

Event

Veterans Time Trials Association London & Home Counties Group



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

Date

Sunday 14th July 2024 starts 8:01 am

Description

10 Mile Open Time Trial

Course F11/10

Headquarters

The Clock Hall

Aston Clinton School

Twitchell Lane

Aston Clinton

HP22 5JJ

What3words ///crunching.vies.wanting

Open from 7.00 am

Provisional real-time results will be available via ResultSheet. Official times will be reported once ratified by the official timekeepers. The QR code will be displayed at HQ.

2023 Winners

Richard Oakes AAT 17:19

Sally Turner AAT 18:07

Course Records

Solo Open: 17:11 Harry Tanfield 16/6/18

Solo Female: 19:21 Kate Allan 16/9/23

Solo Open Junior: 18:08 Joshua Tarling 18/6/22

Solo Female Junior: 21.15 Lucy Benezet Minns 15/6/24

Tandem: 18:30 Ian Greenstreet /Rachael Elliott 16/5/21

Organiser Contact Details

Joy Payne

149 Penn Road, Hazlemere, High Wycombe.

07979 083227

joypayne27@gmail.com

Officials

Start Time Keeper – Howard Waller – Python RT

Finish Time Keeper – Annette Lacey – Hemel Hempstead CC

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 meandering roundabouts and several chances to go wrong! There will be no marshal where you enter the slip road from the Dual Carriageway for the first turn, but a sign will be placed. It is the very first slip road after the start, so no reason to go wrong.

Prize List

Awards are made to VTTA members only and only if there are at least 3 entrants in that category. One medal per rider except for team awards.

VTTA Gold-Silver-Bronze Medals for Fastest Open 1-2-3 on Age Adjusted Time (AAT)

VTTA Gold-Silver-Bronze Medals for Fastest Female 1-2-3 on AAT

VTTA Golds-Medals (each) for Fastest Club Team of 3 on AAT

VTTA Gold Medal - Fastest Open on Actual Time

VTTA Gold Medal - Fastest Female on Actual Time

VTTA Gold Medal – Fastest Open on a Road Bike on AAT

VTTA Gold Medal – Fastest Female on a Road Bike on AAT

VTTA Gold Medals – Fastest Tandem on AAT

1st Open & Female on AAT receive an invitation to the LH&C Annual Luncheon and Prize Presentation

COMPULSORY REQUIREMENTS

All competitors **MUST** wear a properly affixed **HELMET** which must be of hard/soft shell construction. Helmets should conform to a recognized Standard.

All competitors **must** have a working white Front Light fitted to the front of their machine **and** a separate working red Rear Light fitted to the rear of their machine.

For competitors riding Road Bikes (Regulation 29)

a) The road bike can possess drop or straight handlebars, no tri-bars, clip-on bars or Spinaci bars are allowed, no disc wheels, both front and back wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm

b) Helmets must not cover the ears or have a tear drop/pointy style 'tail', any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (eg sliding vents). It is prohibited to add a detachable cover to a helmet. The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc).

c) *Competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tribar position by resting the forearms on the handlebars.*

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

Local Regulation 2. – Car Parking

There must be no parking of motor vehicles on any part of the A41 apart from those of the officials.

Local Regulation 3. – 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 (see below)

Numbers, Signing in and signing out

You must 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.**

There is lots of parking space at HQ (overflow parking available on the grass next to the tarmac if dry). **Please do not park outside the houses.**

As toilets are limited, **please come ready changed.**

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 high speed!

Carefully study the illustrations & photos which follow:



Cars do enter the slip road very early!



