



L&HC
10 Mile Time Trial
Wednesday 16 August 14:00
Course: H10/3r

The event is being run for and on behalf of Cycling Time Trials under their rules and regulations

Event Headquarters

Hungerford Cricket Club
Located within Hungerford Town Football Ground
War Memorial Ground
Bulpit Ln
Hungerford
RG17 0AX

Timekeepers: Bob Lyle (Newbury RC) and William Emons (Wessex VTTA)
Start and Finish Official – John Hoskins
Event Secretary: Claire Emons: 07733 272826

SIGN ON

It is compulsory for all riders to **sign on AND sign out**. Numbers will be available at the event headquarters at Hungerford Cricket Club which will be open from 12:00 noon.

There are toilet and changing facilities at the HQ please park considerately

ALL RIDERS MUST HAVE A WORKING FRONT AND REAR LIGHT AND A HARDSHELL HELMET – NO LIGHTS, NO HELMET NO RIDE

TO THE START

It is approximately 2.5 miles from the HQ to the start so please allow sufficient time. I have provided two routes with strava links – one is via the town centre (this will be signposted) and the other is via Hungerford Common (this will not be signposted) – if you are going to use the route via Hungerford Common please take extra care when crossing the A4. Please allow sufficient time to reach the start.

Routes from HQ to start and back to the HQ (see maps and strava links below).

If you would like to park closer to the start you may be able to find spaces on the road through the Charnham Industrial Estate (see map below) you may also warm up on the B4192

ROAD BIKE REGULATIONS

- The road bike can possess drop or straight handlebars
- No tri-bars, clip-on bars or Spinacci bars are allowed
- No disc wheels
- Both front & rear wheels must have at least 12 spokes each
- The maximum rim depth allowed is 90mm

AWARDS/PRIZES

Awards are made to VTTA members only.

VTTA Gold Medal – best on standard – men and women

VTTA Silver Medal – 2nd on standard – men and women

VTTA Bronze Medal – 3rd on standard – men and women

VTTA Gold Medal – fastest man and woman on actual time

VTTA Gold Medal – fastest man or woman on actual time on a road bike

VTTA Gold Medal – fastest team of 3 on standard

Winners of the Gold Medal on standard will receive an invitation to the L&HC Annual Prizegiving Lunch

RESULTS AND REFRESHMENTS

Results will be available after the event via resultsheet or using the barcode located at the HQ.

There will be a selection of homemade cakes, tea and coffee available after the event these are free of charge but if you would like to make a donation then we are collecting on behalf of Thames Valley Air Ambulance

