



# 06-06-21

## LONDON WEST DISTRICT GHS TIME TRIAL



**Collect Numbers  
from 7am**

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**Medals and  
Certificates**

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**10 Mile Time Trial**

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**HCC234  
Beenhams Heath  
RG10 0QH**

**HOSTED BY:  
HILLINGDON  
SLIPSTREAMERS**

[slipstreamers.co.uk](http://slipstreamers.co.uk)

# ABOUT

The George Herbert Stancer (OBE 1878-1962) 10 Mile Time Trial Championship is named in tribute to a man of many talents. George Herbert Stancer or GHS as he was known, in his early years was a nationally renowned performer on both cycle and tricycle holding both titles & records. Throughout his career he was a leading administrator of the sport, taking over the presidency of the CTC in 1920 at a time when the membership was only about 8,500. Almost from the day he took over the membership started to grow again, and he had the satisfaction of seeing it rise to over 50,000 before his retirement in 1945. GHS was also for several years editor of cycling magazine and he continued to be active in the sport until his death in 1963. After his death a trust fund was established with aim of promoting and encouraging participation amongst the young. To this end the National Schools 10 mile championship was formed and later adopted by the RTTC in 1970.



Since 1966, the event has attracted some very familiar names as winners, such as Ian Stannard, Chris Boardman, and Steve Cummings. The competition takes place across the country during May and June as the different Time Trial regions hold heats to select the riders to be invited to attend the national finals later in the year.

***Please note: Tweed suit is optional, but Hard Shell helmets (not flat caps) are mandatory for all riders!***

# COVID-19

# CONSIDERATIONS

The following considerations to prevent the spread of C-19 are as follows:

- Each rider will be allocated 8 sanitized safety pins in their envelope. Bring more if you need more – none will be available on the day
- Arm and Rear numbers must be worn – these are disposable numbers and are not required to be returned
- Everyone must sign in and out – bring your own pen, none will be supplied
- Any signs that are put out will be collected by the organizer
- After signing out of the event, please leave. The results will be posted on the @HSlipstreamers twitter account later in the day
- There will be no pushing off – each rider must start with one foot on the ground at the start
- Do not arrive at the start line less than 3 minutes before your start time
- There are no changing facilities available
- The nearest toilet is at Bird Hills Golf Club – please observe any restrictions in place

# HQ AND SIGN-ON

Collection of rider material (Numbers, Pins, Medal, Certificate) will be available from the **pop-up desk in Mare Lane** from 07:00. Please be aware **THERE IS NO PARKING AVAILABLE IN MARE LANE**. We have been informed that the area is a private road, and parking is not allowed. There is room for two official vehicles in Mare Lane only. Please park in Smewins Road which is 200m west of the start.

Toilets are available at Bird Hills Golf Club as the HQ. The address of the Golf Club is Bird Hills Golf Centre, Drift Road, Hawthorn Hill, Maidenhead, SL6 3ST. Please respect the golf club and its users as this is an oasis for time trialists within the area!



# THE START

Mare Lane is a residential area and a private road, so we kindly ask you to respect local residents and park in Smewins Road which is 200m away from the start, and close to the finish. There is ample parking in this lane and well away from local houses.

Riders will start at minute intervals. There will be no held start and all riders will start with one foot on the floor.

# THE RACE

Please be aware that this race is on public roads. It is therefore mandatory that traffic laws are adhered to and also that extreme caution is used at all times. Marshalls and signs shall be in place to indicate your route. Marshalls are not authorised to stop traffic.

You will go past the finish point a total of three times. When you have finished, please ride through the finish and return to the start by returning back on yourself when convenient. You should not make a U-Turn directly near the finish, but you should use one of the road junctions further along the course to make a safe turn.

Please be aware of other road users at all times. It is not uncommon in this area to come across more horse riders than car drivers. Extreme caution should be used when passing horses that may require you to go slow and go wide, even when racing!

# THE RULES

The races will be run under **Cycling Time Trials (CTT)** rules. There is **NO DRAFTING** allowed. Period. Riders must be able to ride their own equipment, and we reserve the right to remove any dangerous riders or equipment from the race. There are **NO GEAR CHECKS**.

All riders must present a completed Parental Consent form. Please print off the one in this program and bring it with you. **No Parental Consent form – No Ride!**

