



Veterans Time Trials Association 10 Mile National Championship

Sponsored by NoPinz & Snug Kitchens



Keith Ainsworth and Angel Carpenter
Champions in 2019

12 September 2020

Promoted for and on behalf of Cycling Time Trials
under their Rules and Regulations

VTTA National 10 Mile Championship TT

12th September 2020

Date: 12th September 2020

Registration opens: 12:30

Start Time: 14:00

Course: H10/3R

Race Director: Rachael Elliott

Time Keepers: Maggie Smith & Howard Waller

Finish Spotter: Graham Morrison

Social Distancing Officers and Marshals:

Alison Dixon, Audrey Hughes, Caitlyn Davies, Chris Matthews, Danny Grey, Gemma Davies, Graham Morrison, Jaymi Dooley, Philip Burgin, John Bridgman, Nick Lees

First Aiders: Glen Knight

Photographers: Chris Culley

Location: Village Hall

Woodlands St Mary

Hungerford RG17 7SL

Distance from parking to start location: Approx. 3 miles

Sponsors: NoPinz, Snug Kitchens, Hale Dynamics, Newbury Velo & NAMEDSPORT (see promo before rider list)

Souvenir bags: NAMEDSPORT & Newbury Velo

Awards

All on Standard

1st Overall - Ken Matthews Cup

1st Woman & 1st Man - Gold Medal, Jersey & Cap

2nd Woman & 2nd Man - Silver Medal

3rd Woman & 3rd Man - Bronze Medal

Group Team of Three - Gold Medals

Club Team of Three - Gold Medals

1st Tandem on Standard - Gold Medals

Cash prizes for 1st, 2nd, 3rd & 4th Placed Women & Men
and 1st Placed Tandem on Standard

ALL PRIZES TO VTTA MEMBERS ONLY

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 Woodland St Mary's Village Hall and Cricket Club. 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 take it away. 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/infront 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 30 minutes before their start time will have their place assigned to a reserve rider. Reserve riders are expected to sign-on before racing resumes and leave contact details.

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 are new, have never been used and the person 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 the B4000, at the junction of the Wickfield Road, ½ mile east of Shefford Woodlands. Proceed south-eastwards on the B4000 to the roundabout at the junction with the A4 Circle the roundabout (M1, 2, 3) to retrace on the B4000 to a point at the east edge of a field gateway, 452 yards short of the M4 bridge where finish

Strava Route: <https://www.strava.com/segments/2658636>

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. Please note there is a road to a working farm just before the start line. You are requested to not cycle up and down this road.

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.

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.**

Once you have finished your race return to HQ to sign out and collect your souvenir bag.

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 and VTTA Facebook page 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 below.



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 to purchase tandems to support partially sighted cyclists. Details can be found here: <https://bit.ly/3jMuvqo>

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.

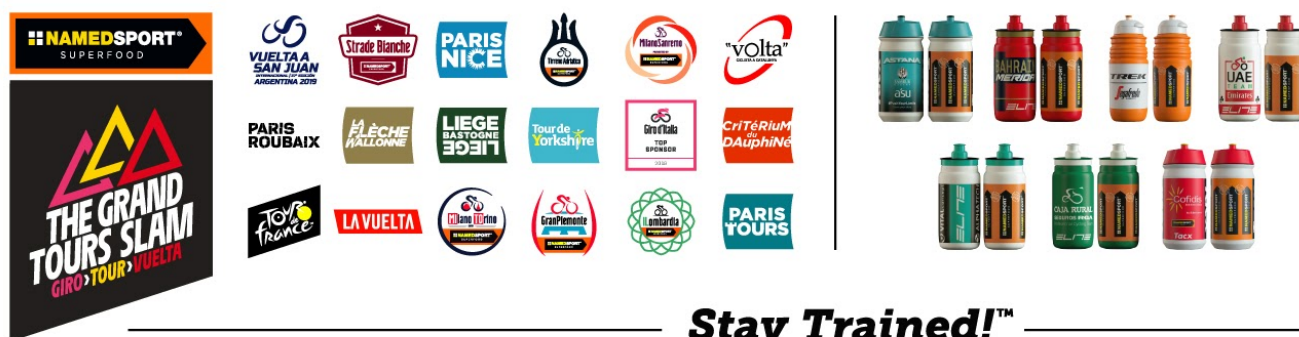
These restrictions are not here to make life difficult for you or the volunteer team, they are here for the above reasons but also to ensure that we are allowed to run these events.

