



**Veterans Time Trials Association
London and Home Counties
Group**

**10 Mile Open Time Trial
Sunday 16th July 2023
start at 8 am**

Course F11/10

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

Event

HQ

opens

at 7 am

Aylesbury Rugby Club

Brook End, Weston Road, Aylesbury, HP22 5RN

Organiser Contact Details

Event Secretary: David Guy
2-5 Warwick Court, London WC1R 5DH
07711-697900
ovcyclingclub@hotmail.co.uk

Officials

Start Timekeeper: Gordon Hart
Finish Timekeeper: Annette Lacey

Marshalls

We have only the minimum number of marshals so take special care you know the course, especially on the first turn which has 2 large roundabouts and several chances to go wrong!

Prize List

Awards are made to VTTA members only.

VTTA Gold-Silver-Bronze Medals for Men BOS (AVT) 1-2-3.

VTTA Gold-Silver-Bronze Medals for Women BOS (AVT)1-2-3.

VTTA Gold-Medals (each) for Club Team of 3 BOS(AVT).

VTTA Gold Medal - Fastest rider on Actual Time

1st Man on Standard,/AVT and 1st Women on StandardAVT to receive an invitation to the LH&C Annual Luncheon and Prize Presentation.

Local Regulations

Numbers, Signing in and signing out

You sign on in advance of your start at the HQ where you can collect your number and receive any last minute instructions or warnings. You will also **need to sign out of the event otherwise you will be DISQUALIFIED.**

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

Car Parking

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.

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 DNF and no time given

F11/10 & DNFs

This course often sees several riders with no finishing time (DNF) because they DO NOT follow the course and the specific finishing instructions, which are in place for the rider's safety, as cars enter the slip-road early and at speed!

Carefully study the illustrations & photos which follow:



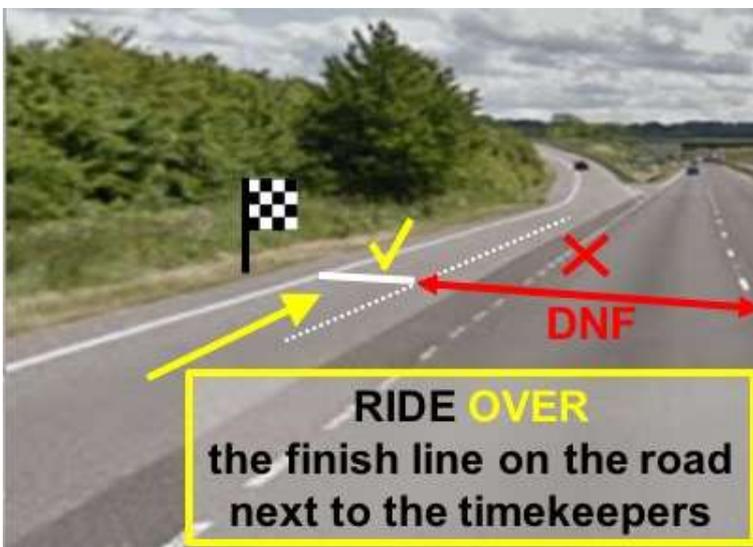
Cars do enter the slip road very early!



