



The Hemel Hempstead Cycling Club

Open Hilly Time Trial

'The Sid Latchford Memorial'

Incorporating Round 2 of the London North Millennium Trophy

'Promoted for and on behalf of Cycling Time Trials under its Rules & Regulations'

Course F11/22

Sunday 24th March 2024

Timekeeper: Annette Lacey (Hemel Hempstead CC)

Organiser: John Lacey Tel. 07771 756876

Awards

TT Bike Mens:

1 st	Leon Atkins	258 Protégé	34:49	£20 + Pedalworks bidon + energy
2 nd	Alexander Herd	Oxford University CC	38:20	£15 + Pedalworks bidon + energy
3 rd	Oliver Mytton	Verulam CC	39:13	£10 + Pedalworks bidon + energy

TT Bike Ladies:

1 st	Elsbeth Grace	Cambridge CC	42:34	£20 + Pedalworks bidon + energy
2 nd	Selina Clifford	London Dynamo	46:23	£15 + Pedalworks bidon + energy

Road Bike Mens:

1 st	Mike Debney	Verulam Really Moving	37:28	£20 + Pedalworks bidon + energy
2 nd	Christopher Morrison	Chaingang RT	39:52	£15 + Pedalworks bidon + energy
3 rd	Roy Chamberlain	Corley Cycles RC	39:54	£10 + Pedalworks bidon + energy

Team:

1st Verulam Really Moving 2:00:52 Mike Debney, John Jones, Benjamin Cousins £10 each

Fastest Young Rider (under 20):

1st Leon Atkins 258 Protégé 34:49 £20



All non-cash prizes were very generously donated by
Pedalworks Bike Shop
5-7 West Street, Dunstable,
Beds, LU6 1SL.



Overall Positions in the combined TT Bike and Road Bike events:

Pos	No	Name	Club/Team	Time	Ladies Pos	Bike Type
1	50	Leon Atkins	258 Protégé	34:49		TT Bike
2	15	Mike Debney	Verulam Really Moving	37:28		Road Bike
3	31	Alexander Herd	Oxford University CC	38:20		TT Bike
4	46	Oliver Mytton	Verulam CC	39:13		TT Bike
5	20	Christopher Morrison	Chaingang RT	39:52		Road Bike
6	25	Roy Chamberlain	Corley Cycles RC	39:54		Road Bike
7	40	John Jones	Verulam Really Moving	40:18		TT Bike
8	22	Chris Bradbury	Team Milton Keynes	40:23		Road Bike
9	48	Sean Bradley	Team Trident	41:08		TT Bike
10	26	James Lawler	VTTA (East Anglia Group)	41:10		Road Bike
11	44	James Conolly	Watford Velo Sport	41:17		TT Bike
12	36	Matthew Rowe	Hitchin Nomads CC	41:24		TT Bike
13	49	Matthew Bond	Kenton RC	41:29		TT Bike
14	23	Robert Abbey	Hemel Hempstead CC	41:40		Road Bike
15	19	Michael Burke	VéloElite RC	41:45		Road Bike
16	13	Adam Swan	CC Ashwell	42:16		Road Bike
17	14	Leigh Smith	Equipe Velo	42:18		Road Bike
18	8	Geoff Ewen	CC Ashwell	42:31		Road Bike
19	47	Gregory Smith	Finsbury Park CC	42:32		TT Bike
20	27	Elsbeth Grace	Cambridge CC	42:34	1	TT Bike
21	24	Stevie Cobb	Verulam CC	42:40		Road Bike
22	17	Luke Marshall	Elysium Kalas Race Team	42:57		Road Bike
23	35	Dominic Bray	Finsbury Park CC	43:01		TT Bike
24	7	Benjamin Cousins	Verulam Really Moving	43:06		Road Bike
25	11	Drew Sheffield	FTP (Fulfil The Potential) Race Team	43:09		Road Bike
26	39	Chris Knight	Team Trident	43:16		TT Bike
27	45	Sean Mcdougall	Icknield RC	44:07		TT Bike
28	10	Christian Olley	Hemel Hempstead CC	44:40		Road Bike
29	37	Duncan Godfrey	Team Trident	45:34		TT Bike
30	32	Jason Piper	Team Trident	45:46		TT Bike
31	33	Denys Mazur	Watford Velo Sport	45:52		TT Bike
32	41	Nicholas Coe	Verulam Really Moving	46:15		TT Bike
33	28	Selina Clifford	London Dynamo	46:23	2	TT Bike
34	30	Thomas Godfrey	Bedfordshire Road RT	46:26		TT Bike
35	43	Brett Bishop	Kenton RC	50:30		TT Bike
36	42	Patrick Miles	Verulam CC	51:30		TT Bike
37	6	Steve Tooke	VTTA (London & Home Counties)	52:34		Road Bike

Road Bike Positions:

