



Hemel Hempstead Cycling Club

10-mile time trial

Saturday 15 June 2024, 2pm start

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

Organiser:

Paul Thomson
43 Dinmore, Bovington
Hemel Hempstead
HP3 0QW
(07973 675052)
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Time Keepers:

Mike Bannister (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).

*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. The form is available from the CTT website

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.

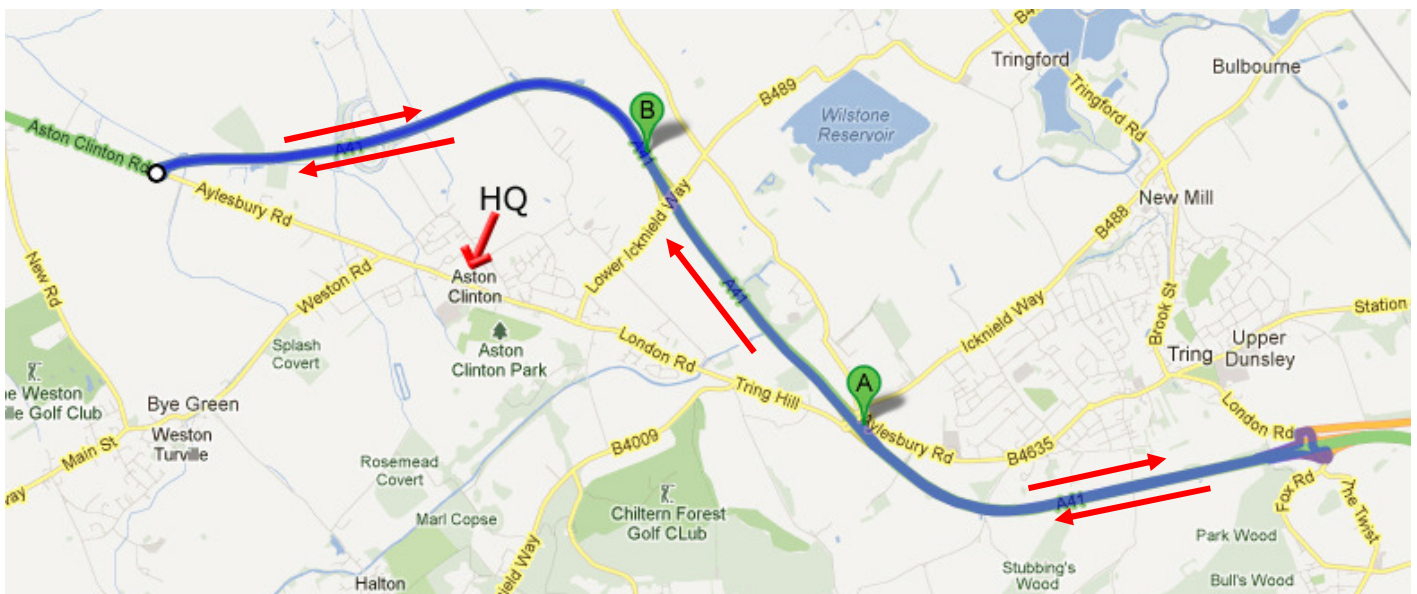
Safety – not your performance – is your first priority

Prizes:

Fastest	£60	Fastest woman	£60	Fastest junior (each men and women)	£30
2	£50	2	£50	Team of 3	£75
3	£40	3	£40	2nd team	£45
4	£30	4	£30		
5	£25	5	£25		
6	£20	6	£20	No women's team awarded as only 1 team entered. No junior women entered.	
7	£15	7	£15		
8	£15	8	£15		
9	£10	9	£10		
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)

