



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

Event Headquarters

Woodlands St Mary Village Hall
School Lane
Woodlands St Mary
Hungerford RG17 7SL

Timekeepers: Bob Lyle (Newbury RC) and William Emons (Wessex VTTA)
Start and Finish Official – Stuart Stow
Event Secretary: Claire Emons: 07733 272826

SIGN ON

It is compulsory for all riders to **sign on AND sign out**. Numbers will be available at the event headquarters at Woodlands St Mary Village Hall which will be open from 12:00 noon.

There are toilet and changing facilities at the HQ please park considerately and be mindful that the village hall is located in a residential area.

ALL RIDERS MUST HAVE A WORKING FRONT AND REAR LIGHT AND A HARDSHELL HELMET – NO LIGHTS, NO HELMET NO RIDE

TO THE START

It is approximately 5 miles from the HQ to the start so please allow sufficient time.

Route from HQ to start (see map below)

Turn right out of the HQ to follow the B4000 to the A338, where turn right and pass under the M4 at the roundabout. Stay on the A338 to Hungerford, where turn left on the A4 to reach the start.

If you would like to park closer to the start you may be able to find spaces on the road through the Charnham Industrial Estate (see map below) you may also warm up on the B4192

AWARDS/PRIZES

Awards are made to VTTA members only.

VTTA Gold Medal – best on standard – men and women
VTTA Silver Medal – 2nd on standard – men and women
VTTA Bronze Medal – 3rd on standard – men and women

VTTA Gold Medal – fastest man and woman on actual time

VTTA Gold Medal – fastest team of 3 on standard

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

RESULTS AND REFRESHMENTS

All being well results will be available after the event.

Mike's Coffee will be providing the liquid refreshments at this event –He will be onsite, both before and after your race. On return of your number you will be given a voucher for one free hot or cold drink – however, if you would like more than one or a pre-race coffee please bring cash or a debit/credit card

