

# **VTTA London & Home Counties (150 riders)(Pref to VTTA members)(entries close 19/04/22)**

## **VTTA London & Home Counties 10m Time Trial – F11/10 - Don Byham Trophy**

**08/05/2022 08:00**

**F11/10**

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



## Headquarters

**Tring Sports Centre**

**Mortimer Hill**

**Tring**

**HP23 5JD**

**What3words ///unfit.convert.neat**

**open from 7.31 am**

**Signing on will take place in the main sports hall which is accessed down the side passage on the left (it will be sign posted), and then look for the BIG red square. Do not enter via the main reception, otherwise you might end up going for a swim.**

**This recently rebuilt sports centre has plenty of toilets, changing rooms and showers. The floor is brand new so do not wear your cycling shoes in the hall.**

[Tring Sports Centre - Tring Sports Centre](#)

## Route from HQ to start

Start [Maps location](#): for 51.79193351968347, -0.6874430467625308

Approximate location what3words ///mistaken.protect.shallower

1.7 miles (10 minutes)

Turn Right out of the HQ, proceed down Mortimer Hill.

At the T-junction turn left onto Brook Street (B488~) and then immediately right at the mini-roundabout into the High Street (B4635). Watch out for any speed ramps or cobbles.

Proceed along the High Street to a larger Roundabout and take the 2<sup>nd</sup> exit ("straight over") onto Western Road and proceed, as it is renamed Aylesbury Road, and climb the hill (about 30m in height gain) to the (familiar) start (1<sup>st</sup> exit) at the roundabout. (A41/B4009/Icknield Way).

## Course details

START on southbound sliproad to A41 on the Western Tring junction approx 40 yards from the start of the sliproad. Proceed along A41 to come off at first sliproad (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 sliproad 9 yards south-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.

## Local regulations

Covid – If you have Covid don't ride - we don't want to catch it. Take a lateral flow test in the morning before you travel, if you have one available. I'm sure you have plenty as we've all been hording them since they stoppped being free of charge.

### ***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 Dual Carriageway apart from those of the officials.*

**Finishing riders MUST leave the main Dual 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 high speed!

## **Organiser contact details**

Geoff Perry  
8 The Meadway Loughton Milton Keynes  
07808 905879  
geoffreyperry@aol.com

## **Time keepers/officials**

Start Time Keeper - Katja Rietdorf - London & Home Counties VTТА - (LNDC)

Finish Time Keeper - Mike Bannister (LNDC)

## **Course records**

It's fast..

### **Solo Male (Senior)**

17:11

Harry Tanfield

16-Jun-18 | Hemel Hempstead CC

### **Solo Female (Senior)**

19:34

Hayley Simmonds

15-Jun-19 | Hemel Hempstead CC

## **Awards/prizes**

**Awards are made to VTТА members only.**

**VTТА Gold-Silver-Bronze Medals for Men BOS (Best On Standard) 1-2-3, which will also be the same as Men Fastest 1-2-3 on Vets' Handicap Times (VHT)**

