



Hemel Hempstead Cycling Club

10-mile time trial

Saturday 17 June 2023

For and on behalf of Cycling Time Trials under its Rules & Regulations
Course: F11/10

Organiser:

Paul Thomson
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Time Keepers:

John Pick & Annette
Lacey

A good day was had by most – many PB's are a good indication of that. I have put a comparison of Spindata predicted times up against the actual times and most seem to be green! Suggestion is the wind wasn't as big a factor as predicted as the course is quite sheltered along much of it. So thank you to all those that helped run the events – I couldn't do it without them. Firstly the timekeepers – John Pick at the start and Annette Lacey at the finish. Pushers David Roger and Bruno Cabrelli. Turn marshals were Geoff and Helen Reynolds at turn 1 and Ian Stowe at turn 2. Canteen and HQ help were Nigel Goffin, Richard Hardy and Mike Dixon. I had John Lacey go collect a couple of riders who punctured during the event (after he had ridden himself).

Almost all the prizes were awarded immediately after the event finished and times confirmed. If you missed that and think you are due a prize then please contact me, letting me know bank details.

Photos: Brian Jones from Kimroy Photography was on the course to capture your images. Please go see the gallery and make your purchases from here: <https://tinyurl.com/HemelHempstead1010>

Cheers,

Paul

Full results – Women's event

W Pos	No	Name	Club	Time	Spindata time	Difference
1	152	Kate Allan	Team Bottrill	19:38	19:29	00:09
2	151	Laura Davies	Jadan Vive Le Velo	20:37	20:47	-00:10
3	150	Anastasia Bowler	Wahoo Le Col	20:38	21:14	-00:36
4	144	Lydia Watts	Hutchinson - Brother UK	20:47	22:02	-01:15
5	149	Louise Robinson	Essex Roads CC	21:00	21:24	-00:24
6	146	Lauren Creamer	Velo Fixers	21:03	21:21	-00:18
7	147	Kim Barfoot-Brace	Team Bottrill	21:09	21:45	-00:36
8	148	Lisa Davis	DRAG2ZERO	21:21	21:57	-00:36
9	142	Deborah Beare	Icknield RC	21:27	22:06	-00:39
10	140	Linda Dewhurst	Team Milton Keynes	21:41	22:28	-00:47
11	143	Kirsty McSeveney	...a3crg	22:41	22:39	00:02
12	137	Elaine Simpson	Nottingham Clarion CC	22:56	23:28	-00:32
13	145	Dena Ford	High Wycombe CC	22:56	22:44	00:12
14	139	Frances Lammyman	St Neots CC	23:14	23:07	00:07
15	127	Chantal Dyble	London Dynamo	23:38	No prediction	00:00
16	135	Susan Oldham	Bicester Millennium CC	24:39	24:50	-00:11
17	131	Stephanie Cousins	QN Racing	24:49	25:32	-00:43

W Pos	No	Name	Club	Time	Spindata time	Difference
18	134	Arja Scarsbrook	Team Echelon	25:02	24:21	00:41
19	126	Jill Bartlett	Hounslow & District Whs	25:22	25:52	-00:30
20	129	Rachel Green	Cheltenham & County CC	26:12	25:37	00:35
21	130	Gillian Morgan	Westerley CC	26:18	25:33	00:45
22	124	Hannah Makins	Mickey Cranks CC	29:20	26:31	02:49
23	125	Jan Farmer	Serpentine Running Club	29:42	26:29	03:13
24	128	Rosslyn Young	Serpentine Running Club	31:34	26:26	05:08
	132	Sally White	High Wycombe CC	DNS Apol	25:06	
	133	Gillian Reynolds	Willesden CC	DNS Apol	25:11	
	136	Becca Lewin	BellaVelo cc	DNS Apol	24:03	
	138	Joy Payne	High Wycombe CC	DNS Apol	24:00	
	141	Debbie Bradley	Peddlamaniacs CC	DNF	23:18	