We would like to thank all our volunteers and sponsors and hope that you enjoy the event as well as the gift bag we have arranged with the help of our sponsors.

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

Namedsport is Italy's leading sportsfood brand and are proud of our strong presence in cycling. We are proud to have a long-term sponsorship deal with all 3 Grand Tours and count team Sunweb, Team Astana, AG2R La Mondiale and Cofidis amongst our ambassadors. To be used and supported by the elite riders in cycling is testament to the products which are formulated using branded quality ingredients with performance benefits.

If you enjoyed the samples in the race pack we can offer you a special bundle on the Namedsport website <https://campaign.namedsport.com/newbury> using the promotion code **NEWBURY**



Stay Trained!™

APPENDIX A - Start List

Tandems

No.	Start Time	Name	Club	VTTA Group	Age	Standard
1	14:01:00	Richard May David Shannon	Islington Cycling Club	London & Home Counties	49/56	0:25:56
3	14:03:00	Ian Greenstreet Rachael Elliott	Aerocoach	London & Home Counties	56/42	0:26:45
5	14:05:00	Norman Harvey Mary Corbett	Alen Sharpen	Wessex	63/87	0:35:15

Women

No.	Start Time	Name	Club	VTTA Group	Age	Standard
11	14:11:00	Rosslyn Young	Serpentine Running Club	London & Home Counties	76	0:32:53
12	14:12:00	Sarah Edwards	Newbury Velo		48	
13	14:13:00	Freya Eccleston	Palmer Park Velo		15	
14	14:14:00	Rachel Green	Cheltenham & County Cycling Club		58	
15	14:15:00	Gillian Morgan	Westerley Cycling Club	London & Home Counties	60	0:30:02
16	14:16:00	teresa Robbins	Reading CC	London & Home Counties	48	0:28:56
17	14:17:00	Claire Davies	Hinckley Cycle Racing Club	Nottingham & East Midlands	43	0:28:31
18	14:18:00	Celia Brown	Beacon Roads CC	Midlands	43	0:28:31
19	14:19:00	Mireille Cook	Newbury Velo		45	
20	14:20:00	Gillian Reynolds	Willesden CC	London & Home Counties	71	0:31:41
21	14:21:00	Leanne James	Didcot Phoenix CC		38	
22	14:22:00	Samantha Messenger	Bicester Millennium CC	London & Home Counties	48	0:28:56
23	14:23:00	Arja Scarsbrook	Team Echelon	West	72	0:31:54
24	14:24:00	Eva Zsigoova	...a3crg		35	
25	14:25:00	Janet Birkmyre	TORQ Performance	Midlands	54	0:29:27
26	14:26:00	Jayne Paine	Les Filles Racing Team	London & Home Counties	55	0:29:32
27	14:27:00	Virginia McGee	...a3crg	Wessex	57	0:29:43
28	14:28:00	Melanie Sneddon	TORQ Performance	London & Home Counties	44	0:28:36
29	14:29:00	Helen Roby	Spirit Cycling Club	London & Home Counties	53	0:29:21
30	14:30:00	Dena Ford	High Wycombe CC	London & Home Counties	54	0:29:27
31	14:31:00	Jo Buckland	FTP (Fulfil The Potential) Racing	South Wales	53	0:29:21
32	14:32:00	Linda Dewhurst	Team Milton Keynes	London & Home Counties	61	0:30:09
33	14:33:00	Wendy Gooding	Team Bottrill	East Anglia	56	0:29:38