Heading off for another 10 miles? DNF

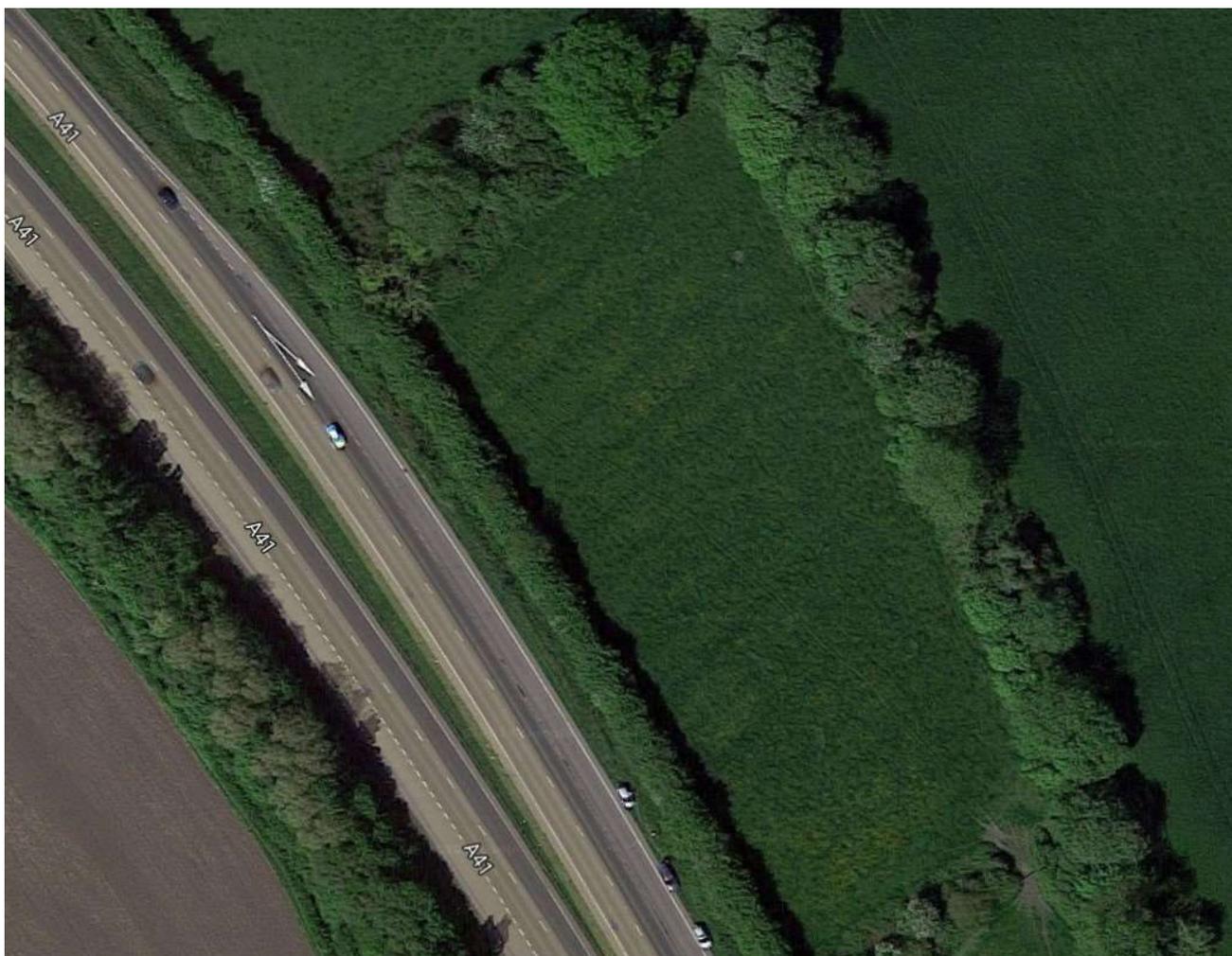


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By quirk of fate a previous event was recorded on Google Maps (satellite view), and if you look carefully you can see:

- The start timekeeper with riders ready to start.
 - Riders on the course
 - The finish time keepers and their cars
 - Even the finish line can be seen!
 - And the big white fork arrows that you are not to ride over at the entrance to the finish slip road.
 - Riders cycling to/from HQ
 - The HQ and a full carpark
- . So remember Big Brother is watching..



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

Route HQ to Start

Please note that one of the 3 miles is up a steep hill so allow at least 15 minutes to get to the start from the HQ. It does provide a good warm-up!

