

# Rocco 25 Mile Open TT



18<sup>th</sup> September 2022

Promoted by London Phoenix

on behalf of

VTTA London & Home Counties



# The Rocco Memorial 25 Mile Open TT

18<sup>th</sup> September, Start Time: 07:30am

Course: H25/2

**Race Director:** Wolfgang Emmerich (London Phoenix and L&HC)  
Tel: 07887 930345  
Email: [we@acm.org](mailto:we@acm.org)

**Timekeepers:** Glen Knight (Newbury Velo and L&HC) and  
Howard Waller (Python RT)

**Marshalling:** London Phoenix and  
VTTA London and Home Counties

**First Aiders:** Wolfgang Emmerich  
Daniel Wolman

**Race Head Quarters:** Liston Hall, Chapel St, Marlow, Bucks SL7 1DD

**Registration opens:** 06:15am

In the interest of your own safety, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard. **ALL juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet.**

**Riders are 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, either flashing or constant, and to the front of their machine a working front light that are illuminated and in a position clearly visible to other road users.**

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 marshals.

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

## 1. Race HQ

We have rented Liston Hall from the Marlow Community Association as Race HQ for this event. Sign-on will be in the Thames Room. There will be toilet facilities available. 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.

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. Riders not following guidelines or instructions from officials will not be permitted to race and will be reported to CTT.

**Please allow at least 15-20 minutes to get to the start from the HQ. To get to the start you need to ride up the A404 and around the roundabout at the top of the hill. The start is in the first layby coming back down towards Marlow.**

## 2. Sign-On and Sign Off

Riders not signing on 20 minutes before their start time will be recorded as DNS. If you will not be attending, then please let us know by messaging the organiser on 07887930345 and your entry will be marked as DNS(A).

This is to ensure we can successfully run this event and others in the future and that the event promoters are not being challenged in social media. 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 might refused entry to future events.

We will be using disposable numbers that do not need to be returned. **However, riders are required to sign-off at the Race HQ. Failure to do so will result in disqualification.**

## 3. Course Description

Start on the A404 approximately 0.4 mile south of Handy Cross RAB, in the first lay-by on the east side of the road, at a point at the southern end of the pathway, where the width of the lay-by starts to decrease, directly opposite a drain. Go south, going straight across at the A308/A404 RAB to the junction with the A4, where take the left-hand slip road to the Maidenhead Thicket RAB. Take third exit to join the A4 towards Reading. Go straight ahead at Maidenhead Business Park RAB and keep straight-ahead at the Burchetts Green mini-RAB. Go straight through Knowl Hill and Hare Hatch to the A321 Twyford RAB where go straight across and, taking care at the pedestrian lights at Charvil, continue to the Sonning Junction RAB. Circle the RAB and retrace, taking care at the pedestrian lights at Charvil to go straight across at the A321 Twyford RAB and through Hare Hatch and Knowl Hill to the mini-RAB at the Burchetts Green mini RAB, where bear right still on the A4 to the Maidenhead Business Park RAB Go straight on to the Maidenhead Thicket RAB. Bear left down slip road to join A423/A404 to the A308 RAB where take second exit on A404 to a point 17 yards past the centre of a foot bridge over the road, and 32 yards short of lamp post No 14 where finish.

#### 4. Local Regulations

District Regulations that apply to H25/2 (Handy Cross)

**Riders should not cross the dual carriageway near the start.**

District Regulations applicable to all events Restriction of Parking at the Start and Finish

**LWDC 4 No vehicles, except those of the timekeepers', shall be parked at the start or finish.**

Reporting of breaches of Local Regulations

**LWDC 5 All breaches of Local Regulations shall be reported in writing to the London West District Secretary.**

#### 5. Race Results

Race results will be displayed at HQ on a big screen. We will also have a live results service running on a Twitter feed which you can follow or by scanning the QR code at HQ when you return your number. These results will be provisional until verified by the official timekeepers.

#### 6. Prizes (one prize per person, with the exception of the team prize)

**VTTA members:** 1<sup>st</sup> on Standard: Gold Medal and hold ROCCO Trophy for 1 year  
2<sup>nd</sup> on Standard: Silver Medal, 3<sup>rd</sup> on Standard: Bronze Medal

**Teams:** 1<sup>st</sup> club team on Standard: Gold Medals

**Solo male:** Fastest: £25, 2<sup>nd</sup> fastest, £15, 3<sup>rd</sup> fastest: £10

**Solo female:** Fastest: £25, 2<sup>nd</sup> fastest, £15, 3<sup>rd</sup> fastest: £10

Prizes will be presented at the London and Home Counties Prize Giving Luncheon in January.

