



London and Home Counties Group

OPEN 10 MILE TIME TRIAL

7 September 2023: H10/3R

Organiser: Rachael Elliott (Newbury Velo)

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Timekeepers: Bob Lyle (Newbury RC) & Ian Greenstreet (Newbury Velo)

AWARDS

VTTA Men: Medals on Age Adjusted Time

Gold: Karl Norris (360VRT) 19:36
Silver: Matt Fisher (Huub Wattshop) 20:09
Bronze: Andrew Butcher (Cwmcam Paragon) 20:18

VTTA Women: Medals on Age Adjusted Time

Gold: Lucia Borradaile (CC Weymouth) 20:24
Silver: Jill Bartlett (Hounslow & District Whs) 23:12
Bronze: Harriet Orridge (Bicester Millennium) 23:17

VTTA Men: Medals on Actual Time

Gold: Karl Norris (360VRT) 20:31
Silver: Matt Fisher (Huub Wattshop) 20:54
Bronze: Andrew Butcher (Cwmcam Paragon) 20:58

VTTA Women: Medals on Actual Time

Gold: Lucia Borradaile (CC Weymouth) 25:33
Silver: Harriet Orridge (Bicester Millennium) 26:40
Bronze: Jill Bartlett (Hounslow & District Whs) 28:02

Men: Overall on Actual Time

Gold: Karl Norris (360VRT) 20:31

VTTA Women: Overall on Actual Time

Gold: Lucia Borradaile (CC Weymouth) 25:33

VTTA Club Team of Three on Cumulative Age Adjusted Time

Gold: Bicester Millennium: Harriet Orridge, Peter Babbage, Brian Lewis: 1:11:11

Winners of the Individual Gold Medal on standard will receive an invitation to the VTTA London & Home Counties Group Annual Prizegiving Lunch

Photos

Newbury Velo's **Gareth Davies** was taking photographs of today's race which can be found here: <https://lightroom.adobe.com/shares/7c61a23007c247038be749b459318ad1>.

Gareth takes wonderful shots, and never asks for anything in return. However, he welcomes donations to Cancer Research via the link below (no obligation) and please do credit him if you use the shots on social media: <https://fundraise.cancerresearchuk.org/page/gareths-giving-page-2312>

Thank you!

Firstly, thank you for everyone who rode in the unseasonal September heat. Also, thank you to all of you who sent your apologies. I know some of you made the call due to the heat, and we respect everyone who made that decision. The weather gods were on our side today (perhaps too much!) but it makes a change from the incessant "mizzle" that have affected many of our time trials recently.

However, the event couldn't have happened today if it wasn't for the team of helpers. It's always tricky to find help at the best of times, but a midweek event is even more testing! Firstly, we would like to thank the pair of volunteers who helped from the London & Home Counties Group today: **Joy Payne** and **John Payne**. Joy marshalled the turn with excellent prowess, whilst John pushed off the field (which we heard he was very talented at!). We'd also like to thank the two timekeepers, **Bob Lyle** (Newbury Road Club) at the finish, and **Ian Greenstreet** (Newbury Velo).

Meanwhile, **Neil Atherton** (Newbury Velo) did a perfect job as finish assistant, entering results into the system within seconds of riders passing the finish line. **Claire Emons** (VTTA Wessex) – who organised the sister event just a few weeks ago – was an excellent start assistant. **Alexa Hawkins** took advantage of not yet having gone back to university, and worked well with Joy on the roundabout. Meanwhile, second-claim Newbury Velo rider **Mel Sneddon** (TORQ Performance) unfortunately had to withdraw from the race due to illness, but ably managed to not only help with sign-on, but also dish out the tea and coffee, as well as mountains of cakes provided by **Claire Emons** and myself. Another thank you must also go to **Ian Greenstreet** for putting the signs out – and taking them down again (apart from those brought in by Joy – thank you!) pre- and post-timekeeping duties.

We hope you enjoyed the event and look forward to seeing you at another London & Home Counties event or Newbury Velo event very soon.