All rider's must have a working red flashing rear light. **No light – no ride.**

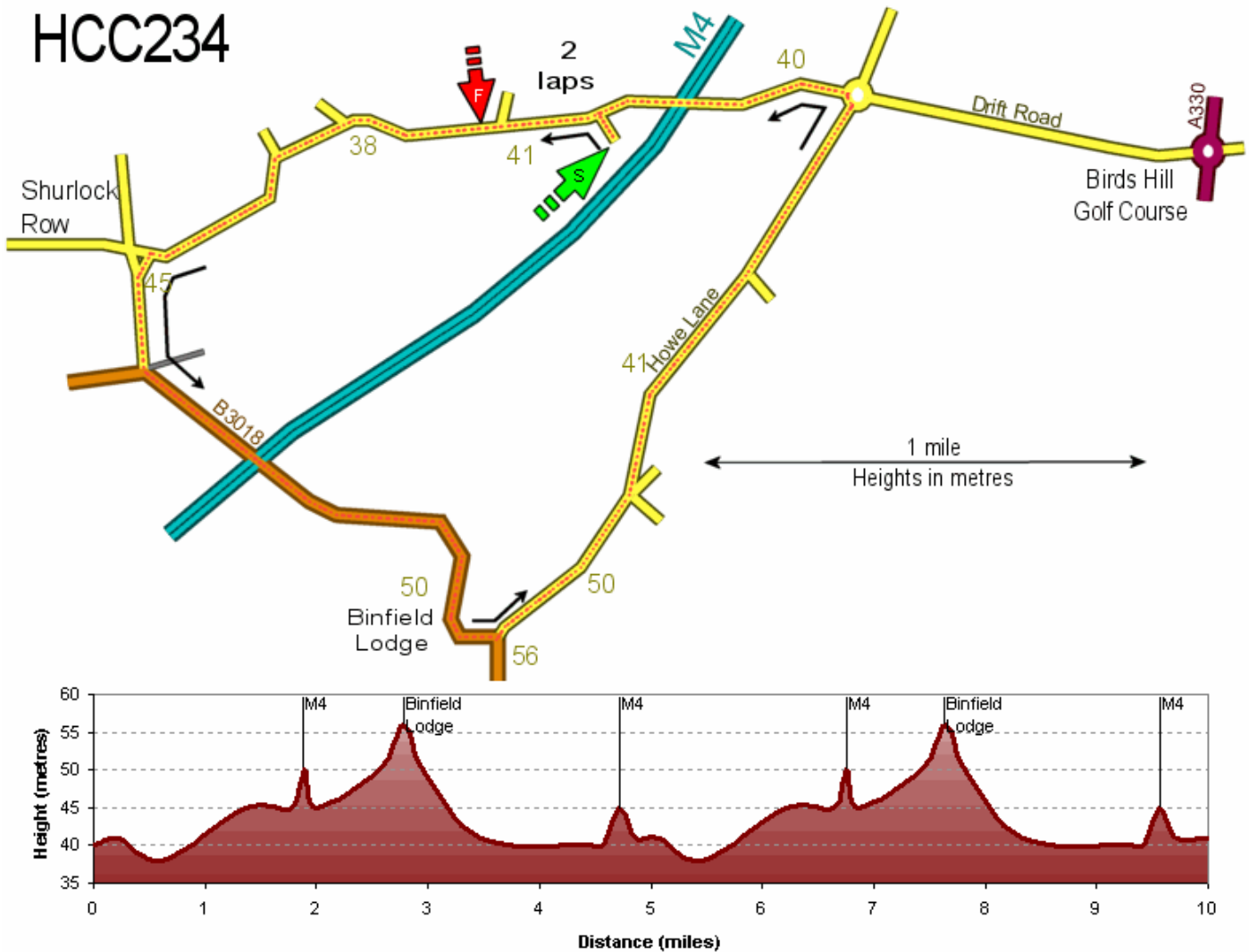
# RESULTS

Results will be available immediately after the race at the start. All riders that take part shall be awarded with a District Medal and Certificate. Riders who qualify shall gain automatic entry into the National final which takes place at Mallory Park (LE9 7QE), on 3<sup>rd</sup> September, 2021. Qualification is as per the table below:

Category	District Event	National Final
Winner (Male)	Automatic entry to National Final	GHS Trophy and medal presented at Champions Night
Winner (Female)	Automatic entry to National Final	GHS Trophy and medal presented at Champions Night
2nd and 3rd Placed riders (both male and female)	Automatic entry to National Final	GHS Medal presented at Champions Night
Fastest team of 3 (mixed, from same club)	Automatic entry to National Final	GHS Team Trophy and medals presented at Champions Night
Fastest in each category (12/13/14/15/16 for both male and female)	Automatic entry to National Final	GHS Medal presented at Champions Night

# THE COURSE

HCC234



OS Ref.	Description	Dist (Miles)
851751	START in Mare Lane near Beenhams Heath at junction with Drift Road.	0.000
833745	Turn left into Drift Road and continue to Shurlock Row where bear left (M1) and left again after approx. 150 yds. to the junction with Straight Mile (M2).	1.492
846732	Turn left and continue over the Motorway to the junction with Howe Lane (M3).	2.679
860753	Turn left into Howe Lane and continue to the roundabout at the junction with Drift Road (M4).	4.239
850752	Turn left into Drift Road to go over the motorway bridge to the Mare Lane sign.	4.842
848752	Continue west to repeat the circuit to the Mare Lane sign.	
844750	Continue west on the Drift Road to a tree 20 yards after overhead power cables where FINISH.	10.000

# RACE SCHEDULE

Please see below for your start time.