Start

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

Car Parking

*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.*

Directions

Turn Left out of Aylesbury RF Club

Head North-East on Weston Rd for @1mile

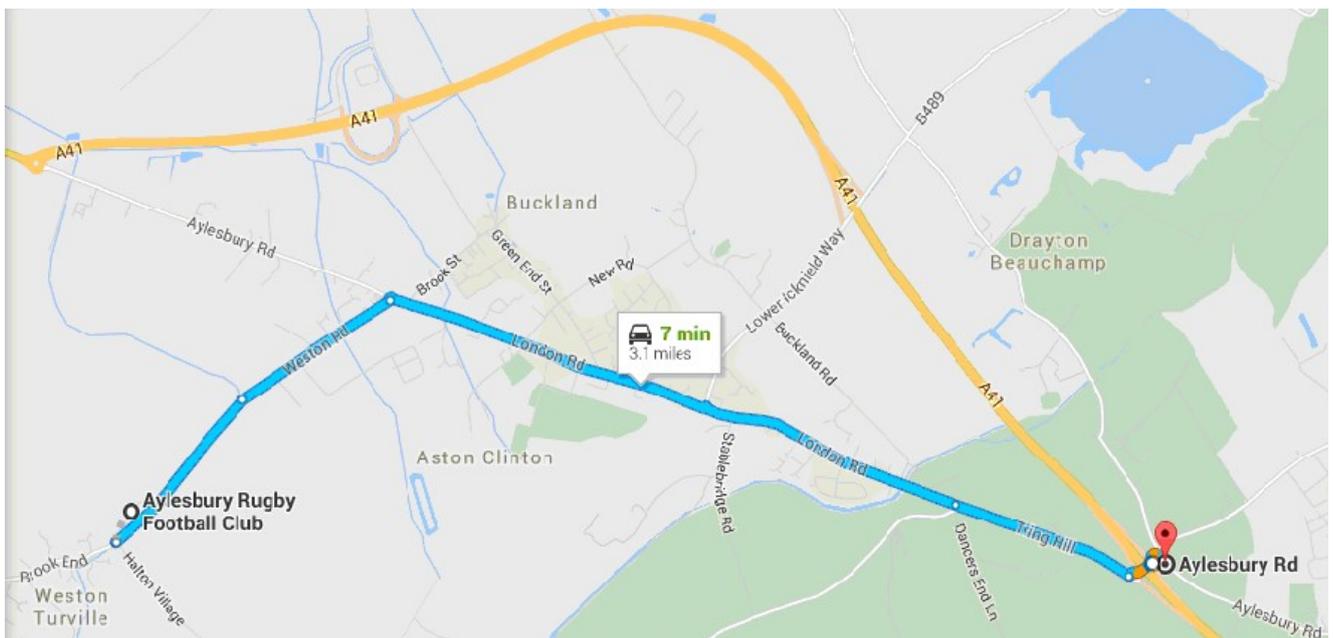
At the roundabout, take the 2nd exit onto London Rd for @1mile

Continue over the mini RAB on to and up Tring Hill/B4009 for @1mile

At the roundabout, take the 2nd exit onto B4009 and cross over the Dual Carriageway

At the roundabout, take the 3rd exit onto A41 Slip Road

The Start is on the slip road



Course Details

Start (A on Map) on southbound slip road to A41 on the Western Tring junction approximately 40 yards from the start of the slip road.

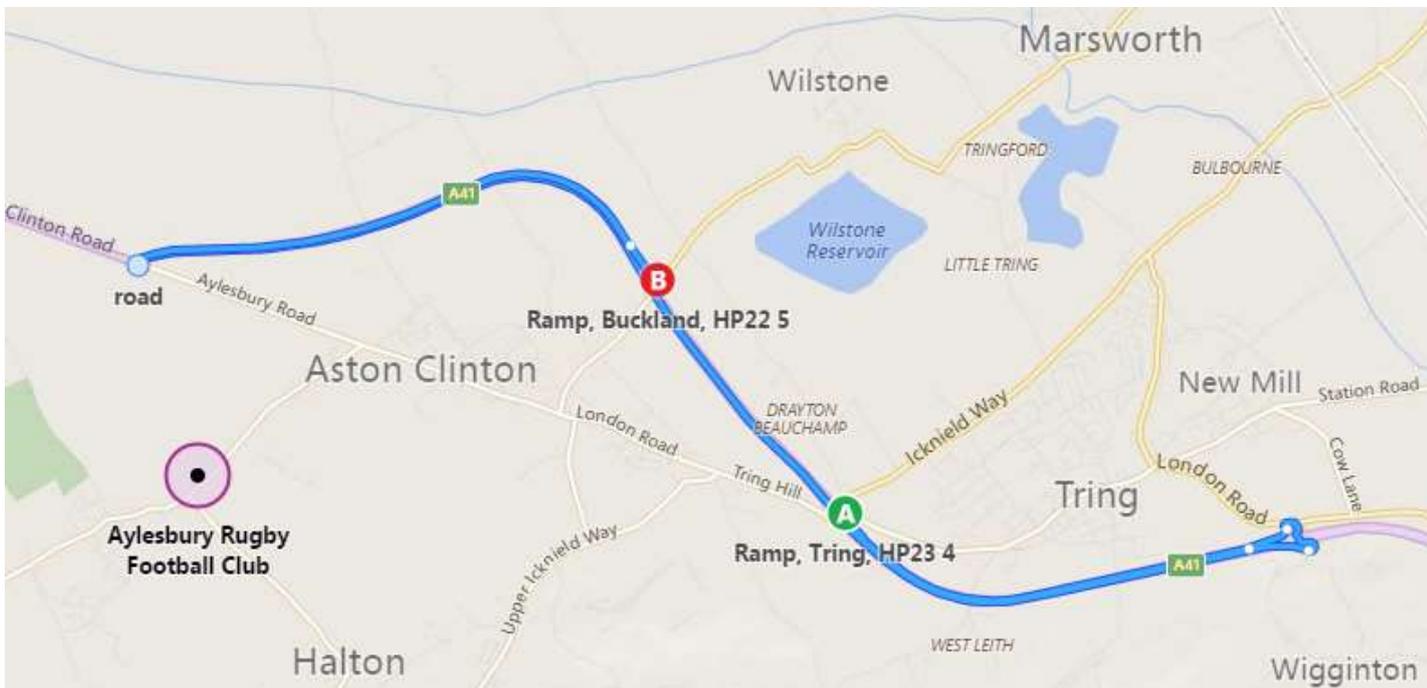
Proceed along A41 to come off at **first** slip road (Eastern Tring junction) to

