



L&HC
10 Mile Time Trial
Wednesday 14 August 14:00
Course: H10/3r

The event is being run for and on behalf of Cycling Time Trials under their rules and regulations

Event Headquarters

Hungerford Cricket Club
Located within Hungerford Town Football Ground
War Memorial Ground
Bulpit Ln
Hungerford
RG17 0AX

Timekeepers: Bob Lyle (Newbury RC) and William Emons (Wessex VTTA)

Start and Finish Official – Philip Melville

Event Secretary: Claire Emons: 07733 272826

SIGN ON

It is compulsory for all riders to **sign on AND sign out**. Numbers will be available at the event headquarters at Hungerford Cricket Club which will be open from 12:00 noon.

There are toilet and changing facilities at the HQ please park considerately

ALL RIDERS MUST HAVE A WORKING FRONT AND REAR LIGHT AND A HARDSHELL HELMET – NO LIGHTS, NO HELMET NO RIDE

TO THE START

It is approximately 2.5 miles from the HQ to the start so please allow sufficient time. I have provided two routes with strava links – one is via the town centre (this will be signposted) and the other is via Hungerford Common (this will not be signposted) – if you are going to use the route via Hungerford Common please take extra care when crossing the A4. Please allow sufficient time to reach the start.

Routes from HQ to start and back to the HQ (see maps and strava links below).

If you would like to park closer to the start you may be able to find spaces on the road through the Charnham Industrial Estate (see map below) you may also warm up on the B4192

ROAD BIKE REGULATIONS

(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 & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

(b) Helmets used in Road Bike category events 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 (e.g., 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.).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars

AWARDS/PRIZES

Awards are made to VTTA members only.

VTTA Gold Medal – best on standard – men and women

VTTA Silver Medal – 2nd on standard – men and women

VTTA Bronze Medal – 3rd on standard – men and women

VTTA Gold Medal – fastest man and woman on actual time

VTTA Gold Medal – fastest man or woman on actual time on a road bike

VTTA Gold Medal – fastest tandem on standard

VTTA Gold Medal – fastest team of 3 on standard

Winners of the Gold Medal on standard will receive an invitation to the L&HC Annual Prizegiving Lunch

RESULTS AND REFRESHMENTS

Results will be available after the event via resultsheet or using the barcode located at the HQ.

There will be a selection of homemade cakes, tea and coffee available after the event these are free of charge but if you would like to make a donation then we are collecting on behalf of Thames Valley Air Ambulance