**VTТА Gold-Silver-Bronze Medals for Women BOS/VHT 1-2-3**

**VTТА Golds-Medals (each) for Club Team of 3 BOS/VHT**

**VTТА Gold Medal - Fastest Man on Actual Time**

**VTТА Gold Medal - Fastest Woman on Actual Time**

**1<sup>st</sup> Man & Woman BOS/VHT receive an invitation to the LH&C Annual Luncheon and Prize Presentation**

## **NOTES TO COMPETITORS:**

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

# Startsheet

## VTTA London & Home Counties (150 riders)(Pref to VTTA members)(entries close 19/04/22)

Start Number	Start Time	Rider	Club	Gender	Category
1	08:31:00	Matthew Reader	Verulam CC	male	Vet
2	08:32:00	James Wooldridge	Team Milton Keynes	male	Vet
3	08:33:00	Richard Moule	Bossard Whs	male	Vet
4	08:34:00	Kevin Humphreys	Sherwood CC	male	Vet
5	08:35:00	Nick Morgan	Hitchin Nomads CC	male	Vet
6	08:36:00	Colin Harrison	East Grinstead CC	male	Vet
7	08:37:00	Robert Saunders	North Bucks RC	male	Vet
8	08:38:00	David Cook	Bedfordshire Road RT	male	Vet
9	08:39:00	Andrew Knight	Bedfordshire Road CC	male	Vet
10	08:40:00	Joel Stewart	Team Ohten Aveas	male	Vet
11	08:41:00	Sheehan Quirke	VC Veldrijden	male	Vet
12	08:42:00	Gary Pamment	CC Sudbury	male	Vet
13	08:43:00	Mark Halliday	North Bucks RC	male	Vet
14	08:44:00	Philip Skinner	Welwyn Whs	male	Vet
15	08:45:00	Keith Lea	Paceline RT	male	Vet
16	08:46:00	Michael Bennett	Bicester Millennium CC	male	Vet
17	08:47:00	Tim Davies	CC Luton	male	Vet
18	08:48:00	David Marshall	Hemel Hempstead CC	male	Vet
19	08:49:00	James Hunt	Oxonian CC	male	Vet
20	08:50:00	Graham Winstone	ZeroBC Race Team	male	Vet
21	08:51:00	Peter Younghusband	Petersfield Triathlon Club	male	Vet
22	08:52:00	Conall Yates	Team Solo Vinci	male	Vet
23	08:53:00	James Harris	Catford CC Ltd	male	Vet
24	08:54:00	Mike Kirby	Banbury Star Cyclists' Club	male	Vet
25	08:55:00	Colin McDermott	Festival Road Club	male	Vet
26	08:56:00	Graham Harman	Sotonia CC	male	Vet
27	08:57:00	Peter Cottington	Bath Cycling Club	male	Vet
28	08:58:00	Chris Grimble	Bicester Millennium CC	male	Vet
29	08:59:00	Martin Wright	Eat Plants Not Pigs CC	male	Vet
30	09:00:00	Tim Lewis	Ful-on Tri	male	Vet
31	09:01:00	Andrew Grant	Cambridge CC	male	Vet
32	09:02:00	Geoff Reynolds	Hemel Hempstead CC	male	Vet
33	09:03:00	Peter Main	34 Nomads CC	male	Vet

Start Number	Start Time	Rider	Club	Gender	Category
34	09:04:00	Tim Butler	Gloucester City Cycling Club	male	Vet
35	09:05:00	Brett Davis	DRAG2ZERO	male	Vet
36	09:06:00	Simon Hall	Stourbridge CC	male	Vet
37	09:07:00	Timothy Budd	Hounslow & District Whs	male	Vet
38	09:08:00	Matthew Smith	Colour Tech RT	male	Vet
39	09:09:00	Christopher, Rosam	Epsom CC	male	Vet
40	09:10:00	Alastair Luxford	Full Gas Racing Team	male	Vet
41	09:11:00	Martin O'Sullivan	Teddington and Turing Velo	male	Vet
42	09:12:00	Jez Willows	Sherwood CC	male	Vet
43	09:13:00	Hans Nilsson	London Phoenix CC	male	Vet
44	09:14:00	Cliff Voller	Newbury RC	male	Vet
45	09:15:00	Mark Arnold	VTTA (East Anglia Group)	male	Vet
46	09:16:00	Neil Gerrard	Thanet RC	male	Vet
47	09:17:00	Ragnar Laan	Twickenham CC	male	Vet
48	09:18:00	Adam Lowe	Metropolitan Police Cycle Club	male	Vet
49	09:19:00	Martin Simmons	C C C P	male	Para-cyclist
50	09:20:00	Gaz Poulson	Royal Air Force Cycling Association	male	Vet
51	09:21:00	Ian Woodcock	Bedfordshire Road RT	male	Vet
52	09:22:00	Martin Stanley	Droitwich Cycling Club	male	Vet
53	09:23:00	Andrew Halliday	Westerley Cycling Club	male	Vet
54	09:24:00	Neil Barford	45 RC	male	Vet
55	09:25:00	Stuart Hourigan	VeloRefined Rule5 Aerosmiths	male	Vet
56	09:26:00	Mark Hamer	Stratford Cycling Club	male	Vet
57	09:27:00	Mike Watson	Lowestoft Wheelers Cycling Club	male	Vet
58	09:28:00	Michael Edmunds	Verulam Megan's Racing Team	male	Vet
59	09:29:00	Paul James	VTTA West Group	male	Vet
60	09:30:00	James Fawcett	...a3crg	male	Vet
61	09:31:00	Paul Newman	Shorter Rochford RT	male	Vet
62	09:32:00	Scott Beard	Shaftesbury CC	male	Vet
63	09:33:00	Alan Allcock	Didcot Phoenix CC	male	Vet
64	09:34:00	Phil Laing	Lea Valley CC	male	Vet
65	09:35:00	Jeremy Redford	Army Cycling	male	Vet
66	09:36:00	Antony Bee	Wigmore CC	male	Vet
67	09:37:00	Stan Nwaka	Verulam CC	male	Vet