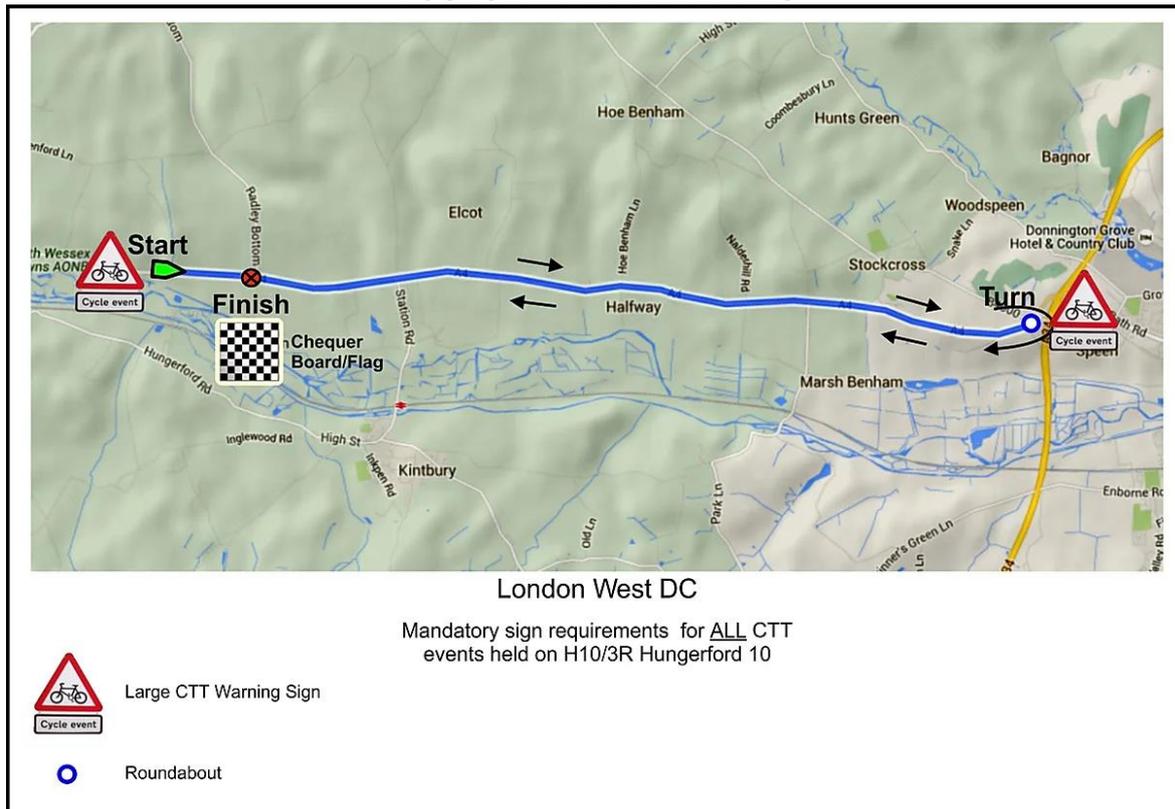
NOTES TO RIDERS

Please make sure you read the following

.1	Competitors should not attend if they feel ill in ANY way especially if they or family members have any Covid 19 symptoms
2	No riding with your head down, any rider observed riding dangerously will be disqualified from the event and reported to the CTT District Committee for further disciplinary action. Have a fast, but safe ride. Always give priority to traffic from your right when negotiating roundabouts.
3	NO 'U' TURNS are allowed within sight of either the start or finish area. Riders carrying out this dangerous manoeuvre are liable for disqualification from the event and further disciplinary action by the CTT District Committee. No parking at either the start or the finish by any rider
4	No warming-up by competitors is allowed along any part of the designated course, after the event has started.
5	Riders are reminded that dropping litter (such as energy gel wrappers) is a criminal offence and offenders will be liable to disciplinary action by the District Committee.
6	<i>Riders are required to both sign on and sign off. Failure to sign off will result in a rider being marked as DNF.</i>

7	When finishing, please do not return to the finishing area or communicate with the timekeepers
8	Riders are reminded that no competitor shall be allowed to start an event unless they are wearing a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard.
9	Riders are also 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 and affixed to the front of their machine a working front white light; lights to be illuminated, either flashing or constant, and in a position that is clearly visible to other road users.

