



Prize winners from the 2023 VTТА National Championship 15

VTТА 15 Mile National Championships 18 August 2024



Promoted by
VTТА London & Home Counties Group & Newbury Velo



VTTA 15 Mile Championships

Promoted by VTTA London & Home Counties Group in partnership with Newbury Velo

Organiser: Rachael Elliott **Tel:** 07931 722817 **Email:** rachael.elliott@gmail.com

Date: 18 August 2024 **Hall opens:** 07:00 **Start Time:** 08:00 **Course:** H15/3

Timekeepers: Bob Lyle (Newbury RC) & Maria Golden (...a3crg)

Helpers: Members and friends of Newbury Velo Cycling Club

HQ address: Boxford Village Hall
Lambourn Road, Boxford
Newbury, RG20 8DD

NEWBURY
VELO

NATIONAL CHAMPIONSHIP AWARDS (VTTA MEMBERS ONLY)

Women and Open Categories (each):

1st on age adjusted time (AAT): Gold Medal and Championship Jersey + £30

2nd on AAT: Silver Medal + £20

3rd on AAT: Bronze Medal + £10

Club and Group Team National Championship Awards*

1st Group Team on AAT: Gold medals + £10 each

1st Club Team on AAT: Gold medals + £10 each

Tandem National Championship Awards

1st machine on AAT: Gold Medal each + £30

** Club teams must consist of three first claim members of the same club and Group teams must consist of three members of the same Group. In each case, the team with the best aggregate AAT/D shall be the Championship Team and a medal will be awarded to each member of the team.*

TO BE ELIGIBLE FOR CHAMPIONSHIP AWARDS, RIDERS MUST BE VTTA MEMBERS AT THE CLOSING DATE FOR ENTRIES (VTTA REGULATION 3.4.2)

OTHER AWARDS

Fastest overall open/woman: £20 each **Fastest overall road bike open/woman:** £20 each

With exception to group/team awards, one rider, one prize

PLEASE ENSURE YOU HAVE A WORKING FRONT AND REAR LIGHT

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

IF YOU ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 THEN PLEASE DO NOT COME TO THIS EVENT. LUNGS ARE FOR LIFE, NOT JUST FOR TIME TRIALLING

1. Event HQ

Boxford Village Hall is the event HQ. There will be toilet facilities available.



We are very lucky that the farmer in the field adjacent to the hall has kindly agreed to move his sheep so we can use it for parking. Please park as the parking in the hall will be for officials and disabled permit holders only.

2. Sign-On

Sign-on will be open from 07:10 onwards. Please remember to sign in AND out in order for your result to stand.

If you will not be attending then please let us know by messaging the organiser, Rachael Elliott, on 07931 722817.

3. Course Detail

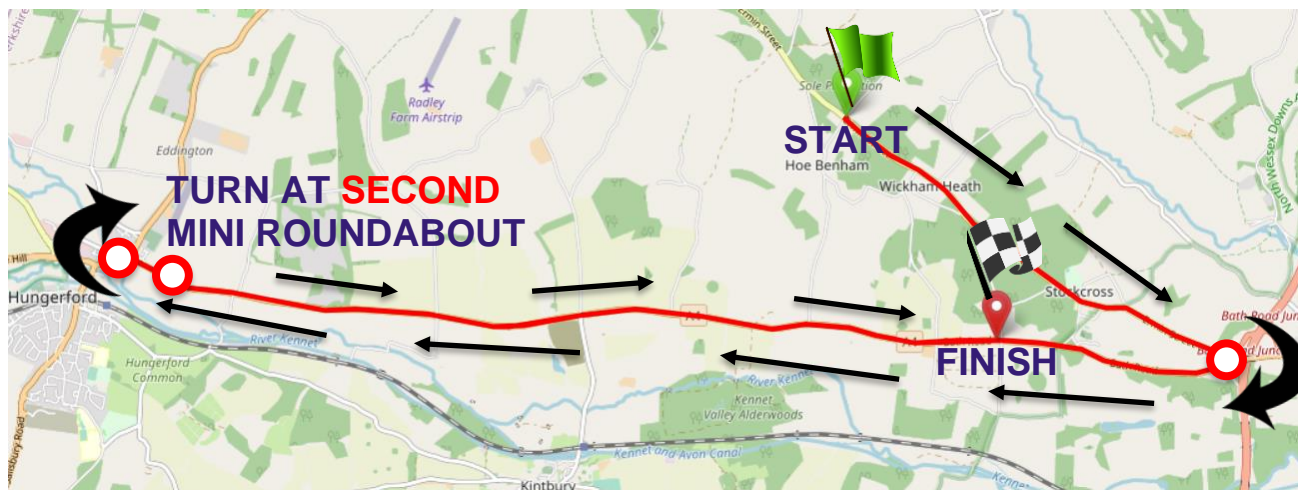
Description	Distance
START on the B4000 at the junction of the High Street, Hoe Benham.	0.000
Proceed south-eastward on the B4000 to the roundabout at the junction with the A4	
Take the 3rd exit at the roundabout to join the A4 westbound, toward Hungerford.	2.750
Proceed westward to the mini-roundabout at the junction with the A338.	9.500
Continue along the A4 to the Charnham Park roundabout.	9.600
Circle the roundabout to take the 3rd exit and retrace on the A4 eastbound	9.700
Continue eastbound on the A4 to the mini-roundabout at the junction with the A338	
Continue eastbound on the A4 eastbound (CARE with approaching traffic crossing the A4 onto the A338 and traffic emerging from the A338 onto the A4) to a point approaching Gravel Hill at the London 50-mile post where FINISH	15.000

