



# Hemel Hempstead Cycling Club

Open 25 Mile Time Trial  
Start Sheet for the

## Paul Bennett Memorial

Sunday 25<sup>th</sup> June 2017

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

**Event Secretary:**

John Lacey  
Woodlands, Water End Road,  
Potten End, Berkhamsted,  
HP4 2SG

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07920 104056  
[johnlacey@btinternet.com](mailto:johnlacey@btinternet.com)

**Organiser on the day:**

John Lacey 07920 104056

**Time Keeper:**

Annette Lacey (Hemel Hempstead CC)

**Headquarters:**

Ambrosden Village Hall  
Merton Road  
Ambrosden, Oxon  
OX25 2LS

*(The HQ is approx 2 miles from start – see map below  
please allow enough time to reach the start and please  
familiarise yourself with the route)*

**Prizes:**

1<sup>st</sup> £40 and Memorial Trophy to be held for one year

2<sup>nd</sup> £30      3<sup>rd</sup> £20      4<sup>th</sup> £10

Ladies      1<sup>st</sup> £40      2<sup>nd</sup> £20

Vets on Std      1<sup>st</sup> £20      2<sup>nd</sup> £15

Best team of 3      £10 each

Best rider 25 years old or under £100 donated by Paul Bennett's family

**Course: F13/25**

START in Launton Lane, off the A41, approximately 3 miles southeast of Bicester, at a point about 70 yards from the A41, some 30 yards south of 'Give Way 100 yards' sign, level with tree immediately before gated entrance.

Proceed to junction with A41, where turn left and continue along A41, through Kingswood past new RAB at Woodham, through Waddesdon (Warning: two sets of pedestrian controlled lights!), to:-

TURN at RAB at Aylesbury Vale Parkway station, retrace outward route through Waddesdon (Warning: two sets of pedestrian controlled lights!), over Woodham RAB and Kingswood, past the end of Launton Lane, to turn left onto the B4011 (towards Thame) to:-

FINISH on the B4011, 2 miles from junction with A41.

You must sign on in advance of your start at the headquarters where you can pick up your number and receive any last minute instructions or warnings. Please sign your number back in after your ride in exchange for a free drink.

**Please keep your head up at all times. At the roundabouts the traffic coming from the right has priority over you, so please give way.**

**Local Regulation No. 1** - No U turns should be made in sight of the start or finish areas while riding on the public highway.

**Local Regulation No. 2** - Competitors, their helpers and event officials must use the toilet facilities provided at event headquarters as required. Fields and hedgerows must NOT be used for toilet purposes. Failure to observe this regulation may result in disciplinary action against those concerned.

**Local Regulation No. 3** - No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points.

Further to Local Reg 3 it should be noted there is no parking available near to the start for those that like to warm up nearby. Please use the HQ.

**Safety – not your performance – is your first priority**



The hall is located in the village centre opposite the village shop/post office, there is limited parking at the hall. Please avoid parking in Merton Road outside the local shop, there is quite a bit of parking in the nearby residential roads but please avoid blocking drives and keep any noise to a minimum.

To reach the start turn left out of the hall onto Merton Road, at the T junction left onto Ploughley Road then almost immediately right towards Blackthorn. At the T junction with the B4011 turn left to the A41 then turn right towards Aylesbury, the start lane is the next turning on the left.

Return to the HQ by following the purple arrows above, continue after the finish point and turn right into Palmer Avenue, at the mini RAB turn right into Ploughley Road, this brings you back into the village of Ambrosden.

**Important note:** There are two sets of pedestrian controlled traffic lights in Waddesdon. We will have a marshal there to help assist users of the lights, but their primary job is to ensure that riders comply with traffic regulations and do stop if they turn red. Anyone reported for going through the red lights WILL BE disqualified and reported to the district for disciplinary action – which could be a suspension. Just to make matters worse, one set of lights are directly outside the local police station.