COURSE MAP AND DETAILS



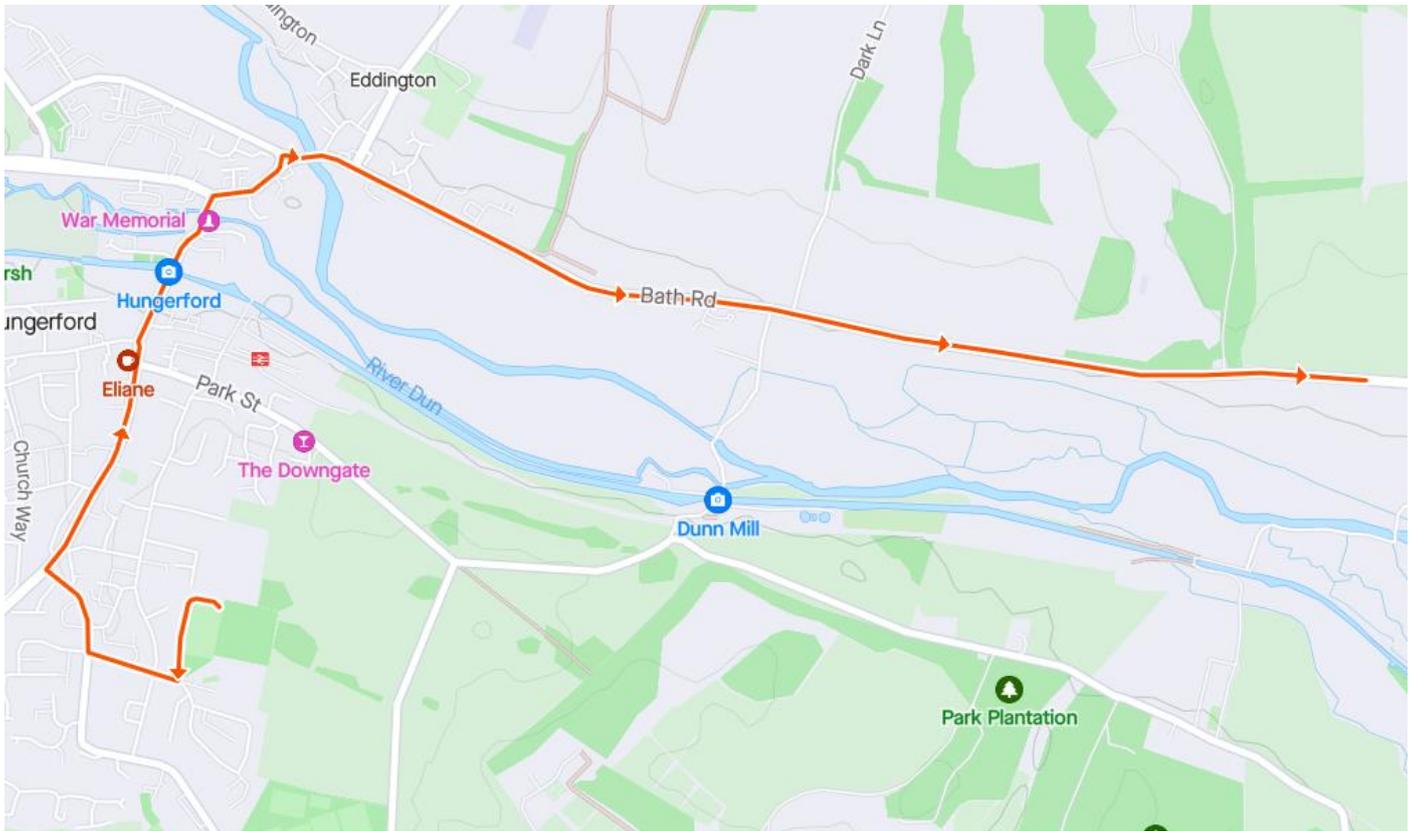
START on A4 approximately 2 miles east of Hungerford, and 258 yards east of entrance to former Norland College and 8 yards east of the eastern field gate post, SU366684.

Proceed east on A4 to first roundabout at the junction of A4 and B4000 - 5.3 miles Circle roundabout passing the 1st exit to B4000, the 2nd exit to A34 and the 3rd exit A4 (Newbury). Take 4th exit and retrace west on A4

FINISH at 7 yards after "P" sign at layby on south side of road 0.6 miles east of start at SU371684, approximately 50 yards west of junction with Radley Bottom road where finish 10.000 miles.