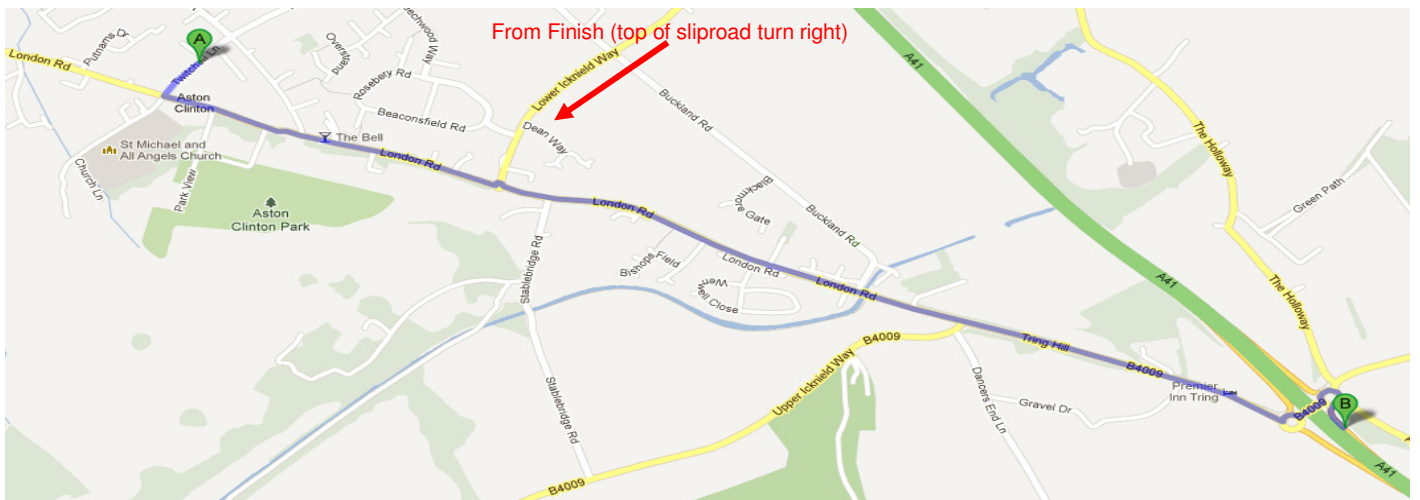


Map above shows **A** as the start point, where you go south east then east to turn and then return all the way to the end of the bypass where again turn to finish at point **B**

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 very 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. Also please note that at time of compiling there are extensive roadworks to install traffic calming measures through the village so it may take more time than normal to get through to the start (or indeed to get to the HQ when arriving)





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 (as you have left the course) 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

No	Full Name	Club	Start time
1	John Lacey	Hemel Hempstead CC	14:01
2	Asher Gray	Welwyn Whs	14:02
3	Martin Simmons	CC Breckland	14:03
4	Cameron Crook	Thame Cycles RT	14:04
5	Martin Hailstone	ADDFORM Vive Le Velo	14:05
6	Gregory Speakman	Thames Valley Police	14:06
7	Thomas Pfeiffer	Dulwich Paragon CC	14:07
8	Dan Whitehouse-Smith	Army Cycling	14:08
9	Tom Quinlan	FTP (Fulfil The Potential) RT	14:09
10	Andrew Wenham	Shaftesbury CC	14:10
11	Issy Zimmerman	Regents Park Rouleurs	14:11
12	Vincent Douglas	Gloucester City CC	14:12
13	Graham Harman	Sotonia CC	14:13
14	Simon Law	Team Enable - M.I. Racing	14:14
15	Paul Aldridge	Kenilworth Whrs	14:15
16	Dan Jenkins	Hart Performance Coaching	14:16
17	Mark Woolford	ZeroBC RT	14:17
18	Kenneth Brown	Newbury RC	14:18
19	Neal Beauchamp	Kingston Whrs CC	14:19
20	Glenn Taylor	Shorter Rochford RT	14:20
21	Oliver Baylin	www.giant-helston.co.uk	14:21
22	Ashley Steventon	Royal Air Force CA	14:22
23	Daryl Maffey	CC London	14:23
24	Jack Eastman-Nye	George Fox Cycling Solutions	14:24
25	Adrian Talley	Velo Club St Raphael	14:25
26	Joe Adlam-Cook	Cambridge University CC	14:26
27	Grant Orsborn	Bedfordshire Road RT	14:27
28	Mark Wise	Team Enable - M.I. Racing	14:28
29	Andrew Miller	ADDFORM Vive Le Velo	14:29
30	Lee Turner	VeloRefined Rule 5	14:30
31	Sam Thompson	Podium Addict	14:31
32	Mark Pritchard	Aerologic RT	14:32
33	Alexander Luisi	Bath CC	14:33
34	James Conolly	Stevenage CC	14:34
35	James Wooldridge	Team Milton Keynes	14:35
36	Nick James	Mickey Cranks CC	14:36
37	Steven Hughes	Thames Turbo Triathlon Club	14:37
38	Danny Metherell	VéloElite RC	14:38
39	Martin Reynolds	Cambridge CC	14:39
40	Adam Wells	Rockingham Forest Whrs	14:40
41	Rob Fletcher	Equipe Velo	14:41
42	Charles Langford	Southend Whrs	14:42
43	Philip Wilkinson	Rockingham Forest Whrs	14:43
44	Robert Watson	Cambridge CC	14:44
45	Matthew Smith	Gemini BC	14:45
46	Eddie Humphreys	Nottingham Clarion CC	14:46
47	Paul Walshe	Plymouth Corinthian CC	14:47
48	Niel Dunnage	PDQ Cycle Coaching	14:48
49	Chris Fowler	RIDE REVOLUTION COACHING	14:49