Heading off for another 10 miles? DNF



Route HQ to Start

Start [Maps location](#): 51.79196, -0.68717

Approximate location what3words `///mistaken.protect.shallower`

1.9 miles

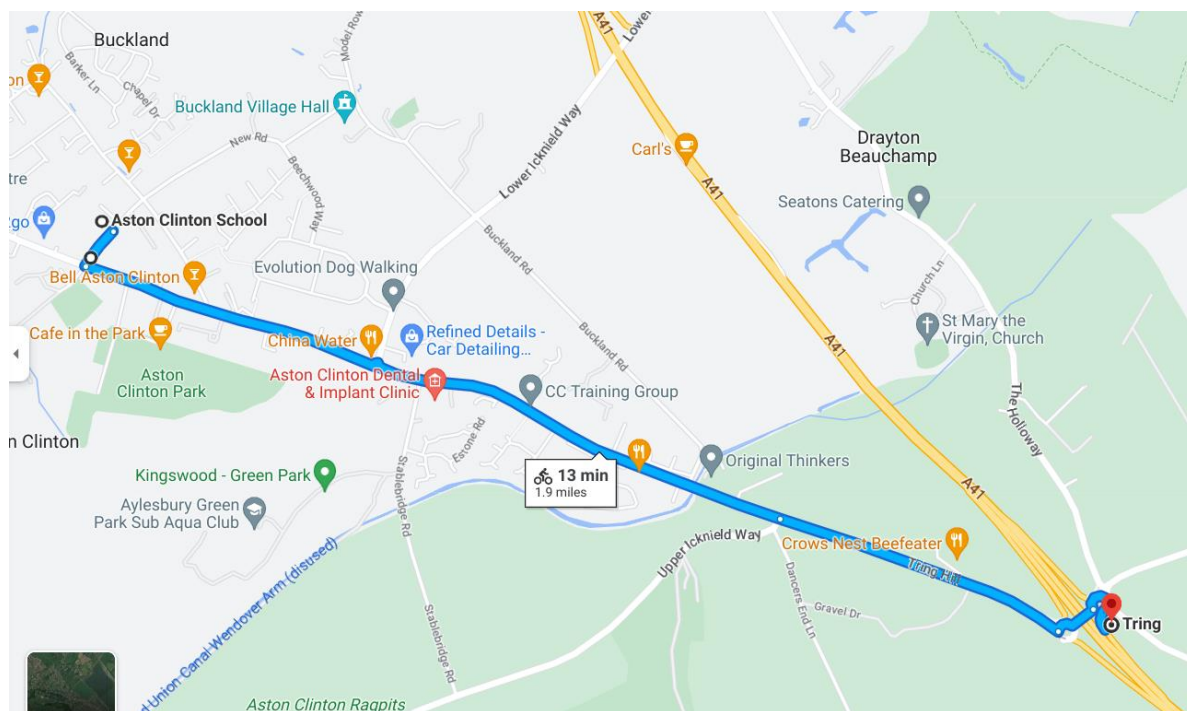
Turn right out of the HQ onto Twitchell Lane

At the end, turn left onto London Road,

Straight across the roundabout and up the hill

2nd exit from the roundabout to go over the A41

3rd exit at next roundabout to enter slip road for the start.



Route Finish to HQ

[Map location](#): 51.80696, -0.70657

Approximate location what3words [///vacancies.risen.rural](#)