Please take care approaching the turn (the SECOND mini-roundabout) at Hungerford as this will be the busiest section for traffic (when we say busy, there may be a couple of cars at the roundabout). Anyone seen flaunting traffic regulations at this point will be **reported by marshals** which could **result in a DQ and a report to the London West District Committee**.

Strava segment: <https://www.strava.com/segments/25734856>

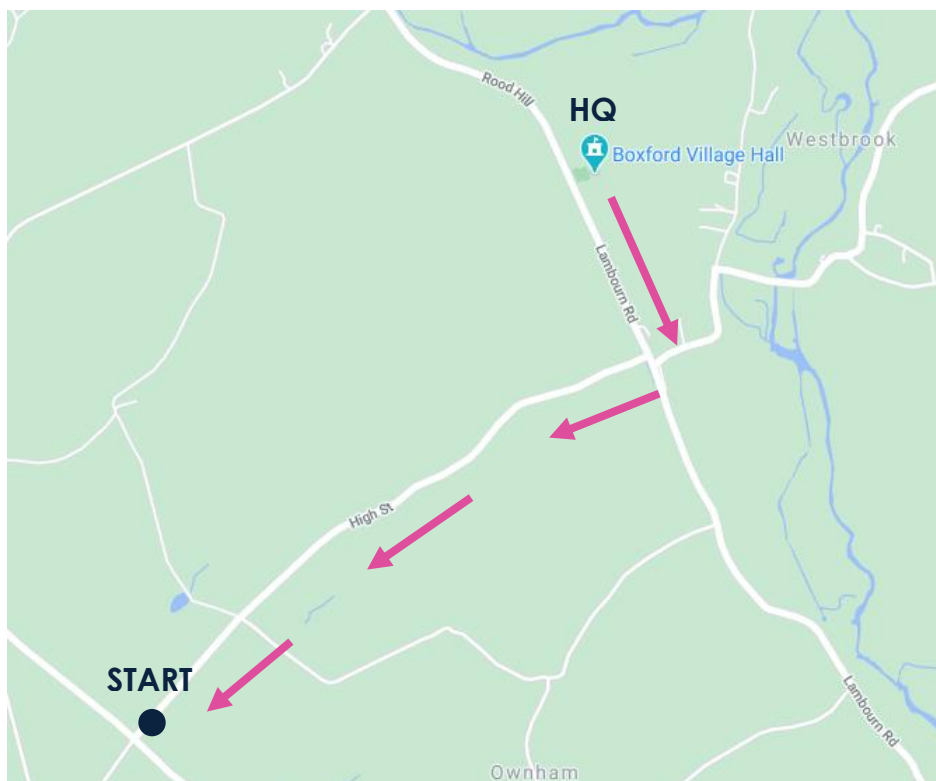
Streetview Start: <https://goo.gl/maps/twTxk5DRmSBbE3dv6>

Streetview finish: <https://goo.gl/maps/oVes4UNhwhDMXoeP6>



4. Getting to the start

Please allow **10 minutes** to ride to the start. It's only 1.3 miles, but it's up a hill! Turn left out of HQ and follow the road down to the crossroads in Boxford. Turn right at the crossroads and climb the hill to the start (it's called "High Street" but it is just a country lane. No Matalan here I'm afraid). The start is at the end of this road at the T-junction to the B4000.