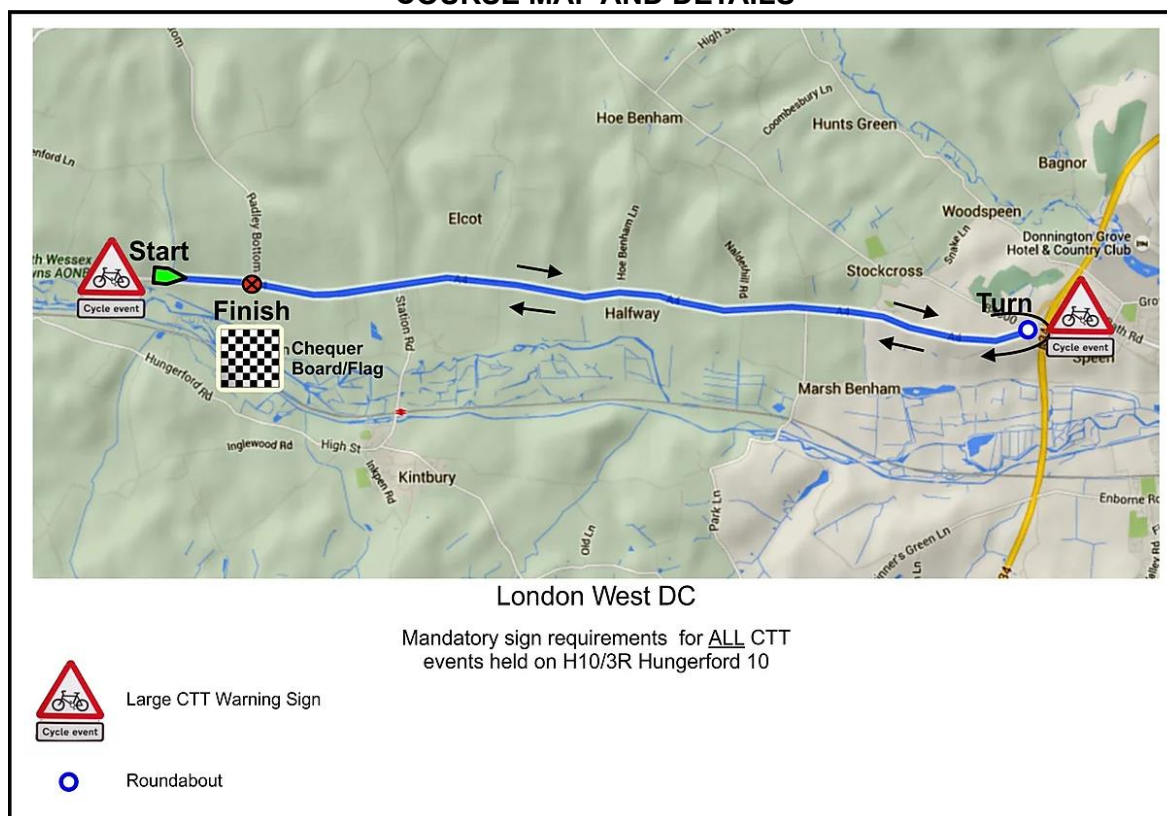
NOTES TO RIDERS

Please make sure you read the following

.1	Competitors should not attend if they feel ill in ANY way.
2	No riding with your head down, any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action. Have a fast, but safe ride. Always give priority to traffic from your right when negotiating roundabouts.
3	NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the CTT District Committee.

	No parking at either the start or the finish by any rider
4	No warming-up by competitors is allowed along any part of the designated course, after the event has started.
5	Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.
6	<i>Riders are required to both sign on and sign off. Failure to sign off will result in a rider being marked as DNF.</i>
7	When finishing, please do not return to the finishing area or communicate with the timekeepers
8	Riders are reminded that no competitor shall be allowed to start an event unless they are wearing a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard.
9	Riders are also reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light and affixed to the front of their machine a working front white light; lights to be illuminated, either flashing or constant, and in a position that is clearly visible to other road users.