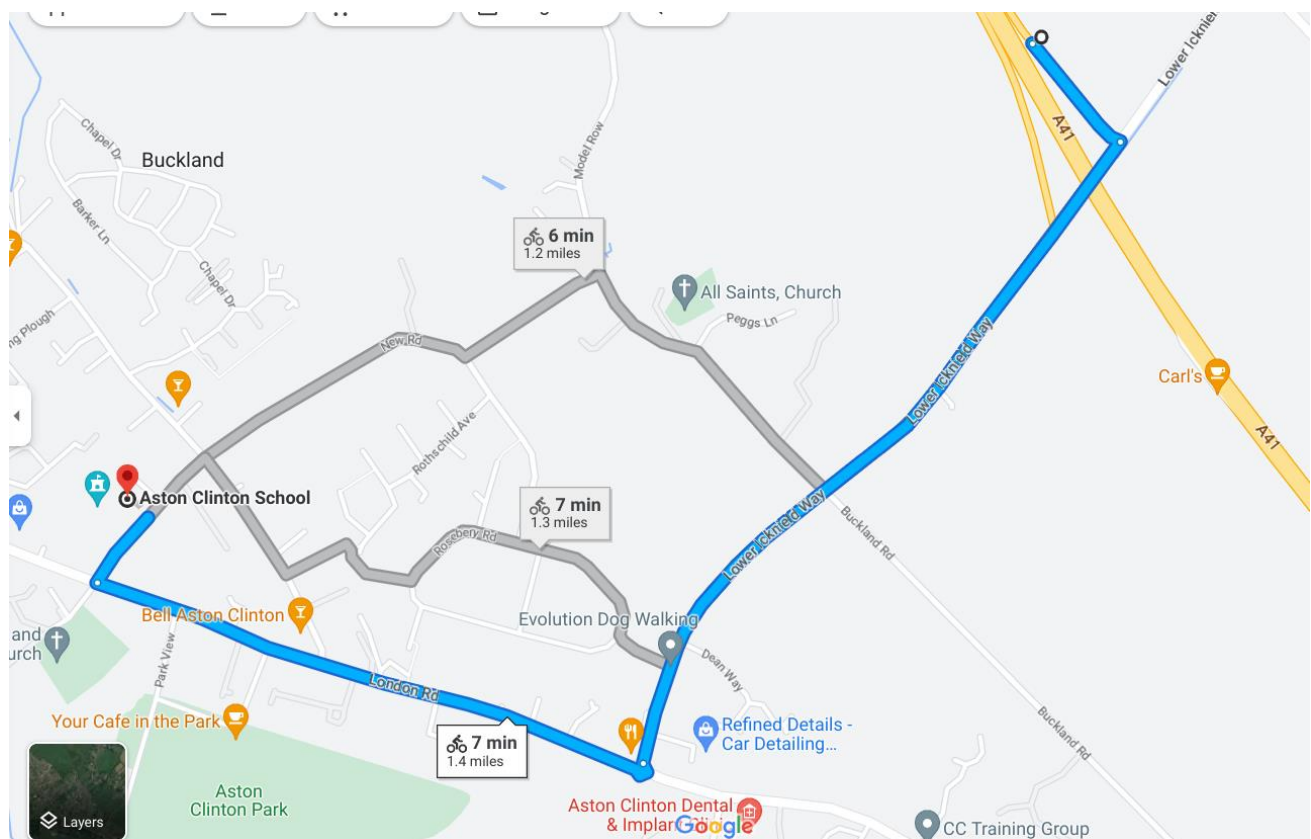
Finish to HQ 1.4 miles

Continue up the Slip Road to the T-Junction

Turn right onto Lower Icknield Way

At roundabout, turn right onto London Road

After approx. 0.5 mile turn right into Twitchell Lane



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

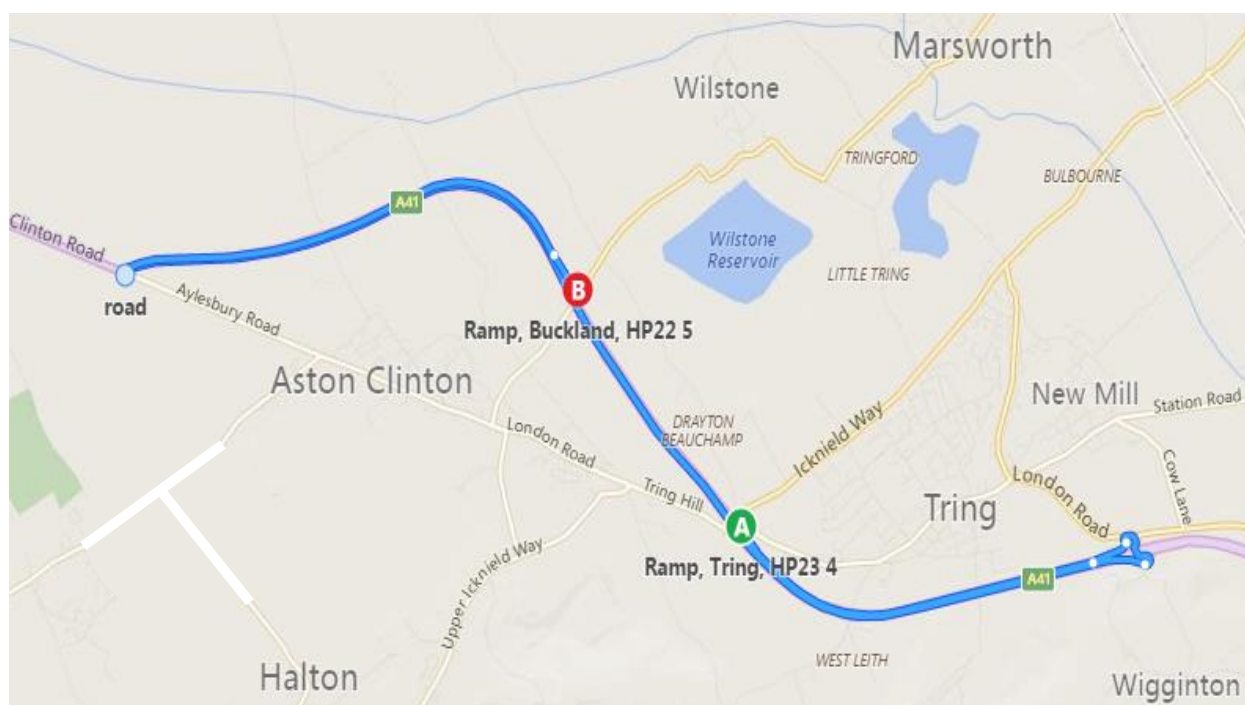
Turn (approximately 2.0 miles) by taking 4th exit out of roundabout (giving priority as to join first roundabout to traffic on your right with restricted view) and **under the A41**, going around 2nd roundabout to take 2nd exit back (slip road) onto the A41 westbound and continue past all junctions to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