Homemade cakes will be available in the HQ

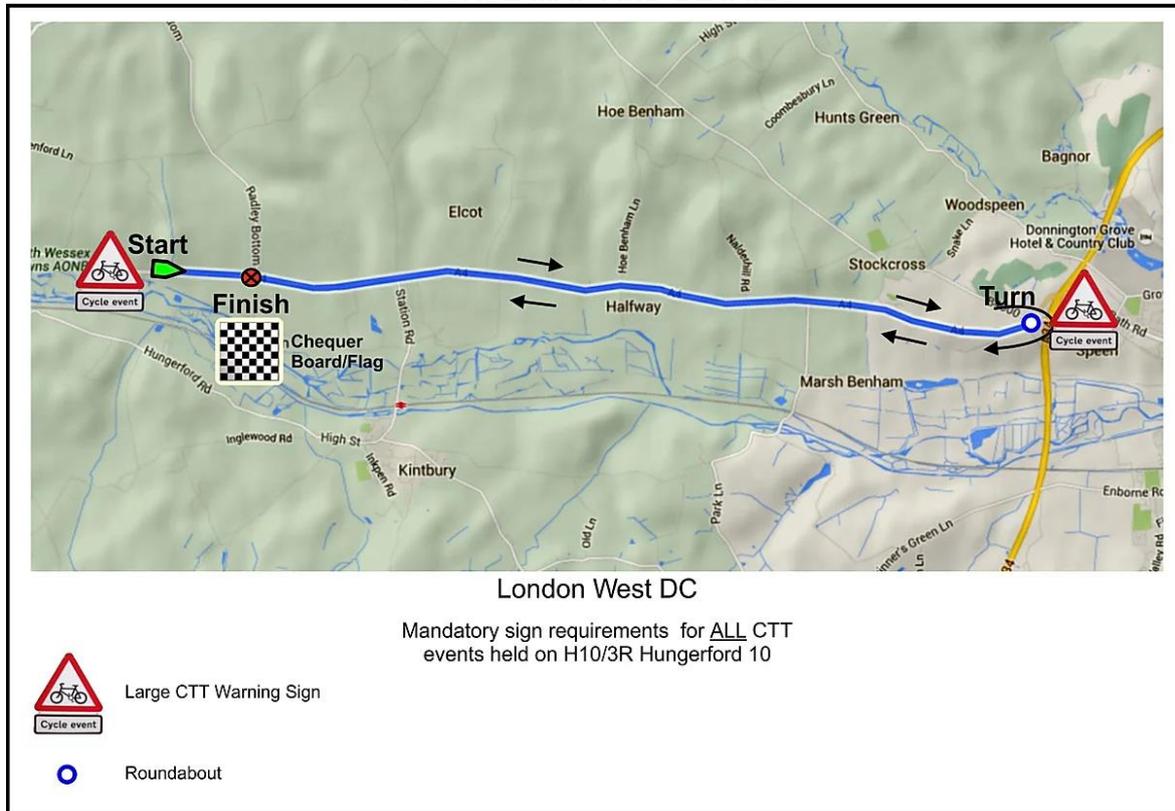
NOTES TO RIDERS

Please make sure you read the following

.1	Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid 19 symptoms. As Covid infections are rising again we ask you once again to maintain social distancing, especially around the HQ area, at parking areas and at the start. Please consider wearing a face covering at the HQ.
2	No riding with your head down, any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action. Have a fast, but safe ride. Always give priority to traffic from your right when negotiating roundabouts.
3	NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the CTT District Committee. No parking at either the start or the finish by any rider
4	No warming-up by competitors is allowed along any part of the designated course, after the event has started.
5	Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.
6	Riders are required to both sign on and sign off. Failure to sign off will result in a rider being marked as DNF.
7	When finishing, please do not return to the finishing area or communicate with the timekeepers

8	Riders are reminded that no competitor shall be allowed to start an event unless they are wearing a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard.
9	Riders are also reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light and affixed to the front of their machine a working front white light; lights to be illuminated, either flashing or constant, and in a position that is clearly visible to other road users.

COURSE MAP AND DETAILS

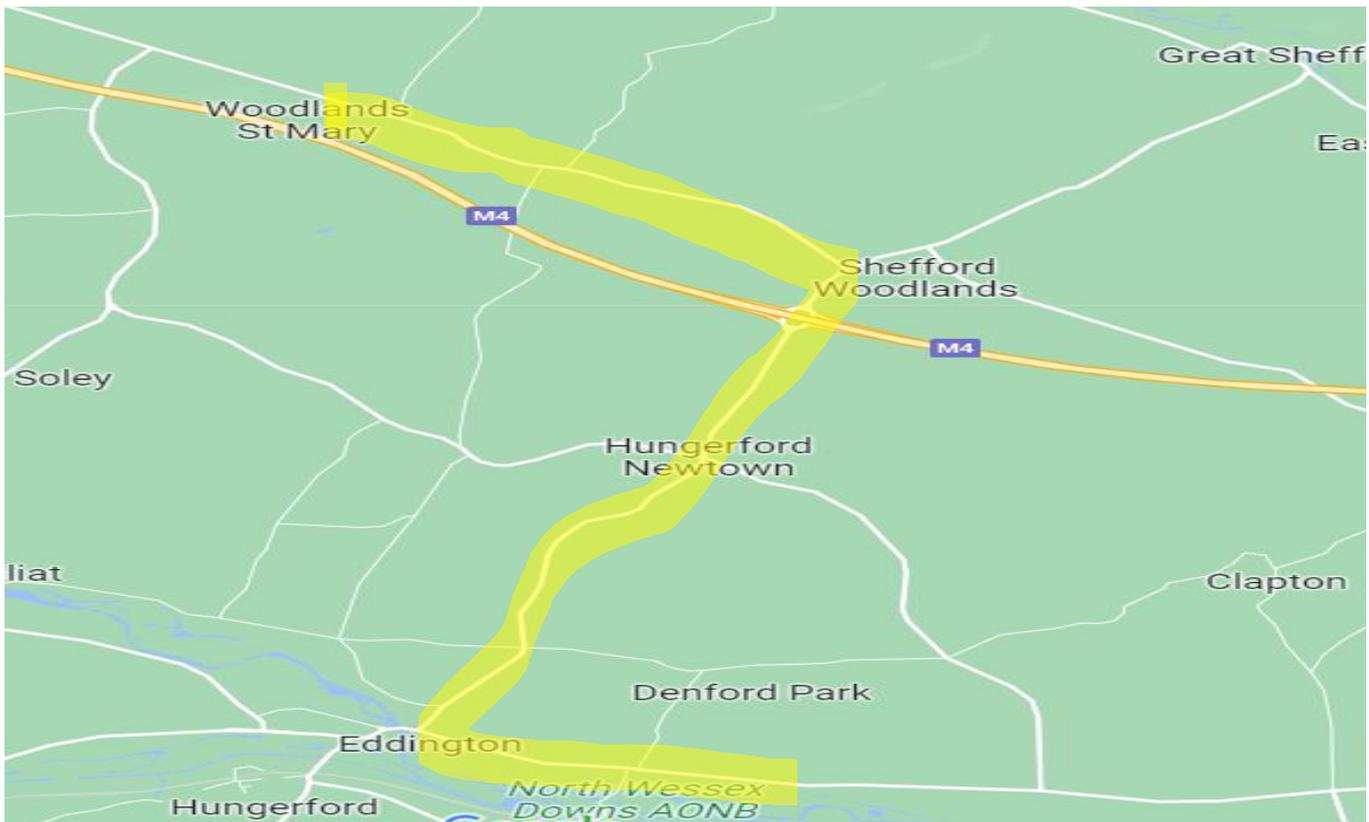


START on A4 approximately 2 miles east of Hungerford, and 258 yards east of entrance to former Norland College and 8 yards east of the eastern field gate post, SU36684.