RESULTS ON ACTUAL

	Name	Club	Bike	Time
1	Karl Norris	360VRT	TT	20:31
2	Bryce Dyer	Bournemouth Cycleworks/Vitec Fire/Ford Civil/Trek	TT	20:50
3	Matt Fisher	HUUB WattShop	TT	20:54
4	Andrew Butcher	Cwmcarn Paragon Cycling Club	TT	20:58
5	Philip Wilkinson	Rockingham Forest Wheelers	TT	21:46
6	Kenneth Brown	Newbury Velo	TT	21:51
7	William Sawyer	Velo Club St Raphael	TT	22:15
8	Richard Harrison	DRAG2ZERO	TT	22:16
9	Howard Waller	Python RT	TT	22:24
10	Stephen Boxall	Houghton CC	TT	22:29
11	John Lacey	Hemel Hempstead CC	TT	22:30
12	Colin Parkinson	South Western Road Club	TT	23:20
13	Colin Paton	Army Cycling	TT	23:29
14	John Dowling	Hemel Hempstead CC	TT	23:29
15	Daryl Stroud	Gloucester City Cycling Club	TT	23:38
16	Stu Carver	North Hampshire RC	TT	23:41
17	Stuart Martingale	Sotonia CC	TT	23:47
18	Hans Nilsson	London Phoenix CC	TT	23:52
19	Larry Golland	Rapha Cycling Club	Road	24:24
20	Chris Bean	Harp RC	TT	24:27
21	Jymmy Trevor	City RC (Hull)	Trike	24:31
22	Alan Allcock	Didcot Phoenix CC	TT	24:53
23	Paul James	VTTA West Group	TT	24:56
24	Andrew Simpkins	Team Echelon	TT	25:00
25	Mark Welch	Oxted Cycle Club	TT	25:11
26	John Orridge	VTTA (London & Home Counties)	TT	25:17
27	Peter Iffland	Chippenham & District Wheelers	TT	25:28
28	Lucia Borradaile	CC Weymouth	TT	25:33
29	Ian Knight	Andover Wheelers	TT	25:43
30	Christopher Davis	Giant CC Halo Films	Road	25:44
31	Richard Byrne	Newbury RC	Road	25:45
32	Steve Skinner	Southdown Velo	TT	25:54
33	David Welling	Farnham RC	TT	26:04
=34	Peter Babbage	Bicester Millennium CC	TT	26:11
=34	Cliff Voller	VTTA West Group	TT	26:11

	Name	Club	Bike	Time
36	Alastair Merrill	VC10	TT	26:14
37	Gary Martin	Westerley Cycling Club	TT	26:26
38	Harriet Orridge	Bicester Millennium CC	TT	26:40
39	Peter Walton	Hertfordshire Whs	TT	27:45
40	David England	Crabwood Cycling Club	TT	27:57
41	Jill Bartlett	Hounslow & District Whs	TT	28:02
42	Ed Stivala	Team Milton Keynes	TT	28:05
43	Wayne Baker	Team Echelon	Trike	29:08
44	John Eames	Chippenham & District Wheelers	TT	29:26
45	Chris Summers	Sotonia CC	TT	29:54
46	Lynne Scofield	Rockingham Forest Wheelers	Road	29:55
47	Rachel Green	Cheltenham & County Cycling Club	TT	30:26
48	Les Gardner	Maidenhead & District CC	TT	31:15
49	Brian Lewis	Bicester Millennium CC	TT	31:24
50	David Steel	Hereford & Dist Whs CC	Road	31:25
	David Hanson	Oxonian CC		DNF
	Matt Doe	...a3crg		DNS (A)
	Kate Bradley	Born to Bike - Bridgtown Cycles		DNS (A)
	Cris Coxon	Brighton Mitre CC		DNS (A)
	Neil Druce	Didcot Phoenix CC		DNS (A)
	Michael Garvey	High Wycombe CC		DNS (A)
	Arja Scarsbrook	Team Echelon		DNS (A)
	Lee Francis	Velo Club Bristol		DNS (A)
	Simon Davis	VTA (Midlands)		DNS (A)
	Peter Wilson	Bath Cycling Club		DNS
	Angus Stoneham	Beaconsfield Cycling Club		DNS
	Andy Grant	Chelmer CC		DNS
	Jonathan Chadwick	New Forest CC		DNS
	Luca Morrone	Onyx RT		DNS
	Richard Birtwhistle	Sydenham Whs		DNS
	Chris Ward & Gillian Thorne (Tandem)	WardPerformanceUK.com		DNS

RESULTS ON AGE ADJUSTED TIME* (Over 40s only)

