Bronze Medal	Jill Bartlett	Hounslow & Df Whs (London & HC)	23:35 (28:20 actual)

Open: Fastest on Actual Time

Gold Medal	Richard Harrison	DRAG2ZERO (East Anglia)	21:11
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Women: Fastest on Actual time

Gold Medal	Claire Emons	...a3crg (Wessex)	23:52
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Tandem: Best on Age-Adjusted Time

Gold Medals	Rachael Elliott	Newbury Velo (London & HC)	17:49 (19:56 actual)
	Ian Greenstreet	Newbury Velo (London & HC)	17:49 (19:56 actual)

Club Team of Three

Gold Medal	High Wycombe CC		
	Jeff Roberts, Philip Porteous, Michael Garvey		1:03:52 (AAT)

Winners of the gold medals on AAT will also receive an invitation to the London & Home Counties Annual Prizegiving Lunch

RESULTS ON AGE ADJUSTED TIME*

	Name	Club	Group	Bike	Cat	Actual	AAT
1	Matt Hill	Zurbaran Racing	North	TT	O	21:15	19:01
2	Mick Stevens	Melton Olympic CC	Notts & East Mids	TT	O	23:40	19:15
3	Jeff Roberts	High Wycombe CC	London & HC	TT	O	21:23	19:44
4	Lucia Borradaile	CC Weymouth	Wessex	TT	F	25:22	20:02
5	Jeremy Redford	Army Cycling		TT	O	20:57	20:14
6	Paul Whitbread	Newbury Velo		TT	O	21:25	20:16
7	Jake Prior	Velo Club St Raphael	Wessex	TT	O	22:18	20:22
8	Melanie Sneddon	TORQ Performance		TT	F	23:06	20:23
9	Claire Emons	...a3crg	Wessex	TT	F	23:52	20:40
10	William Sawyer	Velo Club St Raphael	Wessex	TT	O	22:22	20:43
11	Bryce Dyer	B'mth C'works/Vitec/Ford Civil/Trek		TT	O	21:22	20:49
12	Richard Harrison	DRAG2ZERO	East Anglia	TT	O	21:11	20:52
13	Cliff Voller	VTTA West Group	West	TT	O	25:40	21:29
14	Chris Ward	WardPerformanceUK.com		TT	O	24:55	21:36
15	Andrew Simpkins	Team Echelon	Midlands	TT	O	25:15	21:44
16	Richard Berry	Twickenham CC	London & HC	TT	O	22:23	21:50
17	Rob Vessey	...a3crg	Wessex	TT	O	23:49	21:53
18	Christopher Davis	Giant CC Halo Films	West	Road	O	25:17	21:58
19	Neil Druce	Didcot Phoenix CC		TT	O	23:21	21:58
20	Philip Porteous	High Wycombe CC	London & HC	TT	O	24:22	21:58
21	Kenneth Brown	Newbury RC		TT	O	22:09	22:01
22	Michael Garvey	High Wycombe CC	London & HC	TT	O	23:41	22:10
23	Jo Wilkie	Cheltenham & County CC		TT	F	25:02	22:23
24	Paul Winchcombe	Chippenham & District Whs	West	TT	O	24:47	22:23
25	Stu Carver	North Hampshire RC	Wessex	TT	O	24:02	22:31
26	Jymmy Trevor	City RC (Hull)	Yorkshire	Trike	O	25:38	22:50
27	Wayne Baker	Team Echelon	Midlands	Trike	O	28:05	22:59
28	Jill Bartlett	Hounslow & District Whs	London & HC	TT	F	28:20	23:35
29	Stuart Thompson	Velo Club St Raphael	Wessex	TT	O	24:16	23:43
30	Les Gardner	Maidenhead & District CC	London & HC	TT	O	29:02	23:50
31	Peter Walton	Hertfordshire Whs	East Anglia	TT	O	27:16	23:57
32	Ian Chitty	Newbury RC		Road	O	25:46	24:30
33	John J Murphy	Gloucester City Cycling Club	West	TT	O	32:07	24:40
34	Chris Summers	Sotonia CC	Wessex	TT	O	28:45	24:48
35	Rachel Green	Cheltenham & County CC	West	TT	F	29:34	25:18
36	Richard Byrne	Newbury RC	London & HC	Road	O	27:08	25:21
TANDEM							
1	Ian Greenstreet & Rachael Elliott	Newbury Velo	London & HC	TT	O	19:56	17:49