Turn (approximately 2.0 miles) by taking 4th exit out of roundabout (giving priority as to join first roundabout to traffic on your right with restricted view) and **under the A41**, going around 2nd roundabout to take 2nd exit back (slip road) onto the A41 westbound and continue past all junctions to roundabout at end of Aston Clinton by-pass to

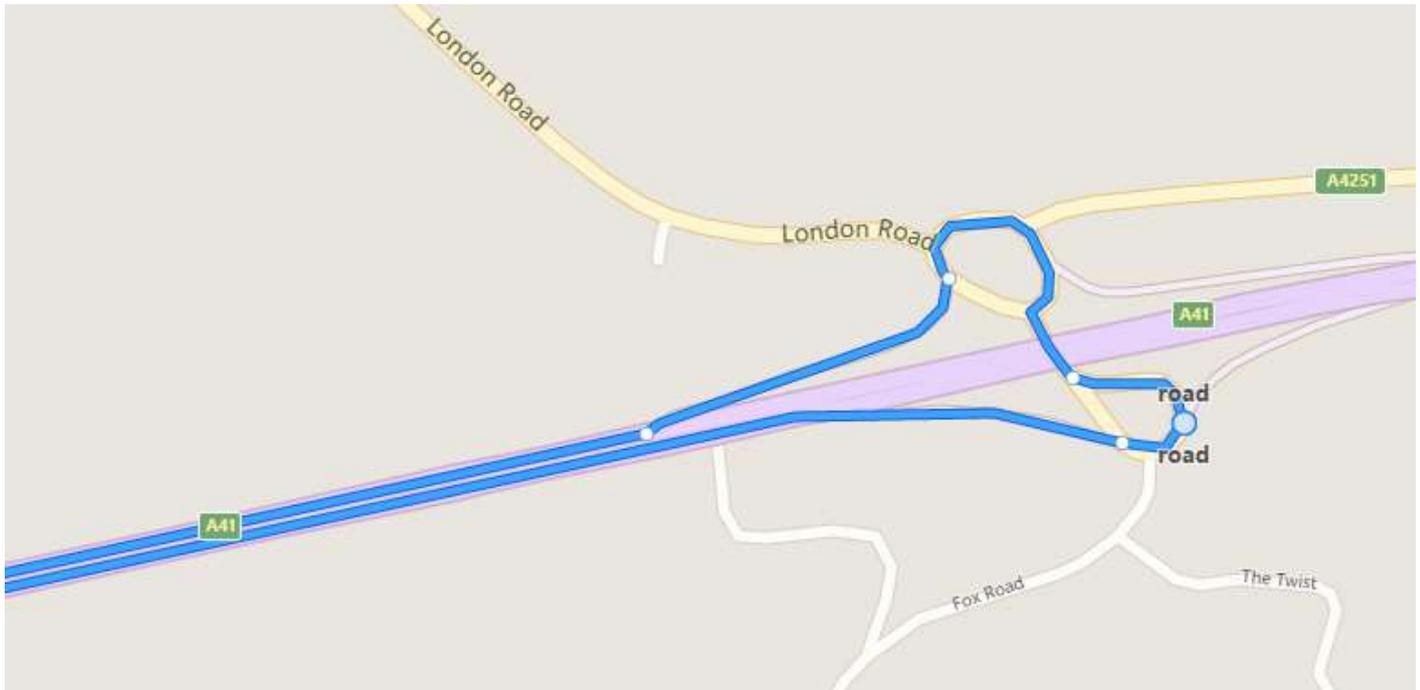
Turn (7.87 miles) by taking 3rd exit out of roundabout back along the by-pass, again ignoring College Road junction to

Finish (B on Map) on Buckland slip road 9 yards south-east of manhole cover on grass verge, about 91 yards north-west of (i.e. before) separation of slip road and main carriageway, also about 460 yards north-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 DNF and no time given



First DOUBLE Roundabout after 2 miles – Many riders like to explore the wide selection of exits and even ride the wrong way up entrances to the roundabout, where they will unsurprisingly meet vehicles head-on!



