

Veterans Time Trials Association

10 Mile Open TT



16th May 2021

Promoted by Newbury Velo

on behalf of

VTTA London & Home Counties Group

VTTA National 10 Mile Open TT

16th May 2021

Date: 16th May 2021
Start Time: 07:00

Registration opens: 05:45
Course: F11/10

Race Director: Glen Knight

Tel: 07766831267

Email: me@glenknight.co.uk

Time Keepers: Howard(Python RT) & Ian Greenstreet (Newbury Velo)
Social Distancing Officers and Marshals from Newbury Velo & London & Home Counties

First Aiders: Glen Knight & Rachael Elliott
Location: Aston Clinton School
Twitchell Lane, Aston Clinton
Bucks, HP22 5JJ

IF YOU ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 THEN PLEASE DO NOT COME TO THIS EVENT.

BRING YOUR OWN PEN AND A WORKING REAR LIGHT!

Whilst we have many procedures outlined below we may have to make changes based on events on the day. These will be communicated fully where appropriate. You are expected to follow the guidance of the marshalls.

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

1. Event HQ

We are using Aston Clinton School. There will be toilet facilities available. These are not to be used as changing facilities. Due to COVID restrictions there will be no changing facilities. You are asked to not urinate in the carpark or grounds or change in full view of any of the residents.

We are very lucky to have this facility, so please do not give them reason to not allow us to use it in the future. All future references to "HQ" in this document are referring to this facility.

DO NOT arrive too early or you will be asked to stay in your vehicle, There will be no gatherings permitted in the carpark. Turbo trainer/roller warm up are permitted at HQ but only directly behind/in front of your parked vehicle. You are encouraged to warm up on the road to ensure you are not gathering with other riders. Riders not following guidelines or instructions from officials will not be permitted to race and will be reported to CTT.

2. Sign-On

Riders not signing on 20 minutes before their start time will have their place assigned to a reserve rider and listed as DNS.

Sign-on is currently very different to what we are used to. No hugging, no kissing and no exchanging of niceties. But there are some other restrictions in place. You will be expected to follow them. Please bring your own pen!

We will ask you to respect the social distancing rules and **maintain 2m distance** between people in all directions at all times. This is to ensure we can successfully run this event and others in the future and that any curtain twitchers have no material to send to the local gossip column/social media outlet/news outlet. We are all in this together so please **respect the volunteer team** and their decisions. Riders not adhering to the restrictions in place will not be permitted to race, will be reported to CTT and refused entry to future events.

If you will not be attending then please let us know by messaging the organiser on 07766 831267.

Your temperature will be taken by the official handing out numbers. Anyone who doesn't get a smiley face on the thermometer will not be permitted to race. Your number will be placed on a table at the HQ, please check your number on the list below. The numbers have been cleaned and stored for a minimum of 2 weeks since the last

event. The volunteer putting them out will have taken necessary sanitizing steps before and after laying them out. **No safety pins will be provided, if you need them, you will need to bring your own.**

3. Course Detail

Start on southbound slip road to A41 on the Western Tring junction approx 40 yards from the start of the slip road. Proceed along A41 to come off at first slip road (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 slip road 9 yards sth-east of manhole cover on grass verge, about 91 yards nth-west of (i.e. before) separation of slip road and main carriageway, also about 460 yards nth-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 DQ and no time given.

Course Map:

<https://www.cyclingtimetrials.org.uk/course-details/f11-10>

4. Race Protocol

Participants will be asked to maintain social distancing. **No gatherings in groups, you are encouraged to warm up on the road but turbo trainers can be used, only directly behind your vehicle.** If you arrive early you will be permitted to ride on the roads to warm up or sit in your car. We will have 6 waiting spaces marked out plus the rider waiting to race at the start line, therefore **please only arrive at the start line a maximum of 6 minutes before your time listed in Appendix A.** You will not be permitted to wait if you arrive earlier. **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. Please be mindful of racers when arriving by bicycle.**

The Time Keepers will be wearing face coverings and will be checking that riders a) have their number attached and, b) have a working rear light. **If either of these are missing you will not be permitted to race.** There will be no "pusher offer" and you will have

to do a standing start on your own. Rolling starts will not be permitted nor will track stands.

Make it easy for the finish time keepers, when you cross the line, shout your number. **As loud as you can. Do not approach the finish time keeper at any point for any reason.**

5. Race Results

Race results will be displayed at HQ on big screens, we will also have a live results service running on our Twitter feed which you can follow or by scanning the QR code at HQ when you return your number. You can follow us @newburyvelo on twitter or <https://facebook.com/newburyvelo>

These results will be provisional until verified by the official timekeepers. You can also scan the QR code at HQ to view the live results online. **Do not tamper with this equipment at HQ, no matter how IT savvy you are.**

6. Refreshments

To ensure we comply with the government regulations, the CTT guidance and risk assessment, as well as socially acceptable practice, there will be free individually wrapped cakes. Donations welcome to our fund raising project supporting club activities for youngsters and less able cyclists.

