



**Veterans Time Trials Association  
London and Home Counties  
Group**

**10 Mile Open Time Trial  
Sunday 17<sup>th</sup> July 2022  
start at 8 am**

**Course F11/10**

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

**Event  
HQ  
opens  
at 7 am**

**Aylesbury Rugby Club  
Brook End, Weston Road, Aylesbury, HP22 5RN**

## Organiser Contact Details

**Event Secretary: David Guy**  
**2-5 Warwick Court, London WC1R 5DH**  
**07711-697900**  
**ovcyclingclub@hotmail.co.uk**

## Officials

**Start Timekeeper: Gordon Hart**  
**Finish Timekeeper: Annette Lacey**

## Marshalls

**We have only the minimum number of marshals so take special care you know the course, especially on the first turn which has 2 large roundabouts and several chances to go wrong!**

## Prize List

**Awards are made to VTTA members only.**

**VTTA Gold-Silver-Bronze Medals for Men BOS (Best On Standard) 1-2-3.**

**VTTA Gold-Silver-Bronze Medals for Women BOS 1-2-3.**

**VTTA Gold-Medals (each) for Club Team of 3 BOS.**

**VTTA Gold Medal - Fastest rider on Actual Time**

**1<sup>st</sup> Man on Standard, and 1<sup>st</sup> Women on Standard to receive an invitation to the LH&C Annual Luncheon and Prize Presentation.**

## Local Regulations

Covid – As per Government and CTT guidance applicable on the day.

### ***Numbers, Signing in and signing out***

You sign on in advance of your start at the HQ where you can collect your number and receive any last minute instructions or warnings. You will also **need to sign out of the event otherwise you will be DISQUALIFIED.**

**Local Regulation 1. – No U Turns should be made at any time while riding on the public highway.**

### ***Car Parking***

***There must be no parking of motor vehicles on any part of the A41 apart from those of the officials. All parking must be in the HQ car park.***

**Finishing riders MUST leave the main carriageway at the START of the exit slip road to B489. Failure to do so will be recorded as DNF and no time given**

## **F11/10 & DNFs**

This course often sees several riders with no finishing time (DNF) because they DO NOT follow the course and the specific finishing instructions, which are in place for the rider's safety, as cars enter the slip-road early and at speed!

Carefully study the illustrations & photos which follow:



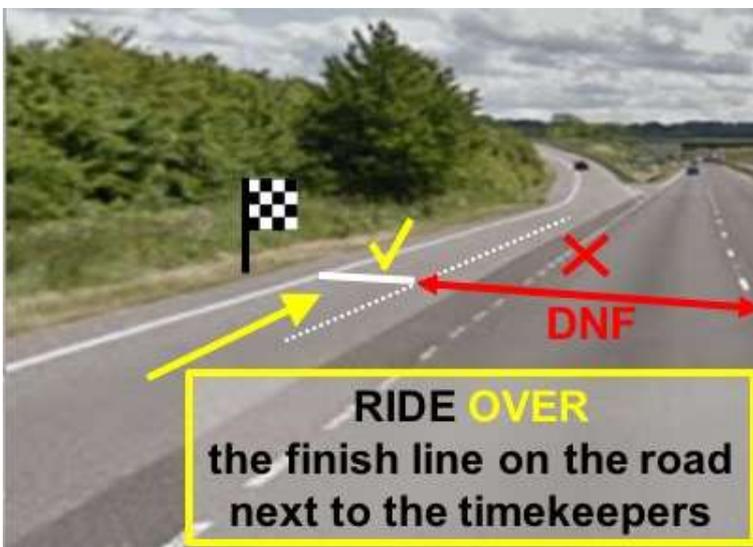
**Cars do enter the slip road very early!**