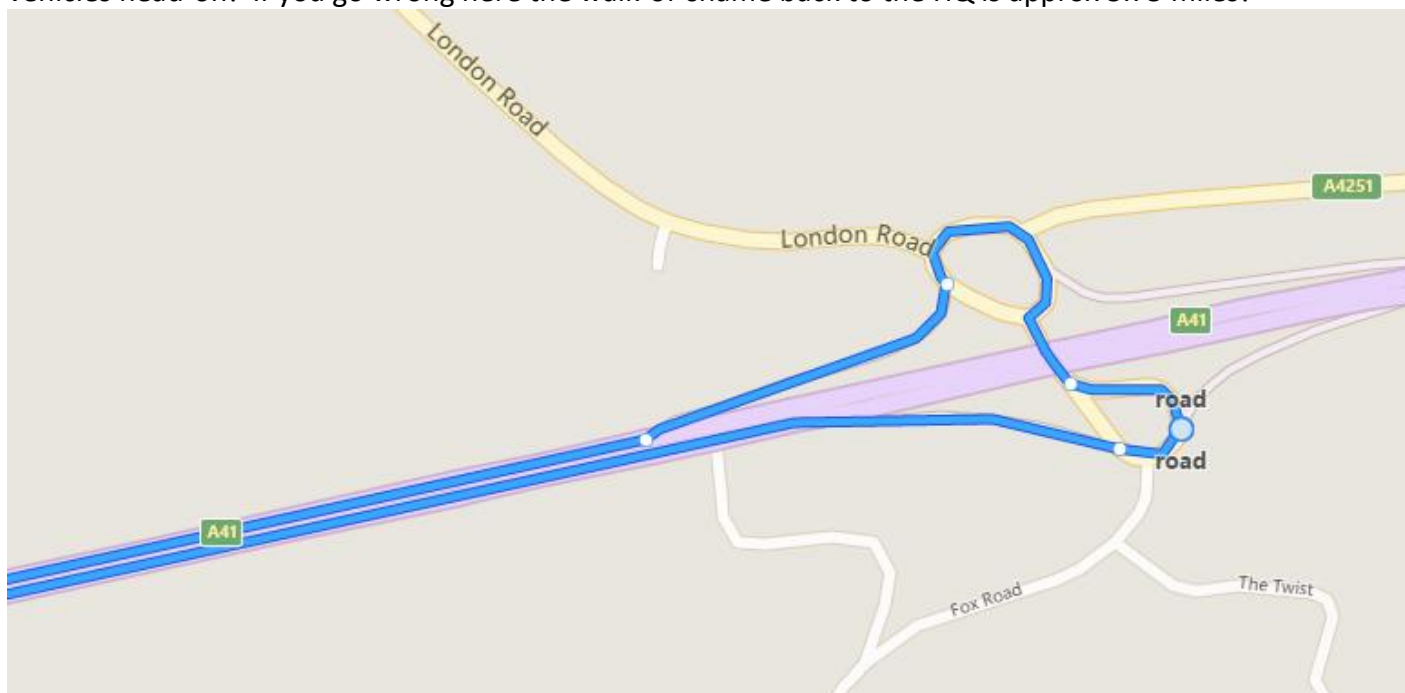
Finish (B on Map) on Buckland slip road 9 yards south-east of manhole cover on grass verge, about 91 yards north-west of (i.e. before) separation of slip road and main carriageway, also about 460 yards north-west of the B489 overbridge.

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 will be recorded.

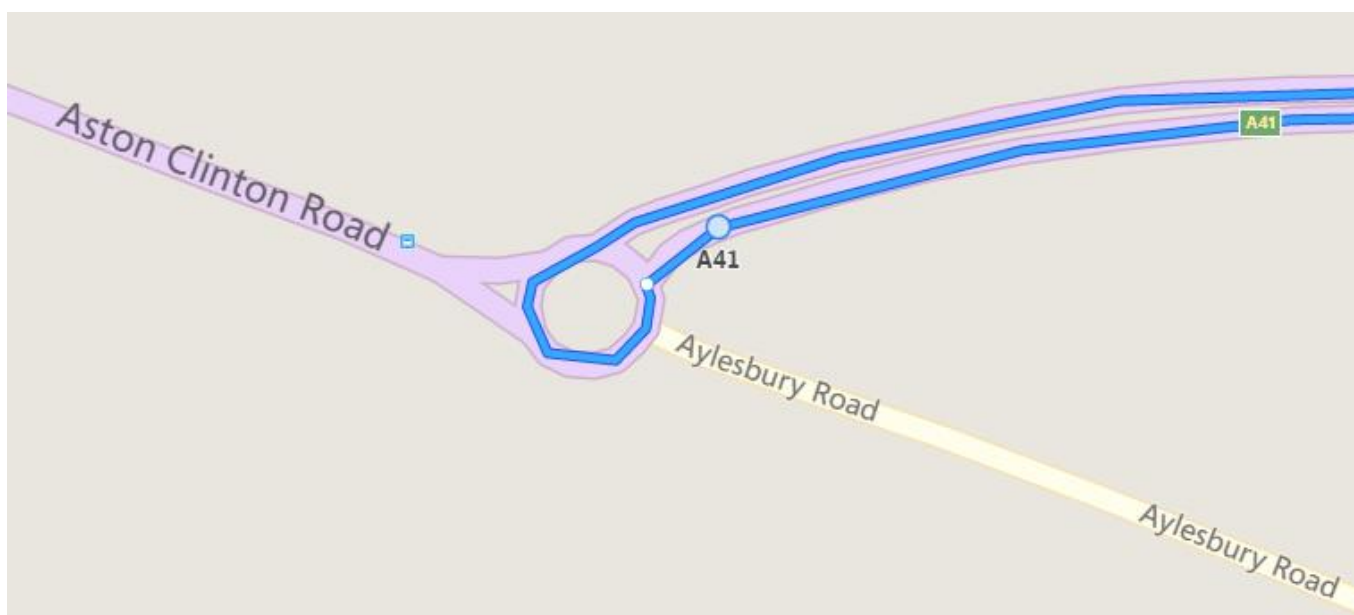
Quite a good way to visualize the course is that it is a series of 2-mile 'intervals'. 2-miles flat to the first RAB, 'recover' on the RAB, 2-miles flat to the top of the hill, 2-mile 'recovery' down the hill, 2-miles flat to the RAB, 'recover' on the RAB then a final 2-miles flat to the finish.