Full results – Men's event

Pos	No	Name	Club	Time	Spindata time	Difference
1	109	Nicholas Trbovic	Elysium Kalas RT	18:04	18:55	-00:51
2	119	Alastair Luxford	Full Gas RT	18:22	18:55	-00:33
3	123	Finlay Tarling	Willebrord Wil Vooruit	18:23	18:42	-00:19
4	88	Angus Stoneham	Beaconsfield CC	18:36	19:08	-00:32
5	57	Cormac Nisbet	High Wycombe CC	18:38	19:34	-00:56
6	103	Ken Buckley	BPC RT	18:40	19:06	-00:26
6	111	Oliver Bridgewood	Bath CC	18:40	19:29	-00:49
8	121	Lewis Wake	Team Kirkley Cycles	18:46	19:21	-00:35
9	14	Grant Bateman	Amersham Road CC	18:57	No prediction	00:00
9	95	Dylan Sage	Evolution Racing Academy	18:57	20:19	-01:22
11	118	Neil Mackley	...a3crg	19:00	19:42	-00:42
12	87	Ross Clarke	TMG Horizon CT	19:02	19:01	00:01
13	63	Dan Blake	ZeroBC RT	19:06	19:17	-00:11
14	65	James Percy	Mid Devon CC	19:07	20:00	-00:53
15	99	Nick Partridge	Sole Bay Cycle Sport	19:09	19:38	-00:29
15	116	Rob Graham	GTR - Return To Life p/b Streamline	19:09	20:11	-01:02
17	115	Mark Jones	DRAG2ZERO	19:11	19:24	-00:13
18	105	Jason Bateman	Pendle Forest CC	19:13	19:43	-00:30
19	4	Matt Steel	Pronto Bikes	19:14	19:36	-00:22
19	101	William Barr	Beacon Roads CC	19:14	19:17	-00:03
21	97	Paul Jones	Primera-Teamjobs	19:17	19:40	-00:23
21	106	Daniel Chambers	Bicester Millennium CC	19:17	19:50	-00:33

Pos	No	Name	Club	Time	Spindata time	Difference
23	35	Max Belcher	Banbury Star Cyclists' Club	19:18	No prediction	00:00
24	34	Karl Norris	360VRT	19:19	20:19	-01:00
24	91	Sean O'Sullivan	Hart Performance Coaching	19:19	19:44	-00:25
26	17	Larry Wiltshire	Chichester City Riders	19:20	20:37	-01:17
27	15	Tim Butler	Gloucester City CC	19:22	20:29	-01:07
28	69	Dan Blackburn	Epic Orange RT	19:23	19:42	-00:19
29	73	Simon Bowler	AS Test Team	19:25	19:32	-00:07
29	110	Edd Charlton-Weedy	Army Cycling	19:25	19:53	-00:28
29	114	Jon Howard	Team Echelon	19:25	19:43	-00:18
32	75	Brett Davis	DRAG2ZERO	19:27	19:33	-00:06
33	113	Nick Morgan	Hitchin Nomads CC	19:28	19:10	00:18
34	78	Simon Adcook	Team Echelon	19:29	19:42	-00:13
34	80	Adam Williams	St Neots CC	19:29	20:49	-01:20
36	77	Keith Lea	Paceline RT	19:33	19:56	-00:23
37	64	Steven Cottington	Bath CC	19:36	20:25	-00:49
38	33	Tim Radley	Gloucester City CC	19:41	20:57	-01:16
39	83	Sam Harding	Rugby Velo	19:42	20:32	-00:50
39	98	Paul Turton	Team Vision Racing - Silverhook	19:42	19:49	-00:07
41	102	Jeremy Redford	Army Cycling	19:43	19:29	00:14
42	93	Matthew Bagshawe	South Normanton C C	19:46	19:55	-00:09
43	89	Graham Winstone	ZeroBC RT	19:47	19:53	-00:06
44	90	Adam Fisher	Cambridge CC	19:50	19:50	00:00
45	5	Louis Tate-Harris	Bedfordshire Road RT	19:52	21:16	-01:24
46	71	Paul Schofield	Ely & District CC/B&T Motor Repairs	19:53	20:01	-00:08
47	18	Matthew Reader	Verulam CC	19:54	20:21	-00:27
47	86	John Jones	Verulam Really Moving	19:54	20:40	-00:46
47	96	Ed Moss	Beacon Roads CC	19:54	20:36	-00:42
47	117	Joshua Clark	Royal Navy & Royal Marines CA	19:54	19:26	00:28
51	112	Callum Start	Mid Devon CC	19:55	19:47	00:08
52	120	Keith Dorling	Team Bottrill	19:58	20:02	-00:04
53	162	Martin O'Sullivan	Teddington and Turing Velo	19:59	21:04	-01:05
54	67	Simon Garrett	Team Echelon	20:02	20:58	-00:56
54	104	Henry Farrell	Full Gas RT	20:02	20:23	-00:21
56	29	Jeff Roberts	High Wycombe CC	20:04	20:34	-00:30
57	108	Simon Butteriss	Ely & District CC/B&T Motor Repairs	20:06	19:47	00:19
58	167	Shaun Jarvis	St Neots CC	20:07	20:16	-00:09
59	56	Rikky Hughes	Droitwich CC	20:09	20:43	-00:34
60	46	Tony Ball	Legato RT (LRT)	20:10	20:52	-00:42