COURSE MAP AND DETAILS



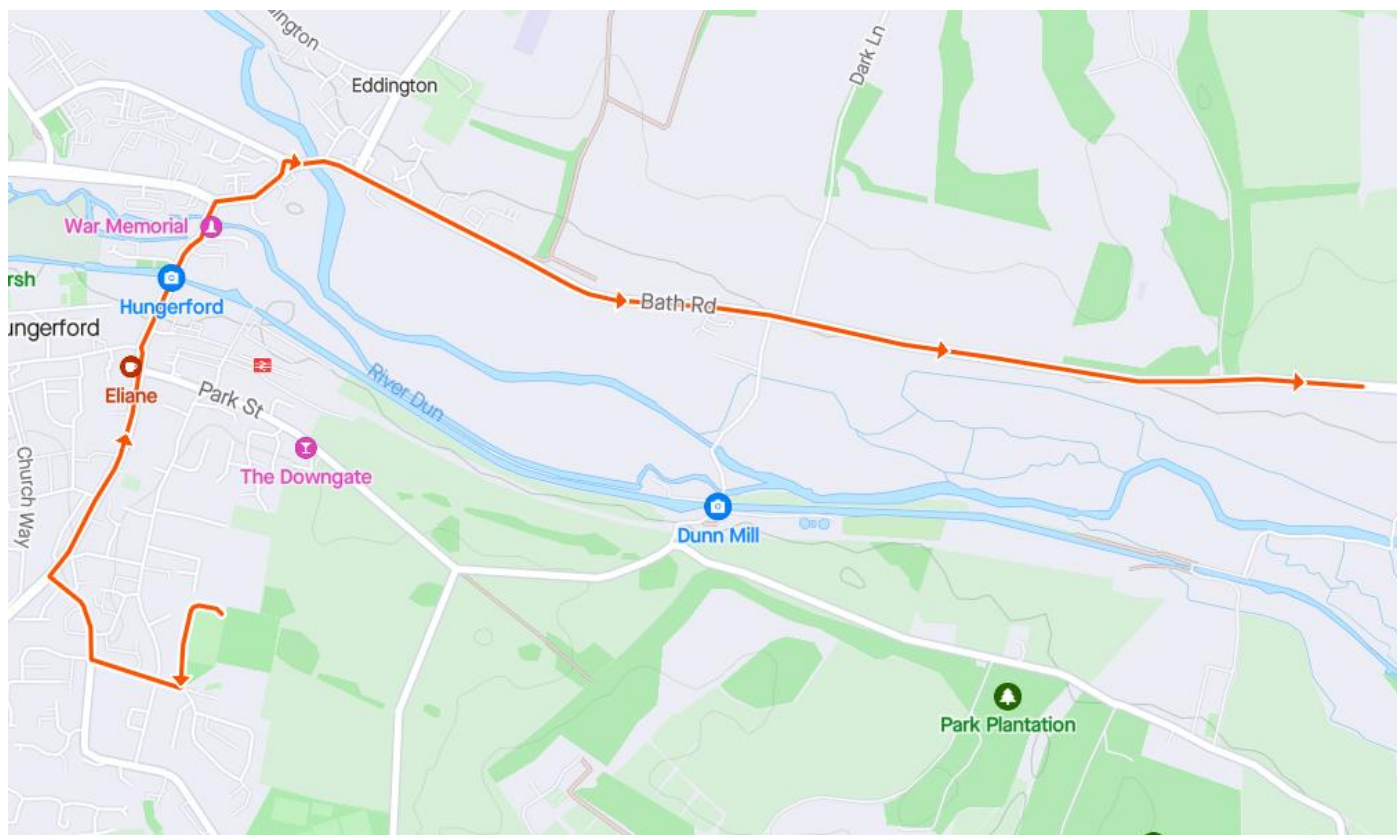
START on A4 approximately 2 miles east of Hungerford, and 258 yards east of entrance to former Norland College and 8 yards east of the eastern field gate post, SU366684.

Proceed east on A4 to first roundabout at the junction of A4 and B4000 - 5.3 miles Circle roundabout passing the 1st exit to B4000, the 2nd exit to A34 and the 3rd exit A4 (Newbury). Take 4th exit and retrace west on A4

FINISH at 7 yards after "P" sign at layby on south side of road 0.6 miles east of start at SU371684, approximately 50 yards west of junction with Radley Bottom road where finish 10.000 miles.