34	14:34:00	Lucy Mitchell	...a3crg	Wessex	43	0:28:31
35	14:35:00	Danuta Tinn	Maidenhead & District CC	London & Home Counties	55	0:29:32
36	14:36:00	Angela Carpenter	...a3crg	Wessex	51	0:29:11
37	14:37:00	Helen Willis	Camel Valley C & TC	West	55	0:29:32

Men

No.	Start Time	Name	Club	VTTA Group	Age	Standard
38	14:38:00	Brian James	Brighton Mitre CC	London & Home Counties	90	0:36:29
39	14:39:00	Nicholas Williams	Newbury Velo	London & Home Counties	40	0:26:02
40	14:40:00	Brian Lewis	Bicester Millennium CC	West	82	0:32:05
41	14:41:00	Graham Hewson	Birmingham Midland Cycling Club	Midlands	67	0:28:30
42	14:42:00	Peter White	VC 10	London & Home Counties	64	0:28:06
43	14:43:00	Bob Brabbins	Wellington Wheelers Cycling Club	West	77	0:30:29
44	14:44:00	Michael Parker	TMG Horizon Cycling Team	London & Home Counties	55	0:27:12
45	14:45:00	Peter Wilson	Bath Cycling Club	West	86	0:33:54
46	14:46:00	Alexander Munro	SVTTA	Scotland	87	0:34:27
47	14:47:00	Simon Davis	VTTA (Midlands)	Midlands	43	0:26:17
48	14:48:00	John J Murphy	Gloucester City Cycling Club	West	80	0:31:22
49	14:49:00	John Bush	Maidenhead & District CC	Surrey/Sussex	60	0:27:39
50	14:50:00	Robert Jolliffe	New Forest CC	Wessex	68	0:28:39
51	14:51:00	Paul Rogoll	Salt and Sham Cycle Club	West	64	0:28:06
52	14:52:00	Andy Delaney	Northumbria Police C.C.	North	52	0:26:58
53	14:53:00	John Eames	Chippenham & District Wheelers	North Midlands	73	0:29:32
54	14:54:00	Ronan McCurtin	Newbury Velo	London & Home Counties	49	0:26:45
55	14:55:00	David England	Crabwood CC	Wessex	77	0:30:29
56	14:56:00	Andrew Larkins	Newbury Velo	London & Home Counties	56	0:27:17
57	14:57:00	Donald Parker	Brighton Mitre CC	Surrey/Sussex	71	0:29:09
58	14:58:00	Murray Kirton	A5 Rangers CC	Midlands	79	0:31:03
59	14:59:00	Vincent Halpern	Twickenham CC	London & Home Counties	51	0:26:54
60	15:00:00	Paul James	VTTA West Group	West	49	0:26:45
61	15:01:00	Bob Symons	PDQ Cycle Coaching	West	66	0:28:21
62	15:02:00	Robert Barrett	AS Test Team	London & Home Counties	69	0:28:48
63	15:03:00	Jon Fairclough	Woking Cycle Club	Surrey/Sussex	66	0:28:21
64	15:04:00	Simon Kinsey	Virtual Cycling Club	South Wales	50	0:26:49