**Heading off for another 10 miles? DNF**

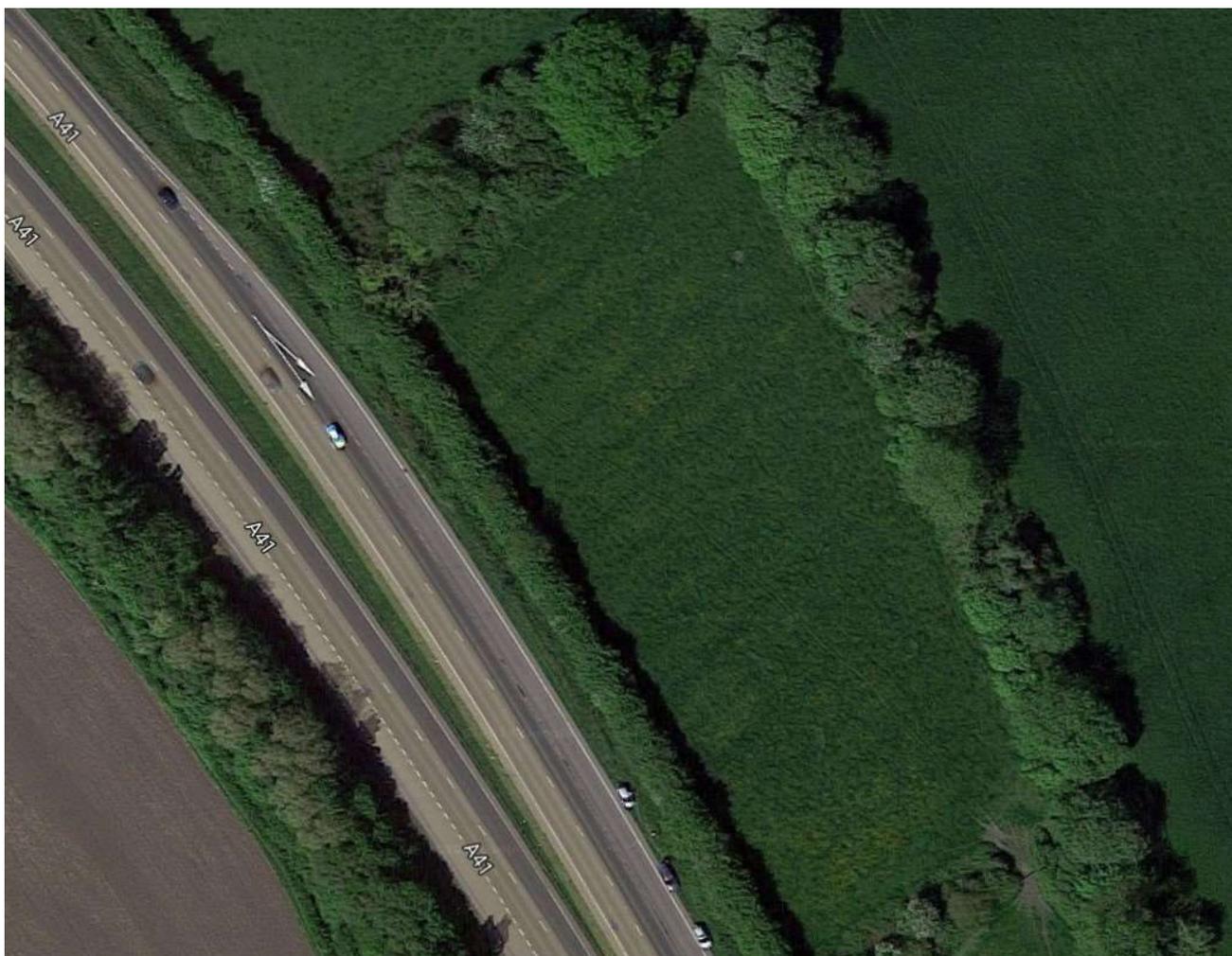


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By quirk of fate a previous event was recorded on Google Maps (satellite view), and if you look carefully you can see:

- The start timekeeper with riders ready to start.
  - Riders on the course
  - The finish time keepers and their cars
  - Even the finish line can be seen!
  - And the big white fork arrows that you are not to ride over at the entrance to the finish slip road.
  - Riders cycling to/from HQ
  - The HQ and a full carpark
- . So remember Big Brother is watching..



**F11/10 (Tring & Aston Clinton by-passes)**

## Route HQ to Start

Please note that one of the 3 miles is up a steep hill so allow at least 15 minutes to get to the start from the HQ. It does provide a good warm-up!

### **Start**

**Local Regulation 1. – No U Turns should be made at any time while riding on the public highway.**

### **Car Parking**

*There must be no parking of motor vehicles on any part of the A41 apart from those of the officials.  
**All parking must be in the HQ car park.***