7. 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. Riders found doing this will not be permitted to race, will be reported to the CTT and will not be accepted in future events.

8. Vehicles on course

Time trialling under CTT regulations is unsupported. Riders must not be followed for any reason whilst on course. Any rider suspected of this will be disqualified and reported to the CTT. This practice and so called layby hopping is dangerous for other participants and a nuisance to traffic and will not be permitted under any circumstances.

9. Summary

In these unusual circumstances we find ourselves having to change the way we run events. The team has put a lot of work into making sure we are able to follow the government guidelines, the CTT guidance and make sure that the risk to you, us and the general public of transmitting or catching COVID-19 are kept to an absolute minimum.

These restrictions are not here to make life difficult for you or the volunteer team, they are here for the above reasons but also to ensure that we are allowed to run these events.

We would like to thank all our volunteers.

Ride Safe. Ride Strong. **Thank you for your support!**

APPENDIX A - Start List

Tandems						
No.	Start Time	Name	Club	VTTA Group	Age	Standard
1	07:01:00	Murray Kirton David Stockley	A5 Rangers	Midlands	80/80	0:30:24
3	07:03:00	David Shannon Richard May	Islington Cycling Club	London & Home Counties	57/50	0:26:05
5	07:05:00	Peter Oliver Christopher Edginton	ZeroBC Race Team	London & Home Counties	56/55	0:26:15
Solo						
No.	Start Time	Name	Club	VTTA Group	Age	Standard
6	07:06:00	David Cook	Bedfordshire Road RT	London & Home Counties	65	0:28:30
7	07:07:00	Chris Symonds	North Road CC	East Anglia	47	0:26:36
8	07:08:00	Richard Moule	Bossard Whs	London & Home Counties	64	0:28:22
9	07:09:00	Nicholas Coe	Verulam CC	East Anglia	63	0:28:13
10	07:10:00	Katja Rietdorf	Born to Bike - Bridgtown Cycles	London & Home Counties	50	0:29:23
11	07:11:00	Bernard Lamb	Hemel Hempstead CC	London & Home Counties	78	0:33:28
12	07:12:00	Mark Vowells (Tricycle)	San Fairy Ann CC Ltd	Kent	68	0:31:09
13	07:13:00	Rosslyn Young	Serpentine Running Club	London & Home Counties	77	0:33:52
14	07:14:00	Kenneth Stevens	South Pennine RC	Notts & E.Mids	90	0:35:46
15	07:15:00	Malcolm Ash	Aylesbury CC		74	0:30:07
16	07:16:00	Gillian Morgan	Westerley Cycling Club	London & Home Counties	60	0:30:31
17	07:17:00	Jeff King	Oxonian CC	London & Home Counties	67	0:28:49
18	07:18:00	John Hassall	Bossard Whs	London & Home Counties	75	0:30:20
19	07:19:00	Andrew Grant	Chelmer CC	East Anglia	62	0:28:06
20	07:20:00	Matt Fisher	Newbury Velo	Wessex	47	0:26:36
21	07:21:00	Ann Shuttleworth	Cambridge CC	East Anglia	54	0:29:48
21	07:21:00	Cliff Voller	Newbury RC	West	70	0:29:19
23	07:23:00	Gillian Reynolds	Willesden CC	London & Home Counties	72	0:32:36
24	07:24:00	Janet Fairclough	Liverpool Phoenix CC (Aintree)	Merseyside	60	0:30:31
25	07:25:00	John J Murphy	Gloucester City Cycling Club	West	81	0:31:58
26	07:26:00	Brian Jones	Morden CRC	Surrey/Sussex	70	0:29:19
27	07:27:00	Simon Bowler	Berkhamsted Cycling Club	London & Home Counties	58	0:27:37
28	07:28:00	Trevor Parrish	A5 Rangers CC		76	0:30:35
29	07:29:00	Janet Birkmyre	TORQ Performance	Midlands	54	0:29:48