No	Full Name	Club	Start time
50	Karl Norris	360VRT	14:50
51	Rikky Hughes	Droitwich CC	14:51
52	Peter Shaw	Bedfordshire Road RT	14:52
53	Kyle Jones	trainSharp	14:53
54	David Clark	Eastbourne Rovers CC	14:54
55	Ross Harper	Verulam CC	14:55
56	Paul Lawton	ADDFORM Vive Le Velo	14:56
57	Ben Farrer	Bedfordshire Road CC	14:57
58	Ed Moss	Beacon Roads CC	14:58
59	John Jones	Verulam Really Moving	14:59
60	Lewis Roberts	Blackspokes RT	15:00
61	Adam Fisher	Cambridge CC	15:01
62	Richard Llewellyn	Imperial Racing Team	15:02
63	Myles Davidson	Bigfoot CC	15:03
64	Keith Dorling	Team Bottrill	15:04
65	Tim Radley	Gloucester City CC	15:05
66	Mark Ellis	Mercedes AMG Petronas CC	15:06
67	Steven Cottington	Bath CC	15:07
68	Tony Chapman	Frome and District Whrs	15:08
69	Colin McDermott	Festival Road Club	15:09
70	Lee Williams	FTP (Fulfil The Potential) RT	15:10
71	Tim Butler	Gloucester City CC	15:11
72	Max Belcher	Elysium Kalas RT	15:12
73	Henry Okill	Southend Whrs	15:13
74	Dean Callister	Aerologic RT	15:14
75	Adam Baker	Royal Air Force CA	15:15
76	David Parkin	Velotik Racing Team	15:16
77	Robert Willcocks	Royal Air Force CA	15:17
78	Kevin Tye	VeloRefined Rule 5	15:18
79	James Percy	Mid Devon CC	15:19
80	Mark Jones	DRAG2ZERO	15:20
81	Sam Brown	6AM Cycling	15:21
82	Paul Smith	VeloRefined Rule 5	15:22
83	Ady Dench	Team Sheffield	15:23
84	Samuel Robinson	Ashford Whs	15:24
85	Jack Smy	Army Cycling	15:25
86	Jonathan Mills-Keeling	Aerologic RT	15:26
87	Peter Main	34 Nomads CC	15:27
88	Matthew Reader	Verulam CC	15:28
89	Richard Evans	Shaftesbury CC	15:29
90	Matt Donovan	Bedfordshire Road RT	15:30
91	Aaron Borrill	Farnborough & Camberley CC	15:31
92	Lee Watson	Army Cycling	15:32
93	Matthew Cox	FTP (Fulfil The Potential) RT	15:33
94	Keith Lea	Paceline RT	15:34
95	Toby Williams	Velotik Racing Team	15:35
96	Nik Allen	Team TMC	15:36
97	Simon Bowler	AS Test Team	15:37
98	Larry Wiltshire	Chichester City Riders	15:38