### **Directions**

Turn Left out of Aylesbury RF Club

Head North-East on Weston Rd for @1mile

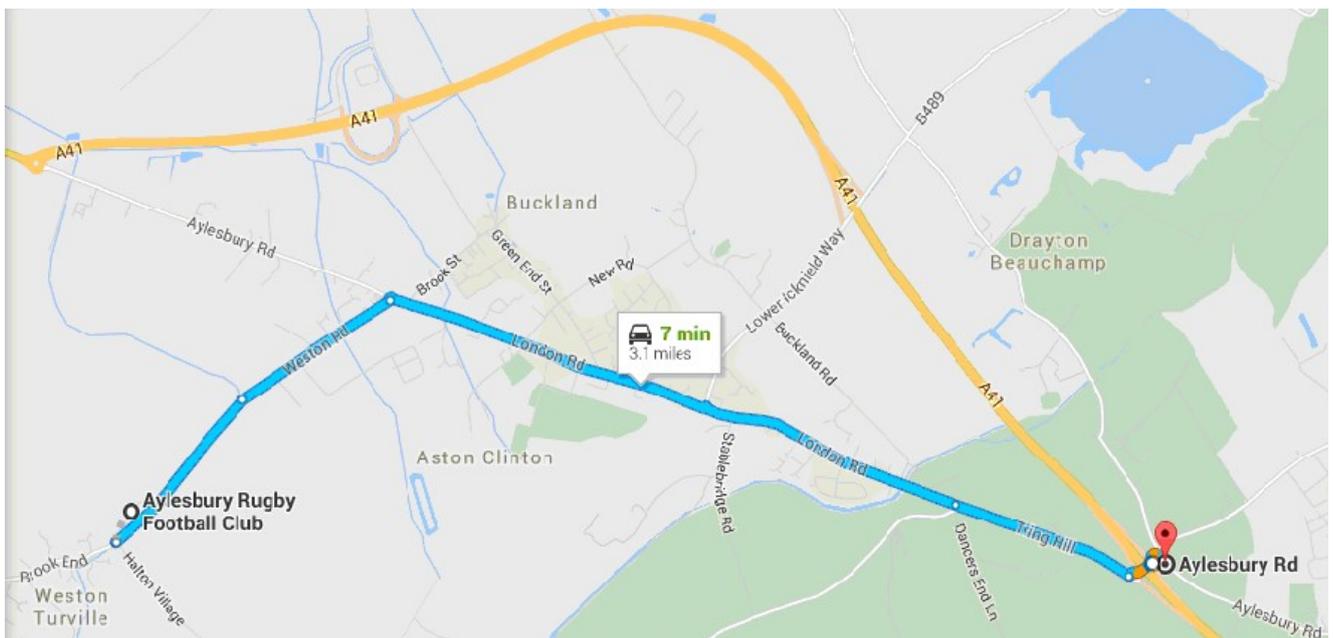
At the roundabout, take the 2<sup>nd</sup> exit onto London Rd for @1mile

Continue over the mini RAB on to and up Tring Hill/B4009 for @1mile

At the roundabout, take the 2<sup>nd</sup> exit onto B4009 and cross over the Dual Carriageway

At the roundabout, take the 3<sup>rd</sup> exit onto A41 Slip Road

The Start is on the slip road



## Route Finish to HQ

Finish to HQ

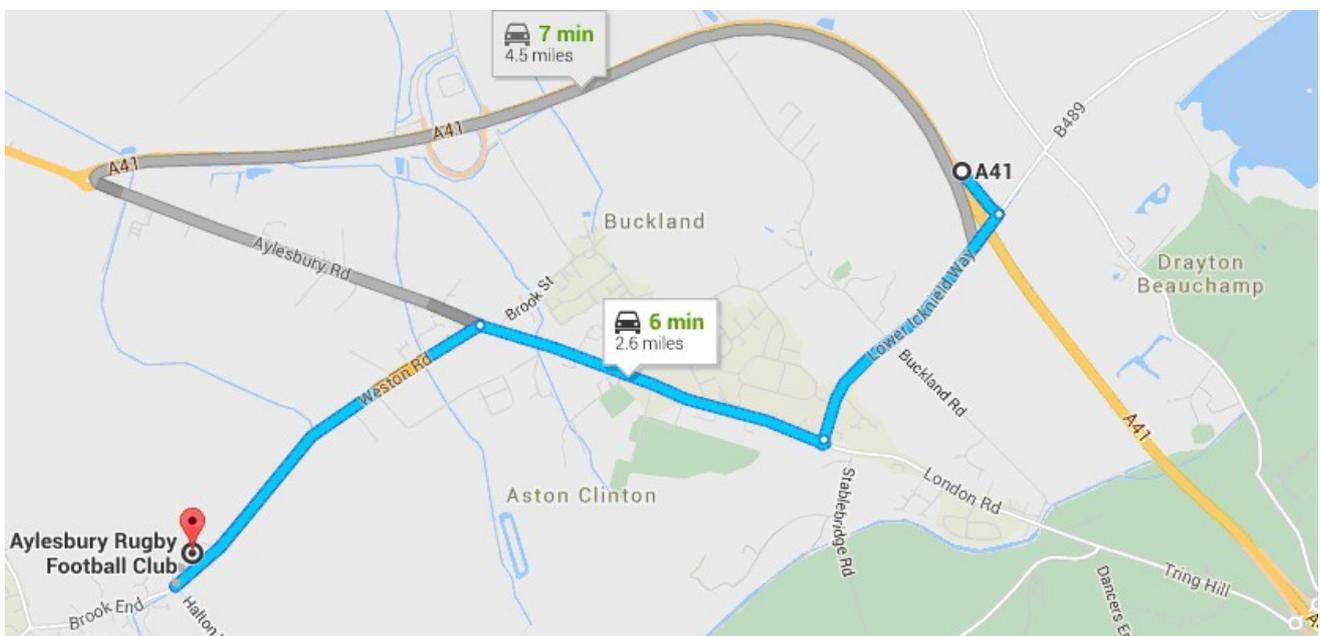
Continue up the Slip Road to the T-Junction