30	07:30:00	Philip Skinner	Welwyn Whs	London & Home Counties	55	0:27:18
31	07:31:00	Ian Short	Team Salesengine.co.uk	East Anglia	47	0:26:36
32	07:32:00	David Guy	OV Cycling Club	London & Home Counties	75	0:30:20
33	07:33:00	Allison Kaye	Verulam CC	London & Home Counties	57	0:30:08
34	07:34:00	Doz Bree	CC Sudbury	East Anglia	48	0:26:41
35	07:35:00	Richard Berry	Twickenham CC	London & Home Counties	46	0:26:32
36	07:36:00	Lisa Davis	DRAG2ZERO	Surrey/Sussex	46	0:29:02
37	07:37:00	Mark Thomas	Bigfoot CC	East Anglia	58	0:27:37
38	07:38:00	Geoff Perry	Born to Bike - Bridgtown Cycles	London & Home Counties	61	0:27:58
39	07:39:00	Thomas Meir	Newbury Velo	London & Home Counties	41	0:26:10
40	07:40:00	Michael Edmunds	Verulam Really Moving	London & Home Counties	55	0:27:18
41	07:41:00	Hugh Williams	Spartan	East Anglia	53	0:27:07
42	07:42:00	Matt Wilmington	Icknield RC	London & Home Counties	42	0:26:14
43	07:43:00	Neal Marrin	Finsbury Park CC	East Anglia	51	0:26:56
44	07:44:00	David Marshall	Hemel Hempstead CC	London & Home Counties	56	0:27:24
45	07:45:00	Danuta Tinn	Maidenhead & District CC	London & Home Counties	56	0:30:01
46	07:46:00	David Evans	Team Echelon	Midlands	64	0:28:22
47	07:47:00	Issy Zimmerman	Verulam Really Moving	London & Home Counties	54	0:27:12
48	07:48:00	Kirsty McSeveney	...a3crg	Wessex	40	0:28:33
49	07:49:00	Sue Rust	Kettering CC	East Anglia	57	0:30:08
50	07:50:00	Alan Allcock	Didcot Phoenix CC	London & Home Counties	66	0:28:39
51	07:51:00	Sally Turner	trainSharp	Surrey/Sussex	41	0:28:38
52	07:52:00	Michael Garvey	High Wycombe CC	London & Home Counties	55	0:27:18
53	07:53:00	Hans Nilsson	London Phoenix CC	London & Home Counties	65	0:28:30
54	07:54:00	Melanie Sneddon	TORQ Performance	London & Home Counties	45	0:28:57
55	07:55:00	Adrian Gorham	Kettering CC	East Anglia	58	0:27:37
56	07:56:00	Martin Stanley	Didcot Phoenix CC	London & Home Counties	46	0:26:32
57	07:57:00	Mark Bradley	Bristol South Cycling Club	West	56	0:27:24
58	07:58:00	Wolfgang Emmerich	London Phoenix CC	London & Home Counties	55	0:27:18
59	07:59:00	Mike Skillings	Full Moo Cycling	East Anglia	62	0:28:06
60	08:00:00	James Foster	High Wycombe CC	London & Home Counties	43	0:26:19
61	08:01:00	Colin Harrison	East Grinstead CC	East Anglia	56	0:27:24
62	08:02:00	Peter Cottington	Bath Cycling Club	London & Home Counties	59	0:27:44
63	08:03:00	Gary Johnson	CC Sudbury	East Anglia	57	0:27:30
64	08:04:00	Stan Nwaka	Verulam CC	London & Home Counties	59	0:27:44
65	08:05:00	Adrian Cox	Team Milton Keynes	London & Home Counties	60	0:27:51
66	08:06:00	Tim Davies	CC Luton	London & Home Counties	53	0:27:07
67	08:07:00	Jeff Roberts	High Wycombe CC	London & Home Counties	56	0:27:24
68	08:08:00	Colin Lizieri	Cambridge CC	East Anglia	65	0:28:30

