



# Hemel Hempstead Cycling Club

## 10-mile time trial

Saturday 16 June 2018, 2pm start

For and on behalf of Cycling Time Trials under their Rules & Regulations

### Organiser:

Paul Thomson  
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Hemel Hempstead  
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Event webpage:  
<http://www.hemelcycling.org.uk/open-time-trials>

### Time Keepers:

Annette Lacey (start) & Mike Bannister (Finish)

### Headquarters (open from 1pm):

Aston Clinton School  
Twitchell Lane  
Aston Clinton  
Bucks HP22 5JJ  
(the HQ is approx 2 miles from start – see map below)

**Please take time to read ALL of these details and instructions! It is all important!**

Course: **F11/10 (Tring & Aston Clinton by-passes)**

**Start** on southbound sliproad to A41 on the Western Tring junction approx approx 40 yards from the start of the slip road. 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** 16 yards sth-east of manhole cover on grass verge, about 83 yards nth-west of (i.e. before) separation of slip road and main carriageway, also about 450 yards nth-west of the B489 overbridge.

**The finish of the course is in the slip road. All riders must enter the sliproad in the first 10 meters and ride within 2 metres of the white line marking the left edge of the carriageway of the slip road.**

**Failure to do this will lead to a DNF - If you impede a vehicle you risk disqualification or worse.**

*Take note of the fact the first turn comes up a lot quicker than you might expect in a 10... it is in sight in the first 2-3 minutes of starting! Make sure you take the very first slip road you come to! The next one is a good 6 or 7 miles further and up some big climbs!*

*Also please note that due to the nature of the sliproad and the fact it is on a clearway there is every likelihood there will NOT be a marshal to ensure you take this sliproad to the turn. It is your responsibility to ensure you know the course (study the map below).*

*There must be no parking of motor vehicles on any part of the A41 apart from those of the officials. **All parking must be in the HQ car park.** Do NOT obstruct other road users or driveways outside the school.*

You must sign on in advance of your start at the headquarters where you pick up your number and receive any last minute instructions or warnings. Please note that you MUST return in person to sign out after your ride. Failure to sign out will result in a DNF being recorded for your time.

Please return number with all pins to canteen in exchange for a free tea/coffee/soft drink. **DO NOT** fold numbers at all. **DO NOT** use sticky tape (or other sticking methods) to secure the numbers at all.

**Please keep your head up at all times. At roundabouts the traffic coming from the right has priority over you, so please give way. In particular the first one at the bottom of the off sliproad does not have good line of sight for traffic coming from the right so please take great care here.**

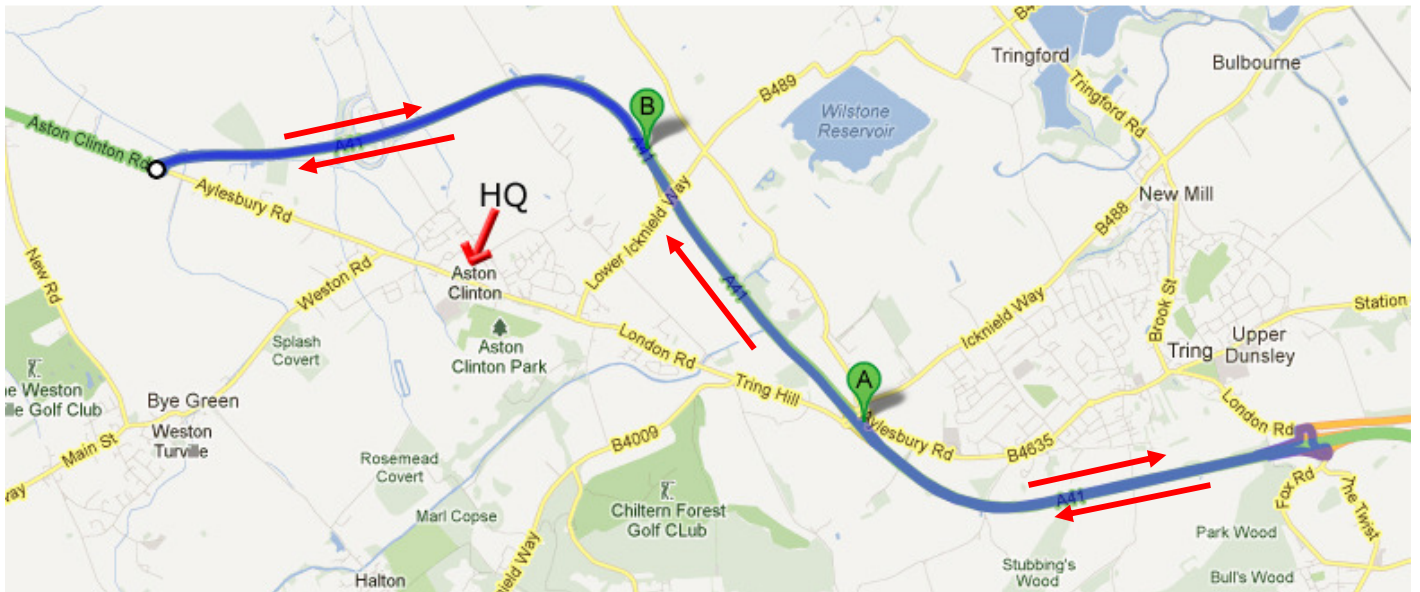
*Local Regulation 1. – No U Turns should be made at any time while riding on the public highway.*