No	Full Name	Club	Start time
99	Daniel Chambers	Bicester Millennium CC	15:39
100	Ian Short	CC Sudbury	15:40
101	David Mead	Team Enable - M.I. Racing	15:41
102	Stuart Hourigan	VeloRefined Rule 5	15:42
103	Nick Dwyer	DRAG2ZERO	15:43
104	Howard Bayley	...a3crg	15:44
105	Matt Rizzo-Naudi	Cambridge University CC	15:45
106	Ryan Witchell	Royal Leamington Spa CC	15:46
107	Rob Francis	Team Bottrill	15:47
108	Will Lowden	Cambridge University CC	15:48
109	Hadyn James	BPC FLOWBIO RT	15:49
110	Alastair Luxford	Wightlink Wight Mountain RT	15:50
111	Richard Oakes	Team Ohten Aveas	15:51
112	Nicholas Trbovic	Elysium Kalas RT	15:52
113	Leon Atkins	258 Protege	15:53
114	Jake Sargent	Team Bottrill	15:54
115	James Jenkins	Hart Performance Coaching	15:55
151	Andrew Halliday	Westerley CC	
152	Andrew Jarratt	Finchley RT	
153	Adrian Gower	Hitchin Nomads CC	
154	Peter Cottingham	Bath CC	
155	James Hunt	Oxonian CC	
156	Ashley Roue	Mapperley CC	
157	Simon Hunt	VéloElite RC	
158	Tom Herbert	Kingston Whrs CC	
159	Jonathan Allen	Cowley Road Condors CC	
160	David Prom	Abellio - SFA Racing Team	
161	Joseph Shaw	Ipswich BC	
162	Stu Carver	North Hampshire RC	
163	Roger Porter	Verulam CC	
164	Gavin Draper	North Hampshire RC	
165	Daniel Ramsbottom	Royal Air Force CA	

Women's event

No	Full Name	Club	Start Time
116	Hannah Makins	Mickey Cranks CC	15:56
117	Gina Brown	VTTA (London & Home Co)	15:57
118	Lynne Scofield	Rockingham Forest Whrs	15:58
119	Rachel Green	Cheltenham & County CC	15:59
120	Jill Bartlett	Hounslow & District Whs	16:00
121	Stepahie Cousins	QN Racing	16:01
122	Samantha Messenger	Bicester Millennium CC	16:02
123	Susan Oldham	Cowley Road Condors CC	16:03
124	Iris Gray	Welwyn Whs	16:04
125	Liffey Daniels	FTP (Fulfil The Potential) RT	16:05
126	Kate Kirkland	Born to Bike - Bridgtown Cycles	16:06
127	Jayne Paine	Willesden CC	16:07
128	Eva Zsigoova	VeloRefined Rule 5	16:08

No	Full Name	Club	Start Time
129	Ann Shuttleworth	Cambridge CC	16:09
130	Chantal Dyble	London Dynamo	16:10
131	Joy Payne	VTTA (London & Home Co)	16:11
132	Deb Hutson-Lumb	Wrekinsport CC	16:12
133	Claire Hall	Parenesis-TougHuman Cycling	16:13
134	Lucy Benezet Minns	Tofauti Everyone Active	16:14
135	Elaine Simpson	Nottingham Clarion CC	16:15
136	Alice Connor	London Academy Racing	16:16
137	Kirsty McSeveney	...a3crg	16:17
138	Jo Spencer	Swindon Whrs	16:18
139	Frances Lammyman	St Neots CC	16:19
140	Linda Dewhurst	RIDE REVOLUTION COACHING	16:20
141	Chris Murray	Army Cycling	16:21
142	Kim Barfoot-Brace	Team Bottrill	16:22
143	Deborah Beare	Icknield RC	16:23
144	Lauren Creamer	Velo Fixers	16:24
145	Joss Lowden	HUUB WattShop	16:25
146	Keri Parton	Team Bottrill	16:26
147	Louise Robinson	Shaftesbury CC	16:27
148	Laura Davies	Jadan Vive Le Velo	16:28
149	Sally Turner	HUUB WattShop	16:29
150	Kate Allan	Team Bottrill	16:30
166	Rosie Wingate	Liv CC Halo Films	

No's 151 to 166 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 (except 166 who is a reserve for the women's event and take priority there).