



# High Wycombe Cycling Club



## Open 25 MileTime Trial

**Sunday 22nd May 2022 on the Course H25/2**

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



### Event Headquarters:

Liston Hall, Chapel Street, Marlow, SL7 1DD

Event HQ opens at 6:30am

#### Time Keepers:

Donald Ashton Farnborough & Camberley CC  
Howard Waller Python RT

#### Event Organiser:

Ben Nichol  
17 Elderdene, Chinnor,  
Oxfordshire, OX39 4EH  
01844 354113/ 07711964460  
benjaminnichol2@gmail.com

## Prize List

|     | Men | Women | Vets on Std. | 1st Team of 3<br>(per rider) |
|-----|-----|-------|--------------|------------------------------|
| 1st | £40 | £40   | £40          | £30                          |
| 2nd | £30 | £30   | £30          |                              |
| 3rd | £20 | £20   | £20          |                              |

The fastest rider will receive and hold the magnificent Wilkinson Sword Trophy for 1 year. There are many legendary time triallists who have won this trophy including Eddie Adkins, Stuart Dangerfield, Chris Boardman and Michael Hutchinson.

**Have a good ride, stay safe, and remember - head up at all times!!**



| Number | Start Time | First Name | Surname     | Club                                | Category |
|--------|------------|------------|-------------|-------------------------------------|----------|
| 1      | 07:31:00   | Paul       | Gilbert     | High Wycombe CC                     | Veteran  |
| 2      | 07:32:00   | Mike       | Kirby       | Banbury Star Cyclists' Club         | Veteran  |
| 3      | 07:33:00   | Mark       | Jervis      | Watford Velo Sport                  | Veteran  |
| 4      | 07:34:00   | Sally      | White       | High Wycombe CC                     | Veteran  |
| 5      | 07:35:00   | Jason      | Davies      | Royal Air Force Cycling Association | Veteran  |
| 6      | 07:36:00   | Hans       | Nilsson     | London Phoenix CC                   | Veteran  |
| 7      | 07:37:00   | Simon      | Bowler      | Berkhamsted Cycling Club            | Veteran  |
| 8      | 07:38:00   | Robert     | Royle-Evatt | Addiscombe CC                       | Veteran  |
| 9      | 07:39:00   | Hilary     | Briggs      | Serpentine Running Club             | Veteran  |
| 10     | 07:40:00   | Jeff       | Roberts     | High Wycombe CC                     | Veteran  |
| 11     | 07:41:00   | Duncan     | Fuller      | Lewes Wanderers CC                  | Veteran  |
| 12     | 07:42:00   | Mark       | Vowells     | San Fairy Ann CC                    | Veteran  |
| 13     | 07:43:00   | Gareth     | Anderson    | High Wycombe CC                     | Veteran  |
| 14     | 07:44:00   | Peter      | Horsfield   | Redmon CC                           | Veteran  |
| 15     | 07:45:00   | Mat        | Wilson      | VTTA (London & Home Counties)       | Veteran  |
| 16     | 07:46:00   | Karl       | Boehm       | Ful-on Tri                          | Veteran  |
| 17     | 07:47:00   | Richard    | Jones       | VC 10                               | Veteran  |
| 18     | 07:48:00   | Helen      | Roby        | High Wycombe CC                     | Veteran  |
| 19     | 07:49:00   | Mike       | Bridge      | Rapha Cycling Club                  | Senior   |
| 20     | 07:50:00   | Wolfgang   | Emmerich    | London Phoenix CC                   | Veteran  |
| 21     | 07:51:00   | Dena       | Ford        | High Wycombe CC                     | Veteran  |
| 22     | 07:52:00   | John       | Bland       | VC de Londres                       | Senior   |
| 23     | 07:53:00   | Tim        | Fowler      | PSSA Cycling Club                   | Veteran  |
| 24     | 07:54:00   | David      | Newman      | Westerley Cycling Club              | Veteran  |
| 25     | 07:55:00   | Chris      | Ford        | High Wycombe CC                     | Veteran  |
| 26     | 07:56:00   | Stan       | Nwaka       | Verulam CC                          | Veteran  |
| 27     | 07:57:00   | Maris      | Brugis      | Bristol Road Club                   | Senior   |
| 28     | 07:58:00   | Gregory    | Speakman    | High Wycombe CC                     | Senior   |
| 29     | 07:59:00   | Phil       | Crouch      | Hillingdon Triathletes              | Veteran  |
| 30     | 08:00:00   | Michael    | Bennett     | Bicester Millennium CC              | Veteran  |
| 31     | 08:01:00   | Stuart     | Gillies     | Twickenham CC                       | Veteran  |
| 32     | 08:02:00   | Philip     | Porteous    | High Wycombe CC                     | Veteran  |
| 33     | 08:03:00   | Shane      | Townsend    | Westerley Cycling Club              | Veteran  |
| 34     | 08:04:00   | Richard    | King        | High Wycombe CC                     | Veteran  |
| 35     | 08:05:00   | Kate       | Allan       | Team Bottrill                       | Senior   |
| 36     | 08:06:00   | Rob        | Parry       | Crystal Palace Triathletes          | Veteran  |
| 37     | 08:07:00   | Jeremy     | Laming      | Hart Evolution Race Team            | Veteran  |
| 38     | 08:08:00   | Henry      | Linscott    | Gregarios Superclub Ciclista        | Senior   |
| 39     | 08:09:00   | Lisa       | Buchanan    | Crystal Palace Triathletes          | Senior   |
| 40     | 08:10:00   | Daniel     | Thompson    | Hillingdon Triathletes              | Senior   |