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

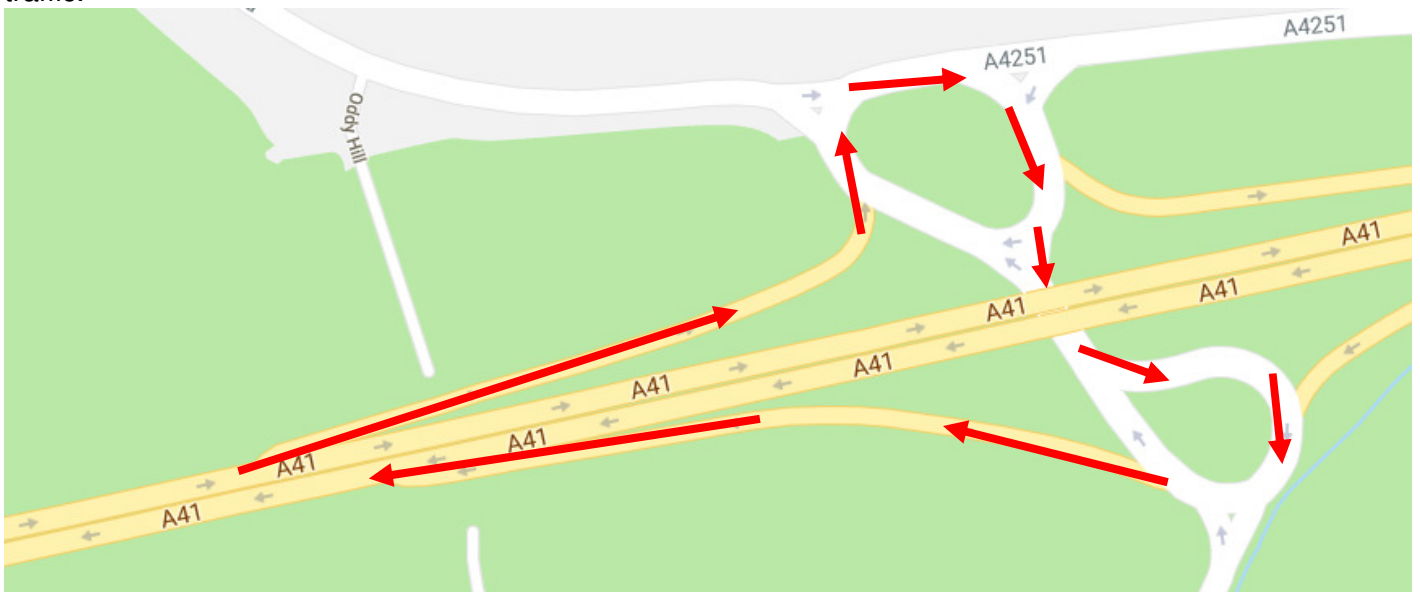
### Prizes:

