



Hemel Hempstead Cycling Club

10-mile time trial

Saturday 17 June 2023, 2pm start

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

Organiser:

Paul Thomson
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Hemel Hempstead
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Time Keepers:

John Pick (start) & Annette Lacey (Finish)

Headquarters (open from 1pm):

Aston Clinton School (*The Clock School building only*)
Twitchell Lane
Aston Clinton
Bucks HP22 5JJ
(*the HQ is approx 2 miles from start – see map below*)

Please take time to read ALL of these details and instructions! It is all important!

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

Start on southbound sliproad to A41 on the Western Tring junction approx approx 40 yards from the start of the slip road. Proceed along A41 to come off **at first** sliproad (Eastern Tring junction) to
Turn (approx 2.0 miles) by taking **4th exit** out of RAB and **under** the A41, going around 2nd RAB to take 2nd exit back onto the A41 westbound and continue past all junctions to RAB at end of Aston Clinton by-pass to
Turn (7.87 miles) by taking 3rd exit out of RAB back along the by-pass, again ignoring College Road junction to
Finish on Buckland **sliproad** 16 yards sth-east of manhole cover on grass verge, about 83 yards nth-west of (i.e. before) separation of slip road and main carriageway, also about 450 yards nth-west of the B489 overbridge.

The finish of the course is in the slip road. All riders must enter the sliproad in the first 10 meters and ride within 2 metres of the white line marking the left edge of the carriageway of the slip road. Failure to do this will lead to at least a DNF or you risk disqualification or worse.

*Take note of the fact the first turn comes up a lot quicker than you might expect in a 10... it is in sight in the first 2 minutes of starting! **Make sure you take the very first slip road you come to, the next one is a good 6 or 7 miles further and up some big climbs!***

Also please note that due to the nature of the sliproad and the fact it is on a clearway there is every likelihood there will NOT be a marshal to ensure you take this sliproad to the turn. It is your responsibility to ensure you know the course (study the map below).

COVID PRECAUTIONS (yes it is still around!)– PLEASE TAKE CAREFUL NOTE The following precautions have been introduced to protect yourself and members of Hemel Hempstead CC

- Only attend the event if you are riding – no supporters or helpers (under 18's can bring 1 guardian/parent, but they must stay in the car in the car park when you are riding)
- You should not attend or ride the event if you feel ill in any way or if a family member has any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- You should not leave any personal items with the timekeeper. It will be left there if you do!
- Numbers will be available at the HQ where you will sign on. Please maintain social distance whilst waiting to collect your number and sign on and at the start and when returning your number. Bring your own pen.

*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.** Do NOT obstruct other road users or driveways outside the school or elsewhere.*

You must sign on in advance of your start at the headquarters where you pick up your number and receive any last minute instructions or warnings. Please note that you MUST return in person to sign out after your ride. Failure to sign out will result in a DNF being recorded for your time. Please return number after your ride when signing out. **DO NOT** fold numbers at all (if your pocket is too small then that's your problem as the numbers are regulation size – pin it instead). **DO NOT** use sticky tape (or other sticking methods) to secure the numbers at all. **All under 18 MUST complete and bring with them a parental consent form and leave it at signing on when collecting your number.**

Please keep your head up at all times. At roundabouts the traffic coming from the right has priority over you, so please give way. In particular the first one at the bottom of the off sliproad does not have good line of sight for traffic coming from the right so please take great care here.