No	Start	Name	Club	Gender	Category	Age	Standard
30	07:30	Hans Nilsson	London Phoenix CC	Male	Veteran	66	1:12:38
31	07:31	Jordan Matthews	FTP RC	Female	Senior	29	
32	07:32	Richard Moule	Bossard Whs	Male	Veteran	65	1:12:15
33	07:33	Robert Royle-Evatt	Addiscombe CC	Male	Veteran	55	1:09:07
34	07:34	Gary Martin	Westerley Cycling Club	Male	Veteran	63	1:11:31
35	07:35	Paul Blamire	Amersham Road Cycling Club	Male	Veteran	47	1:07:19
36	07:36	Richard Jones	VC 10	Male	Veteran	48	1:07:31
37	07:37	Jonathan Garrow	Didcot Phoenix CC	Male	Senior	39	
38	07:38	Edward James	VTTA (L & HC)	Male	Veteran	53	1:08:37
39	07:39	Jan Farmer	Serpentine Running Club	Female	Veteran	71	1:22:09
40	07:40	Luca Morrone	Regents Park Rouleurs	Male	Senior	31	
41	07:41	Chris Ford	High Wycombe CC	Male	Veteran	59	1:10:14
42	07:42	Henry Taysom	Ex Machina	Male	Senior	35	
43	07:43	David Mascall	Norwood Paragon CC	Male	Veteran	50	1:07:56
44	07:44	Shay Giles	VC Elan - Harry Perry Cycles	Male	Veteran	77	1:18:20
45	07:45	John Lacey	Hemel Hempstead CC	Male	Veteran	58	1:09:56
46	07:46	Mark Dearden	Didcot Phoenix CC	Male	Veteran	56	1:09:23
47	07:47	Mark Vowells (Tricycle)	San Fairy Ann CC	Male	Veteran	69	1:13:55
48	07:48	Stewart Harrison	Kings Lynn CC	Male	Veteran	56	1:09:23
49	07:49	Garret Fay	Icknield RC	Male	Veteran	46	1:07:07
50	07:50	Kate Allan	Team Bottrill	Female	Senior	37	
51	07:51	Michael Parker	TMG Horizon Cycling Team	Male	Veteran	57	1:09:39
52	07:52	Gareth Daniels	Icknield RC	Male	Senior	39	
53	07:53	Joy Payne	High Wycombe CC	Female	Veteran	65	1:19:13
54	07:54	Peter Horsfield	Redmon CC	Male	Veteran	72	1:15:23
55	07:55	Scott Warden	Charlotteville Cycling Club	Male	Senior	30	
56	07:56	Peter Crease	Royal Navy & Royal Marines CA	Male	Senior	34	
57	07:57	Adam Quilter	High Wycombe CC	Male	Veteran	56	1:09:23
58	07:58	Laura Nagi	Precision Race Team	Female	Senior	32	
59	07:59	John Howells	Corinium Cycle Club	Male	Veteran	81	1:21:20
60	08:00	Henrik Persson	FTP Race Team	Male	Senior	39	
61	08:01	Jeff Roberts	High Wycombe CC	Male	Veteran	57	1:09:39
62	08:02	Shane Townsend	Westerley Cycling Club	Male	Veteran	49	1:07:43
63	08:03	Mark Jervis	Watford Velo Sport	Male	Veteran	50	1:07:56
64	08:04	Brian Lewis	Bicester Millennium CC	Male	Veteran	84	1:24:05
65	08:05	David Glossy	Bicester Millennium CC	Male	Veteran	49	1:07:43
66	08:06	Antony Bee	Wigmore CC	Male	Veteran	58	1:09:56
67	08:07	Dan Charleston	High Wycombe CC	Male	Veteran	49	1:07:43
68	08:08	Anne Bennett	Serpentine Running Club	Female	Veteran	54	1:15:25
69	08:09	Steve Tooke	The Bike Loft	Male	Veteran	49	1:07:43
70	08:10	Adam Charleston	High Wycombe CC	Male	Espoir	19	
71	08:11	Graham Harman	Sotonia CC	Male	Veteran	51	1:08:10
72	08:12	Robert Gilmour	Hounslow & District Whs	Male	Veteran	71	1:14:52
73	08:13	James Conolly	Stevenage CC	Male	Senior	38	
74	08:14	Martin Cade	Cranleigh Cycling Club	Male	Veteran	50	1:07:56
75	08:15	Michael Bennett	Bicester Millennium CC	Male	Veteran	54	1:08:52
76	08:16	Daryl Stroud	Gloucester City Cycling Club	Male	Veteran	58	1:09:56
77	08:17	Michael Garvey	High Wycombe CC	Male	Veteran	56	1:09:23
78	08:18	Henry Linscott	Gregarios Superclub Ciclista	Male	Senior	33	