5. Race Protocol

Riders are not permitted to ride on course with a number on their back. There are plenty of other roads where warm up is possible without riding on the course (we suggest the Lambourn Road, and it's a lot prettier, too). Please be mindful of racers when arriving by bicycle.

You will be checked at the start that you have your number attached correctly,

are wearing a helmet and have a **working front AND rear light**. **If any of these are missing you will not be permitted to race**. 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.

6. Race Results

Race results will be available at HQ and immediately on Resultsheet, and will remain provisional until verified by the official timekeepers.

7. Refreshments

There will be plenty of cake & coffee available at HQ. Please donate generously as all proceeds go into funding the club's **children's coaching programme**.

8. Start List

Appendix A is the rider list with the number assigned to you. This is the number that must be collected from the HQ upon arrival. Please do not swap numbers: your emergency contact details are assigned to this number and we really don't want to be phoning the wrong person in case of an emergency. If you are unable to attend, DO NOT swap your name with someone else.

9. Vehicles on course

Time trialling under CTT regulations is unsupported. Riders must not be followed for any reason while racing. Any rider suspected of this will be DQ'd and reported to the CTT. This practice/so-called layby hopping is dangerous for other participants and a nuisance to traffic and will not be permitted under any circumstances.

10. Prize ceremony

There will be a prize ceremony after the conclusion of the event. Please do stay around to congratulate your fellow riders.

When you are warming up and going to the start, PLEASE take care with other pedestrians/cars in the village and be polite and courteous at all times. Another race received some complaints last year, and we have been instructed to ask riders to ride with due care and attention.

Ride strong, ride fast, RIDE SAFE.

Start List

TANDEMS								
#	Start	Name	Club	Group	Bike	Cat	Age	AAT*
1	08:01	Norman Harvey	Sotonia CC	Wessex	Trike	Vet	91	13:34
		Mary Corbett	Sotonia CC			Vet	67	
2	08:02	Murray Kirton	A5 Rangers CC	Midlands	TT	Vet	83	10:38
		David Stockley	A5 Rangers CC			Vet	84	
3	08:03	David Shannon	Islington Cycling Club	London & HC	TT	Vet	60	1:58
		Richard May	Islington Cycling Club			Vet	53	
4	08:04	Rachael Elliott	Newbury Velo	London & HC	TT	Para B2	46	3:13
		Ian Greenstreet	Newbury Velo			Vet	60	

SOLOS								
#	Start	Name	Club		Bike	Cat	Age	AAT*
5	08:05	Mark Vowells	San Fairy Ann CC	Kent	Trike	Vet	71	9:03
6	08:06	Jymmy Trevor	City RC (Hull)	Yorkshire	Trike	Vet	52	4:13
7	08:07	Peter Wilson	Bath CC	West	TT	Vet	90	15:22
8	08:08	Karl Corpez	Charlottesville CC	Surrey/Sussex	Road	Vet	58	2:17
9	08:09	David Steel	Hereford & Dist Whs CC	Midlands	TT	Vet	77	7:54
10	08:10	Vernon Schutte	Farnborough & C'y CC	Wessex	Road	Vet	70	5:21
11	08:11	Robin Johnson	Brighton Mitre CC	Surrey/Sussex	TT	Vet	76	7:30
12	08:12	Robert Hutchinson	Bristol South CC	West	Road	Vet	71	5:40
13	08:13	David Hanson	North Cotswold CC	London & HC	TT	Vet	73	6:21
14	08:14	Lewis Lawton	Swindon Road Club	Wessex	TT	Vet	72	6:00
15	08:15	Jerry Cooper	Wightlink W'ht M'tain RT	Wessex	Road	Vet	62	3:09