Last roundabout – 2 miles to go to the finish



Roundabouts

Keep your HEAD UP at all times. At roundabouts the traffic coming from the right has PRIORITY over you, so give way. The first RAB at the bottom of the off slip road DOES NOT have good line of sight of traffic so take GREAT CARE. **Make yourself familiar with the layout of the 1st roundabout as riders all too frequently go wrong and waste a fast time, BREAK the Highway Code and risk being DISQUALIFIED.**

number	start_time	firstname	lastname	machine	club	gender	cat	age_on_start	VAA	vtt_group
1	08:01	Richard	Moule	TT	Bossard Whs	M	V	66	00:02:33	LHC
2	08:02	Mark	Halliday	TT	North Bucks RC	M	V	60	00:01:45	LHC
3	08:03	Desmond	Gayler	TT	Kenton RC	M	V	56	00:01:18	LHC
4	08:04	Jamie	Bishop	Road	Harlow CC	M	V	50		
5	08:05	Paul	Willcox	TT	North Road CC	M	V	46	00:00:26	LHC
6	08:06	James	Lawler	TT	Bedfordshire Road RT	M	V	49	00:00:40	East Anglia
7	08:07	Michael	Garvey	TT	High Wycombe CC	M	V	57	00:01:24	LHC
8	08:08	Paul	James	TT	VTTA West Group	M	V	52	00:00:55	West
9	08:09	Christopher,	Rosam	TT	Epsom CC	M	V	63	00:02:08	Surrey/Sussex
10	08:10	Robert	Willcocks	TT	Royal Air Force Cycling Association	M	V	42	00:00:08	LHC
11	08:11	Paul	McDaid	TT	Southborough & Dist. Whs	M	V	54	00:01:06	Surrey/Sussex
12	08:12	Daniel	Legg	TT	North Hampshire RC	M	V	53	00:01:01	LHC
13	08:13	Marco	Lattughi	TT	Bedfordshire Road CC	M	V	50	00:00:45	LHC
14	08:14	Wayne	Baker	Tricycle	Team Echelon	M	V	66	00:04:42	Midlands
15	08:15	Ken	Buckley	TT	BPC Race Team	M	S	36		
16	08:16	Ross	Harper	TT	Verulam CC	M	S	33		
17	08:17	Simon	Inman	TT	OVB	M	V	50	00:00:45	Notts & E.Mids
18	08:18	Nicholas	Coe	TT	Verulam Really Moving	M	V	65	00:02:24	LHC
19	08:19	Andrew	Porter	TT	Welwyn Whs	M	V	61	00:01:52	East Anglia
20	08:20	Ryan	Witchell	TT	Team Salesengine.co.uk	M	S	28		
21	08:21	Aaron	Borrill	TT	Farnborough & Camberley CC	M	V	40		
22	08:22	Andrew	Halliday	TT	Westerley Cycling Club	M	V	51	00:00:50	LHC
23	08:23	Nick	Hill	TT	Bristol Mile Monkeys	M	V	60	00:01:45	West
24	08:24	Mark	Shore	TT	Walsall Roads Cycling Club	M	V	64	00:02:16	Midlands
25	08:25	Keith	Lea	TT	Paceline RT	M	V	53		
26	08:26	Martin	Fisher	TT	Melton Olympic CC	M	V	44	00:00:17	Notts & E.Mids
27	08:27	Gareth	Daniels	TT	Icknield RC	M	V	40	00:00:00	LHC
28	08:28	Chris	Fowler	TT	Rockingham Forest Wheelers	M	V	41		
29	08:29	Martin	O'Sullivan	TT	Teddington and Turing Velo	M	V	48	00:00:35	LHC
30	08:30	Alastair	Luxford	TT	Full Gas Racing Team	M	V	41	00:00:04	LHC