Pos	No	Name	Club	Time	Spindata time	Difference
61	28	Paul McDaid	Southborough & Dist. Whs	20:12	20:51	-00:39
61	43	Martin Fisher	Melton Olympic CC	20:12	20:34	-00:22
63	66	Alistair Sponsel	VTTA (Midlands)	20:13	20:25	-00:12
64	62	Matthew Smith	Colour Tech RT	20:16	20:30	-00:14
65	70	Eddie Humphreys	Nottingham Clarion CC	20:19	20:47	-00:28
66	37	Philip Wilkinson	Rockingham Forest Whrs	20:20	21:12	-00:52
67	94	Stuart Supple	Sole Bay Cycle Sport	20:22	20:33	-00:11
68	13	Rob Fletcher	Equipe Velo	20:23	20:56	-00:33
69	55	Mark Woolford	ZeroBC RT	20:24	20:44	-00:20
70	68	Simon Cannings	Equipe Velo	20:26	20:37	-00:11
71	41	Glenn Taylor	Shorter Rochford RT	20:28	20:36	-00:08
72	48	Joseph Costello	Legato RT (LRT)	20:30	20:34	-00:04
72	50	Gary Paddon	Swindon Whrs	20:30	20:43	-00:13
74	92	Andy Tucker	Newbury Velo	20:31	20:46	-00:15
75	9	Vincent Douglas	Gloucester City CC	20:32	21:37	-01:05
75	10	Martin Lines	Team Echelon	20:32	21:10	-00:38
77	22	Paul Blamire	Amersham Road CC	20:33	20:45	-00:12
78	25	Oliver Baylin	www.giant-helston.co.uk	20:35	21:19	-00:44
79	38	Matthew Bond	Kenton RC	20:39	21:06	-00:27
80	20	Simon Dighton	Beacon Roads CC	20:44	21:20	-00:36
81	72	Iain Boardman	Dulwich Paragon CC	20:46	20:40	00:06
82	31	Craig Chappell	API/Anglia Sport	20:47	23:15	-02:28
83	30	Peter Main	34 Nomads CC	20:48	21:09	-00:21
84	58	Colin Parkinson	South Western RC	20:54	21:45	-00:51
85	45	Martin Stanley	Droitwich CC	20:56	21:20	-00:24
86	3	John Lacey	Hemel Hempstead CC	21:00	21:20	-00:20
87	21	Howard Waller	Python RT	21:01	21:23	-00:22
87	81	Richard Harrison	DRAG2ZERO	21:01	20:25	00:36
89	27	Chris Ford	High Wycombe CC	21:02	20:59	00:03
90	163	Daryl Stroud	Gloucester City CC	21:03	21:46	-00:43
91	23	Neil White	Ambion RT	21:05	21:06	-00:01
91	32	Michael Wills	Team Lutterworth Cycle Centre	21:05	21:36	-00:31
93	6	Joe Schwartz	Team Swindon Cycles	21:06	21:56	-00:50
94	52	Michael Bennett	Bicester Millennium CC	21:08	21:39	-00:31
95	84	Grant Orsborn	Bedfordshire Road RT	21:12	21:20	-00:08
96	49	Wolfgang Emmerich	Team Bottrill	21:14	20:37	00:37
97	42	Andrew Halliday	Westerley CC	21:15	21:48	-00:33
98	26	Jymmy Trevor	City RC (Hull)	21:20	22:16	-00:56
99	74	Martin Reynolds	Cambridge CC	21:21	20:43	00:38
100	76	Andrew Grant	Cambridge CC	21:23	21:19	00:04
101	36	James Harris	Catford CC Ltd	21:25	21:35	-00:10
102	100	Gary Jones	Success Cycling	21:26	22:00	-00:34