Turn right onto Lower Icknield Way for @1mile

At the roundabout, take the 2<sup>nd</sup> exit onto London Rd for @1mile

At the roundabout, take the 1<sup>st</sup> exit onto Weston Rd for @1 mile

The HQ is on the right



## Course Details

**Start (A on Map)** on southbound slip road to A41 on the Western Tring junction approximately 40 yards from the start of the slip road.

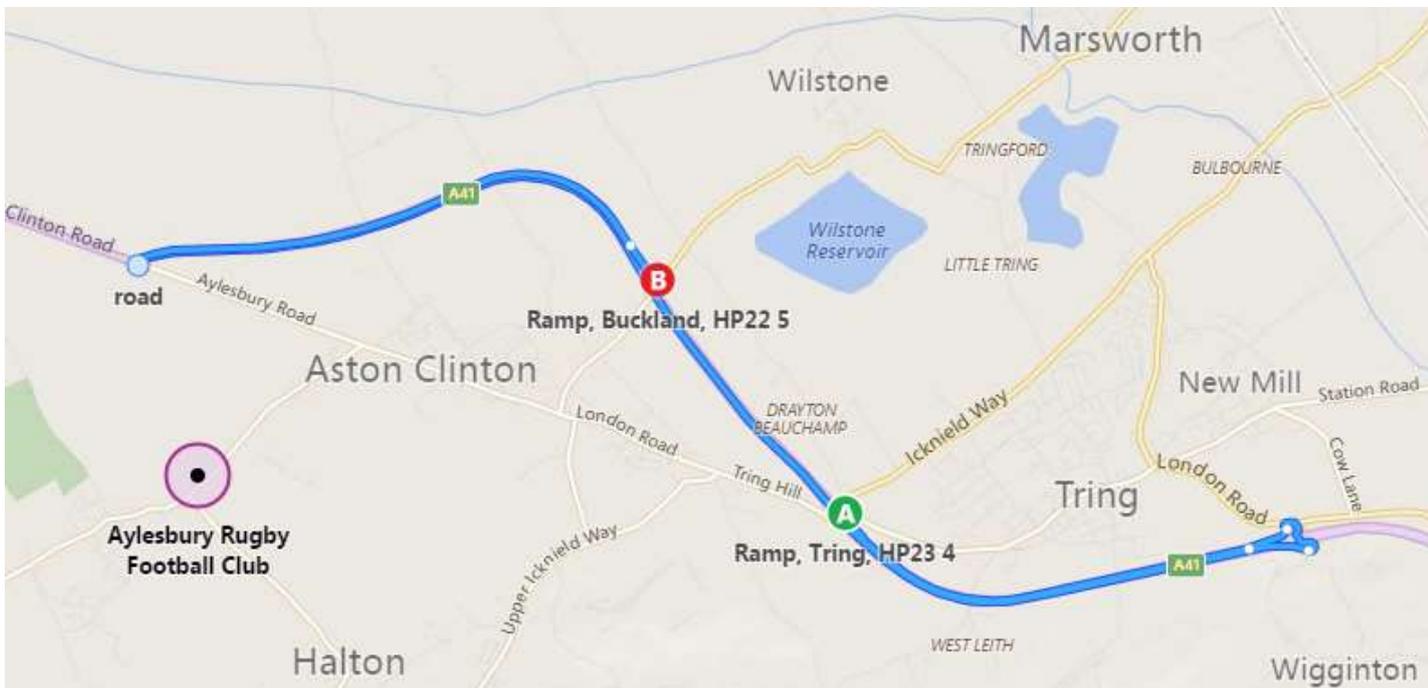
Proceed along A41 to come off at **first** slip road (Eastern Tring junction) to