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! If you go wrong here the walk-of-shame back to the HQ is approx 3.75 miles!



Last roundabout – 2 miles to go to the finish – give full gas.



Roundabouts

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 1st roundabout as riders all too frequently go wrong and waste a fast time, BREAK the Highway Code and risk being DISQUALIFIED.

Bib	Start	Name	Club	Machine	O / F	AA	VTTA Grp
1	08:01	Richard Moule	Bossard Whs	TT Bike	O V	02:56	L&HC
2	08:02	John Lacey	Hemel Hempstead CC	TT Bike	O V	01:47	L&HC
3	08:03	Linda Dewhurst	RIDE REVOLUTION COACHING	TT Bike	F V	05:01	L&HC
4	08:04	Claire Lee	Shaftesbury CC	TT Bike	F V	03:06	
5	08:05	Gillian Reynolds	Willesden CC	TT Bike	F V	07:47	L&HC
6	08:06	Emma McDermott	Oxonian CC	TT Bike	F V	02:39	L&HC
7	08:07	Susan Oldham	Cowley Road Condors CC	TT Bike	F V	03:53	West
8	08:08	Frances Lammyman	RIDE REVOLUTION COACHING	TT Bike	F S		
9	08:09	Lauren Creamer	Velo Fixers	TT Bike	F S		
10	08:10	Louise Robinson	Shaftesbury CC	TT Bike	F V	02:41	EA
11	08:11	Sally Turner	HUUB WattShop	TT Bike	F V	02:36	S/S
12	08:12	Hannah Makins	Mickey Cranks Cycling Club	Road Bike	F V	02:46	
13	08:13	Ruth Stapleton	Newhall CC	Road Bike	F V	02:33	EA
14	08:14	Andrew Wright	Amersham Road Cycling Club	Road Bike	O V	01:31	L&HC
15	08:15	Jeremy Page	Southborough & Dist. Whs	Road Bike	O V	02:05	Kent
16	08:16	Jamie Bishop	Newhall CC	Road Bike	O V	00:43	EA
17	08:17	Scott Leeson	Onyx RT	Road Bike	O S		
18	08:18	Mike Debney	Verulam Really Moving	Road Bike	O V	00:05	L&HC
19	08:19	Andrew Martin	RIDE REVOLUTION COACHING	Road Bike	O S		
20	08:20	Ben Dodd	Royal Leamington Spa Cycling Club	Road Bike	O S		
21	08:21	Wayne Baker	Team Echelon	Tricycle	O V	02:56	Mid
22	08:22	Keith Richardson	Icknield RC	TT Bike	O V	00:49	L&HC
23	08:23	James Roberson	Bristol South Cycling Club	TT Bike	O V	04:11	L&HC
24	08:24	Brian Lewis	Royal Dean Forest Cycle Club	TT Bike	O V	08:14	West
25	08:25	Les Gardner	Maidenhead & District CC	TT Bike	O V	05:12	L&HC
26	08:26	Andrew Porter	Welwyn Whs	TT Bike	O V	02:05	EA
27	08:27	Geoff Newman	Farnham RC	TT Bike	O V	03:19	L&HC
28	08:28	Tony Foster	Royal Leamington Spa Cycling Club	TT Bike	O V	02:56	Mid
29	08:29	Shay Giles	Thanet RC	TT Bike	O V	05:47	Kent
30	08:30	Mark Shore	Walsall Roads Cycling Club	TT Bike	O V	02:34	Mid
31	08:31	Paul Hartigan	Hillingdon Triathletes	TT Bike	O V	01:47	L&HC
32	08:32	Andrew Vaughan	City RC (Hull)	TT Bike	O V	01:31	Yorks
33	08:33	James Mahoney	API/Anglia Sport	TT Bike	O V	00:28	L&HC
34	08:34	Alastair Merrill	VC 10	TT Bike	O V	01:02	L&HC