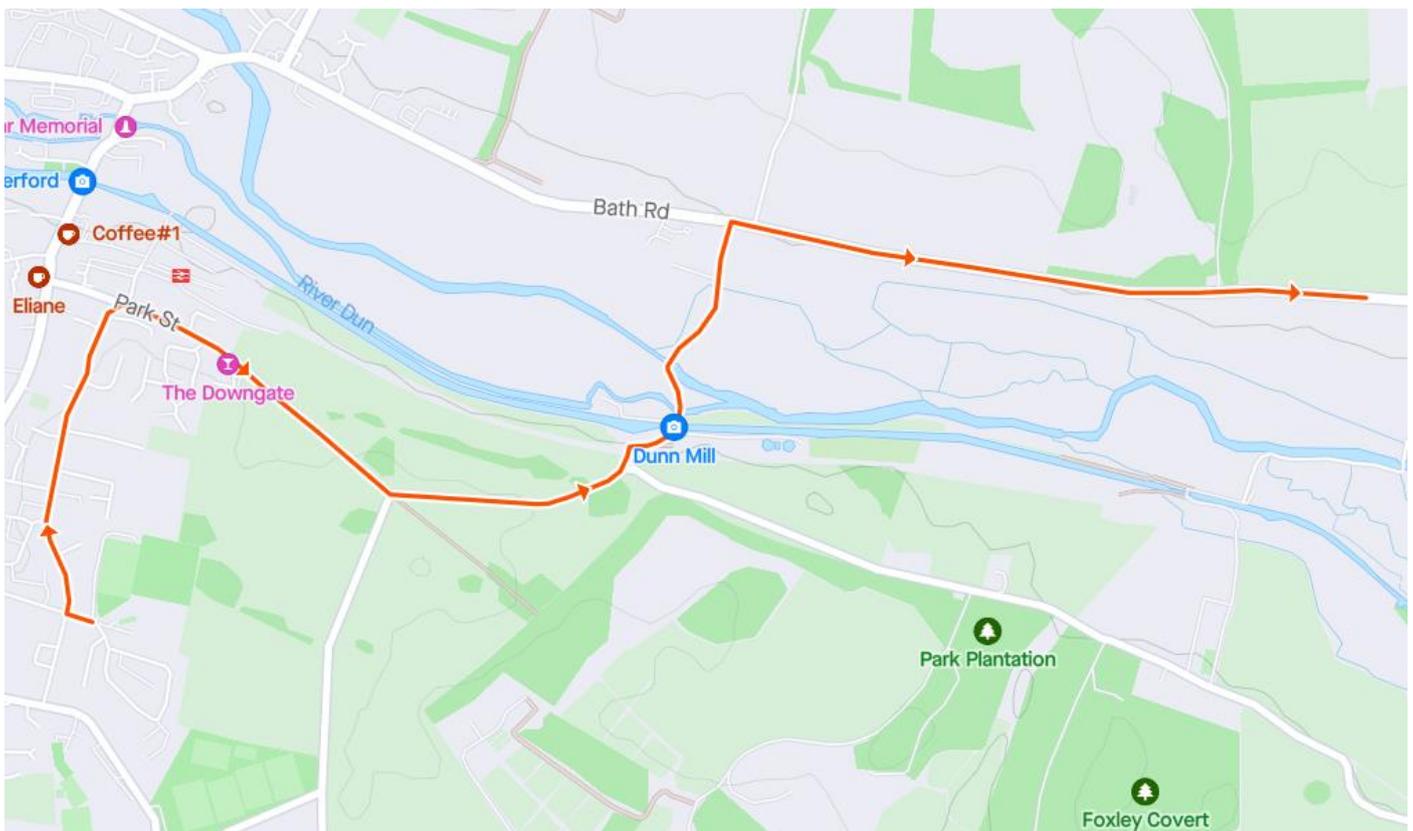
MAP AND STRAVA ROUTE TO THE START VIA THE TOWN CENTRE AND BACK TO THE HQ (THIS ROUTE WILL BE SIGNPOSTED) – please be aware that there will be traffic as this route takes you through the town centre and you should allow enough time to reach the start.

[HTTPS://WWW.STRAVA.COM/ROUTES/3124683756536372668](https://www.strava.com/routes/3124683756536372668)