Pos	No	Name	Club/Team	Time	Ladies Pos
1	15	Mike Debney	Verulam Really Moving	37:28	
2	20	Christopher Morrison	Chaingang RT	39:52	
3	25	Roy Chamberlain	Corley Cycles RC	39:54	
4	22	Chris Bradbury	Team Milton Keynes	40:23	
5	26	James Lawler	VTTA (East Anglia Group)	41:10	
6	23	Robert Abbey	Hemel Hempstead CC	41:40	
7	19	Michael Burke	VéloElite RC	41:45	
8	13	Adam Swan	CC Ashwell	42:16	
9	14	Leigh Smith	Equipe Velo	42:18	
10	8	Geoff Ewen	CC Ashwell	42:31	
11	24	Stevie Cobb	Verulam CC	42:40	
12	17	Luke Marshall	Elysium Kalas Race Team	42:57	
13	7	Benjamin Cousins	Verulam Really Moving	43:06	
14	11	Drew Sheffield	FTP (Fulfil The Potential) Race Team	43:09	
15	10	Christian Olley	Hemel Hempstead CC	44:40	
16	6	Steve Tooke	VTTA (London & Home Counties)	52:34	
17	5	Deborah Beare	Icknield RC	DNS A	
18	9	Peter Sibley	Watford Velo Sport	DNS A	
19	12	Helen Roby	RIDE REVOLUTION COACHING	DNS A	
20	16	Euan Tebbutt	Cambridge CC	DNS	1
21	18	Ed Dixon	Bicester Millennium CC	DNS	
22	21	Peter Wells	VTTA (London & Home Counties)	DNF	

TT Bike Positions:

Pos	No	Name	Club/Team	Time	Ladies Pos
1	50	Leon Atkins	258 Protégé	34:49	
2	31	Alexander Herd	Oxford University CC	38:20	
3	46	Oliver Mytton	Verulam CC	39:13	
4	40	John Jones	Verulam Really Moving	40:18	
5	48	Sean Bradley	Team Trident	41:08	
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7	36	Matthew Rowe	Hitchin Nomads CC	41:24	
8	49	Matthew Bond	Kenton RC	41:29	
9	47	Gregory Smith	Finsbury Park CC	42:32	
10	27	Elsbeth Grace	Cambridge CC	42:34	1
11	35	Dominic Bray	Finsbury Park CC	43:01	
12	39	Chris Knight	Team Trident	43:16	
13	45	Sean Mcdougall	Icknield RC	44:07	
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16	33	Denys Mazur	Watford Velo Sport	45:52	
17	41	Nicholas Coe	Verulam Really Moving	46:15	
18	28	Selina Clifford	London Dynamo	46:23	2
19	30	Thomas Godfrey	Bedfordshire Road RT	46:26	
20	43	Brett Bishop	Kenton RC	50:30	
21	42	Patrick Miles	Verulam CC	51:30	
22	29	Olivia Kelly	Loughborough Students Cycling Club	DNS	
23	34	Gavin May	Team Trident	DNS A	
24	38	Desmond Gayler	Kenton RC	DNS A	

Team Positions and Times (3 fastest riders to count):

Pos	Team	Time
1	Verulam Really Moving	2:00:52
2	Team Trident	2:09:58
3	Verulam CC	2:13:23

It was a bit chilly to start with but turned into a nice day once we were finished, sorry about that wind. We had to run a shorter 16-mile version of the course due to a burst water main on the Icknield Way which removed Bison Hill and the Dunstable Downs.

The overall TT Bike win was taken by Leon Atkins of 258 Protégé in 34:49 (27.6mph) and still only 15 years old! Alexander Herd (Oxford Uni CC) took 2nd and Oliver Mytton (Verulam CC) took 3rd both a few minutes behind Leon.

In the ladies TT Bike event previous winner Elspeth Grace of Cambridge CC took the win in 42:34 with new racer Selina Clifford (London Dynamo) in 2nd place with 46:23.

In the Road Bike event Mike Debney (Verulam Really Moving) took the win with an excellent 37:28 and placed 2nd overall. 2nd and 3rd places were filled by Christopher Morrison (Chaingang RT) and Roy Chamberlain (Corley Cycles RC).

We had 6 teams in the running for the team award (fastest 3 riders) but a wardrobe malfunction, puncture and a DNS whittled that down to just 3 with pre-race favourites Verulam Really Moving taking the win by 9 minutes.

It takes a big team of helpers to make this event happen so thanks very much to the many volunteers in the approximate order you would have seen them: Nigel Goffin, David Rogers, Annette Lacey, Zoe Adams, Paul Reed, Tim Hart, Jimmy Walsh, Mike Dixon, Murray Thompson, Andy Murray, Graham Craggs, John Barry, John Blundell, Dougal Culverhouse, Andrew Bradley, Helen and Geoff Reynolds, John Dowling, Mark Nethercoat, Richard O'Neill and Simon Hemington (behind the camera).

This was the 10th anniversary of the new format Hemel Hilly TT although we missed a couple due to the lockdown in 2020 and 2021. Sid Latchford used to run the original version that took in Bison and Toms Hill on a different route, Sam Williamson resurrected the event in 2014 before handing over to me in 2017. I hope I have done them both proud.

Thanks very much to all the riders for supporting our event. See you all next year.

Regards

John Lacey