Bib	Start	Name	Club	Machine	O / F	AA	VTTA Grp
35	08:35	Martin Wright	Eat Plants Not Pigs CC	TT Bike	O V	00:28	Mid
36	08:36	Gary Kondor	Sherwood CC	TT Bike	O V	01:56	N & EM
37	08:37	Philip Wooldridge	VTTA (Midlands)	TT Bike	O V	00:15	Mid
38	08:38	Neil Hobbs	Oxonian CC	TT Bike	O V	00:38	West
39	08:39	Steve Skinner	Southdown Velo	TT Bike	O V	03:19	Wesx
40	08:40	Stewart Harrison	Team Bottrill	TT Bike	O V	01:23	EA
41	08:41	Michael Lythgoe	Kenilworth Wheelers	TT Bike	O V	04:25	Mid
42	08:42	Cliff Voller	VTTA West Group	TT Bike	O V	04:11	West
43	08:43	Peter Iffland	Chippenham & District Wheelers	TT Bike	O V	01:47	West
44	08:44	Nicholas Coe	Verulam Really Moving	TT Bike	O V	02:45	L&HC
45	08:45	Paul James	VTTA West Group	TT Bike	O V	00:55	West
46	08:46	Peter Noble	Ely & District CC/B&T Motor Repairs	TT Bike	O V	01:23	EA
47	08:47	Stuart Bramley	Race Hub	TT Bike	O V	00:43	N & EM
48	08:48	Matthew Burton	Amersham Road Cycling Club	TT Bike	O V	00:55	L&HC
49	08:49	Philip Skinner	Welwyn Whs	TT Bike	O V	01:39	L&HC
50	08:50	Roger Whittle	Gloucester City Cycling Club	TT Bike	O V	01:09	West
51	08:51	Mark Welch	Oxted Cycle Club	TT Bike	O V	01:56	S/S
52	08:52	Kevin Parry	Hereford Cycle Hub Cycling Club	TT Bike	O V	01:16	S Wales
53	08:53	Philip Porteous	High Wycombe CC	TT Bike	O V	02:24	L&HC
54	08:54	Angus MacInnes	Charlottesville Cycling Club	TT Bike	O V	01:39	S/S
55	08:55	Chris Dyason	Cambridge CC	TT Bike	O V	04:56	EA
56	08:56	Neil Barford	45 RC	TT Bike	O V	01:39	EA
57	08:57	Rob Vessey	...a3crg	TT Bike	O V	01:56	Wesx
58	08:58	Peter Horton	Team Bottrill	TT Bike	O V	01:23	Mid
59	08:59	Mick Stevens	Melton Olympic CC	TT Bike	O V	04:25	N & EM
60	09:00	Andy Grant	Chelmer CC	TT Bike	O V	02:34	EA
61	09:01	Andy Wond	Sowerby Sunday Club	TT Bike	O V	02:05	Yorks
62	09:02	Adrian Mason	Bicester Millennium CC	TT Bike	O V	01:23	L&HC
63	09:03	Gerrard Rafferty	Bedfordshire Road CC	TT Bike	O V	01:23	L&HC
64	09:04	Richard Jones	Amersham Road Cycling Club	TT Bike	O V	00:38	L&HC
65	09:05	Paul Williamson	St Neots CC	TT Bike	O V	01:02	EA
66	09:06	Tom Cosgrove	VTTA (London & Home Counties)	TT Bike	O V	01:23	L&HC
67	09:07	Simon Hunt	VéloElite RC	TT Bike	O V	00:55	N & EM
68	09:08	Gavin Draper	North Hampshire RC	TT Bike	O V	00:33	Wesx
69	09:09	Michael Garvey	High Wycombe CC	TT Bike	O V	01:31	L&HC
70	09:10	David Butt	Poole Wheelers Cycling Club	TT Bike	O V	03:31	Wesx

