



London and Home Counties Group

## 10 MILE OPEN TIME TRIAL

**Date:** Thursday 13 June 2024      **Time:** 14:00      **Course:** H10/3R

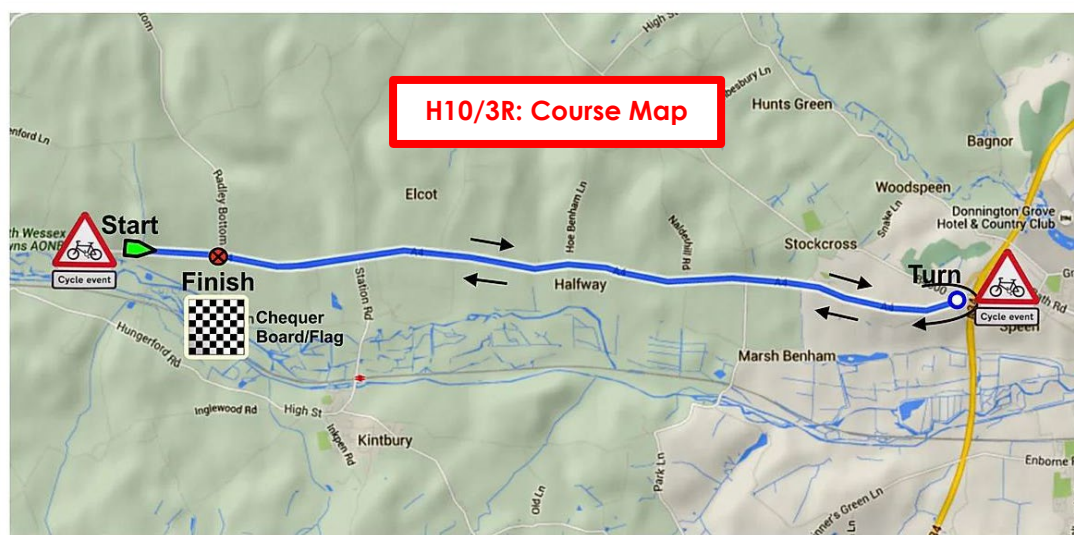
**Organiser:** Rachael Elliott (Newbury Velo)  
6 Pindar Place  
Newbury  
RG14 2RR      **HQ:** Hungerford Cricket Club  
The Club House, War Memorial Ground  
Hungerford, Berkshire  
RG17 0AS

**Telephone:** 07931 722817      **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)

**HQ will be open from 12:45**



### Course records:

Solo Open: Dan Bigham – 18:12 (30 August 2020)  
Solo Female: Emily Meakin – 20:45 (30 August 2020)  
Solo Junior: Finlay Pickering – 18:57 (30 August 2020)  
Solo Female Junior: Abi Smith – 22:11 (30 August 2020)  
Tandem: Ian Greenstreet & Rachael Elliott – 19:39 (16 August 2023)

**PLEASE MAKE SURE YOU HAVE A WORKING FRONT AND REAR LIGHT**

This event is run under CTT regulations which can be found here: <https://www.cyclingtimetrials.org.uk/>

### 1. Event HQ

The event HQ is at the **Hungerford Cricket Club** to the south of the town. This is the same HQ as the CTT National 10 in 2020 (for those of you who took part) or last year's event. It is a bit of a maze to find through the housing estate, so please leave plenty of time to navigate.

When you arrive, drive through the gates and follow the "road" around the back of the stadium. You can park here.