65	15:05:00	Mark Vowells (Tricycle)	CC Bexley	Kent	67	0:28:30
66	15:06:00	Roger Taylor	Frome and District Wheelers	West	74	0:29:45
67	15:07:00	Garry Shuker	Walsall Roads Cycling Club	Midlands	65	0:28:13
68	15:08:00	Haydn Davies	Giant CC Halo Films	West	66	0:28:21
69	15:09:00	Gary Chiverton	Bournemouth Jubilee Whs	Wessex	59	0:27:33
70	15:10:00	Robin Harris	Clapham Chasers	Surrey/Sussex	53	0:27:03
71	15:11:00	Andrew Harbourne	Cowley Road Condors CC	London & Home Counties	40	0:26:02
72	15:12:00	John McGlashan	Redmon CC	Kent	69	0:28:48
73	15:13:00	Sandy Wallace	Fife Century Road Club	Scotland	74	0:29:45
74	15:14:00	Mike Boyce	...a3crg	Wessex	64	0:28:06
75	15:15:00	Alan Harvey	Finsbury Park CC	East Anglia	74	0:29:45
76	15:16:00	Simon Collins	Vector Cycling Race Team	London & Home Counties	41	0:26:07
77	15:17:00	Simon Bowden	Newbury Velo	London & Home Counties	52	0:26:58
78	15:18:00	John French	Oxford City RC	West	67	0:28:30
79	15:19:00	Cliff Voller	Newbury RC	West	69	0:28:48
80	15:20:00	Crispin Doyle	VTTA (Wessex Group)	Wessex	47	0:26:36
81	15:21:00	Daryl Stroud	Gloucester City Cycling Club	West	56	0:27:17
82	15:22:00	Mark Cain	Army Cycling	Surrey/Sussex	44	0:26:22
83	15:23:00	Mark Thomas	Bigfoot CC	East Anglia	57	0:27:22
84	15:24:00	Andrew Simpkins	Team Echelon	Midlands	66	0:28:21
85	15:25:00	Justin Robbins	Team Swindon Cycles	West	49	0:26:45
86	15:26:00	Philip Skinner	Welwyn Whs	London & Home Counties	55	0:27:12
87	15:27:00	Stephen Eggleton	Stratford Cycling Club		41	
88	15:28:00	Stewart Ball	Successcycling.co.uk	Midlands	47	0:26:36
89	15:29:00	Steven Madeley	Ogmore Valley Wheelers	South Wales	59	0:27:33
90	15:30:00	James Hargreaves	Kenilworth Wheelers	Midlands	58	0:27:28
91	15:31:00	Jon Wiggins	PDQ Cycle Coaching		38	
92	15:32:00	Frank Anderson	SVTTA	Scotland	68	0:28:39
93	15:33:00	Stu Carver	North Hampshire RC		55	
94	15:34:00	John Robertson	Wrekinsport CC	Merseyside	65	0:28:13
95	15:35:00	Bryan Long	VTTA (East Anglia Group)	East Anglia	54	0:27:07
96	15:36:00	Neal Marrin	Finsbury Park CC	East Anglia	50	0:26:49
97	15:37:00	Andy Tucker	Newbury Velo	London & Home Counties	48	0:26:40
98	15:38:00	Antonio Maschio	Alan Sharpen	Wessex	55	0:27:12
99	15:39:00	Tom Burnley	Thames Velo		39	