Proceed east on A4 to first roundabout at the junction of A4 and B4000 - 5.3 miles Circle roundabout passing the 1st exit to B4000, the 2nd exit to A34 and the 3rd exit A4 (Newbury). Take 4th exit and retrace west on A4

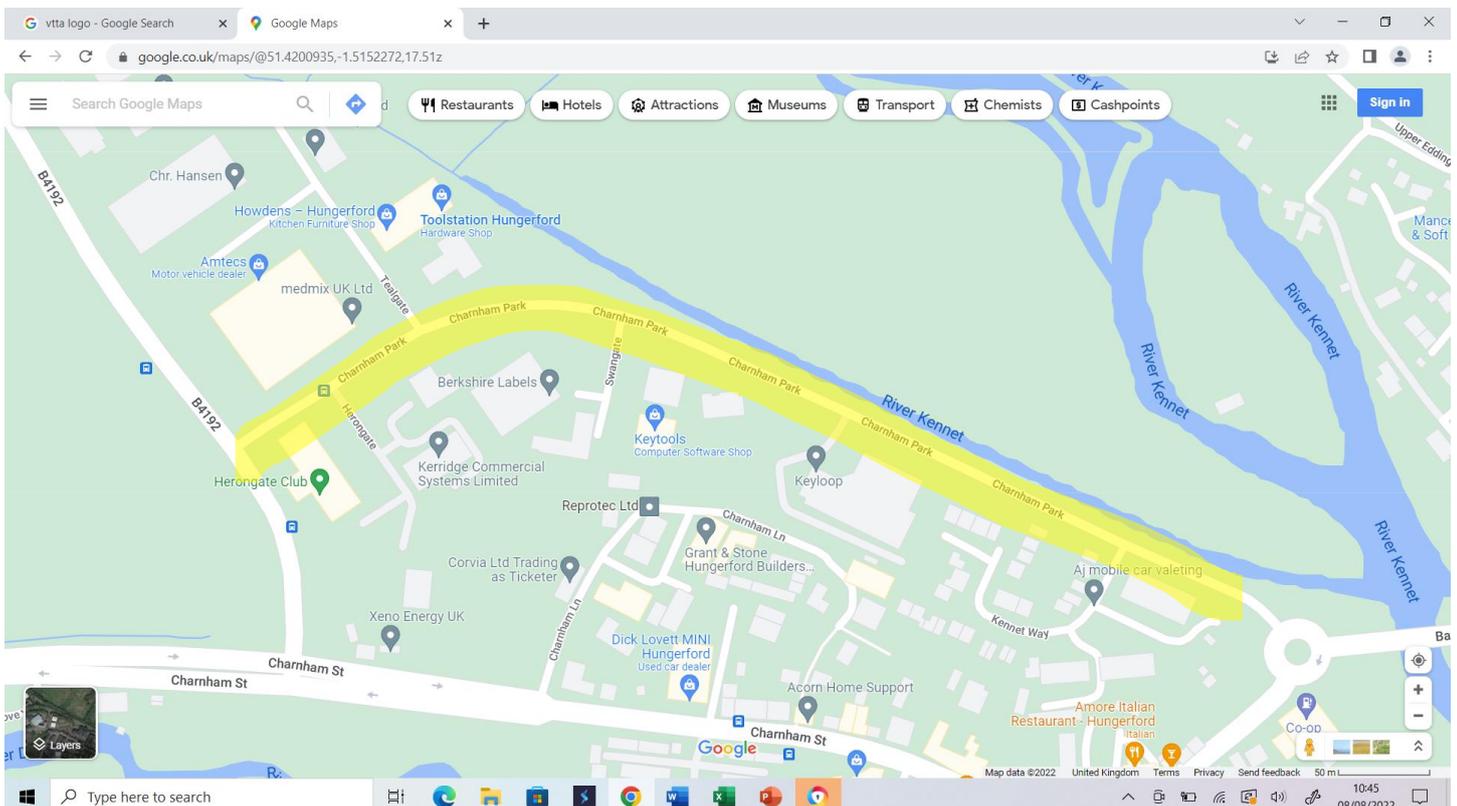
FINISH at 7 yards after "P" sign at layby on south side of road 0.6 miles east of start at SU371684, approximately 50 yards west of junction with Radley Bottom road where finish 10.000 miles.