### 2. Sign-On and Sign-Out

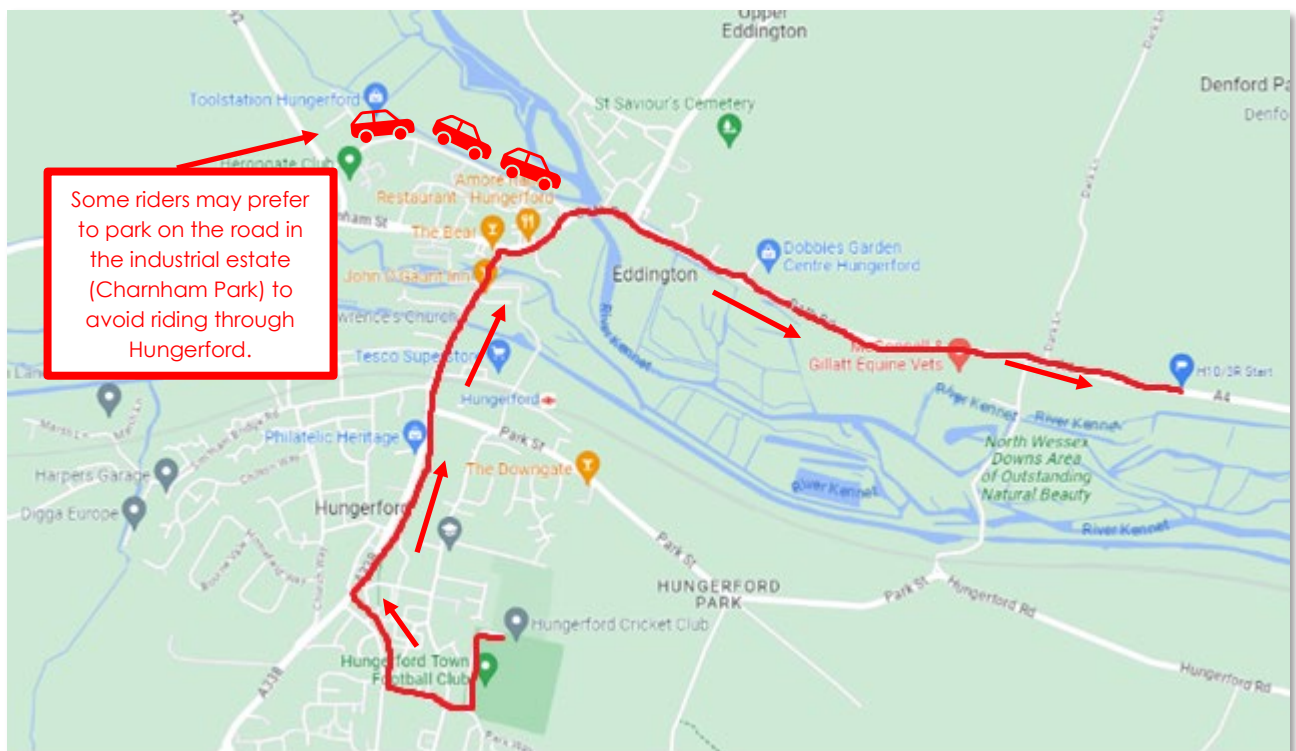
When you arrive, please sign in to receive your race number. Don't forget to sign-out when you get back. Anyone who does not sign-out risks disqualification

### 3. Course Detail

Start on A4 approximately 2 miles east of Hungerford, and 250yds east of entrance to former Norland College adjacent to gated field entrance SU366684. Proceed east on A4 to first roundabout at the junction of A4 and B4000 - 5.3 miles. Take 4th exit and retrace west on A4 To FINISH at layby on south side of road 0.6 miles east of start at SU371684, approximately 50yds west of junction with Radley Bottom road where finish 10.000 miles. Strava Route: <https://www.strava.com/segments/11871628>

### 4. To the start

Please park in the grounds at the behind the stadium, next to the cricket club. In order to get to the startline, the easiest way is to go through to centre of Hungerford, down the hill (**2.9 miles**). Some riders prefer to drive their cars down to the industrial estate (also marked in the map below) which is approximately one mile from the start and avoids the necessity of cycling through Hungerford. *Note that Google Maps does provide quicker, alternative routes to the start – the following is just the most straightforward and the most likely to keep you p\*nture free!*



**Riders are not permitted to warm up on course, there are plenty of other roads where this is possible. Those riding to HQ from Newbury will be an exception. Please be mindful of racers when arriving by bicycle.**

Make it easy for the finish timekeeper, when you cross the line, shout your number. **As loud as you can. Do not approach the finish timekeeper at any point for any reason.**

Once you have finished your race please return to HQ to hand your number in.

#### **5. Race Results**

Race results will be available at the event, and will also be available to view immediately on Resultsheet. To view the results, please hover your phone camera over this QR code or go to the following link: <https://bit.ly/VTTA10Mile2024>



#### **6. Refreshments**

Cakes and drinks will be provided. Any donations will go to the Newbury Velo Children's Coaching programme.

#### **7. Under 18s**

Under CTT regulations no rider under the age of 12 on the day of the event is permitted to race on the open road. Newbury Velo is very happy to welcome all riders aged 12 and above.

Those under 18 will require a parental consent form. Please print off the parental consent form attached, complete it and bring this with you on the day of the event.

#### **8. Vehicles on course**

Time trialling under CTT regulations is unsupported. Riders must not be followed, for any reason whilst on course. Any rider suspected of this will be disqualified and reported to the CTT. This practice and so-called layby hopping is dangerous for other participants and a nuisance to traffic and will not be permitted under any circumstances.