**Turn** (approximately 2.0 miles) by taking 4th exit out of roundabout (giving priority as to join first roundabout to traffic on your right with restricted view) and **under the A41**, going around 2nd roundabout to take 2nd exit back (slip road) onto the A41 westbound and continue past all junctions to roundabout at end of Aston Clinton by-pass to

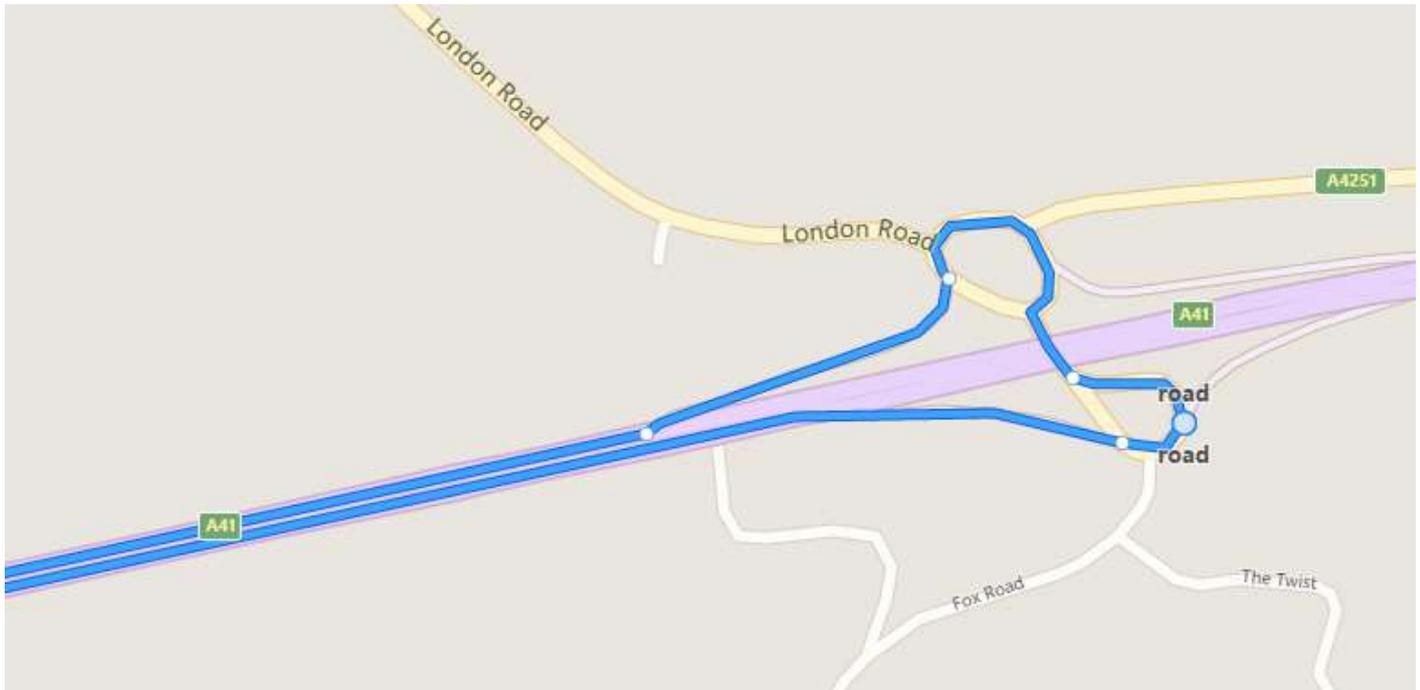
**Turn** (7.87 miles) by taking 3rd exit out of roundabout back along the by-pass, again ignoring College Road junction to

**Finish (B on Map)** on Buckland slip road 9 yards south-east of manhole cover on grass verge, about 91 yards north-west of (i.e. before) separation of slip road and main carriageway, also about 460 yards north-west of the B489 overbridge.

**Finishing riders MUST leave the main carriageway at the START of the exit slip road to B489. Failure to do so will be recorded as DNF and no time given**



First DOUBLE Roundabout after 2 miles – Many riders like to explore the wide selection of exits and even ride the wrong way up entrances to the roundabout, where they will unsurprisingly meet vehicles head-on!