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

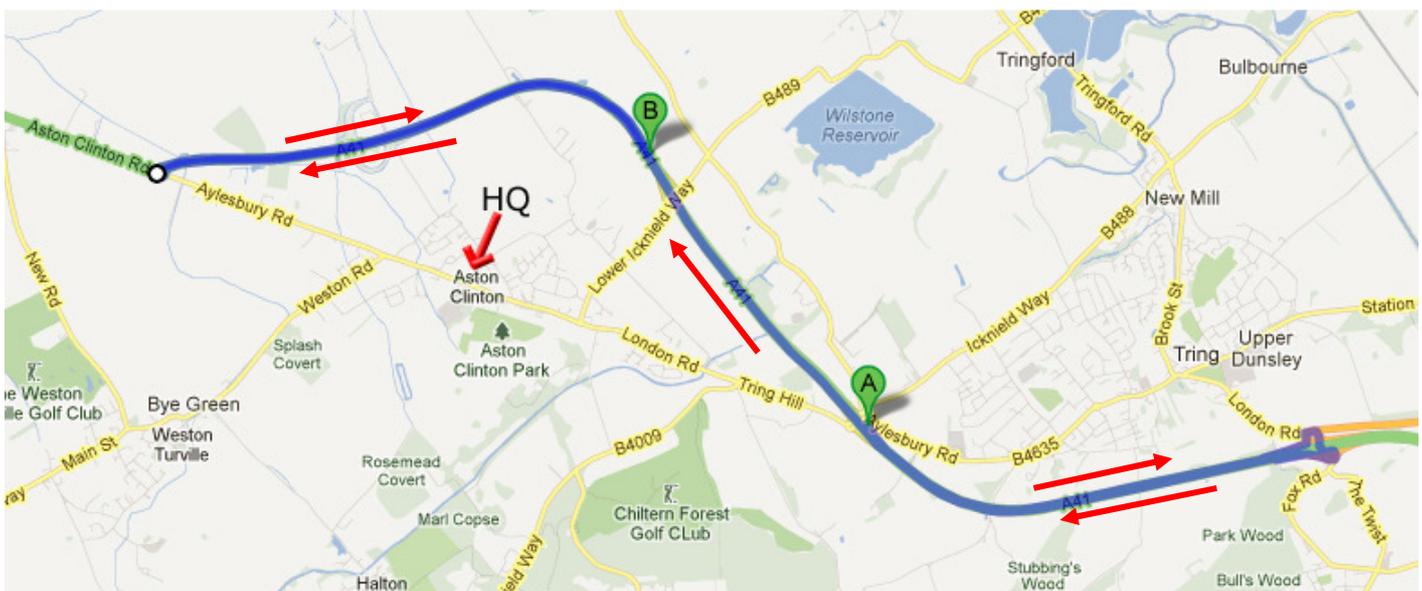
Safety – not your performance – is your first priority

Prizes:

Fastest	£80	Fastest woman	£80	Fastest junior	£40
2	£60	2	£60	Team of 3	£75
3	£50	3	£50	2nd team	£60
4	£40	4	£40		
5	£30	5	£30		
6	£20	6	£20	No women's team	
7	£15	7	£15	awarded as only 1	
8	£15	8	£15	team entered. No	
9	£10	9	£10	junior women entered.	
10	£10	10	£10		

There will be a prize presentation after the event. If you think you have won a prize then please wait for this and applaud all the award winners.

Map of course <https://www.cyclingtimetrials.org.uk/course-details/f11-10> (click and zoom in to see details – 1st turn for example)



Map above shows **A** as the start point, where you go south east then east to turn and then return all the way to the end of the bypass where again turn to finish at point **B**

This is the first turn. Make yourself familiar with it. Looks complicated but it isn't really – go around the RAB at the bottom of sliproad and **go under the bridge** and around the 2nd RAB to take the sliproad going westbound. Easy. But be careful at the bottom of the off sliproad as you cannot see to the right for oncoming traffic.



HQ to start route (blue route A to B) – please note that over half of this 2 miles is uphill so allow at least 10-15 minutes to get to the start from the HQ





This is important – please note! The finish of the course is on the sliproad – and NOT on the main carriageway.

You MUST move into the sliproad at the finish at the earliest opportunity (within 10 yards) and you MUST stay to the left side of the sliproad – within 2 yards of the left side lane marker (unless you happen to overtake a rider coming into the finish) and you should continue after the finish up the rest of the sliproad (you may make use of the hard shoulder to prevent holding up any traffic).

If you stay on the main carriageway after the first 10 yards of the sliproad you WILL be classed as DNF and if you then make a (potentially dangerous) move to come into the sliproad before or after the finish then you WILL be put as DQ and could be reported to the District for further disciplinary action (and that could be a ban from all cycle racing). That is if you survive... as several riders have nearly been hit by cars already in the sliproad as the cyclist moves across in front of them! It is for this last reason that this rule has been put in place and is very strictly enforced. **In the image above if you take any part of the Yellow route – then DNF or likely DQ**

No event runs completely smoothly, and I will apologise in advance if anything does go wayward, but if you can think of any improvements, then please let me know.