## 9. Prizes

### **Men: Best on Age-Adjusted Time**

Gold Medal  
Silver Medal  
Bronze Medal

### **Men: Fastest on Actual Time**

Gold Medal

### **Club Team of Three**

Gold Medal

### **Women: Best on Age-Adjusted Time**

Gold Medal  
Silver Medal  
Bronze Medal

### **Women: Fastest on Actual time**

Gold Medal

### **Tandem: Best on Age-Adjusted Time**

Gold medals

**FUN PRIZES WILL ALSO BE AWARDED ON THE DAY**



**ALL COFFEE AND CAKE DONATIONS WILL DIRECTLY GO TOWARDS  
FUNDING THE NEWBURY VELO CHILDREN'S COACHING PROGRAMME**



# STARTSHEET

Start	No	Name	Club	Bike	Age Adj*	VTTA Group
14:01	1	Ian Greenstreet & Rachael Elliott	Newbury Velo	Tan	2:07	London & HC
14:02	2	Wayne Baker	Team Echelon	Trike	5:06	Midlands
14:03	3	Jymmy Trevor	City RC (Hull)	Trike	2:48	Yorkshire
14:04	4	James Roberson	Bristol South Cycling Club	TT	4:11	London & HC
14:05	5	Alison Brashier	North Hampshire RC	TT	4:04	Wessex
14:06	6	Chris Summers	Sotonia CC	TT	3:57	Wessex
14:07	7	Les Gardner	Maidenhead & District CC	TT	5:12	London & HC
14:08	8	John J Murphy	Gloucester City Cycling CC	TT	7:27	West
14:09	9	Matthew Buckley	Velo Club St Raphael	TT		
14:10	10	Rachel Green	Cheltenham & County CC	TT	4:16	West
14:11	11	Peter Walton	Hertfordshire Whs	TT	3:19	East Anglia
14:12	12	Richard Byrne	Newbury RC	Road	1:47	London & HC
14:13	13	David England	Crabwood Cycling Club	TT	6:24	Wessex
14:14	14	Jill Bartlett	Hounslow & District Whs	TT	4:45	London & HC
14:15	15	Lucia Borradaile	CC Weymouth	TT	5:20	Wessex
14:16	16	Marianne Day	Swindon Wheelers	TT		
14:17	17	Ian Chitty	Newbury RC	Road		
14:18	18	Chris Ward	WardPerformanceUK.com	TT		
14:19	19	Christopher Davis	Giant CC Halo Films	Road	3:19	West
14:20	20	Brad Quinn	City RC (Hull)	TT		
14:21	21	Michael Lythgoe	Kenilworth Wheelers	TT	4:25	Midlands
14:22	22	Neil Druce	Didcot Phoenix CC	TT		
14:23	23	Cliff Voller	VTTA West Group	TT	4:11	West
14:24	24	Gavin Mitchell	Twickenham CC	TT		
14:25	25	Jo Wilkie	Cheltenham & County CC	TT		
14:26	26	Stuart Thompson	Velo Club St Raphael	TT	0:33	Wessex
14:27	27	Philip Porteous	High Wycombe CC	TT	2:24	London & HC
14:28	28	Rob Vessey	...a3crg	TT	1:56	Wessex
14:29	29	Mick Stevens	Melton Olympic CC	TT	4:25	Notts & E Mids
14:30	30	Richard Berry	Twickenham CC	TT	0:33	London & HC
14:31	31	Stu Carver	North Hampshire RC	TT	1:31	Wessex
14:32	32	Michael Garvey	High Wycombe CC	TT	1:31	London & HC
14:33	33	Claire Emons	...a3crg	TT	3:12	Wessex
14:34	34	Paul Whitbread	Newbury Velo	TT		
14:35	35	Melanie Sneddon	TORQ Performance	TT		

Start	No	Name	Club	Bike	Age Adj*	VTTA Group
14:36	36	Bob Richardson	Maidenhead & District CC	TT	1:31	Wessex
14:37	37	Paul Winchcombe	Chippenham & District Whs	TT	2:24	West
14:38	38	Mark Jones	360cycling	TT	0:19	M'chester & NW
14:39	39	Jake Prior	Velo Club St Raphael	TT	1:56	Wessex
14:40	40	Daryl Stroud	Gloucester City Cycling Club	TT	1:39	West
14:41	41	Issy Zimmerman	Regents Park Rouleurs	TT	1:23	London & HC
14:42	42	William Sawyer	Velo Club St Raphael	TT	1:39	Wessex
14:43	43	Bryce Dyer	B'mth C'works/Vitec Fire/Ford Civil/Trek	TT		
14:44	44	Andrew Simpkins	Team Echelon	TT	3:31	Midlands
14:45	45	John Lacey	Hemel Hempstead CC	TT	1:47	London & HC
14:46	46	Kenneth Brown	Newbury RC	TT		
14:47	47	Matt Hill	Zurbaran Racing	TT	2:14	North
14:48	48	Jeff Roberts	High Wycombe CC	TT	1:39	London & HC
14:49	49	Jeremy Redford	Army Cycling	TT		
14:50	50	Richard Harrison	DRAG2ZERO	TT	0:19	East Anglia

#### \* 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.