31	08:31	Stu	Wright	TT	QN Racing	M	V	55	00:01:12	Notts & E.Mids
32	08:32	Peter	Main	TT	34 Nomads CC	M	V	57	00:01:24	East Anglia
33	08:33	Mark	Thomas	TT	Bigfoot CC	M	V	60	00:01:45	East Anglia
34	08:34	Michael	Thornewill	Road	Sherwood CC	M	V	60		
35	08:35	Tony	Chapman	TT	Frome and District Wheelers	M	V	51	00:00:50	West
36	08:36	Mark	Hamer	TT	Legato Racing Team (LRT)	M	V	48	00:00:35	Midlands
37	08:37	Louis	Tate-Harris	TT	Bedfordshire Road RT	M	S	29		
38	08:38	Roger	Hutchings	TT	VC Merlin	M	V	53	00:01:01	East Anglia
39	08:39	Brian	Lewis	TT	Bicester Millennium CC	M	V	85	00:07:17	West
40	08:40	Anthony	Turner	TT	Mickey Cranks Cycling Club	M	V	52		
41	08:41	John	Jones	TT	Verulam Really Moving	M	V	55	00:01:12	LHC
42	08:42	Luca	Morrone	TT	Onyx RT	M	S	32		
43	08:43	Matthew	Wight	TT	Verulam Really Moving	M	S	37		
44	08:44	Stephen	Clark	TT	Sherwood CC	M	V	53	00:01:01	Notts & E.Mids
45	08:45	Graham	Winstone	TT	ZeroBC Race Team	M	V	51	00:00:50	LHC
46	08:46	Philip	Wilkinson	TT	Rockingham Forest Wheelers	M	V	50		
47	08:47	Andy	Poulton	TT	Welland Valley CC	M	V	58	00:01:31	Notts & E.Mids
48	08:48	Adrian	Mason	TT	Bicester Millennium CC	M	V	56	00:01:18	LHC
49	08:49	Andrew	Vaughan	TT	City RC (Hull)	M	V	57	00:01:24	Yorkshire
50	08:50	Leon	Atkins	TT	Welwyn Whs	M	Juv	14		
51	08:51	Anthony	Gibb	TT	Full Gas Racing Team	M	V	47		
52	08:52	Issy	Zimmerman	TT	Regents Park Rouleurs	M	V	56	00:01:18	LHC
53	08:53	Martin	Attwood	TT	Cowley Road Condors CC	M	S	34		
54	08:54	Jason	Somerville	TT	Bicester Millennium CC	M	V	54		
55	08:55	Adam	Williams	TT	St Neots CC	M	S	26		
56	08:56	Michael	Barnes	TT	Royal Air Force Cycling Association	M	S	30		
57	08:57	Alan	Allcock	TT	Didcot Phoenix CC	M	V	68	00:02:52	LHC
58	08:58	Peter	Noble	TT	Epsom CC	M	V	56		East Anglia
59	08:59	Adrian	Briers	TT	Chronos RT	M	V	66	00:02:33	LHC
60	09:00	Matthew	Peck	TT	Ipswich BC	M	V	41	00:00:04	East Anglia
61	09:01	Stu	Carver	TT	North Hampshire RC	M	V	58	00:01:31	Wessex
62	09:02	Ruth	Stapleton	Road	Harlow CC	F	V	41		
63	09:03	Sally	White	TT	High Wycombe CC	F	V	58	00:04:49	LHC
64	09:04	Susan	Oldham	TT	Bicester Millennium CC	F	V	59	00:04:17	West
65	09:05	Lisa	Davis	TT	DRAG2ZERO	F	V	48	00:03:07	Surrey/Sussex
66	09:06	Hannah	Makins	Road	Mickey Cranks Cycling Club	F	V	48		
67	09:07	Jill	Bartlett	TT	Hounslow & District Whs	F	V	63		
68	09:08	Jen	Clegg	TT	Team Bottrill	F	V	69	00:05:52	Notts & E.Mids
69	09:09	Debbie	Bradley	TT	Peddlamaniacs Cycle Club	F	V	49	00:03:12	Midlands
70	09:10	Emily	Meakin	TT	AWOL O'Shea Worx	F	S	34		