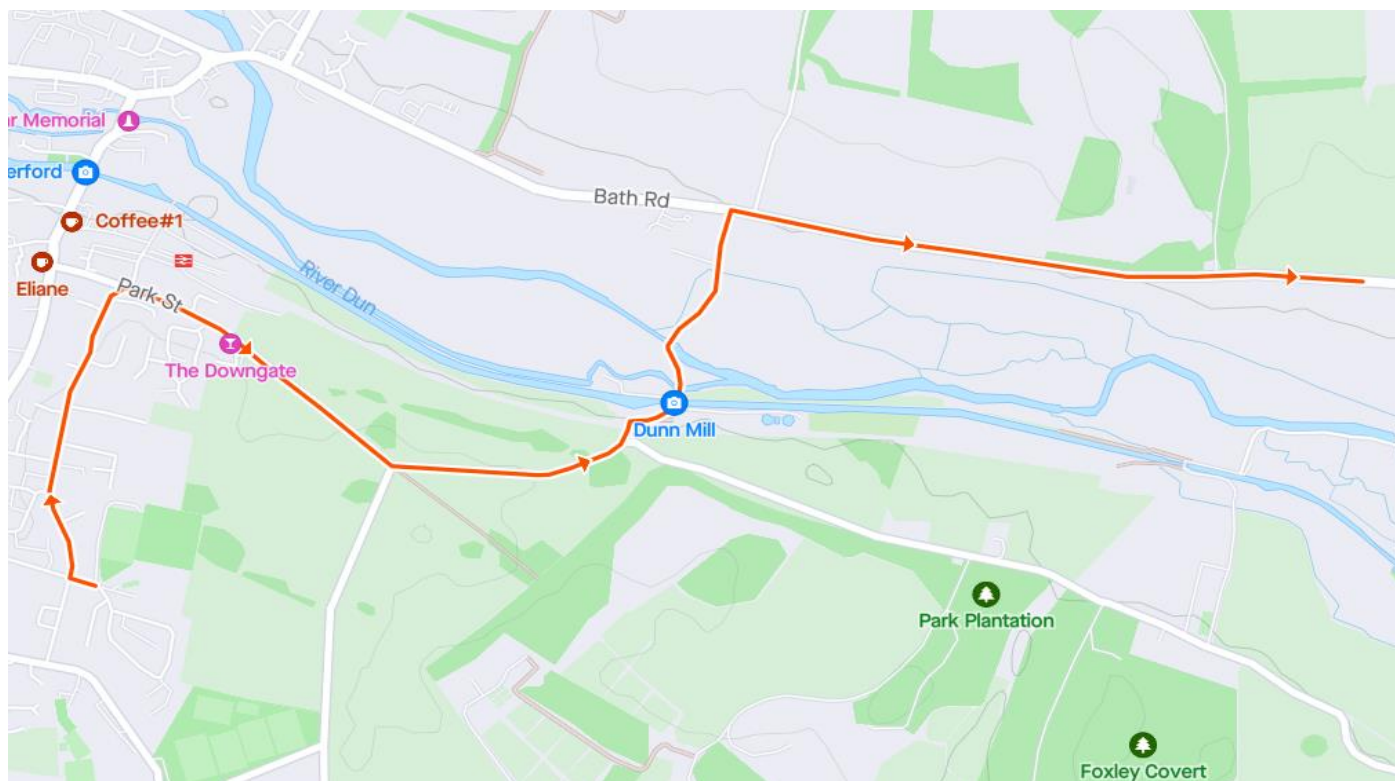
MAP AND STRAVA ROUTE TO THE START VIA THE TOWN CENTRE AND BACK TO THE HQ (THIS ROUTE WILL BE SIGNPOSTED) – please be aware that there will be traffic as this route takes you through the town centre and you should allow enough time to reach the start.

[HTTPS://WWW.STRAVA.COM/ROUTES/3124683756536372668](https://www.strava.com/routes/3124683756536372668)