| Number | Start Time | First Name | Surname    | Club                          | Category |
|--------|------------|------------|------------|-------------------------------|----------|
| 41     | 08:11:00   | Andrew     | Halliday   | Westerley Cycling Club        | Veteran  |
| 42     | 08:12:00   | Dan        | Charleston | High Wycombe CC               | Veteran  |
| 43     | 08:13:00   | Daniel     | Chambers   | Bicester Millennium CC        | Senior   |
| 44     | 08:14:00   | Edward     | James      | VTTA (London & Home Counties) | Veteran  |
| 45     | 08:15:00   | Michael    | Parker     | TMG Horizon Cycling Team      | Veteran  |
| 46     | 08:16:00   | Dave       | Johnson    | VC 10                         | Veteran  |
| 47     | 08:17:00   | Sean       | McDougall  | Icknield RC                   | Veteran  |
| 48     | 08:18:00   | David      | Mascall    | Norwood Paragon CC            | Veteran  |
| 49     | 08:19:00   | David      | Hodsman    | Dulwich Paragon CC            | Senior   |
| 50     | 08:20:00   | Richard    | Gifford    | trainSharp                    | Veteran  |
| 51     | 08:21:00   | Dave       | Grant      | Crystal Palace Triathletes    | Senior   |
| 52     | 08:22:00   | Mark       | Thomas     | Bigfoot CC                    | Veteran  |

|         |          |                             |  |                        |        |
|---------|----------|-----------------------------|--|------------------------|--------|
| Tandems |          |                             |  |                        |        |
| 53      | 08:23:00 | Richard May & David Shannon |  | Islington Cycling Club | Tandem |

## Course details

**H25/2 - A404 Marlow**

**HQ: The Garden Room, Liston Hall, Chapel Street, Marlow, SL7 1DD**

**Course Map: <https://www.londonwestdc.co.uk/h25-2>**

### Course Description:

1. Start on the A404 approximately 0.4 mile south of Handy Cross RAB, in the first lay-by on the east side of the road, at a point at the southern end of the pathway, where the width of the lay-by Starts to decrease, directly opposite a drain.
2. Go south, going straight across at the A308/A404 RAB to the junction with the A4, where take the left hand slip road to the Maidenhead Thicket RAB. Take third exit to join the A4 towards Reading.
3. Go straight ahead at Maidenhead Business Park RAB and keep straight-ahead at the Burchetts Green mini-RAB. Go straight through Knowl Hill and Hare Hatch to the A321 Twyford RAB where go straight across and, taking care at the pedestrian lights at Charvil, continue to the Sonning Junction RAB.
4. Circle the RAB and retrace, taking care at the pedestrian lights at Charvil to go straight across at the A321 Twyford RAB and through Hare Hatch and Knowl Hill to the mini-RAB at the Burchetts Green mini RAB, where bear right still on the A4 to the Maidenhead Business Park RAB Go straight on to the Maidenhead Thicket RAB.
5. Bear left down slip road to join A423/A404 to the A308 RAB where take second exit on A404 to a point 17 yards past the centre of a foot bridge over the road, and 32 yards short of lamp post No 14 where finish.

**On finishing, riders MUST NOT stop on the A404 but immediately take the slip road leading up to the A4155, and to race HQ.**

**Have a good ride, stay safe, and remember - head up at all times!!**

## **VERY IMPORTANT INFORMATION REGARDING THE COURSE & HQ**

1. All riders are expected to know the course, they should not rely upon marshals
2. Please ensure you have a working front white and red rear light or you will not be allowed to start the event in accordance with CTT Regulations. **No lights, no start, no exceptions!**
3. You must wear an approved hard shell helmet in accordance with CTT regulations.
4. We are using disposable race numbers for this event. We do not need your number back but you must sign back in at HQ after the event. You will be disqualified if you do not.
5. Take care when approaching the Bisham Roundabout (from both directions), it can be very busy, and visibility is limited until you are at the roundabout.
6. Please note the position of the slip road leading up to the turn at the Maidenhead Thicket Roundabout (Intersection with the A4). This is the **second** slip road after the Bisham Roundabout.
7. **Do not stop at the Finish Point, immediately take the slip road back to A4155/Race HQ**
8. Car parking - Please use the Liston Road Public Car Park next to the HQ.
9. Toilets but no showers are available at the HQ.
10. Refreshments will be available at the HQ.
11. London West DC Regulations:
  - i. LWDC Reg. 4: No vehicles except those of the Timekeepers shall be parked at the start or finish.
  - ii. LWDC Reg. 7: Noisy Turbo Trainers are not to be used at morning events within 100 yards of Residential accommodation .

### **Getting to the Start**

Turn right out of Liston Road onto the A4155 heading east. Take the next turn on the left (Wycombe Road) and follow uphill through Marlow Bottom to Handy Cross roundabout. Follow signs at the roundabout for the A404 to Marlow. Once on the A404, the start is from the first layby on the left.

It is 3.3 miles from the HQ to the start so please allow plenty of time.

### **Getting back to HQ**

Once you have finished the race, take the slip road immediately off the A404 onto the A4155. Follow the A4155 back into Marlow and turn left into Liston Road for the HQ.



High Wycombe Cycling Club would like to thank our club sponsors for their support.

**verco.**