Paul

Rider start order

Number	Name	Club	category	start time
1	Sajjad Meghjee	Kenton RC	C4	14:01
2	Martin Simmons	CC Breckland	C3	14:02
3	John Lacey	Hemel Hempstead CC		14:03
4	Matt Steel	Pronto Bikes		14:04
5	Louis Tate-Harris	Bedfordshire Road RT		14:05
6	Joe Schwartz	Team Swindon Cycles		14:06
7	David Butt	CC Weymouth		14:07
8	Gary Grayland	CC Bexley		14:08
9	Vincent Douglas	Gloucester City CC		14:09
10	Martin Lines	Team Echelon		14:10
11	Richard May	Islington CC		14:11
12	Alexander Speirs	TAAP Endura		14:12
13	Rob Fletcher	Equipe Velo		14:13
14	Grant Bateman	Amersham Road CC		14:14
15	Tim Butler	Gloucester City CC		14:15
16	Stan Nwaka	Verulam Really Moving		14:16
17	Larry Wiltshire	Chichester City Riders		14:17
18	Matthew Reader	Verulam CC		14:18
19	Gary Pamment	CC Sudbury		14:19
20	Simon Dighton	Beacon Roads CC		14:20
21	Howard Waller	Python RT		14:21
22	Paul Blamire	Amersham Road CC		14:22
23	Neil White	Ambion RT		14:23
24	Peter Oliver	ZeroBC RT		14:24
25	Oliver Baylin	www.giant-helston.co.uk		14:25
26	Jymmy Trevor	City RC (Hull)		14:26
27	Chris Ford	High Wycombe CC		14:27
28	Paul McDaid	Southborough & Dist. Whs		14:28
29	Jeff Roberts	High Wycombe CC		14:29
30	Peter Main	34 Nomads CC		14:30
31	Craig Chappell	API/Anglia Sport		14:31
32	Michael Wills	Team Lutterworth Cycle Centre		14:32
33	Tim Radley	Gloucester City CC		14:33
34	Karl Norris	360VRT		14:34
35	Max Belcher	Banbury Star Cyclists' Club		14:35
36	James Harris	Catford CC Ltd		14:36
37	Philip Wilkinson	Rockingham Forest Whrs		14:37
38	Matthew Bond	Kenton RC		14:38
39	Andrew Derrick	Portishead CC		14:39
40	Alastair Semple	Legato RT (LRT)		14:40
41	Glenn Taylor	Shorter Rochford RT		14:41
42	Andrew Halliday	Westerley CC		14:42
43	Martin Fisher	Melton Olympic CC		14:43
44	Issy Zimmerman	Regents Park Rouleurs		14:44
45	Martin Stanley	Droitwich CC		14:45
46	Tony Ball	Legato RT (LRT)		14:46
47	Andrew Martin	High Wycombe CC		14:47
48	Joseph Costello	Legato RT (LRT)		14:48
49	Wolfgang Emmerich	Team Bottrill		14:49

Number	Name	Club	category	start time
50	Gary Paddon	Swindon Whrs		14:50
51	Cliff Price	Metropolitan Police CC		14:51
52	Michael Bennett	Bicester Millennium CC		14:52
53	Alfie Salmon	Hart Performance Coaching		14:53
54	Josh Lovell	Banbury Star Cyclists' Club		14:54
55	Mark Woolford	ZeroBC RT		14:55
56	Rikky Hughes	Droitwich CC		14:56
57	Cormac Nisbet	High Wycombe CC	Junior	14:57
58	Colin Parkinson	South Western RC		14:58
59	Kenneth Brown	Newbury Velo		14:59
60	Chris Newman	Farnham RC		15:00
61	Luca Morrone	Onyx RT		15:01
62	Matthew Smith	Colour Tech RT		15:02
63	Dan Blake	ZeroBC RT		15:03
64	Steven Cottingham	Bath CC		15:04
65	James Percy	Mid Devon CC		15:05
66	Alistair Sponsel	VTTA (Midlands)		15:06
67	Simon Garrett	Team Echelon		15:07
68	Simon Cannings	Equipe Velo		15:08
69	Dan Blackburn	Epic Orange RT		15:09
70	Eddie Humphreys	Nottingham Clarion CC		15:10
71	Paul Schofield	Ely & District CC/B&T Motor Repairs		15:11
72	Iain Boardman	Dulwich Paragon CC		15:12
73	Simon Bowler	AS Test Team		15:13
74	Martin Reynolds	Cambridge CC		15:14
75	Brett Davis	DRAG2ZERO		15:15
76	Andrew Grant	Cambridge CC		15:16
77	Keith Lea	Paceline RT		15:17
78	Simon Adcook	Team Echelon		15:18
79	Michael O'Keeffe	London Dynamo		15:19
80	Adam Williams	St Neots CC		15:20
81	Richard Harrison	DRAG2ZERO		15:21
82	Peter Shaw	Bedfordshire Road RT		15:22
83	Sam Harding	Rugby Velo		15:23
84	Grant Orsborn	Bedfordshire Road RT		15:24
85	Stu Carver	North Hampshire RC		15:25
86	John Jones	Verulam Really Moving		15:26
87	Ross Clarke	TMG Horizon CT		15:27
88	Angus Stoneham	Beaconsfield CC	Junior	15:28
89	Graham Winstone	ZeroBC RT		15:29
90	Adam Fisher	Cambridge CC		15:30
91	Sean O'Sullivan	Hart Performance Coaching		15:31
92	Andy Tucker	Newbury Velo		15:32
93	Matthew Bagshawe	South Normanton C C		15:33
94	Stuart Supple	Sole Bay Cycle Sport		15:34
95	Dylan Sage	Evolution Racing Academy	Juvenile	15:35
96	Ed Moss	Beacon Roads CC		15:36
97	Paul Jones	Primera-Teamjobs		15:37
98	Paul Turton	Team Vision Racing - Silverhook		15:38
99	Nick Partridge	Sole Bay Cycle Sport		15:39
100	Gary Jones	Success Cycling		15:40