#	Start	Name	Club		Bike	Cat	Age	AAT*
16	08:16	Gordon Scott	CC Weymouth	West	TT	Vet	63	3:24
17	08:17	Mark Malin	Ambion Racing Team	Notts & E Mids	Road	Vet	65	3:54
18	08:18	Jeff King	Oxonian CC	London & HC	TT	Vet	70	5:21
19	08:19	Michael Spencer	Swindon Wheelers		Road	Vet	41	0:03
20	08:20	Phillip Stacey	Didcot Phoenix CC		Road	Vet	40	0:00
21	08:21	Malcolm Moore	Ambion Racing Team		Road	Vet	71	5:40
22	08:22	John Hargreaves	Swindon Wheelers	Wessex	Road	Vet	61	2:56
23	08:23	David Welling	Farnham RC	Wessex	TT	Vet	70	5:21
24	08:24	Francis Treanor	Amersham Road CC	London & HC	TT	Vet	57	2:06
25	08:25	Patrick Miles	Verulam CC		TT	Vet	70	5:21
26	08:26	Aaron Tayler	Swindon Wheelers		Road	Vet	49	0:50
27	08:27	Andrew Payne	Maidenhead & Dist CC		TT	Vet	63	3:24
28	08:28	Paul Rogoll	PDQ Cycle Coaching	West	TT	Vet	68	4:44
29	08:29	Gary Chiverton	Bournemouth J'lee Whs	Wessex	TT	Vet	63	3:24
30	08:30	Michael Lythgoe	Kenilworth Wheelers	Midlands	TT	Vet	74	6:43
31	08:31	Neil Druce	Didcot Phoenix CC		TT	Vet	57	2:06
32	08:32	Amanda Simpson	Portsmouth Triathletes		TT	Vet	64	7:11
33	08:33	M-J Hutchinson	Bristol South CC	West	Road	Vet	67	8:33
34	08:34	Pippa O'Brien	RT PODA	London & HC	TT	Vet	63	6:48
35	08:35	Rachel Green	Cheltenham & CCC	West	TT	Vet	62	6:28
36	08:36	Michelle McGuinness	Didcot Phoenix CC	London & HC	TT	Vet	52	4:26
37	08:37	Sue Smith	Swindon Wheelers	Wessex	TT	Vet	54	4:41
38	08:38	Lucia Borradaile	CC Weymouth	Wessex	TT	Vet	66	8:03
39	08:39	Marianne Day	Swindon Wheelers		TT	Vet	40	3:47
40	08:40	Gillian Reynolds	Willesden CC	London & HC	TT	Vet	75	11:47
41	08:41	Emma McDermott	Oxonian CC	London & HC	TT	Vet	46	4:00

#	Start	Name	Club		Bike	Cat	Age	AAT*
42	08:42	Jen Clegg	Team Bottrill	Notts & E Mids	TT	Vet	70	9:49
43	08:43	Jo Wilkie	Cheltenham & CCC	Midlands	TT	Vet	46	4:00
44	08:44	Susan Semple	Legato Racing Team	Midlands	TT	Vet	58	5:23
45	08:45	Helen Roby	Ride Revolution C'ching	London & HC	Road	Vet	57	5:10
46	08:46	Kirsty McSeveney	...a3crg	Wessex	TT	Vet	43	3:53
47	08:47	Jo Spencer	Swindon Wheelers	Wessex	TT	Vet	40	3:47
48	08:48	Sarah Matthews	...a3crg	Wessex	TT	Vet	64	7:11
49	08:49	Melanie Sneddon	TORQ Performance		TT	Vet	48	4:06
50	08:50	Linda Dewhurst	Ride Revolution C'ching	London & HC	TT	Vet	65	7:36
51	08:51	Cliff Voller	VTTA West Group	West	TT	Vet	73	6:21
52	08:52	Alastair Semple	Legato Racing Team	Midlands	TT	Vet	56	1:55
53	08:53	David England	Crabwood CC	Wessex	TT	Vet	81	9:44
54	08:54	Gary Roy Evans	Surrey CC		Road	Vet	61	2:56
55	08:55	Gavin Mitchell	Twickenham CC		TT	Senior	32	
56	08:56	John Tracey	Ambion Racing Team	Midlands	TT	Vet	49	0:50
57	08:57	Peter Tomlin	North Hampshire RC	Wessex	TT	Vet	67	4:26
58	08:58	Ben Parker	Swindon Wheelers		Road	Vet	49	0:50
59	08:59	Rob Vessey	...a3crg	Wessex	TT	Vet	61	2:56
60	09:00	Robert Gilmour	Hounslow & Dist Whs	London & HC	TT	Vet	73	6:21
61	09:01	Robin Kirk	VC Godalming & H're		Road	Vet	46	0:29
62	09:02	Angus MacInnes	Charlotteville CC	Surrey/Sussex	TT	Vet	59	2:30
63	09:03	Christopher Davis	Giant CC Halo Films	West	Road	Vet	69	5:02
64	09:04	Stephen Parfitt	Oxonian CC		TT	Vet	64	3:38
65	09:05	Stu Carver	North Hampshire RC	Wessex	TT	Vet	59	2:30
66	09:06	Steven Loraine	Legato Racing Team	Midlands	TT	Vet	68	4:44
67	09:07	Martin Stanley	Didcot Phoenix CC	London & HC	TT	Vet	50	0:58