Last roundabout – 2 miles to go to the finish



### **Roundabouts**

Keep your HEAD UP at all times. At roundabouts the traffic coming from the right has PRIORITY over you, so give way. The first RAB at the bottom of the off slip road DOES NOT have good line of sight of traffic so take GREAT CARE. **Make yourself familiar with the layout of the 1<sup>st</sup> roundabout as riders all too frequently go wrong and waste a fast time, BREAK the Highway Code and risk being DISQUALIFIED.**

time off	bib number	firstname	lastname	club	gender	category	vtta_group	vtta_standard
08:01	1	Richard	Moule	Bossard Whs	M	V	LHC	00:28:30
08:02	2	Joy	Payne	High Wycombe CC	F	V	LHC	00:31:15
08:03	3	Kevin	Humphreys	Sherwood CC	M	V	Notts EM	00:28:06
08:04	4	Paul	Smith	VeloRefined Rule 5	M	V	Kent	00:26:51
08:05	5	George	Turner	VTTA (London & Home Counties)	M	V	LHC	00:26:19
08:06	6	Mark	Woolford	Team Swindon Cycles	M	V	EA	00:27:24
08:07	7	Stephen	Murphy	Shaftesbury CC	M	V	EA	00:28:39
08:08	8	Andrew	Cross	Velo-One Cycling Team (Staples Veg	M	V	Mid	00:26:32
08:09	9	Graeme	Church	QN Racing	M	C1	LHC	00:27:24
08:10	10	Matt	Wilmington	Icknield RC	M	V	LHC	00:26:19
08:11	11	Sheehan	Quirke	VC Veldrijden	M	V	N Mid	00:27:30
08:12	12	Jason	Davies	Royal Air Force Cycling Association	M	V	EA	00:26:56
08:13	13	Tim	Radley	Gloucester City Cycling Club	M	V	West	00:26:41
08:14	14	Alastair	Merrill	VC 10	M	V	LHC	00:27:01
08:15	15	Antony	Brown	George Fox Cycling Solutions	M	V	EA	00:28:06
08:16	16	John	Lacey	Hemel Hempstead CC	M	V	LHC	00:27:37
08:17	17	Stan	Nwaka	Verulam Really Moving	M	V	LHC	00:27:51
08:18	18	Mark	Thomas	Bigfoot CC	M	V	EA	00:27:44
08:19	19	Peter	Iffland	Chippenham & District Wheelers	M	V	West	00:27:37
08:20	20	James	Perkins	Team Ohten Aevas	M	V	Notts EM	00:26:23
08:21	21	Richard	O'Rourke	Team Vision Racing - Silverhook	M	V	EA	00:26:41
08:22	22	Scott	Beard	Shaftesbury CC	M	V	EA	00:26:46
08:23	23	Dave	Johnson	VC 10	M	V	LHC	00:28:22
08:24	24	Simon	Hunt	VéloElite RC	M	V	Notts EM	00:26:56
08:25	25	Mark	Arnold	VTTA (East Anglia Group)	M	V	EA	00:26:41
08:26	26	Michael	Bennett	Bicester Millennium CC	M	V	LHC	00:27:07
08:27	27	Simon	Inman	OVB	M	V	Notts EM	00:26:46