Number	Name	Club	category	start time
101	William Barr	Beacon Roads CC		15:41
102	Jeremy Redford	Army Cycling		15:42
103	Ken Buckley	BPC RT		15:43
104	Henry Farrell	Full Gas RT		15:44
105	Jason Bateman	Pendle Forest CC		15:45
106	Daniel Chambers	Bicester Millennium CC		15:46
107	Nick Dwyer	DRAG2ZERO		15:47
108	Simon Butteriss	Ely & District CC/B&T Motor Repairs		15:48
109	Nicholas Trbovic	Elysium Kalas RT		15:49
110	Edd Charlton-Weedy	Army Cycling		15:50
111	Oliver Bridgewood	Bath CC		15:51
112	Callum Start	Mid Devon CC		15:52
113	Nick Morgan	Hitchin Nomads CC		15:53
114	Jon Howard	Team Echelon		15:54
115	Mark Jones	DRAG2ZERO		15:55
116	Rob Graham	GTR - Return To Life p/b Streamline		15:56
117	Joshua Clark	Royal Navy & Royal Marines CA		15:57
118	Neil Mackley	...a3crg		15:58
119	Alastair Luxford	Full Gas RT		15:59
120	Keith Dorling	Team Bottrill		16:00
121	Lewis Wake	Team Kirkley Cycles		16:01
122	Matt Donovan	Bedfordshire Road RT		16:02
123	Finlay Tarling	Willebrord Wil Vooruit	Junior	16:03
153	Shaun Jarvis	St Neots CC		Reserve
154	Alex Leek	Wrekinsport CC		Reserve
155	Gareth Daniels	Icknield RC		Reserve
156	Lawrence Wintergold	Hounslow & District Whs		Reserve
157	Daryl Stroud	Gloucester City CC		Reserve
158	Martin O'Sullivan	Teddington and Turing Velo		Reserve
159	Roger Porter	Verulam CC		Reserve
160	Matt Plews	Welland Valley CC		Reserve
161	Simon Hunt	VéloElite RC		Reserve
162	John Watson	Hitchin Nomads CC		Reserve
163	David Prom	San Fairy Ann CC		Reserve
164	Andy Grant	Chelmer CC		Reserve
165	Michael Allen	Team Enable - M.I. Racing - McCann		Reserve
166	James Hunt	Oxonian CC		Reserve
167	Richard Jones	Amersham Road CC		Reserve

Women's event

Number	Name	Club	start time
124	Hannah Makins	Mickey Cranks CC	16:04
125	Jan Farmer	Serpentine Running Club	16:05
126	Jill Bartlett	Hounslow & Dist. Whs	16:06
127	Chantal Dyble	London Dynamo	16:07
128	Rosslyn Young	Serpentine Running Club	16:08
129	Rachel Green	Cheltenham & Co CC	16:09
130	Gillian Morgan	Westerley CC	16:10
131	Stephanie Cousins	QN Racing	16:11
132	Sally White	High Wycombe CC	16:12

Number	Name	Club	start time
133	Gillian Reynolds	Willesden CC	16:13
134	Arja Scarsbrook	Team Echelon	16:14
135	Susan Oldham	Bicester Millennium CC	16:15
136	Becca Lewin	BellaVelo CC	16:16
137	Elaine Simpson	Nottingham Clarion CC	16:17
138	Joy Payne	High Wycombe CC	16:18
139	Frances Lammyman	St Neots CC	16:19
140	Linda Dewhurst	Team Milton Keynes	16:20
141	Debbie Bradley	Peddlamaniacs CC	16:21
142	Deborah Beare	Icknield RC	16:22
143	Kirsty McSeveney	...a3crg	16:23
144	Lydia Watts	Hutchinson - Brother UK	16:24
145	Dena Ford	High Wycombe CC	16:25
146	Lauren Creamer	Velo Fixers	16:26
147	Kim Barfoot-Brace	Team Bottrill	16:27
148	Lisa Davis	DRAG2ZERO	16:28
149	Louise Robinson	Essex Roads CC	16:29
150	Anastasia Bowler	Wahoo Le Col	16:30
151	Laura Davies	Jadan Vive Le Velo	Reserve
152	Kate Allan	Team Bottrill	Reserve

No's 151 to 167 are reserves.

I hope to allocate the numbers and notify the riders concerned by Friday evening. Please look out for an email if you are a reserve.

Reserves will ride with the allocated number as above and be taken in the order listed.