Pos	No	Name	Club	Time	Spindata time	Difference
103	24	Peter Oliver	ZeroBC RT	21:30	21:29	00:01
104	154	James Hunt	Oxonian CC	21:32	21:58	-00:26
105	160	Matt Plews	Welland Valley CC	21:43	21:48	-00:05
105	164	Lawrence Wintergold	Hounslow & District Whs	21:43	21:22	00:21
107	7	David Butt	CC Weymouth	21:50	21:43	00:07
107	40	Alastair Semple	Legato RT (LRT)	21:50	21:36	00:14
109	158	John Watson	Hitchin Nomads CC	21:53	22:08	-00:15
110	85	Stu Carver	North Hampshire RC	21:57	22:07	-00:10
111	166	Alex Leek	Wrekinsport CC	22:02	21:53	00:09
112	165	Gareth Daniels	Icknield RC	22:06	22:22	-00:16
113	161	Roger Porter	Verulam CC	22:46	22:39	00:07
114	2	Martin Simmons	CC Breckland	24:10	24:28	-00:18
115	1	Sajjad Meghjee	Kenton RC	25:01	25:38	-00:37
	8	Gary Grayland	CC Bexley	DNS Apol	21:13	
	11	Richard May	Islington CC	DNS Apol	No prediction	
	12	Alexander Speirs	TAAP Endura	DNS	19:45	
	16	Stan Nwaka	Verulam Really Moving	DNS Apol	22:10	
	19	Gary Pamment	CC Sudbury	DNF	21:18	
	39	Andrew Derrick	Portishead CC	DNS Apol	20:12	
	44	Issy Zimmerman	Regents Park Rouleurs	DNF	21:03	
	47	Andrew Martin	High Wycombe CC	DNS Apol	20:14	
	51	Cliff Price	Metropolitan Police CC	DNS	No prediction	
	53	Alfie Salmon	Hart Performance Coaching	DNS	19:50	
	54	Josh Lovell	Banbury Star Cyclists' Club	DNS	20:32	
	59	Kenneth Brown	Newbury Velo	DNS Apol	20:40	
	60	Chris Newman	Farnham RC	DNS Apol	21:14	
	61	Luca Morrone	Onyx RT	DNS	19:23	
	79	Michael O'Keefe	London Dynamo	DNS Apol	19:29	
	82	Peter Shaw	Bedfordshire Road RT	DNS Apol	20:47	
	107	Nick Dwyer	DRAG2ZERO	DNS Apol	20:23	
	122	Matt Donovan	Bedfordshire Road RT	DNS Apol	20:29	
	153	Richard Jones	Amersham Road CC	DNS Apol	21:26	

Pos	No	Name	Club	Time	Spindata time	Difference
	155	Michael Allen	Team Enable - M.I. Racing - McCann	DNS Apol	23:15	
	156	Andy Grant	Chelmer CC	DNS Apol	23:50	
	157	David Prom	San Fairy Ann CC	DNS Apol	22:08	
	159	Simon Hunt	VéloElite RC	DNS Apol	22:33	

Team positions (best 3 riders to count)

1	Team Echelon	0:58:56
114	Jon Howard	19:25
78	Simon Adcook	19:29
67	Simon Garrett	20:02
2	ZeroBC RT	0:59:17
63	Dan Blake	19:06
89	Graham Winstone	19:47
55	Mark Woolford	20:24

1	Team Echelon	0:58:56
2	ZeroBC RT	0:59:17
3	Gloucester City CC	0:59:35
4	DRAG2ZERO	0:59:39
5	High Wycombe CC	0:59:44
6	Beacon Roads CC	0:59:52
7	Legato RT (LRT)	1:02:30
8	Cambridge CC	1:02:34