69	08:09:00	Grant Orsborn	Bedfordshire Road RT	East Anglia	60	0:27:51
70	08:10:00	Martin Lines	Worcester St. Johns CC		52	0:27:01
71	08:11:00	Mark Hamer	Stratford Cycling Club	Midlands	46	0:26:32
72	08:12:00	Jason Davies	Royal Air Force Cycling Association	East Anglia	49	0:26:46
73	08:13:00	Mat Wilson	VTTA (London & Home Counties)	London & Home Counties	42	0:26:14
74	08:14:00	Jonathan Mills-Keeling	Bridgnorth Cycling Club	Merseyside	48	0:26:41
75	08:15:00	Ian Wroblewski	Team Lutterworth Cycle Centre	Notts & E.Mids	47	0:26:36
76	08:16:00	Tony Ball	Legato Racing Team (LRT)	London & Home Counties	52	0:27:01
77	08:17:00	Peter Richards	Icknield RC	London & Home Counties	57	0:27:30
78	08:18:00	Paul Winchcombe	Chippenham & District Wheelers	West	61	0:27:58
79	08:19:00	Antony Brown	George Fox Cycling Solutions	East Anglia	61	0:27:58
80	08:20:00	Paul Blamire	Amersham Road Cycling Club	London & Home Counties	46	0:26:32
81	08:21:00	Geoff Reynolds	Hemel Hempstead CC	East Anglia	55	0:27:18
82	08:22:00	Angela Carpenter	...a3crg	Wessex	52	0:29:35
83	08:23:00	Rob Vessey	Didcot Phoenix CC	West	58	0:27:37
84	08:24:00	Andy Sharman	Team Bottrill	London & Home Counties	50	0:26:51
85	08:25:00	Ed Watson	Ratae RC	Notts & E.Mids	46	0:26:32
86	08:26:00	Peter Lloyd	Lindfield Coffee Works	Notts & E.Mids	43	0:26:19
87	08:27:00	Antony Bee	Wigmore CC	Kent	57	0:27:30
88	08:28:00	Tom Houghton	Team TMC	Surrey/Sussex	49	0:26:46
89	08:29:00	Michael Bennett	Bicester Millennium CC	London & Home Counties	52	0:27:01
90	08:30:00	David Prom	San Fairy Ann CC Ltd	Kent	51	0:26:56
91	08:31:00	Ben Houston	East Grinstead CC	Wessex	44	0:26:23
92	08:32:00	Graham Rudd	API-Metrow	London & Home Counties	42	0:26:14
93	08:33:00	James Scarth	Bishop's Stortford CC	East Anglia	43	0:26:19
94	08:34:00	Jonathan Williams	Amersham Road Cycling Club	London & Home Counties	45	0:26:27
95	08:35:00	Tim Hood	Team Bottrill	Midlands	60	0:27:51
96	08:36:00	Robert Jolliffe	New Forest CC	Wessex	68	0:28:58
97	08:37:00	Gaz Poulson	Royal Air Force Cycling Association	Notts & E.Mids	53	0:27:07
98	08:38:00	Matthew Reader	Verulam CC	London & Home Counties	51	0:26:56
99	08:39:00	Jim Moffatt	CC Luton	London & Home Counties	64	0:28:22
100	08:40:00	Robin Short	Cotswold Veldrijden	West	45	0:26:27
101	08:41:00	Nigel Croxford	High Wycombe CC	London & Home Counties	63	0:28:13
102	08:42:00	Stu Wright	QN Racing	Notts & E.Mids	53	0:27:07
103	08:43:00	Matt Steel	Shaftesbury CC	East Anglia	45	0:26:27

104	08:44:00	Andrew Grant	Cambridge CC	East Anglia	68	0:28:58
105	08:45:00	Mark Ellis	Mercedes AMG Petronas CC	East Anglia	56	0:27:24
106	08:46:00	Mark Greenwood	GS Mossa	North Midlands	46	0:26:32
107	08:47:00	Martin O'Sullivan	Teddington and Turing Velo	London & Home Counties	46	0:26:32
108	08:48:00	Keith Dorling	Team Bottrill	East Anglia	62	0:28:06
109	08:49:00	Simon Smart	DRAG2ZERO	Midlands	52	0:27:01
110	08:50:00	Colin Parkinson	South Western Road Club	Notts & E.Mids	59	0:27:44
111	08:51:00	Brett Davis	trainSharp	Surrey/Sussex	48	0:26:41
112	08:52:00	Dan Blake	ZeroBC Race Team	London & Home Counties	41	0:26:10
113	08:53:00	Mark Jones	DRAG2ZERO	London & Home Counties	49	0:26:46
114	08:54:00	Tony Chapman	Frome and District Wheelers	West	49	0:26:46
115	08:55:00	Chris Dyason	Cambridge CC	East Anglia	73	0:29:54
116	08:56:00	Simon Adcock	Worcester St. Johns CC	Midlands	46	0:26:32
117	08:57:00	Colin McDermott	Festival Road Club	Surrey/Sussex	53	0:27:07
118	08:58:00	Martin Reynolds	Cambridge CC	East Anglia	58	0:27:37
119	08:59:00	Sam Wightman	Team Bottrill	East Anglia	43	0:26:19
120	09:00:00	Richard Oakes	Team Ohten Aveas	Notts & E.Mids	52	0:27:01
121	09:01:00	Anthony Turner	Mickey Cranks Cycling Club	London & Home Counties	50	0:26:51
122	09:02:00	Joel Stewart	Team Ohten Aveas	London & Home Counties	46	0:26:32
123	09:03:00	Michael Parker	TMG Horizon Cycling Team	London & Home Counties	56	0:27:24
124	09:04:00	Alan Murchison	DRAG2ZERO	London & Home Counties	50	0:26:51
125	09:05:00	Mark Arnold	VTTA (East Anglia Group)	East Anglia	46	0:26:32
126	RESERVE	Keith Richardson	Icknield RC	London & Home Counties	49	0:26:46
127	RESERVE	James Ellis	London Dynamo	London & Home Counties	42	0:26:14
128	RESERVE	Peter White	VC 10	London & Home Counties	65	0:28:30
129	RESERVE	George Turner	VTTA (London & Home Counties)	London & Home Counties	41	0:26:10
130	RESERVE	Sean Mallon	Team Swindon Cycles	West	49	0:26:46

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