08:28	28	Vincent	Douglas	Gloucester City Cycling Club	M	V	West	00:27:01
08:29	29	Matt	Boulton	Swindon Wheelers	M	V	West	00:26:06
08:30	30	Mike	Twelves	Team Ohten Aevas	M	V	Notts EM	00:27:37
08:31	31	Andrew	Grant	Cambridge CC	M	V	EA	00:29:08
08:32	32	Martin	Stanley	Droitwich Cycling Club	M	V	Mid	00:27:18
08:33	33	David	Butt	CC Weymouth	M	V	Wessex	00:28:58
08:34	34	Marco	Lattughi	Bedfordshire Road CC	M	V	LHC	00:26:46
08:35	35	Robert	West	AeroCoach	M	V	LHC	00:26:36
08:36	36	James	Moss	North Road CC	M	V	LHC	00:26:27
08:37	37	Issy	Zimmerman	Verulam Really Moving	M	V	LHC	00:27:18
08:38	38	Brian	Evans	North Road CC	M	V	EA	00:27:18
08:39	39	David	Marshall	Hemel Hempstead CC	M	V	LHC	00:27:30
08:40	40	Neil	Mackley	...a3crg	M	V	Wessex	00:27:37
08:41	41	Grant	Orsborn	Bedfordshire Road RT	M	V	EA	00:27:58
08:42	42	Mat	Stephenson	Congleton CC	M	V	Manch	00:27:12
08:43	43	John	Dowling	Hemel Hempstead CC	M	V	LHC	00:28:30
08:44	44	Phil	Laing	Lea Valley CC	M	V	EA	00:26:10
08:45	45	David	Rumm	Southborough & Dist. Whs	M	V	Surrey/Sussex	00:27:18
08:46	46	Paul	Willcox	North Road CC	M	V	LHC	00:26:27
08:47	47	Tim	Davies	CC Luton	M	V	LHC	00:27:12
08:48	48	Simon	Parkin	Belper BC	M	V	Notts EM	00:26:51
08:49	49	Ken	Rayson	...a3crg	M	V	Wessex	00:30:20
08:50	50	Howard	Bayley	Blazing Saddles	M	V	Surrey/Sussex	00:26:36
08:51	51	Steven	Cottington	Bath Cycling Club	M	V	West	00:27:51
08:52	52	Andrew	Derrick	Portishead Cycling Club	M	V	West	00:26:19
08:53	53	Michael	Garvey	High Wycombe CC	M	V	LHC	00:27:24
08:54	54	Ian	Sherin	3C Cycle Club	M	V	Wessex	00:27:58
08:55	55	Brett	Davis	DRAG2ZERO	M	V	Surrey/Sussex	00:26:46
08:56	56	Chris	Ford	High Wycombe CC	M	V	LHC	00:27:44
08:57	57	Peter	Cottington	Bath Cycling Club	M	V	LHC	00:27:51
08:58	58	Tom	Cosgrove	VTTA (London & Home Counties)	M	V	LHC	00:27:18
08:59	59	Paul	James	VTTA West Group	M	V	West	00:26:56
09:00	60	Lisa	Davis	DRAG2ZERO	F	V	Surrey/Sussex	00:29:07
09:01	61	Deborah	Beare	Icknield RC	F	V	LHC	00:28:33
09:02	62	Frances	Lammyman	Abingdon Race Team	F	S		
09:03	63	Elizabeth	McKie	Verulam Really Moving	F	V	LHC	00:29:41
09:04	64	Gail	Lowe	Congleton CC	F	V	Manch	00:29:41
09:05	65	Danuta	Tinn	Maidenhead & District CC	F	V	LHC	00:30:08
09:06	66	Lauren	Creamer	Velo Fixers	F	S		