RESULTS ON ACTUAL

	Name	Club	Group	Bike	Cat	AAT	Actual
1	Matthew Buckley	Velo Club St Raphael		TT	O		20:29
2	Jeremy Redford	Army Cycling		TT	O	20:14	20:57
3	Richard Harrison	DRAG2ZERO	East Anglia	TT	O	20:52	21:11
4	Matt Hill	Zurbaran Racing	North	TT	O	19:01	21:15
5	Bryce Dyer	B'mth C'works/Vitec/Ford Civil/Trek		TT	O	20:49	21:22
6	Jeff Roberts	High Wycombe CC	London & HC	TT	O	19:44	21:23
7	Paul Whitbread	Newbury Velo		TT	O	20:16	21:25
8	Kenneth Brown	Newbury RC		TT	O	22:01	22:09
9	Jake Prior	Velo Club St Raphael	Wessex	TT	O	20:22	22:18
10	William Sawyer	Velo Club St Raphael	Wessex	TT	O	20:43	22:22
11	Richard Berry	Twickenham CC	London & HC	TT	O	21:50	22:23
12	Melanie Sneddon	TORQ Performance		TT	F	20:23	23:06
13	Gavin Mitchell	Twickenham CC		TT	O		23:17
14	Neil Druce	Didcot Phoenix CC		TT	O	21:58	23:21
15	Mick Stevens	Melton Olympic CC	Notts & E Mids	TT	O	19:15	23:40
16	Michael Garvey	High Wycombe CC	London & HC	TT	O	22:10	23:41
17	Rob Vessey	...a3crg	Wessex	TT	O	21:53	23:49
18	Claire Emons	...a3crg	Wessex	TT	F	20:40	23:52
19	Stu Carver	North Hampshire RC	Wessex	TT	O	22:31	24:02
20	Stuart Thompson	Velo Club St Raphael	Wessex	TT	O	23:43	24:16
21	Philip Porteous	High Wycombe CC	London & HC	TT	O	21:58	24:22
22	Paul Winchcombe	Chippenham & District Wheelers	West	TT	O	22:23	24:47
23	Chris Ward	WardPerformanceUK.com		TT	O	21:36	24:55
24	Jo Wilkie	Cheltenham & County CC		TT	F	22:23	25:02
25	Andrew Simpkins	Team Echelon	Midlands	TT	O	21:44	25:15
26	Christopher Davis	Giant CC Halo Films	West	Road	O	21:58	25:17
27	Lucia Borradaile	CC Weymouth	Wessex	TT	F	20:02	25:22
28	Jymmy Trevor	City RC (Hull)	Yorkshire	Trike	O	22:50	25:38
29	Cliff Voller	VTTA West Group	West	TT	O	21:29	25:40
30	Ian Chitty	Newbury RC		Road	O	24:30	25:46
31	Richard Byrne	Newbury RC	London & HC	Road	O	25:21	27:08
32	Peter Walton	Hertfordshire Whs	East Anglia	TT	O	23:57	27:16
33	Wayne Baker	Team Echelon	Midlands	Trike	O	22:59	28:05
34	Marianne Day	Swindon Wheelers		TT	F		28:11
35	Jill Bartlett	Hounslow & District Whs	London & HC	TT	F	23:35	28:20
36	Chris Summers	Sotonia CC	Wessex	TT	O	24:48	28:45
37	Les Gardner	Maidenhead & District CC	London & HC	TT	O	23:50	29:02
38	Rachel Green	Cheltenham & County CC	West	TT	F	25:18	29:34
39	John J Murphy	Gloucester City Cycling Club	West	TT	O	24:40	32:07
TANDEMS							
1	Ian Greenstreet & Rachael Elliott	Newbury Velo	London & HC	TT	O	17:49	19:56

DNS(A)/DNS

Name	Club	Group	DNS
James Roberson	Bristol South Cycling Club	London & HC	DNS (A)
Alison Brashier	North Hampshire RC	Wessex	DNS (A)
Bob Richardson	Bournemouth Jubilee Whs	Wessex	DNS (A)
Issy Zimmerman	Regents Park Rouleurs	London & HC	DNS (A)
John Lacey	Hemel Hempstead CC	London & HC	DNS (A)
David England	Crabwood Cycling Club	Wessex	DNS
Brad Quinn	City RC (Hull)		DNS
Michael Lythgoe	Kenilworth Wheelers	Midlands	DNS
Mark Jones	360cycling	Manchester & NW	DNS
Daryl Stroud	Gloucester City Cycling Club	West	DNS

* AAT Explanation

Age Adjusted Times (AAT) are specific to age, gender, distance and machine type, and they're a set of times to be subtracted from your actual time. There are time adjustments for men and for women, and for each gender there are versions for solo bikes, solo trikes, tandem bikes and tandem trikes. This means that men and women can compete on a level playing field with each other. AAT is updated every 1-2 years to ensure current data is used for realistic calculations. Here are some examples:

- Rider A, a 45-year-old man, is riding a 25. He rides an actual time of 58:55. His Age Adjustment for that distance is 55 seconds, so his Age Adjusted Time (AAT) is 58:00.
- Rider B, a 56-year-old woman, is riding the same event. Her Age Adjustment is 10:00. She rides the course in 01:07:30, so her AAT is 57:30.