100	15:40:00	Scott Povey	MediaVelo	Midlands	41	0:26:07
101	15:41:00	Roger Porter	Verulam CC	London & Home Counties	73	0:29:32
102	15:42:00	Robert Gilmour	Hounslow & District Whs	London & Home Counties	69	0:28:48
103	15:43:00	Jamie Copus	High Wycombe CC		27	
104	15:44:00	Mark Tyrrell	Oxonian CC		41	
105	15:45:00	Rob Muzio	Team Ohten Aveas	Nottingham & East Midlands	55	0:27:12
106	15:46:00	Robert Jones	Performance Cycles CC	Wessex	44	0:26:22
107	15:47:00	David Evans	Team Echelon	Midlands	64	0:28:06
108	15:48:00	Alan Allcock	Didcot Phoenix CC	London & Home Counties	65	0:28:13
109	15:49:00	Brett Lowndes	Pro Vision Cycle Clothing	Midlands	45	0:26:27
110	15:50:00	Michael Stevens	Fareham Wheelers CC	Wessex	59	0:27:33
111	15:51:00	Kyle Bateman	Vector Cycling Race Team	London & Home Counties	41	0:26:07
112	15:52:00	Chris Ford	High Wycombe CC	London & Home Counties	57	0:27:22
113	15:53:00	Christopher Davis	Giant CC Halo Films	West	65	0:28:13
114	15:54:00	Michael Naulls	Velo Club Venta	Wessex	50	0:26:49
115	15:55:00	Sean Quinn	Law Wheelers	Scotland	47	0:26:36
116	15:56:00	Peter Baker	Lewes Wanderers CC	Surrey/Sussex	62	0:27:52
117	15:57:00	Wayne Smith	Team Ohten Aveas	Nottingham & East Midlands	53	0:27:03
118	15:58:00	Issy Zimmerman	Verulam Really Moving	London & Home Counties	53	0:27:03
119	15:59:00	Niel Dunnage	PDQ Cycle Coaching	West	48	0:26:40
120	16:00:00	Jonathan Garrow	Didcot Phoenix CC		37	
121	16:01:00	Simon Inman	OVB	Nottingham & East Midlands	47	0:26:36
122	16:02:00	Peter Smith	Team Jewson - MI Racing ~Poly Pipe~McCann	London & Home Counties	62	0:27:52
123	16:03:00	Will Salisbury	Coalville Whs		36	
124	16:04:00	Joe Schvartz	Team Swindon Cycles	West	58	0:27:28
125	16:05:00	Steven Loraine	Team Swift	Midlands	64	0:28:06
126	16:06:00	Jeff Roberts	High Wycombe CC	London & Home Counties	55	0:27:12
127	16:07:00	Bob Richardson	Bournemouth Jubilee Whs	Wessex	55	0:27:12
128	16:08:00	Barry Eeles	North Hampshire RC	Wessex	54	0:27:07
129	16:09:00	Andrew Halliday	Westerley Cycling Club	London & Home Counties	48	0:26:40
130	16:10:00	Steve Bray	FTP (Fulfil The Potential) Racing	West	50	0:26:49
131	16:11:00	Scott Leeson	London Dynamo		32	
132	16:12:00	Tony Ball	Team Swift	London & Home Counties	51	0:26:54
133	16:13:00	James Moss	North Road CC	London & Home Counties	43	0:26:17
134	16:14:00	Richard Moore	Velo Club Godalming & Haslemere		48	

135	16:15:00	Paul Winchcombe	Chippenham & District Wheelers	West	60	0:27:39
136	16:16:00	Dan Charleston	High Wycombe CC		47	
137	16:17:00	Jez Willows	Sherwood CC	Nottingham & East Midlands	55	0:27:12
138	16:18:00	Martin Stanley	Didcot Phoenix CC	London & Home Counties	46	0:26:31
139	16:19:00	Philip Watts	North Hampshire RC	Wessex	60	0:27:39
140	16:20:00	Paul Blamire	Amersham Road Cycling Club	London & Home Counties	45	0:26:27
141	16:21:00	Phil Brown	TORQ Performance	Wessex	50	0:26:49
142	16:22:00	Rob Vessey	Didcot Phoenix CC	West	57	0:27:22
143	16:23:00	Jon Woolrich	Velo Sport Jersey	Wessex	40	0:26:02
144	16:24:00	Jymmy Trevor	Jem Hadar Racing	Yorkshire	48	0:26:40
145	16:25:00	Callum McQueen	ActiveEdge Race Team P/B Cooper/BMW Inchcape		20	
146	16:26:00	Justin Webb	VTTA (London & Home Counties)	Wessex	41	0:26:07
147	16:27:00	Nigel Sign	Fareham Wheelers CC	Wessex	63	0:27:59
148	16:28:00	Robin Short	Cotswold Veldrijden	West	44	0:26:22
149	16:29:00	Dave Nolan	trainSharp	Yorkshire	48	0:26:40
150	16:30:00	Matt Fisher	Newbury Velo	Wessex	47	0:26:36
151	16:31:00	Dan Blake	Oxonian CC		40	
152	16:32:00	Ian Patterson	Utag RT	Wessex	54	0:27:07
153	16:33:00	Mike Appleyard	Lancashire RC	London & Home Counties	54	0:27:07
154	16:34:00	Paul Newman	Shorter Rochford RT	London & Home Counties	49	0:26:45
155	16:35:00	terry Icke	Velo Club St Raphael	Wessex	76	0:30:13
156	16:36:00	Simon Smart	DRAG2ZERO		51	
157	16:37:00	James Scarth	Bishop's Stortford CC	East Anglia	42	0:26:12
158	16:38:00	Jamie Murray	Peterborough CC	Nottingham & East Midlands	42	0:26:12
159	16:39:00	Tim Davies	CC Luton	London & Home Counties	53	0:27:03
160	16:40:00	Graham Winstone	Oxonian CC	London & Home Counties	48	0:26:40
161	16:41:00	David Shepherd	...a3crg	Wessex	59	0:27:33
162	16:42:00	Stu Wright	QN Racing	Nottingham & East Midlands	52	0:26:58
163	16:43:00	Massimiliano Radi	Team Bottrill	London & Home Counties	43	0:26:17
164	16:44:00	Andrew Butcher	Cwmcarn Paragon Road Club	South Wales	46	0:26:31
165	16:45:00	Peter Younghusband	Petersfield Triathlon Club		55	
166	16:46:00	Andrew Thomas	...a3crg	Wessex	40	0:26:02
167	16:47:00	Mark Woolford	Team Swindon Cycles	West	54	0:27:07