MAP TO THE START (IT WILL BE SIGNPOSTED)



ALTERNATIVE PARKING

For those of you that do not wish to ride from the HQ to the start you may be able to find alternative parking on the Charnham Park industrial estate (this is not guaranteed) please only park on Charnham Park (highlighted yellow) and not in any of the businesses or Herongate Club.



START SHEET

Start Time	No.	Name	Club	VTТА Group
14:01	1	Craig Beacom	Jem Hadar Racing	
14:02	2	Brian Lewis	Bicester Millennium CC	West
14:03	3	Wayne Baker	Team Echelon	Midlands
14:04	4	Kevin Grant	Frome and District Wheelers	
14:05	5	Jymmy Trevor	Jem Hadar Racing	Yorkshire
14:06	6	Graeme Church	QN Racing	L&HC
14:07	7	Robert Jollife	New Forest CC	Wessex
14:08	8	John Eames	Chippenham & District Wheelers	North Lancs &Lakes
14:09	9	John J Murphy	Gloucester City Cycling Club	West
14:10	10	Alexa Forbes	London Dynamo	L&HC
14:11	11	Jan Farmer	Serpentine Running Club	L&HC
14:12	12	Emma Dickson	360VRT	
14:13	13	Alison Brashier	North Hampshire RC	Wessex
14:14	14	Rachel Green	Cheltenham & County Cycling Club	West
14:15	15	Sally White	High Wycombe CC	L&HC
14:16	16	Stephanie Cousins	QN Racing	L&HC
14:17	17	Lucia Borradaile	CC Weymouth	Wessex
14:18	18	Helen Roby	High Wycombe CC	L&HC
14:19	19	Arja Scarsbrook	Team Echelon	West
14:20	20	Susan Oldham	Bicester Millennium CC	L&HC
14:21	21	Joy Payne	High Wycombe CC	L&HC
14:22	22	Liffey Daniels	360VRT	
14:23	23	Linda Dewhurst	Team Milton Keynes	L&HC
14:24	24	Dena Ford	High Wycombe CC	L&HC
14:25	25	Jennifer George	The Independent Pedaler - NopinZ	
14:26	26	Paul Hartigan	Hillingdon Triathletes	L&HC
14:27	27	Mark Welch	Oxted Cycle Club	Surrey/Sussex
14:28	28	Robert Barrett	FloatAero Race Team	L&HC
14:29	29	Stewart Harrison	Kings Lynn CC	East Anglia
14:30	30	Carl Bond	Kenton RC	
14:31	31	Peter Iffland	Chippenham & District Wheelers	West
14:32	32	Paul James	VTТА West Group	West
14:33	33	Andrew Simpkins	Team Echelon	Midlands
14:34	34	Cliff Voller	Newbury RC	West
14:35	35	Andrew Grant	Chelmer CC	East Anglia
14:36	36	Ian Radburn	Oxonian CC	L&HC
14:37	37	Joe Fellows	Trash Mile	
14:38	38	Chris Summers	Sotonia CC	Wessex
14:39	39	John Isard	Hampshire Road Club	Surrey/Sussex
14:40	40	Chris Ford	High Wycombe CC	L&HC
14:41	41	Richard Knight	CC London	L&HC
14:42	42	Stu Carver	North Hampshire RC	Wessex
14:43	43	George Westall	Newbury Velo	
14:44	44	Daryl Stroud	Gloucester City Cycling Club	West
14:45	45	Rob Vessey	Pankhurst Cycles	West
14:46	46	Alan Allcock	Didcot Phoenix CC	L&HC
14:47	47	John Dowling	Hemel Hempstead CC	L&HC
14:48	48	Michael Garvey	High Wycombe CC	L&HC
14:49	49	Hans Nilsson	London Phoenix CC	L&HC
14:50	50	George Turner	VTТА (L&HC)	L&HC
14:51	51	Christopher Davis	Giant CC Halo Films	West
14:52	52	Jack Smy	Abingdon Race Team	
14:53	53	Philip Watts	North Hampshire RC	Wessex
14:54	54	Paul Winchcombe	Chippenham & District Wheelers	West

Start Time	No.	Name	Club	VTTA Group
14:55	55	William Sawyer	Velo Club St Raphael	Wessex
14:56	56	Howard Waller	Python RT	L&HC
14:57	57	Peter Oliver	ZeroBC Race Team	L&HC
14:58	58	Jeff Roberts	High Wycombe CC	L&HC
14:59	59	Nick English	AeroCoach	
15:00	60	Liam Maybank	Twickenham CC	L&HC
15:01	61	Ian Greenstreet & Rachael Elliott	Newbury Velo	L&HC