71	09:11	Rossllyn	Young	Road	Serpentine Running Club	F	V	79	00:08:03	LHC
72	09:12	Rachel	Green	TT	Cheltenham & County Cycling Club	F	V	61	00:04:33	West
73	09:13	Gillian	Reynolds	TT	Willesden CC	F	V	74	00:06:58	LHC
74	09:14	Frances	Lammyman	TT	St Neots CC	F	S	25		
75	09:15	Louise	Robinson	TT	Essex Roads CC	F	V	46	00:02:56	East Anglia
76	09:16	Jan	Farmer	TT	Serpentine Running Club	F	V	72	00:06:30	LHC
77	09:17	Elizabeth	Cahill	Road	Rapha Cycling Club	F	S	32		
78	09:18	Jayne	Paine	TT	Willesden CC	F	V	58	00:04:09	LHC
79	09:19	Becky	Ridge	TT	Loose Cannon's Conditioning	F	V	42	00:02:37	East Anglia
80	09:20	Sally	Turner	TT	HUUB WattShop	F	V	43	00:02:41	Surrey/Sussex
81	09:21	Daniel	Chambers	TT	Bicester Millennium CC	M	S	35		
82	09:22	Kevin	Wood	TT	Sherwood CC	M	V	61	00:01:52	Notts & E.Mids
83	09:23	James	Hunt	TT	Oxonian CC	M	V	46	00:00:26	LHC
84	09:24	Steve	Skinner	TT	Southdown Velo	M	V	68	00:02:52	Wessex
85	09:25	Brett	Davis	TT	DRAG2ZERO	M	V	50	00:00:45	Surrey/Sussex
86	09:26	Kenneth	Brown	TT	Newbury Velo	M	V	42		
87	09:27	Paul	Winchcombe	TT	Chippenham & District Wheelers	M	V	63	00:02:08	West
88	09:28	Mick	Stevens	TT	Melton Olympic CC	M	V	73	00:03:48	Notts & E.Mids
89	09:29	Slawomir	Puklo	Road	Harlow CC	M	V	45		
90	09:30	Alan	Murchison	TT	HUUB WattShop	M	V	52	00:00:55	LHC
91	09:31	Alex	Purcell	TT	CC Sudbury	M	S	38		
92	09:32	Michael	Bennett	TT	Bicester Millennium CC	M	V	54	00:01:06	LHC
93	09:33	Tom	Cosgrove	TT	VTTA (London & Home Counties)	M	V	56	00:01:18	LHC
94	09:34	Alastair	Merrill	TT	VC 10	M	V	53	00:01:01	LHC
95	09:35	Samuel	Thienel	TT	Elysium Kalas Race Team	M	S	29		
96	09:36	Nick	Hammond	TT	Ilkeston Cycle Club	M	S	39		
97	09:37	Stan	Nwaka	TT	Verulam Really Moving	M	V	61	00:01:52	LHC
98	09:38	Gregory	Speakman	TT	Thames Valley Police	M	S	27		
99	09:39	Augustus	Harris	TT	Southborough & Dist. Whs	M	Juv	15		
100	09:40	Ian	Hope	TT	Team Ohten Aveas	M	V	49	00:00:40	East Anglia
101	09:41	Peter	Younghusband	TT	Petersfield Triathlon Club	M	V	58	00:01:31	Wessex
102	09:42	Josh	Lovell	TT	Banbury Star Cyclists' Club	M	S	26		
103	09:43	Paul	Newman	TT	Shorter Rochford RT	M	V	52	00:00:55	LHC
104	09:44	Martin	Wright	TT	Eat Plants Not Pigs CC	M	V	47	00:00:30	Midlands
105	09:45	Matt	Fisher	TT	HUUB WattShop	M	V	49	00:00:40	Wessex
106	09:46	Simon	Smith	TT	ZeroBC Race Team	M	V	48	00:00:35	Midlands
107	09:47	Richard	Tully	TT	Elite Cycling	M	V	46	00:00:26	East Anglia
108	09:48	Mark	Vowells (Tricycl	Tricycle	San Fairy Ann CC	M	V	70	00:05:26	Kent
109	09:49	Paul	Hewitt	Road	Metropolitan Police Cycle Club	M	V	49		
110	09:50	Joel	Stewart	TT	Team Ohten Aveas	M	V	48	00:00:35	LHC
111	09:51	Richard	Gifford	TT	trainSharp	M	V	60	00:01:45	Surrey/Sussex
112	09:52	Nick	James	TT	Mickey Cranks Cycling Club	M	V	49		
113	09:53	Paul	Birkin	TT	Buxton CC/Sett Valley Cycles	M	V	61	00:01:52	Manch NW
114	09:54	Cameron	Crook	TT	Hillingdon Slipstreamers	M	Juv	15		
115	09:55	Mark	Greenwood	TT	Lungs 2 Legs	M	V	49		
116	09:56	Steven	Cottington	TT	Bath Cycling Club	M	V	61	00:01:52	West
117	09:57	Jack	Smy	TT	Army Cycling	M	S	24		
118	09:58	David	Creese	TT	Chronos RT	M	V	71	00:03:24	LHC
119	09:59	Les	Gardner	TT	Maidenhead & District CC	M	V	76	00:04:29	LHC
120	10:00	Nicholas	Trbovic	TT	Elysium Kalas Race Team	M	S	32		
121	10:01	Rikky	Hughes	TT	Droitwich Cycling Club	M	S	36		
122	10:02	Chris	Newman	TT	Farnham RC	M	S	33		
123	10:03	Tobias	Nilsson	TT	Kingston Wheelers CC	M	V	42	00:00:08	LHC
124	10:04	Philip	Strongman	TT	Oxonian CC	M	V	59	00:01:38	LHC
125	10:05	Max	Belcher	TT	Banbury Star Cyclists' Club	M	S	33		
126	10:06	Lee	Francis	TT	Velo Club Bristol	M	V	41	00:00:04	West
127	10:07	Bob	Richardson	TT	Bournemouth Jubilee Whs	M	V	57	00:01:24	Wessex
128	10:08	Kevin	Creese	TT	Chronos RT	M	V	69	00:03:02	LHC
129	10:09	John J	Murphy	TT	Gloucester City Cycling Club	M	V	83	00:06:32	West
130	10:10	George	Fox	TT	George Fox Cycling Solutions	M	S	29		
131	10:11	Andy	Thomas	TT	Lindsey Roads Cycling Club	M	V	54	00:01:06	North Midlands
132	10:12	Martin	Stanley	TT	Droitwich Cycling Club	M	V	56	00:01:18	Midlands
133	10:13	Andy	Oliver	TT	Team Enable - M.I. Racing - McCann	M	V	54	00:01:06	Notts & E.Mids
134	10:14	Paul	Crook	TT	Westerley Cycling Club	M	V	51		
135	10:15	Matt	Steel	TT	Pronto Bikes	M	V	48	00:00:35	East Anglia
136	10:16	Andrew J	Parnowski	TT	City Cycle Couriers RT	M	V	53	00:01:01	West
137	10:17	Ragnar	Laan	TT	Twickenham CC	M	V	45	00:00:21	LHC
138	10:18	Graham	Morrison	TT	Newbury Velo	M	V	50		
139	10:19	Mark	Woolford	TT	ZeroBC Race Team	M	V	57	00:01:24	East Anglia
140	10:20	John	Archibald	TT	HUUB WattShop	M	S	32		
141	10:21	Tim	Simpkins	Road	Harlow CC	M	V	46		