Start Number	Start Time	Rider	Club	Gender	Category
68	09:38:00	Nick Taylor	Metropolitan Police Cycle Club	male	Vet
69	09:39:00	Simon Hunt	VéloElite RC	male	Vet
70	09:40:00	Ian Hope	Team Ohten Aveas	male	Vet
71	09:41:00	Richard Gifford	trainSharp	male	Vet
72	09:42:00	Jason Davies	Royal Air Force Cycling Association	male	Vet
73	09:43:00	George Turner	VTTA (London & Home Counties)	male	Vet
74	09:44:00	Mike Boyce	...a3crg	male	Vet
75	09:45:00	David Rumm	Southborough & Dist. Whs	male	Vet
76	09:46:00	Andy King	Kettering CC	male	Vet
77	09:47:00	Adrian Cox	Team Milton Keynes	male	Vet
78	09:48:00	Ian Radburn	Oxonian CC	male	Vet
79	09:49:00	John J Murphy	Gloucester City Cycling Club	male	Vet
80	09:50:00	Matt Boulton	Swindon Wheelers	male	Vet
81	09:51:00	Tim Cox	Hemel Hempstead CC	male	Vet
82	09:52:00	Daniel Homer	London Phoenix CC	male	Vet
83	09:53:00	Steven Loraine	Legato Racing Team (LRT)	male	Vet
84	09:54:00	Mark Vowells (Tricycle)	San Fairy Ann CC	male	Vet
85	09:55:00	Steven Cottington	Bath Cycling Club	male	Vet
86	09:56:00	Dan Jenkins	Southend Wheelers	male	Vet
87	09:57:00	Stephen Murphy	Shaftesbury CC	male	Vet
88	09:58:00	Andrew Grant	Chelmer CC	male	Vet
89	09:59:00	David England	Crabwood Cycling Club	male	Vet
90	10:00:00	Nick Dwyer	DRAG2ZERO	male	Vet
91	10:01:00	Stephen Wilkinson	TWB - On Time Race Team	male	Vet
92	10:02:00	Paul Smith	VeloRefined Rule5 Aerosmiths	male	Vet
93	10:03:00	Michael Parker	TMG Horizon Cycling Team	male	Vet
94	10:04:00	Chris Dyason	Cambridge CC	male	Vet
95	10:05:00	Grant Orsborn	Bedfordshire Road RT	male	Vet
96	10:06:00	Ed Watson	Ratae RC	male	Vet
97	10:07:00	Stu Carver	North Hampshire RC	male	Vet
98	10:08:00	David Prom	San Fairy Ann CC	male	Vet
99	10:09:00	Paul Valks	Lewes Wanderers CC	male	Vet
101	10:11:00	Kirsty McSeveney	...a3crg	female	Vet

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
102	10:12:00	Danuta Tinn	Maidenhead & District CC	female	Vet
103	10:13:00	Jayne Paine	Les Filles Racing Team	female	Vet
104	10:14:00	Rachel Green	Cheltenham & County Cycling Club	female	Vet
105	10:15:00	Claire Emons	...a3crg	female	Vet
106	10:16:00	Lisa Davis	DRAG2ZERO	female	Vet
107	10:17:00	Joy Payne	High Wycombe CC	female	Vet
108	10:18:00	Gillian Reynolds	Willesden CC	female	Vet
109	10:19:00	Lorna Rowland	Twickenham CC	female	Vet
110	10:20:00	Kim Barfoot-Brace	Bath Cycling Club	female	Vet