09:07	67	Gemma	Hayes	1904RT	F	S		
09:08	68	Su-Anne	Bullock	Icknield RC	F	V	LHC	00:28:42
09:09	69	Arja	Scarsbrook	Team Echelon	F	V	West	00:33:04
09:10	70	Louise	Robinson	Essex Roads CC	F	V	EA	00:28:57
09:11	71	Helen	Roby	High Wycombe CC	F	V	LHC	00:29:54
09:12	72	Ann	Shuttleworth	Cambridge CC	F	V	EA	00:29:54
09:13	73	Susan	Oldham	Bicester Millennium CC	F	V	LHC	00:30:15
09:14	74	Judy	Reid	Icknield RC	F	V	LHC	00:30:47
09:15	75	Dena	Ford	High Wycombe CC	F	V	LHC	00:30:01
09:16	76	Linda	Dewhurst	Team Milton Keynes	F	V	LHC	00:30:56
09:17	77	Alison	Stephenson	Congleton CC	F	V	Manch	00:29:35
09:18	78	Samantha	Messenger	Bicester Millennium CC	F	V		00:29:23
09:19	79	Sally	White	High Wycombe CC	F	V	LHC	00:30:08
09:20	80	Sally	Turner	trainSharp	F	V	Surrey/Sussex	00:28:42
09:21	81	Rachel	Green	Cheltenham & County Cycling Club	F	V	West	00:30:31
09:22	82	Sara	Manwaring	Bicester Millennium CC	F	V		00:29:48
09:23	83	Andrew	Clarke	North Shropshire Wheelers	M	V	Merseyside	00:28:13
09:24	84	Andy	Oliver	Team Jewson - MI Racing ~Poly Pip	M	V	Notts EM	00:27:07
09:25	85	Sam	Wightman	Team Bottrill	M	V	EA	00:26:23
09:26	86	Ian	Short	Team Salesengine.co.uk	M	V	EA	00:26:41
09:27	87	Nick	James	Mickey Cranks Cycling Club	M	V	EA	00:26:41
09:28	88	Daryl	Stroud	Gloucester City Cycling Club	M	V	West	00:27:30
09:29	89	Victor	Campbell	Kenton RC	M	V	LHC	00:26:14
09:30	90	Gaz	Poulson	Royal Air Force Cycling Association	M	V	Notts EM	00:27:12
09:31	91	Mark	Wise	Team Jewson - MI Racing ~Poly Pip	M	V	Mid	00:27:30
09:32	92	Geoff	Reynolds	Hemel Hempstead CC	M	V	EA	00:27:24
09:33	93	Paul	Winchcombe	Chippenham & District Wheelers	M	V	West	00:28:06
09:34	94	Cliff	Voller	Newbury RC	M	V	West	00:29:30
09:35	95	Tim	Hood	Team Bottrill	M	V	Mid	00:27:58
09:36	96	Matthew	Bagshawe	South Normanton C C	M	V	Notts EM	00:26:06
09:37	97	James	Amy	VTTA (Kent)	M	V	Kent	00:27:01
09:38	98	Stu	Carver	North Hampshire RC	M	V	Wessex	00:27:30
09:39	99	Peter	Anstey	Welwyn Whs	M	V	EA	00:28:22
09:40	100	Anthony	Turner	Mickey Cranks Cycling Club	M	V	LHC	00:26:56
09:41	101	Edward	Mellor	Mapperley CC	M	V	Notts EM	00:26:23
09:42	102	Stephen	Knight	Wakefield Triathlon Club	M	V	Yorkshire	00:26:41
09:43	103	Mark	Halliday	North Bucks RC	M	V	LHC	00:27:44
09:44	104	Graham	Pepperdine	Verulam CC	M	V	EA	00:27:37
09:45	105	Colin	McDermott	Festival Road Club	M	V	Surrey/Sussex	00:27:12
09:46	106	Martin	O'Sullivan	Teddington and Turing Velo	M	V	LHC	00:26:36
09:47	107	Andrew	Halliday	Westerley Cycling Club	M	V	LHC	00:26:51
09:48	108	Mark	Trevis	Informed Sport - LGC	M	V	LHC	00:26:10
09:49	109	Martin	Simmons	C C C P	M	V	Kent	00:27:24
09:50	110	Nick	Dwyer	DRAG2ZERO	M	V	Surrey/Sussex	00:27:37
09:51	111	Tony	Chapman	Frome and District Wheelers	M	V	West	00:26:51
09:52	112	Andrew	Jason	City Cycle Couriers RT	M	V	West	00:27:01
09:53	113	Alistair	Sponsel	VTTA (Midlands)	M	V	Mid	00:26:23
09:54	114	Andrew	Grant	Chelmer CC	M	V	EA	00:28:13
09:55	115	Nick	Morgan	Hitchin Nomads CC	M	V	LHC	00:26:14
09:56	116	Lee	Francis	Velo Club Bristol	M	V	West	00:26:06
09:57	117	Tony	Ball	Legato Racing Team (LRT)	M	V	LHC	00:27:07
09:58	118	Gerrard	Rafferty	Bedfordshire Road CC	M	V	LHC	00:27:18
09:59	119	Philip	Strongman	Oxonian CC	M	V	LHC	00:27:37
10:00	120	Kevin	Tye	VeloRefined Rule 5	M	V	Kent	00:27:51
10:01	121	David	Leighton	Severn Road Club	M	V	West	00:26:23
10:02	122	Alastair	Semple	Stafford RC	M	V	Mid	00:27:12
10:03	123	Chris	Spray	Ratae RC	M	V	Notts EM	00:27:18
10:04	124	Ian	Radburn	Oxonian CC	M	V	LHC	00:27:18
10:05	125	Graham	Winstone	ZeroBC Race Team	M	V	LHC	00:26:51
10:06	126	Mat	Wilson	VTTA (London & Home Counties)	M	V	LHC	00:26:19
10:07	127	Eva	Zsigoova	...a3crg	F	S		
10:08	128	Roger	Porter	Verulam CC	M	V	LHC	00:30:20
10:09	129	Chris	Summers	Sotonia CC	M	V	Wessex	00:29:19
10:10	130	Ian	Hope	Team Ohten Aveas	M	V	EA	00:26:41
10:11	131	Peter	Younghusband	Petersfield Triathlon Club	M	V	Wessex	00:27:30
10:12	132	Ed	Watson	Ratae RC	M	V	Notts EM	00:26:36
10:13	133	Matt	Prince	Icknield RC	M	V	LHC	00:28:22