168	16:48:00	Mark Stafford	...a3crg	Wessex	44	0:26:22
169	16:49:00	Tim May	PDQ Cycle Coaching	Midlands	42	0:26:12
170	16:50:00	Colin McDermott	Festival Road Club	Surrey/Sussex	53	0:27:03
171	16:51:00	Robert West	AeroCoach	London & Home Counties	45	0:26:27
172	16:52:00	James Fawcett	...a3crg	Wessex	54	0:27:07
173	16:53:00	Josh Copley	TBW23 Stuart Hall Cycling P/b Trainsharp		21	
174	16:54:00	Neil Mackley	...a3crg	Wessex	57	0:27:22
175	16:55:00	Richard Oakes	Team Ohten Aveas	Nottingham & East Midlands	51	0:26:54
176	16:56:00	Keith Ainsworth	Sheffrec CC	North Midlands	61	0:27:45
177	16:57:00	Anthony Turner	Mickey Cranks Cycling Club	London & Home Counties	50	0:26:49
178	16:58:00	Chris Holmes	Twickenham CC	London & Home Counties	44	0:26:22
179	16:59:00	Lee Perrott	Cycle Specific	South Wales	41	0:26:07
180	17:00:00	Nick English	AeroCoach	London & Home Counties	41	0:26:07
181	17:01:00	Kevin Tye	VeloRefined Rule 5	Kent	58	0:27:28
182	17:02:00	John Hale	WORX Factory Racing Powered by Silverstone	London & Home Counties	32	
183	17:03:00	Paul Hart	Hart Performance Coaching	East Anglia	41	0:26:07
184	17:04:00	Liam Maybank	Twickenham CC	London & Home Counties	48	0:26:40
185	17:05:00	Chris Loake	AeroCoach	London & Home Counties	40	0:26:02
186	17:06:00	Alan Murchison	DRAG2ZERO		49	
187	17:07:00	Dean Robson	Velo Sport Jersey		33	
188	Reserve	Richard Berry	Twickenham CC		46	
189	Reserve	Simon Evans	Didcot Phoenix CC		55	
190	Reserve	Daniel Toole	Vector Cycling Race Team		38	
191	Reserve	Tim Peters	Horsham Cycling		48	
192	Reserve	Peter Iffland	Northumbria Police C.C.		56	
193	Reserve	Jorj James	LFGSS CC		54	
194	Reserve	David Hanson	Oxonian CC		69	



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Prices from £290

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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