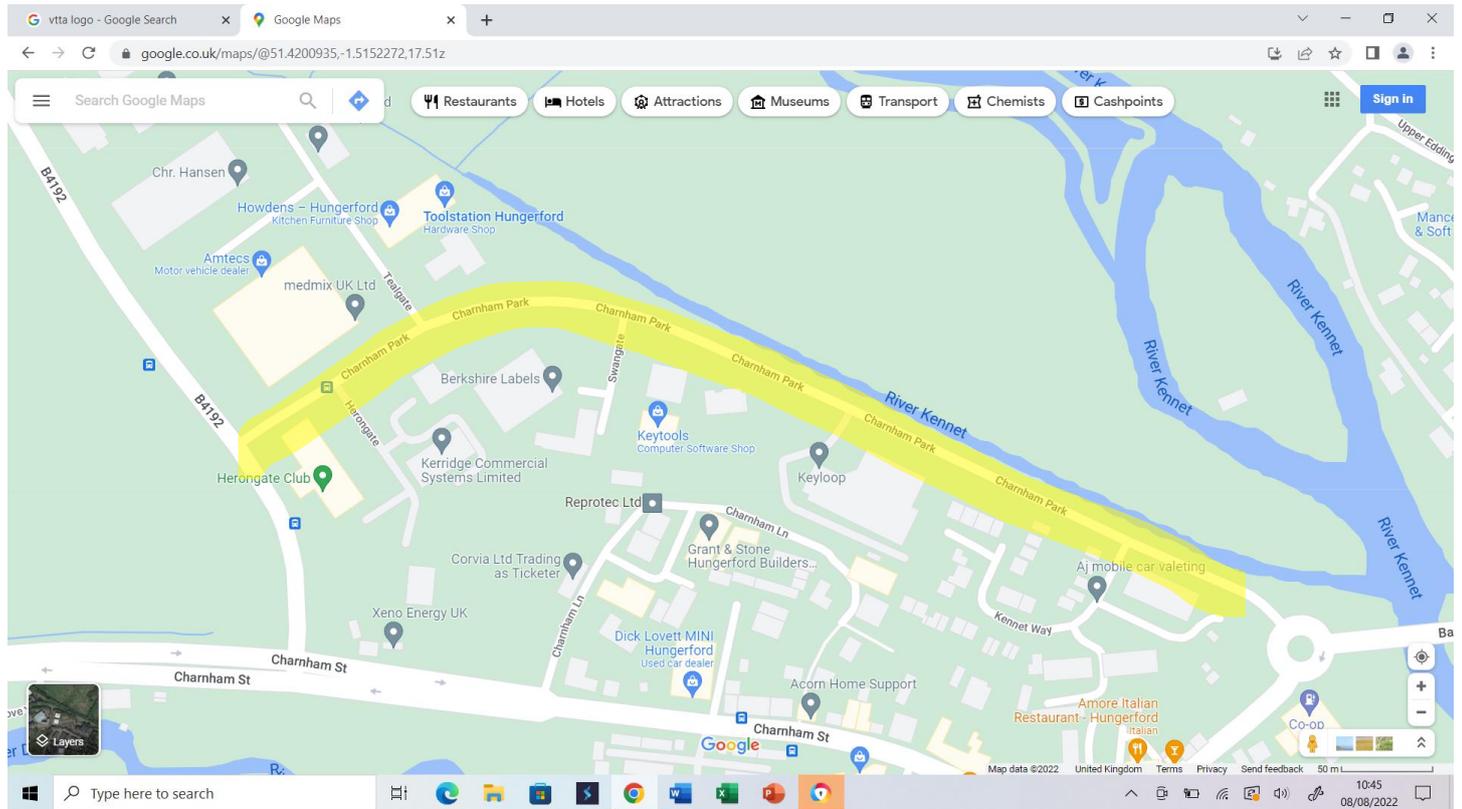
ALTERNATE STRAVA ROUTE (BELOW) TO THE START AND BACK TO THE HQ VIA HUNGERFORD COMMON – THIS ROUTE WILL NOT BE SIGNPOSTED AND CARE WILL NEED TO BE TAKEN WHEN CROSSING THE A4

<https://www.strava.com/routes/3124682914664711612>



ALTERNATIVE PARKING

For those of you that do not wish to ride from the HQ to the start you may be able to find alternative parking on the Charnham Park industrial estate (this is not guaranteed) please only park on Charnham Park (highlighted yellow) and not in any of the businesses or Herongate Club.