Bib	Start	Name	Club	Machine	O / F	AA	VTTA Grp
71	09:11	John Dowling	Hemel Hempstead CC	TT Bike	O V	02:56	L&HC
72	09:12	Robert Saunders	North Bucks RC	TT Bike	O V	02:24	L&HC
73	09:13	Mark White	Mark White Coaching RT	TT Bike	O V	01:02	N & EM
74	09:14	Alan Allcock	Newbury RC	TT Bike	O V	03:19	L&HC
75	09:15	Richard Tully	Elite Cycling	TT Bike	O V	00:23	EA
76	09:16	Chris Shaw	Fenland Clarion CC	TT Bike	O V	01:56	EA
77	09:17	Geoff Reynolds	Hemel Hempstead CC	TT Bike	O V	01:31	L&HC
78	09:18	Hans Nilsson	London Phoenix CC	TT Bike	O V	03:07	L&HC
79	09:19	James Hunt	Oxonian CC	TT Bike	O V	00:23	L&HC
80	09:20	Peter Cottingham	Bath Cycling Club	TT Bike	O V	02:05	L&HC
81	09:21	Stuart Morgan	VéloElite RC	TT Bike	O V	00:19	EA
82	09:22	Peter Richards	Icknield RC	TT Bike	O V	01:47	L&HC
83	09:23	Andrew Halliday	Westerley Cycling Club	TT Bike	O V	00:49	L&HC
84	09:24	Jack Brown	Islington Cycling Club	TT Bike	O S		
85	09:25	Michael Bennett	Bicester Millennium CC	TT Bike	O V	01:09	L&HC
86	09:26	Issy Zimmerman	Regents Park Rouleurs	TT Bike	O V	01:23	L&HC
87	09:27	Dan Burton	Endurance X Nature RC	TT Bike	O S		
88	09:28	James Conolly	Stevenage CC	TT Bike	O S		
89	09:29	Paul Tippet	Destination Bike RT	TT Bike	O V	00:38	S/S
90	09:30	Gary Pamment	CC Sudbury	TT Bike	O V	00:55	EA
91	09:31	Nick James	Aerologic RT	TT Bike	O V	00:38	EA
92	09:32	Daniel Legg	North Hampshire RC	TT Bike	O V	01:02	Wesx
93	09:33	Steven Hughes	Thames Turbo Triathlon Club	TT Bike	O V	00:05	L&HC
94	09:34	Vincent Douglas	Gloucester City Cycling Club	TT Bike	O V	01:02	West
95	09:35	Roch Morgan	Derby Mercury R C	TT Bike	O Y		
96	09:36	Kevin Wood	Sherwood CC	TT Bike	O V	02:05	N & EM
97	09:37	Ben Farrer	Bedfordshire Road CC	TT Bike	O S		
98	09:38	Tom Quinlan	FTP (Fulfil The Potential) Race Team	TT Bike	O S		
99	09:39	Charles Langford	Southend Wheelers	TT Bike	O Y		
100	09:40	Stephen Wilkinson	Vanelli-Project GO	TT Bike	O V	01:31	Scot
101	09:41	Rob Fletcher	Equipe Velo	TT Bike	O V	00:55	
102	09:42	Adam Wells	Rockingham Forest Wheelers	TT Bike	O S		
103	09:43	Cy Gearing	St Ives CC	TT Bike	O V	00:55	EA
104	09:44	Neal Beauchamp	Kingston Wheelers CC	TT Bike	O S		
105	09:45	Ashley Steventon	Royal Air Force Cycling Association	TT Bike	O S		
106	09:46	Chris Fowler	RIDE REVOLUTION COACHING	TT Bike	O V	00:05	