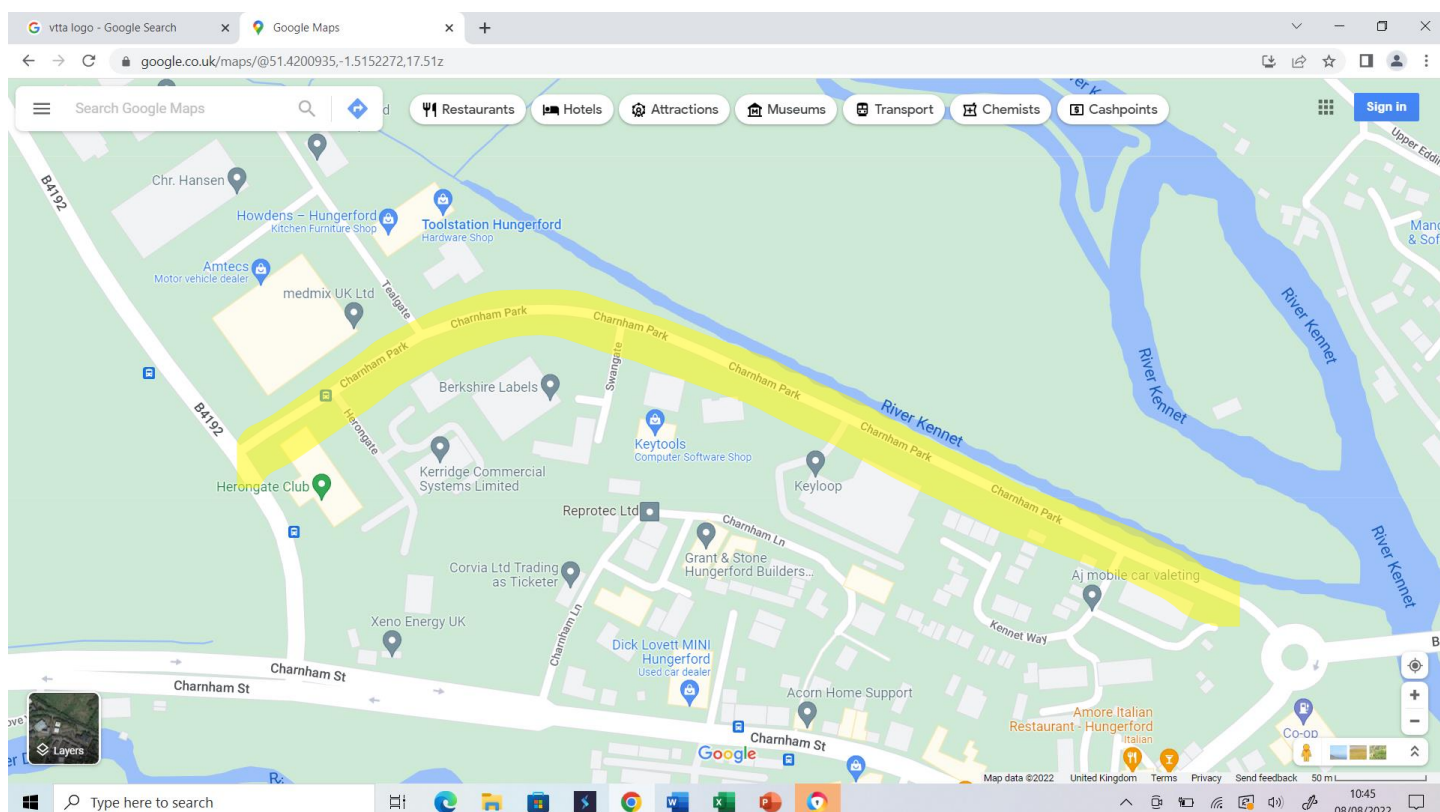
ALTERNATE STRAVA ROUTE (BELOW) TO THE START AND BACK TO THE HQ VIA HUNGERFORD COMMON – THIS ROUTE WILL NOT BE SIGNPOSTED AND CARE WILL NEED TO BE TAKEN WHEN CROSSING THE A4

<https://www.strava.com/routes/3124682914664711612>



ALTERNATIVE PARKING

For those of you that do not wish to ride from the HQ to the start you may be able to find alternative parking on the Charnham Park industrial estate (this is not guaranteed) please only park on Charnham Park (highlighted yellow) and not in any of the businesses or Herongate Club.