#	Start	Name	Club		Bike	Cat	Age	AAT*
68	09:08	Alan Allcock	Newbury RC	London & HC	TT	Vet	69	5:02
69	09:09	Paul Winchcombe	Chippenham & Dist Whs	West	TT	Vet	64	3:38
70	09:10	Jake Prior	Velo Club St Raphael	Wessex	TT	Vet	61	2:56
71	09:11	Daryl Stroud	Gloucester City CC	West	TT	Vet	60	2:42
72	09:12	Sean Quinn	Law Wheelers	Scotland	TT	Vet	51	1:06
73	09:13	Issy Zimmerman	Regents Park Rouleurs	London & HC	TT	Vet	57	2:06
74	09:14	Rob Muzio	Team Ohten Avas	Notts & E Mids	TT	Vet	59	2:30
75	09:15	Simon Dighton	Beacon Roads CC	Midlands	TT	Vet	61	2:56
76	09:16	Dave Nolan	trainSharp	Yorkshire	TT	Vet	51	1:06
77	09:17	John Lacey	Hemel Hempstead CC	London & HC	TT	Vet	60	2:42
78	09:18	Simon Horsley	Legato Racing Team	N Lancs & L	TT	Vet	60	2:42
79	09:19	Neil White	Ambion Racing Team	Notts & E Mids	TT	Vet	56	1:55
80	09:20	Paul Smith	VeloRefined Rule 5	Kent	TT	Vet	52	1:15
81	09:21	Vincent Douglas	Gloucester City CC	West	TT	Vet	54	1:34
82	09:22	Joseph Costello	Legato Racing Team	Midlands	TT	Vet	65	3:54
83	09:23	Nick James	Aerologic RT	East Anglia	TT	Vet	50	0:58
84	09:24	Chris Dyason	Cambridge CC	East Anglia	TT	Vet	76	7:30
85	09:25	Gary Paddon	Swindon Wheelers		Road	Senior	37	
86	09:26	Adam Wells	Rockingham Forest Whs		TT	Senior	33	
87	09:27	Kenneth Brown	Newbury RC		TT	Vet	43	0:12
88	09:28	Gareth Williams	Twickenham CC	London & HC	TT	Vet	58	2:17
89	09:29	Stu Wright	API/Anglia Sport	Notts & E Mids	TT	Vet	56	1:55
90	09:30	Andrew Simpkins	Team Echelon	Midlands	TT	Vet	70	5:21
91	09:31	Chris Fowler	Ride Revolution C'ching		TT	Vet	42	0:07
92	09:32	Mark Hamer	Legato Racing Team	Midlands	TT	Vet	49	0:50
93	09:33	Ed Moss	Beacon Roads CC	Midlands	TT	Vet	54	1:34

#	Start	Name	Club		Bike	Cat	Age	AAT*
94	09:34	Mark Bradley	Bristol South CC	West	TT	Vet	59	2:30
95	09:35	Harry Nolan	trainSharp		TT	Senior	23	
96	09:36	Peter Younghusband	Petersfield Tri Club	Wessex	TT	Vet	59	2:30
97	09:37	Charles Langford	Southend Wheelers		TT	Youth	15	
98	09:38	Keith Dorling	Team Bottrill	East Anglia	TT	Vet	65	3:54
99	09:39	Tom Quinlan	FTP Race Team		TT	Senior	24	
100	09:40	Andrew Meilak	VeloRefined Rule 5	Kent	TT	Vet	58	2:17
101	09:41	Mike Twelves	Team Ohten Aveas	Notts & E Mids	TT	Vet	60	2:42
102	09:42	David Glossy	Elysium Kalas RT	London & HC	TT	Vet	51	1:06
103	09:43	Steven Cottington	Bath CC	West	TT	Vet	62	3:09
104	09:44	Tony Chapman	Frome and Dist Whs	West	TT	Vet	52	1:15
105	09:45	Nik Allen	Team TMC	Surrey/Sussex	TT	Vet	53	1:24
106	09:46	Peter Main	34 Nomads CC	East Anglia	TT	Vet	59	2:30
107	09:47	Paul Jones	Primera-Teamjobs	Wessex	TT	Vet	53	1:24
108	09:48	Max Webber	Andover Wheelers		TT	Senior	32	
109	09:49	Stuart Hourigan	VeloRefined Rule 5	Kent	TT	Vet	48	0:42
110	09:50	Simon Smart	DRAG2ZERO	Midlands	TT	Vet	55	1:44
111	09:51	Cris Coxon	Brighton Mitre CC	Surrey/Sussex	TT	Vet	47	0:35
112	09:52	Kevin Tye	VeloRefined Rule 5	Kent	TT	Vet	62	3:09
113	09:53	Neil Mackley	...a3crg	Wessex	TT	Vet	61	2:56
114	09:54	Andy Critchlow	Team Ohten Aveas	Surrey/Sussex	TT	Vet	50	0:58
115	09:55	Anthony Turner	Mickey Cranks CC	London & HC	TT	Vet	54	1:34
116	09:56	Richard Oakes	Team Ohten Aveas	Notts & E Mids	TT	Vet	55	1:44