START SHEET

Start Time	No	Name	Club	Machine	VTTA Group
14:01	1	Will Du Sautoy	Woking Cycling Club	Road Bike	
14:02	2	Rosslyn Young	Serpentine Running Club	Road Bike	L&HC
14:03	3	Chris Summers	Sotonia CC	TT Bike	Wessex
14:04	4	Jan Farmer	Serpentine Running Club	TT Bike	L&HC
14:05	5	Vernon Schutte	Farnborough & Camberley CC	Road Bike	Wessex
14:06	6	Lewis Lawton	Swindon Road Club	TT Bike	Wessex
14:07	7	Brian Lewis	Bicester Millennium CC	TT Bike	West
14:08	8	David Hanson	Oxonian CC	TT Bike	L&HC
14:09	9	Hannah Quay	Reading CC	TT Bike	
14:10	10	Les Gardner	Maidenhead & District CC	TT Bike	L&HC
14:11	11	Richard Byrne	Newbury RC	Road Bike	
14:12	12	Bob Brabbins	VTTA West Group	TT Bike	West
14:13	13	Rachel Green	Cheltenham & County Cycling Club	TT Bike	West
14:14	14	Chris Ward	WardPerformanceUK.com	TT Bike	
14:15	15	Robert Jolliffe	New Forest CC	TT Bike	Wessex
14:16	16	David England	Crabwood Cycling Club	TT Bike	Wessex
14:17	17	Lucia Borradaile	CC Weymouth	TT Bike	Wessex
14:18	18	Andrew Wright	Amersham Road Cycling Club	Road Bike	L&HC
14:19	19	Gillian Reynolds	Willesden CC	TT Bike	L&HC
14:20	20	Arja Scarsbrook	Team Echelon	TT Bike	West
14:21	21	Emma Davies	Port Talbot Whs CC	TT Bike	
14:22	22	Jymmy Trevor	City RC (Hull)	Tricycle	Yorkshire
14:23	23	Susan Oldham	Bicester Millennium CC	TT Bike	West
14:24	24	Matt Doe	...a3crg	TT Bike	Wessex
14:25	25	Christopher Rosam	Epsom CC	TT Bike	Surrey/Sussex
14:26	26	David Marshall	Hemel Hempstead CC	Road Bike	L&HC
14:27	27	Steve Skinner	Southdown Velo	TT Bike	Wessex
14:28	28	Mike Boyce	...a3crg	TT Bike	Wessex
14:29	29	Peter Iffland	Chippenham & District Wheelers	TT Bike	West
14:30	30	Cliff Voller	VTTA West Group	TT Bike	West
14:31	31	Andy Self	North Hampshire RC	TT Bike	
14:32	32	Haydn Davies	Giant CC Halo Films	TT Bike	West
14:33	33	Stuart Thompson	Velo Club St Raphael	TT Bike	Wessex
14:34	34	Carl Bond	Kenton RC	TT Bike	
14:35	35	Mark Welch	Oxted Cycle Club	TT Bike	Surrey/Sussex
14:36	36	Sarah Matthews	...a3crg	TT Bike	Wessex
14:37	37	Angus MacInnes	Charlotteville Cycling Club	TT Bike	Surrey/Sussex
14:38	38	Andy Grant	Chelmer CC	TT Bike	East Anglia
14:39	39	Stu Carver	North Hampshire RC	TT Bike	Wessex
14:40	40	Michael Garvey	High Wycombe CC	TT Bike	L&HC
14:41	41	Stephen Boxall	Houghton CC	TT Bike	
14:42	42	Paul Winchcombe	Chippenham & District Wheelers	TT Bike	West
14:43	43	Simon Bowler	Berkhamsted Cycling Club	TT Bike	L&HC
14:44	44	Alan Allcock	Didcot Phoenix CC	TT Bike	L&HC
14:45	45	John Aspell	Port Talbot Whs CC	TT Bike	South Wales

Start Time	No	Name	Club	Machine	VTTA Group
14:46	46	Peter Oliver	ZeroBC Race Team	TT Bike	L&HC
14:47	47	Peter Crease	Royal Navy & Royal Marines CA	TT Bike	
14:48	48	Christopher Davis	Giant CC Halo Films	TT Bike	West
14:49	49	Daryl Stoud	Gloucester City Cycling Club	TT Bike	West
14:50	50	John Lacey	Hemel Hempstead CC	TT Bike	L&HC
14:51	51	William Sawyer	Velo Club St Raphael	TT Bike	Wessex
14:52	52	Howard Waller	Python RT	TT Bike	L&HC
14:53	53	James Lawler	VTTA (East Anglia Group)	TT Bike	East Anglia
14:54	54	Jeff Roberts	High Wycombe CC	TT Bike	L&HC
14:55	55	Luca Morrone	Onyx RT	TT Bike	
14:56	56	Daniel Chambers	Bicester Millennium CC	TT Bike	
14:57	57	Neil Mackley	...a3crg	TT Bike	Wessex
14:58	58	Liam Maybank	Twickenham CC	TT Bike	L&HC
14:59	59	Alan Murchison	HUUB WattShop	TT Bike	L&HC
15:00	60	Andy Tucker	Newbury Velo	TT Bike	L&HC
15:02	62	Rachael Elliott & Ian Greenstreet	Newbury Velo	Tandem	L&HC