#	Start Time	First Name	Last Name	Club	Gender	Category
5	08:05:00	Amelia	Staunton	Wokingham Cycle Club	F	Juveniile(13)
6	08:06:00	Owain	Williams	Kingston Wheelers CC	M	Juvenile(14)
7	08:07:00	Emma	Davies	Newbury Velo	F	Juvenile(13)
8	08:08:00	Aiden	Brassil	Hillingdon Slipstreamers	M	Juvenile(15)
9	08:09:00	Charlie	Hussey	High Wycombe CC	M	Juvenile(14)
10	08:10:00	Alec	Rowles	Hillingdon Slipstreamers	M	Juvenile(13)
11	08:11:00	Freya	Eccleston	Palmer Park Velo	F	Junior(16)
12	08:12:00	James	Brown	Worx Factory Racing	M	Juvenile(15)
13	08:13:00	Reece	Pittman	Palmer Park Velo	M	Juvenile(14)
14	08:14:00	Cormac	Nisbet	High Wycombe CC	M	Junior(16)
15	08:15:00	Toby	Brown	TrainSharp Development	M	Junior(16)

# HELP AND ASSISTANCE

This event is only possible through the hard work of volunteers. If you would be willing to help marshal this event, then please make yourself known at sign-on. In return, you will be given a free Hi-Viz tabard (to borrow)

Please subscribe to our twitter feed @HSlipstreamers for updates and news

If you have any queries, please contact [info@slipstreamers.co.uk](mailto:info@slipstreamers.co.uk)



HAYLEY SIMMONDS

**SAYS NO**

**TO DOPING**

All riders have the right to compete in cycling knowing that they, and their competitors, are clean.

The use of performance-enhancing drugs and other doping behaviour severely damages the legitimacy of cycling and undermines the integrity of clean riders. The anti-doping principle of strict liability means that a rider is responsible for their conduct, the decisions they make and the results of any test they undergo regardless of whether or not they intended to cheat.

It is therefore vital that all riders conduct themselves within the rules and make informed decisions to ensure they race clean. Hayley Simmonds does, do you?

**Cycling Time Trials believes in clean cycling**

working in partnership with UK Anti-Doping (UKAD) to ensure the integrity of our sport



[www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk)

Cycling Time Trials



## Course Records

### Solo Male

21:42

Charlie Bailey

23-Jun-19 | National Youth  
Championship (London West DC)  
(Hillingdon Slipstreamers)(under 17  
on 31 August)(Championship Entry  
Forms only)(Entries Close 11/06/19)

### Solo Female

24:46

Eva Callinan

23-Jun-19 | National Youth  
Championship (London West DC)  
(Hillingdon Slipstreamers)(under 17  
on 31 August)(Championship Entry  
Forms only)(Entries Close 11/06/19)

### Solo Male (Junior)

21:42

Charlie Bailey

23-Jun-19 | National Youth  
Championship (London West DC)  
(Hillingdon Slipstreamers)(under 17  
on 31 August)(Championship Entry  
Forms only)(Entries Close 11/06/19)

### Solo Female (Junior)

26:38

Elizabeth Marvelly

25-Jun-17 | national youth  
championship (london west dc)  
(hillington slipstreamers)(under 17  
on 31 august)(championship entry  
forms only)



**CYCLING TIME TRIALS**

the national governing body for CYCLING time trials  
www.ctt.org.uk



1937 - 2002

**PARENTAL CONSENT  
TO BE SIGNED BY PARENT OR GUARDIAN  
OF ENTRANTS UNDER THE AGE OF 18**

To entry of rider under 18 years of age during the (year) \_\_\_\_\_ season in  
(Name of Club) \_\_\_\_\_ Club Events

I (Name and Address) \_\_\_\_\_  
\_\_\_\_\_

Being the Parent (or Guardian) of \_\_\_\_\_  
\_\_\_\_\_

Who was born on: \_\_\_\_\_  
\_\_\_\_\_

**HEREBY AGREE** to his/her participation in the Club Events promoted for and on behalf of Cycling Time Trials under their Rules and Regulations and **DECLARE** as follows:-

1. I understand and agree that my said son/daughter participates in events promoted under the Company's Rules and Regulations, entirely at his/her risk and without liability whatever on the part of the promoter, promoting club, Cycling Time Trials, its Chairman, National Committee Members, District Committee Members, Officers and Officials of member clubs, Event Secretaries (promoters), Timekeepers, Marshals, Course Measurers, Caterers or helpers in the conduct of the event in respect of any injury loss or damage suffered by him/her however caused whether by negligence or otherwise.
2. I understand that the function of the marshals in such events is to do no more than indicate the precise spot at which the rider should turn or the direction he or she should take and that the responsibility for safely negotiating a turn or any other change of direction must rest with the rider alone.
3. I understand further that all competitors in or in the vicinity of the event must observe the law of the land relating to road travel and when racing must ride entirely alone and unassisted.
4. I am satisfied that my son/daughter is sufficiently responsible and experienced to assume full and entire responsibility for his/her own safety whilst engaged in a competition of this kind on the public highway.

**SIGNED:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

Photocopied signatures are not acceptable.

**WITNESS:** \_\_\_\_\_

**(Signature, Name, Address  
and Official Position in Club)** \_\_\_\_\_  
\_\_\_\_\_