Fastest	£80	Fastest woman	£80
2	£60	2	£60
3	£50	3	£50
4	£40	4	£40
5	£30	5	£30
6	£20	6	£20
7	£15	Fastest junior	£40
8	£15	Team of 3	£75
9	£10	2nd team	£60
10	£10		
Competition Record at end of event			£100

Map of course <https://www.cyclingtimetrials.org.uk/course-details/f11-10> (click and zoom in to see details – 1st turn for example)



This is the first turn. Make yourself familiar with it. Looks complicated but it isn't really – go around the RAB at the bottom of sliproad and **go under the bridge** and around the 2<sup>nd</sup> RAB to take the sliproad going westbound. Easy. But be careful at the bottom of the sliproad as you cannot see to the right for oncoming traffic.



HQ to start route (blue route A to B) – please note that over half of this 2 miles is uphill so allow at least 15 minutes to get to the start from the HQ







**This is important – please note! The finish of the course is on the sliproad – and NOT on the main carriageway.**

You MUST move into the sliproad at the finish at the earliest opportunity (within 10 yards) and you MUST stay to the left side of the sliproad – within 2 yards of the left side lane marker (unless you happen to overtake a rider coming into the finish) and you should continue after the finish up the rest of the sliproad (you may make use of the hard shoulder to prevent holding up any traffic).

If you stay on the main carriageway you WILL be classed as DNF and if you then make a (potentially dangerous) move to come into the sliproad after the finish then you WILL be put as DQ and reported to the District for further disciplinary action (and that could be a ban from all cycle racing). That is if you survive... as several riders have nearly been hit by cars already in the sliproad as the cyclist moves across in front of them! It is for this last reason that this rule has been put in place and is very strictly enforced.

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.

I intend to have the result board projected up on screens, so please bring your specs if you need them!

**It is my intention to do a small prize presentation at the end, so if you think you have won something, please stick around! I hate posting out prizes!**

**There will also be a prize presentation by the London Womens Racing group as this event has been allocated as their final event of the TT series.**

Here's looking forward to seeing you on Saturday.

Paul

Number	Start Time	Name	Club
1	14:01	Toby Hunt	Verulam CC
2	14:02	Simon Hance	Ipswich BC
3	14:03	Nigel Jones	Stourbridge Velo
4	14:04	Paul Schofield	St Ives CC
5	14:05	James Churchard	Reading CC
6	14:06	Mark Mackay	Coventry CC
7	14:07	Michael Briars	Finsbury Park CC
8	14:08	Tom Rowing	Abellio - SFA RT
9	14:09	Graeme Garner	Essex Roads CC
10	14:10	Nic Stevenson	Westerley CC
11	14:11	Mike Appleyard	Lancashire RC
12	14:12	Jonathan Williams	Amersham Road CC
13	14:13	Greg Brookes	Team Jewson - MI Racing
14	14:14	Jason Costello	Team Swindon Cycles
15	14:15	Glenn Taylor	Shorter Rochford RT
16	14:16	John Cockrill	Abellio - SFA RT
17	14:17	Steven Cottington	Bath CC
18	14:18	Daniel Burbridge	Bristol South CC
19	14:19	Tim Davies	Icknield RC
20	14:20	Sam Wightman	Chelmer CC
21	14:21	Andy Court	Bicester Millennium CC
22	14:22	James Cook	Radeon-Cycology RT
23	14:23	Matthew Reader	Verulam CC
24	14:24	Ross Holland	Cheltenham & Co CC
25	14:25	Simon Church	In-Gear Quickvit Italy Bike Tours RT
26	14:26	Stu Wright	Planet X - Carnac
27	14:27	Carl Ferri	Dulwich Paragon CC
28	14:28	Matthew Saunders	Team Vision Racing - Silverhook
29	14:29	Dan Sadler	RT 316
30	14:30	Richard Gifford	trainSharp
31	14:31	Deborah Joy Newell	Icknield RC
32	14:32	Rosslyn Young	Serpentine Running Club
33	14:33	Jan Farmer	Serpentine Running Club
34	14:34	Christine Meek	Westerley CC
35	14:35	Anna Goldsmith	Twickenham CC
36	14:36	Alison Dex	BellaVelo cc
37	14:37	Pippa O'Brien	RT PODA
38	14:38	Reinet Maas	London Women's Racing CC
39	14:39	Allison Kaye	Verulam CC
40	14:40	Sandra Burrows	Vive Le Velo
41	14:41	Maria Fitzpatrick	London Women's Racing CC
42	14:42	Francine Hill	CC London
43	14:43	Hilary Walker	Serpentine Running Club
44	14:44	Gillian Morgan	Westerley CC
45	14:45	Sarah-Anne Lucas	Folkestone Velo Club
46	14:46	Sharon Davey	Icknield RC
47	14:47	Su-Anne Bullock	Icknield RC
48	14:48	Jen Kingwill	Twickenham CC
49	14:49	Abi Vyner	Rapha CC
50	14:50	Tracey Williams	Icknield RC
51	14:51	Denese Hallahan	Wisbech Whs
52	14:52	Stephanie Cousins	North Bucks RC
53	14:53	Alice Thomson	Bristol South CC
54	14:54	Fiona Inskip	Boot Out Breast Cancer CC
55	14:55	Judy Reid	Icknield RC
56	14:56	Helen Frater	Islington CC
57	14:57	Trudy Sharam	Lea Valley CC
58	14:58	Gemma Hayes	Norwood Paragon CC
59	14:59	Mj (Gosia) Cyganowska	Rapha CC
60	15:00	Gareth Davies	Team Bottrill / Vanguard