An observer will be in attendance to see that all riders comply with CTT regulations with regards to bike equipment and riding conduct. Please ensure you are fully compliant and conversant with the current CTT regulations (in particular those regarding front wheels and arm positions on tribars, etc.).

No event runs completely smoothly, and I will apologise in advance if anything does go wayward, but if you can think of any improvements, then please let me know.

We intend to have the result board projected up on screens, plus we should have provisional results printed out at the end of the event, so please bring your specs if you need them!

**There will be a quick prize presentation at the end including the presentation of the memorial trophy by Paul Bennett's daughter Pauline, so please stick around for that.**

Results will be sent to the CTT website, and also will be available on our own club website here, hopefully within a few hours of the event finishing:

<http://www.hemelcycling.org.uk/events/open-25-mile-time-trial>

No.	Name	Club	Cat	Start
	<b>Tandem Event</b>			
14	Brian Foran	Lampard RC	V	07:14
	Nikki Hunt (W)	VTTA L&HC	V	
	<b>Solo Event</b>			
15	Bruno Cabrelli	Hemel Hempstead CC	J	07:15
16	James Barlow	Didcot Phoenix CC	S	07:16
17	Mark Constable	CC Ashwell	V	07:17
18	Nigel Swift	Verulam CC	V	07:18
19	Jonathan Peters	Team Milton Keynes	S	07:19
20	Dave Johnson	VC 10	V	07:20
21	Richard Hutt	Harp RC	V	07:21
22	Chris Symonds	North Road CC	V	07:22
23	Graham Ricketts	Verulam CC	V	07:23
24	Nick Clarke	Lovelo Cinelli RT	S	07:24
25	Julian King	Welwyn Whs	V	07:25
26	Steve Torley	Team Milton Keynes	S	07:26
27	Mark Harris	Team Trident	S	07:27
28	Trevor Watson	Bossard Whs	V	07:28
29	Edward Sainter	Hitchin Nomads CC	S	07:29
30	Desmond Gayler	Kenton RC	V	07:30
31	michael briars	Finsbury Park CC	V	07:31
32	Graham Pepperdine	Verulam CC	V	07:32
33	Christine Pout	Verulam Really Moving	WV	07:33
34	Mark Pankhurst	Hemel Hempstead CC	V	07:34
35	tony may	TMG Horizon Cycling Team	V	07:35
36	Richard Moule	Bossard Whs	V	07:36
37	Trevor Hook	Team Milton Keynes	V	07:37
38	Zoe Adams	Hemel Hempstead CC	WV	07:38
39	Chantal Cummings	Hitchin Nomads CC	WS	07:39
40	Luke Clarke	TMG Horizon Cycling Team	S	07:40
41	glenn longland	Antelope Racing Team	V	07:41
42	Carl Adams	Team Bottrill / HSS Hire	S	07:42
43	Andrew Bradley	Hemel Hempstead CC	V	07:43
44	kristin stolpe	Lovelo Cinelli RT	WS	07:44
45	Ben Stowe	Hemel Hempstead CC	S	07:45
46	Michael Parker	TMG Horizon Cycling Team	V	07:46
47	Mark Avil	Baines Racing Silverstone Cycle	V	07:47
48	clive faine	Team Milton Keynes	V	07:48

No.	Name	Club	Cat	Start
49	Todd Hooper	Onyx RT	S	07:49
50	James Richardson	North Bucks RC	S	07:50
51	Robert Taylor	Echelon Cycling	S	07:51
52	Josh Crow-Stewart	Hemel Hempstead CC	S	07:52
53	Richard Boley	Hemel Hempstead CC	V	07:53
54	Gary Boyd	Hub Velo	V	07:54
55	Daniel Ryan	North Road CC	S	07:55
56	Jon Friend	Bedfordshire Road RT	V	07:56
57	Craig Harper	Verulam CC	V	07:57
58	Keith Richardson	Mildenhall CC	V	07:58
59	Dan MacIntyre	Bicester Millennium CC	V	07:59
60	Stuart Travis	Team Bottrill / HSS Hire	S	08:00