Bib	Start	Name	Club	Machine	O / F	AA	VTTA Grp
107	09:47	Paul McDaid	Southborough & Dist. Whs	TT Bike	O V	01:09	S/S
108	09:48	Grant Orsborn	Bedfordshire Road RT	TT Bike	O V	02:14	EA
109	09:49	Andrew Miller	ADDFORM Vive Le Velo	TT Bike	O V	00:19	Yorks
110	09:50	David Glossy	Elysium Kalas Race Team	TT Bike	O V	00:43	L&HC
111	09:51	Ady Dench	Team Sheffield	TT Bike	O V	01:09	N Mid
112	09:52	Samuel Robinson	Ashford Whs	TT Bike	O S		
113	09:53	Martin Reynolds	Cambridge CC	TT Bike	O V	01:56	EA
114	09:54	John Jones	Verulam Really Moving	TT Bike	O V	01:16	L&HC
115	09:55	Stuart Wells	Lindsey Roads Cycling Club	TT Bike	O V	00:49	N Mid
116	09:56	Adam Fisher	Cambridge CC	TT Bike	O V	00:05	EA
117	09:57	Richard Llewellyn	Imperial Racing Team	TT Bike	O V	00:38	Wesx
118	09:58	Myles Davidson	Bigfoot CC	TT Bike	O V	00:55	L&HC
119	09:59	Alfie Salmon	Hart Performance Coaching	TT Bike	O Esp		
120	10:00	Aaron Borrill	Farnborough & Camberley CC	TT Bike	O V	00:02	
121	10:01	Andy Thomas	Lindsey Roads Cycling Club	TT Bike	O V	01:09	N Mid
122	10:02	Mark Ellis	Mercedes AMG Petronas CC	TT Bike	O V	01:47	EA
123	10:03	Steven Cottington	Bath Cycling Club	TT Bike	O V	02:05	West
124	10:04	Graham Winstone	ZeroBC Race Team	TT Bike	O V	00:49	L&HC
125	10:05	Adam Williams	St Neots CC	TT Bike	O S		
126	10:06	Sean O'Sullivan	Hart Performance Coaching	TT Bike	O S		
127	10:07	Rachel Green	Cheltenham & County Cycling Club	TT Bike	F V	04:16	West
128	10:08	Ann Shuttleworth	Cambridge CC	TT Bike	F V	03:26	EA
129	10:09	Michael Allen	Team Enable - M.I. Racing	TT Bike	O V	05:12	N Mid
130	10:10	Roger Porter	Verulam CC	TT Bike	O V	05:12	L&HC
131	10:11	David Prom	Abellio - SFA Racing Team	TT Bike	O V	01:02	Kent
132	10:12	Peter Bell	Welland Valley CC	TT Bike	O V	00:49	N & EM
133	10:13	Martin Fenna	Ashford Whs	TT Bike	O S		
134	10:14	Rikky Hughes	Droitwich Cycling Club	TT Bike	O S		
135	10:15	David Clark	Eastbourne Rovers CC	TT Bike	O V	01:09	S/S
136	10:16	Andrew J Parnowski	Plymouth Corinthian CC	TT Bike	O V	01:02	West
137	10:17	Stu Carver	North Hampshire RC	TT Bike	O V	01:39	Wesx
138	10:18	Ian Short	CC Sudbury	TT Bike	O V	00:38	EA
139	10:19	George Turner	VTTA (London & Home Counties)	Road Bike	O V	00:15	L&HC
140	10:20	Matt Steel	Pronto Bikes	TT Bike	O V	00:33	EA

Bib	Start	Name	Club	Machine	O / F	AA	VTTA Grp
141	10:21	Max Belcher	Elysium Kalas Race Team	TT Bike	O S		
142	10:22	Daniel Chambers	Bicester Millennium CC	TT Bike	O S		
143	10:23	Joshua Williams	Team Bottrill	TT Bike	O S		
144	10:24	Samuel Thienel	Elysium Kalas Race Team	TT Bike	O S		
145	10:25	Ryan Witchell	Royal Leamington Spa Cycling Club	TT Bike	O S		
146	10:26	Mark Jones	DRAG2ZERO	TT Bike	O V	00:49	EA
147	10:27	James Richards	WardPerformanceUK.com	TT Bike	O S		
148	10:28	Joel Stewart	Team Ohten Aveas	TT Bike	O V	00:33	L&HC
149	10:29	Alastair Luxford	Wightlink Wight Mountain Race Team	TT Bike	O V	00:05	L&HC
150	10:30	Nicholas Trbovic	Elysium Kalas Race Team	TT Bike	O S		
		TANDEMS					
152	10:32	Ian Greenstreet	Newbury Velo	TT Bike	O V	02:07	L&HC
		Rachael Elliott	Newbury Velo	TT Bike	F Para		L&HC
156	10:36	David Shannon	Islington Cycling Club	TT Bike	O V	01:17	L&HC
		Richard May	Islington Cycling Club	TT Bike	O V		L&HC
158	10:38	David Stockley	A5 Rangers CC	TT Bike	O V	07:05	Mid
		RESERVES					
161		Darran Eggleton	Amersham Road Cycling Club	TT Bike	O V	00:19	L&HC
162		David Lynes	Droitwich Cycling Club	TT Bike	O V	00:15	Mid
163		Ragnar Laan	Twickenham CC	TT Bike	O V	00:19	
164		Lawrence Wintergold	Hounslow & District Whs	TT Bike	O V	01:39	
165		Asher Gray	Welwyn Whs	TT Bike	O Y		
166		Tom Herbert	Kingston Wheelers CC	TT Bike	O S		
167		Daniel Ramsbottom	Royal Air Force Cycling Association	TT Bike	O S		
168		Edward Anderson	Banbury Star Cyclists' Club	TT Bike	O V	00:33	
169		Max Secunda	Berkhamsted Cycling Club	TT Bike	O S		
170		Michael Greenshields	London Dynamo	TT Bike	O S		
171		Gavin Mitchell	Twickenham CC	TT Bike	O S		
172		Paul Hewitt	Metropolitan Police Cycle Club	Road Bike	O V	00:38	
173		David Howell	Claydon Cycling Club	Road Bike	O V	00:49	
174		Murray Kirton	A5 Rangers	TT Bike	O V	07:05	Mid