Number	Start Time	Name	Club
61	15:01	Andrew Grant	Cambridge CC
62	15:02	Daniel Watts	Royal Air Force CA
63	15:03	Andrew Wright	High Wycombe CC
64	15:04	Thomas Cornwell	In-Gear Quickvit Italy Bike Tours RT
65	15:05	Mark Bashford	East Grinstead CC
66	15:06	Martin O'Sullivan	Teddington and Turing Velo
67	15:07	Leigh Smith	JCA Equipe Velo
68	15:08	Murat Ozdenya	Team Vision Racing - Silverhook
69	15:09	Adam Bidwell	Kingston Wheelers CC
70	15:10	Charles Walker	Halesowen A&CC
71	15:11	Matt Kuwertz	Southborough & Dist. Whs
72	15:12	Adam Fisher	Cambridge CC
73	15:13	Rob Fletcher	JCA Equipe Velo
74	15:14	Zach Bridges	Ribble Pro Cycling
75	15:15	Matt Steel	Shaftesbury CC
76	15:16	Simon Bowler	AS Test Team
77	15:17	Joe Hawksworth	Bristol South CC
78	15:18	Mark Woolford	Team Swindon Cycles
79	15:19	Michael Bennett	Bicester Millennium CC
80	15:20	Jim Moffatt	CC Luton
81	15:21	Luke Danckert	Bedfordshire Road RT
82	15:22	Michael Parker	TMG Horizon CT
83	15:23	Nicholas Candy	North Road CC
84	15:24	Alex Leek	Velo Club St Raphael
85	15:25	Jon Puleston-Jones	Dulwich Paragon CC
86	15:26	Robert Watson	Cambridge CC
87	15:27	Robert Willcocks	Royal Air Force CA
88	15:28	John Lacey	Hemel Hempstead CC
89	15:29	Simon Barbour	AS Test Team
90	15:30	Tim Beaven	Bicester Millennium CC
91	15:31	Jill Bartlett	Hounslow & Dist Whs
92	15:32	Karen Dennett	Bishop's Stortford CC
93	15:33	Gillian Reynolds	Willesden CC
94	15:34	Helen Sharp	Twickenham CC
95	15:35	Caroline Reuter	London Phoenix CC
96	15:36	Christine Pout	Verulam Really Moving
97	15:37	Michelle Sellars	London Phoenix CC
98	15:38	Sarah Darch	Hillingdon Triathletes
99	15:39	Kathryn Innes	Dulwich Paragon CC
100	15:40	Janet Bassett	Team Bottrill / Vanguard
101	15:41	Anastasia Bowler	AS Test Team
102	15:42	Ann Shuttleworth	Braintree Velo CRC
103	15:43	Helen Reynolds	Hemel Hempstead CC
104	15:44	Toni Wilkes	London Women's Racing CC
105	15:45	Julie Chasin	Twickenham CC
106	15:46	Emma Angove	73Degrees CC, WestSide Coaching
107	15:47	Jennifer Millmore	Islington CC
108	15:48	Kirsty McSeveney	Fareham Wheelers CC
109	15:49	Michelle Lee	Royal Dean Forest CC
110	15:50	Keri Parton	Stone Wheelers CC
111	15:51	Stephanie Post	Team Bottrill / Vanguard
112	15:52	Wendy Gooding	Team Bottrill / Vanguard
113	15:53	Sophie Lankford	Cardiff Ajax CC
114	15:54	Fiona Sharp	Team Swift
115	15:55	Danuta Tinn	Maidenhead & Dist CC
116	15:56	Chris Melia	Born to Bike - Bridgtown Cycles
117	15:57	Katie Greves	AS Test Team
118	15:58	Vicki Standen	POLICE SPORT UK CRT (PSUKCRT)
119	15:59	Lisa Price	London Women's Racing CC
120	16:00	Graeme Church	Team Milton Keynes