142	10:22	Gary	Pamment	TT	CC Sudbury	M	V	52	00:00:55	East Anglia
143	10:23	David	Prom	TT	San Fairy Ann CC	M	V	53	00:01:01	Kent
144	10:24	Cliff	Voller	TT	VTTA West Group	M	V	72	00:03:36	West
145	10:25	Alex	Pritchard	Road	HUUB WattShop	M	S	27		
146	10:26	Matthew	Reader	TT	Verulam CC	M	V	53	00:01:01	LHC
147	10:27	Brian	Evans	TT	North Road CC	M	V	56	00:01:18	East Anglia
148	10:28	Fred	Carlton	TT	Cambridge CC	M	S	27		
149	10:29	Wolfgang	Emmerich	TT	Team Bottrill	M	V	57	00:01:24	LHC
150	10:30	Richard	Oakes	TT	Team Ohten Aveas	M	V	54	00:01:06	Notts & E.Mids
161	reserve	Christopher	Newton	TT	Rapha Cycling Club	M	S	33		
162	reserve	Stuart	McCormick	TT	VTTA (Yorkshire)	M	V	55	00:01:12	Yorkshire

Tandems

152	10:32	Christopher	York	TT	Maldon & District CC	M	V	54		
	10:32	Joanne	York	TT	Maldon & District CC	F	V	52		
154	10:34	Richard	May	TT	Islington Cycling Club	M	V	52	00:01:11	LHC
	10:34	David	Shannon	TT	Islington Cycling Club	M	V	59	00:01:11	LHC