79	08:19	John	Froud	Festival Road Club	Male	Veteran	82	1:22:12
80	08:20	Alan	Murchison	WattShop	Male	Veteran	51	1:08:10
81	08:21	Colin	McDermott	Festival Road Club	Male	Veteran	55	1:09:07
82	08:22	Iain	Cotton	Hart Evolution Race Team	Male	Veteran	46	1:07:07
83	08:23	Graham	Pepperdine	Verulam CC	Male	Veteran	59	1:10:14
84	08:24	Hilary	Briggs	Serpentine Running Club	Female	Veteran	60	1:17:17
85	08:25	Mark	Woolford	ZeroBC Race Team	Male	Veteran	56	1:09:23
86	08:26	Christina	Murray	Army Cycling	Female	Veteran	46	1:13:27
87	08:27	Cliff	Voller	Newbury RC	Male	Veteran	71	1:14:52
88	08:28	Ian	Radburn	Oxonian CC	Male	Veteran	55	1:09:07
89	08:29	Gillian	Morgan	Westerley Cycling Club	Female	Veteran	62	1:18:01
90	08:30	Paul	Burton	Paceline RT	Male	Veteran	41	1:06:11
91	08:31	Adrian	Talley	Portsmouth North End CC	Male	Veteran	49	1:07:43
92	08:32	Dena	Ford	High Wycombe CC	Female	Veteran	56	1:16:00
93	08:33	Mike	Kirby	Banbury Star Cyclists' Club	Male	Veteran	63	1:11:31
94	08:34	Joe	Fellows	Trash Mile	Male	Senior	33	
95	08:35	Richard	Gifford	trainSharp	Male	Veteran	59	1:10:14
96	08:36	Phil	Paterson	Stomp the Pedal	Male	Veteran	40	1:06:00
97	08:37	Mark	Thomas	Bigfoot CC	Male	Veteran	59	1:10:14
98	08:38	John J	Murphy	Gloucester City Cycling Club	Male	Veteran	82	1:22:12
99	08:39	Sally	White	High Wycombe CC	Female	Veteran	57	1:16:18
100	08:40	Liam	Maybank	Twickenham CC	Male	Veteran	50	1:07:56
101	08:41	Rob	Vessey	Pankhurst Cycles	Male	Veteran	59	1:10:14
102	08:42	Peter	Perrin	Bournemouth Arrow CC	Male	Veteran	55	1:09:07
103	08:43	Su-Anne	Bullock	Icknield RC	Female	Veteran	43	1:12:49
104	08:44	Malcolm	Rose	ZeroBC Race Team	Male	Veteran	49	1:07:43
105	08:45	Michael	Nagi	Team Bottrill	Male	Senior	32	
106	08:46	Tim	Fowler	PSSA Cycling Club	Male	Veteran	57	1:09:39
107	08:47	Iain	Wilson	Icknield RC	Male	Veteran	45	1:06:55
108	08:48	Ollie	Hucks	Saint Piran	Male	Senior	23	
109	08:49	Richard	May	Islington Cycling Club (Tandem)	Male	Veteran	51	01:06:17
109	08:49	David	Shannon	Islington Cycling Club (Tandem)	Male	Veteran	58	01:06:17
110	08:50	Peter	Oliver	ZeroBC Race Team (Tandem)	Male	Veteran	58	01:06:52
110	08:50	Christopher	Edginton	ZeroBC Race Team (Tandem)	Male	Veteran	56	01:06:52