Number	Start Time	Name	Club
121	16:01	Bruno Cabrelli	Hemel Hempstead CC
122	16:02	Harry Kirby	Bicester Millennium CC
123	16:03	Isaac Russell	Derby Mercury R C
124	16:04	Fabien Large	Direct Power CT
125	16:05	Joshua Sandman	Team Backstedt Bike Performance
126	16:06	Timothy Allen	Vision Innovative Leisure RT
127	16:07	Marcus Burnett	SPIRIT TIFOSI RT
128	16:08	Jonathan Gould	Cheltenham & Co CC
129	16:09	Will Bevan	Ross on Wye & Dist CC
130	16:10	William Wallace	CC London
131	16:11	Mick Hodson	Bedfordshire Road RT
132	16:12	Richard Jennings	Army Cycling Union
133	16:13	Steve Legg	...a3crg
134	16:14	Alan Murchison	DRAG2ZERO
135	16:15	Mark Ellis	Team Milton Keynes
136	16:16	Ian Greenstreet	AeroCoach
137	16:17	Jeremy Honor	JCA Equipe Velo
138	16:18	John Lucock	Born to Bike - Bridgtown Cycles
139	16:19	Russ Danckert	Army Cycling Union
140	16:20	Ryan Witchell	Team Salesengine.co.uk
141	16:21	Richard Sharp	Team Swift
142	16:22	Keith Lea	Paceline RT
143	16:23	John Wingfield	Team Milton Keynes
144	16:24	Alastair Semple	Stafford RC
145	16:25	Jeremy Archer	RT 316
146	16:26	Liam Maybank	Twickenham CC
147	16:27	Peter Harrison	AS Test Team
148	16:28	Chris Bartley	AS Test Team
149	16:29	Harry Tanfield	Cleveland Wheelers CC
150	16:30	Dan Bigham	Ribble Pro Cycling
151		Colin Lizieri	Cambridge CC
152		Toby Collis	CC Ashwell
153		Paul French	Bedfordshire Road RT
154		Ian Short	Team Salesengine.co.uk
155		Geoff Reynolds	Hemel Hempstead CC
156		Roderick Macfadyen	Reading CC
157		Toby Williams	Liverpool Phoenix CC (Aintree)
158		Andrew Halliday	Westerley CC
159		Peter Lavery	Hemel Hempstead CC
160		Lee Turner	Sigma Sports
161		Darran Bennett	Ely & Dist CC/B&T Motor Repairs
162		Stuart Martingale	Sotonia CC
163		Dave Johnson	Bicester Millennium CC
164		Steve Kaye	Fenland Clarion CC
165		Malcolm Davies	Dulwich Paragon CC

No's 151 to 165 are reserves.

I hope to allocate the numbers and notify the riders concerned by Friday evening. Please look out for an email if you are a reserve.

Reserves will ride with the allocated number as above and be taken in the order listed.