START SHEET

Start Time	No	Name	Club	Machine	VTTA Group
14:01	1	Peter Wilson	Bath Cycling Club	TT Bike	West
14:02	2	Peter Fuell	Newbury RC	Road Bike	
14:03	3	David Hanson	North Cotswold CC	TT Bike	L&HC
14:04	4	Lewis Lawton	Swindon Road Club	TT Bike	Wessex
14:05	5	Rosslyn Young	Serpentine Running Club	Road Bike	L&HC
14:06	6	Pippa O'Brien	RT PODA	TT Bike	L&HC
14:07	7	Rachel Green	Cheltenham & County CC	TT Bike	West
14:08	8	Lucia Borradaile	CC Weymouth	TT Bike	Wessex
14:09	9	Kate Bradley	Born to Bike - Bridgtown Cycles	TT Bike	
14:10	10	David England	Crabwood Cycling Club	TT Bike	Wessex
14:11	11	Peter Pike	Sotonia CC	Road Bike	
14:12	12	Les Gardner	Maidenhead & District CC	TT Bike	L&HC
14:13	13	Wayne Baker	Team Echelon	Tricycle	Midlands
14:14	14	Richard Byrne	Newbury RC	Road Bike	L&HC
14:15	15	Nigel Gleeson	VTTA (Merseyside)	Road Bike	Merseyside
14:16	16	Jeff King	Oxonian CC	TT Bike	L&HC
14:17	17	Alan Allcock	Newbury RC	TT Bike	L&HC
14:18	18	Peter Walton	Hertfordshire Whs	TT Bike	East Anglia
14:19	19	Gary Roy Evans	Surrey Cycling Club	Road Bike	
14:20	20	David Marshall	Blue Light Cycling Club	Road Bike	L&HC
14:21	21	Jymmy Trevor	City RC (Hull)	Tricycle	Yorkshire
14:22	22	Matt Doe	...a3crg	TT Bike	Wessex
14:23	23	Steve Skinner	Southdown Velo	TT Bike	Wessex
14:24	24	Andrew Payne	Maidenhead & District CC	TT Bike	
14:25	25	Francis Treanor	Amersham Road Cycling Club	TT Bike	L&HC
14:26	26	Cliff Voller	VTTA West Group	TT Bike	West
14:27	27	Brad Quinn	City RC (Hull)	TT Bike	
14:28	28	Stuart Thompson	Velo Club St Raphael	TT Bike	Wessex
14:29	29	Andy Self	North Hampshire RC	TT Bike	
14:30	30	Mark Welch	Oxted Cycle Club	TT Bike	Surrey/Sussex
14:31	31	Desmond Gayler	Kenton RC	TT Bike	L&HC
14:32	32	Philip Porteous	High Wycombe CC	TT Bike	L&HC
14:33	33	Rob Vessey	...a3crg	TT Bike	Wessex
14:34	34	Angus MacInnes	Charlotteville Cycling Club	TT Bike	Surrey/Sussex
14:35	35	Stu Carver	North Hampshire RC	TT Bike	Wessex
14:36	36	Brett Bishop	Kenton RC	TT Bike	L&HC
14:37	37	John Dowling	Hemel Hempstead CC	TT Bike	L&HC
14:38	38	Edward Scarrow	VC Norwich	Road Bike	
14:39	39	Jake Prior	Velo Club St Raphael	TT Bike	Wessex
14:40	40	Daryl Stroud	Gloucester City Cycling Club	TT Bike	West
14:41	41	George Westall	Royal Air Force Cycling Association	TT Bike	
14:42	42	John Lacey	Hemel Hempstead CC	TT Bike	L&HC
14:43	43	Bryce Dryer	Bournemouth Cycleworks - Vitec Fire - Ford Civil - Trek	TT Bike	
14:44	44	Kenneth Brown	Newbury RC	TT Bike	
14:45	45	Issy Zimmerman	Regents Park Rouleurs	TT Bike	L&HC
14:46	46	Mark Bradley	Bristol South Cycling Club	TT Bike	West

Start Time	No	Name	Club	Machine	VTTA Group
14:47	47	Jeremy Redford	Army Cycling	TT Bike	
14:48	48	Tom Quinlan	FTP Race Team	TT Bike	
14:49	49	Matthew Buckley	Velo Club St Raphael	TT Bike	
14:51	51	Gillian Thorne & Chris Ward	WardPerformanceUK.com	Tandem	
14:53	53	Rachael Elliott & Ian Greenstreet	Newbury Velo	Tandem	L&HC