* 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.

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.

Road bike prizes will only be awarded to those riding bikes conforming to current CTT rules:

- The road bike can possess drop or straight handlebars
- No tri-bars, clip-on bars or Spinacci bars are allowed
- No disc wheels
- Both front & rear wheels must have at least 12 spokes each
- The maximum rim depth allowed is 90mm

PLEASE STAY AROUND AFTER THE EVENT HAS FINISHED FOR AN AWARDS CEREMONY – THERE IS PLENTY OF CAKE TO ENJOY!

ALL COFFEE AND CAKE DONATIONS WILL DIRECTLY GO TOWARDS FUNDING OUR CHILDREN'S COACHING PROGRAMME



NEWBURY VELO

- Organised group rides with competent, qualified, 1st aid trained and DBS checked ride leaders. Road and off-road opportunities available.
- Organised coaching sessions by British Cycling qualified coaches from specialist beginner coaching, ladies' specific, youth and race/track sessions.
- Frequent velodrome trips for all levels from those that have never ridden velodrome to national track champions.
- Participate in team events in local sportives, time trials and online with Zwift.
- Opportunities to volunteer for national events, coaching and racing. Training offered where appropriate.
- Members only social events. Virtual cycling, BBQs, awards evening, and more...
- Off-bike workshops. Bike maintenance, nutrition presentations.
- Access to member exclusive benefits. Discounts at local businesses, Zwift virtual cycling club kit, discounted custom club kit from Kalas.
- Members' only Facebook and Strava groups where members can share achievements, goals, general banter & support from a wealth of experience from all walks of cycling.
- Help and advice on things to consider when commuting.
- Family-friendly club with rides and events for all the family.
- Activities just for the kids! Children of up to 7 can join as a 'Velomite' and children of 8-15 can take out junior membership. Activities for tiny tots on balance bikes all the way up racing activities for children with a competitive streak.
- Get commuting savvy! Hints and tips to make commuting by bike easy and accessible, from 'what to do if you get a puncture' through to 'choosing the best women's saddle for commuting'.

BUT MORE THAN THIS, IT'S A PLACE FOR EVERYONE WHO ENJOYS THEIR CYCLING

FOR MORE INFORMATION OR TO JOIN

email: info@newburyvelo.cc

or visit: www.newburyvelo.cc

www.facebook.com/newburyvelo



Veterans Time Trials Association

Competitive Cycling for Life

OVER 40? KEEP ON TIME TRIALLING!



If you are over 40 and
into time trialling,
then the VTTA is for you

VTTA age adjusted racing
provides equal competition
and brings out your best

- We have members spread across 16 regional groups, providing **UK wide activity**.
- All VTTA events and competitions use our **age adjustments system**, which compensates for age and gender so women and men from 40 to 90+ can compete equally.
- We promote about 100 time trial events a year, including eight **national championships**.
- We run **season long national competitions** over a range of distances.
- We offer indoor smart trainer competition with our **age adjusted Zwift time trial series**.
- We recognise the increasing popularity of **road bikes** in our events and competitions.
- Our **regional groups** also offer competitions, awards and social activities for their own members.
- Riders can also compete 'against themselves' in **individual challenges** called 'Standards', in which your performance is compared against previous seasons.
- We also manage national and group **age records** for men and women at the different time trial distances and on indoor and outdoor velodromes.
- Members receive our quarterly **magazine 'The Veteran'** and our annual **handbook**.

Membership fees vary by group but are typically about £20.

Most VTTA members also retain membership of their cycling club, but you can join and race for us as your main club if you wish.

JOIN
US...



You can find out more and join
any VTTA Group online at:
www.vtta.org.uk