	Name	Club	Bike	VTTA Group	Time
1	Karl Norris	360VRT	TT	West	19:36
2	Matt Fisher	HUUB WattShop	TT	Wessex	20:09
3	Bryce Dyer	Bournemouth C'wks/Vitec/Ford/Trek	TT		20:15
4	Andrew Butcher	Cwmcarn Paragon Cycling Club	TT	South Wales	20:18
5	Lucia Borradaile	CC Weymouth	TT	Wessex	20:24
6	William Sawyer	Velo Club St Raphael	TT	Wessex	20:37
7	Howard Waller	Python RT	TT	London & HC	20:46
8	John Lacey	Hemel Hempstead CC	TT	London & HC	20:52
9	John Dowling	Hemel Hempstead CC	TT	London & HC	20:56
10	Philip Wilkinson	Rockingham Forest Wheelers	TT		21:01
11	Hans Nilsson	London Phoenix CC	TT	London & HC	21:09
12	Colin Parkinson	South Western Road Club	TT	Notts & E.Mids	21:28
13	Jymmy Trevor	City RC (Hull)	Trike	Yorkshire	21:42
14	Kenneth Brown	Newbury Velo	TT		21:43
15	Richard Harrison	DRAG2ZERO	TT	East Anglia	21:50
16	Andrew Simpkins	Team Echelon	TT	Midlands	21:58
17	Daryl Stroud	Gloucester City Cycling Club	TT	West	22:00
18	Alan Allcock	Didcot Phoenix CC	TT	London & HC	22:01
19	Stu Carver	North Hampshire RC	TT	Wessex	22:10
20	Stephen Boxall	Houghton CC	TT		22:21
21	David England	Crabwood Cycling Club	TT	Wessex	22:24
22	Chris Bean	Harp RC	TT	London & HC	22:27
23	Stuart Martingale	Sotonia CC	TT		22:35
24	Cliff Voller	VTTA West Group	TT	West	22:35
25	Colin Paton	Army Cycling	TT		22:44
26	Christopher Davis	Giant CC Halo Films	Road	West	22:52
27	Steve Skinner	Southdown Velo	TT	Wessex	23:02
28	David Welling	Farnham RC	TT	Wessex	23:02
29	Jill Bartlett	Hounslow & District Whs	TT	London & HC	23:12
30	Harriet Orridge	Bicester Millennium CC	TT	London & HC	23:17
31	Mark Welch	Oxted Cycle Club	TT	Surrey/Sussex	23:26
32	Peter Babbage	Bicester Millennium CC	TT	Midlands	23:47
33	Peter Iffland	Chippenham & District Wheelers	TT	West	23:50
34	Paul James	VTTA West Group	TT	West	24:01
35	Richard Byrne	Newbury RC	Road	London & HC	24:07

	Name	Club	Bike		Time
36	Brian Lewis	Bicester Millennium CC	TT	West	24:07
37	Gary Martin	Westerley Cycling Club	TT	London & HC	24:10
=38	John Orridge	VTTA (London & Home Counties)	TT	London & HC	24:22
=38	Wayne Baker	Team Echelon	Trike	Midlands	24:22
40	Ian Knight	Andover Wheelers	TT	Wessex	24:31
41	Peter Walton	Hertfordshire Whs	TT	East Anglia	24:43
42	John Eames	Chippenham & District Wheelers	TT	North Lancs & Lakes	24:57
43	Alastair Merrill	VC 10	TT	London & HC	25:13
44	Rachel Green	Cheltenham & County Cycling Club	TT	West	25:53
45	Chris Summers	Sotonia CC	TT	Wessex	26:30
46	Les Gardner	Maidenhead & District CC	TT	London & HC	26:46
47	Ed Stivala	Team Milton Keynes	TT	London & HC	26:53
48	David Steel	Hereford & Dist Whs CC	Road	Midlands	26:56
49	Lynne Scofield	Rockingham Forest Wheelers	Road		27:14

* AAT Explanation

Age Adjusted Times (AAT) are specific to age, gender, distance and machine type, and they're a set of times to be subtracted from your actual time. There are time adjustments for men and for women, and for each gender there are versions for solo bikes, solo trikes, tandem bikes and tandem trikes. This means that men and women can compete on a level playing field with each other. Here are some examples:

- Rider A, a 45-year-old man, is riding a 25. He rides an actual time of 58:55. His Age Adjustment for that distance is 55 seconds, so his Age Adjusted Time (AAT) is 58:00.
- Rider B, a 56-year-old woman, is riding the same event. Her Age Adjustment is 10:00. She rides the course in 01:07:30, so her AAT is 57:30.

Thank you to EVERYONE who donated to the Newbury Velo coaching fund today. We raised £65.22 which is fantastic! The money will go straight into our children's coaching programme, and also help us with our tandem programme for helping blind and visually impaired children and adults to enjoy the same experiences on the bike that we take for granted.

