

Veterans Time Trials Association London and Home Counties Group

10 Mile Open TimeTrial Sunday 17th July 2022 start at 8 am

Course F11/10

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

Event
HQ
opens
at 7 am
Aylesbury Rugby Club
Brook End, Weston Road, Aylesbury, HP22 5RN

Organiser Contact Details

Event Secretary: David Guy
2-5 Warwick Court, London WC1R 5DH
07711-697900
ovcyclingclub@hotmail.co.uk

Officials

Start Timekeeper: Gordon Hart Finish Timekeeper: Annette Lacey

Marshalls

We have only the minimum number of marshals so take special care you know the course, especially on the first turn which has 2 large roundabouts and several chances to go wrong!

Prize List

Awards are made to VTTA members only.

VTTA Gold-Silver-Bronze Medals for Men BOS (Best On Standard) 1-2-3.

VTTA Gold-Silver-Bronze Medals for Women BOS 1-2-3.

VTTA Gold-Medals (each) for Club Team of 3 BOS.

VTTA Gold Medal - Fastest rider on Actual Time

1st Man on Standard, and 1st Women on Standard to receive an invitation to the LH&C Annual Luncheon and Prize Presentation.

Local Regulations

Covid – As per Government and CTT guidance applicable on the day.

Numbers, Signing in and signing out

You sign on in advance of your start at the HQ where you can collect your number and receive any last minute instructions or warnings. You will also **need to sign out of the event otherwise you will be DISQUALIFIED.**

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

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**.

Finishing riders MUST leave the main carriageway at the START of the exit slip road to B489. Failure to do so will be recorded as DNF and no time given

F11/10 & DNFs

This course often sees several riders with no finishing time (DNF) because they DO NOT follow the course and the specific finishing instructions, which are in place for the rider's safety, as cars enter the slip-road early and at speed!

Carefully study the illustrations & photos which follow:



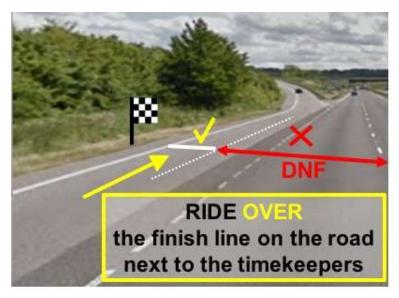
Cars do enter the slip road very early!



Heading off for another 10 miles? DNF



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By quirk of fate a previous event was recorded on Google Maps (satellite view), and if you look carefully you can see:

- The start timekeeper with riders ready to start.
- Riders on the course
- The finish time keepers and their cars
- Even the finish line can be seen!
- And the big white fork arrows that you are not to ride over at the entrance to the finish slip road.
- Riders cycling to/from HQ
- The HQ and a full carpark
- . So remember Big Brother is watching..



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

Route HQ to Start

Please note that one of the 3 miles is up a steep hill so allow at least 15 minutes to get to the start from the HQ. It does provide a good warn-up!

Start

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

Car Parking

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.

Directions

Turn Left out of Aylesbury RF Club

Head North-East on Weston Rd for @1mile

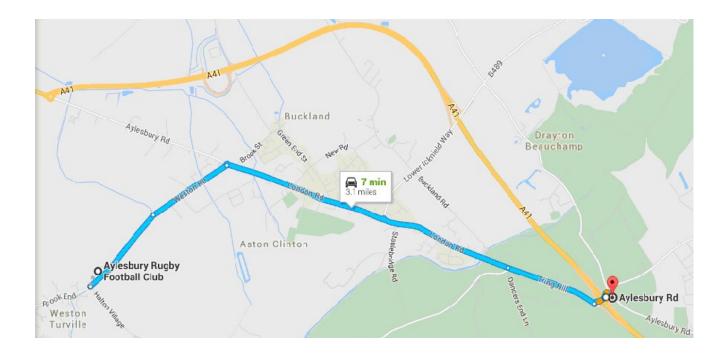
At the roundabout, take the 2nd exit onto London Rd for @1mile

Continue over the mini RAB on to and up Tring Hill/B4009 for @1mile

At the roundabout, take the 2nd exit onto B4009 and cross over the Dual Carriageway

At the roundabout, take the 3rd exit onto A41 Slip Road

The Start is on the slip road



Route Finish to HQ

Finish to HQ

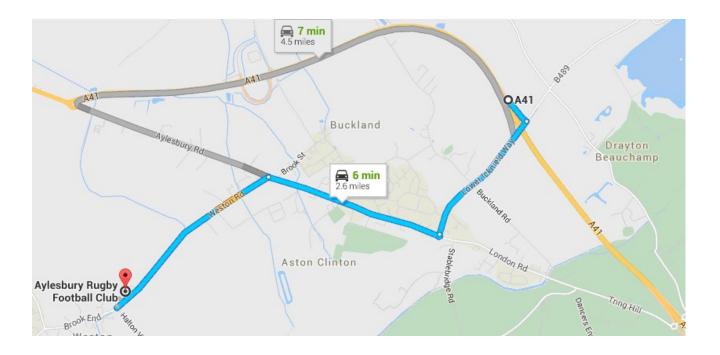
Continue up the Slip Road to the T-Junction

Turn right onto Lower Icknield Way for @1mile

At the roundabout, take the 2^{nd} exit onto London Rd for @1mile

At the roundabout, take the $\mathbf{1}^{\text{st}}$ exit onto Weston Rd for @1 mile

The HQ is on the right



Course Details

Start (A on Map) on southbound slip road to A41 on the Western Tring junction approximately 40 yards from the start of the slip road.

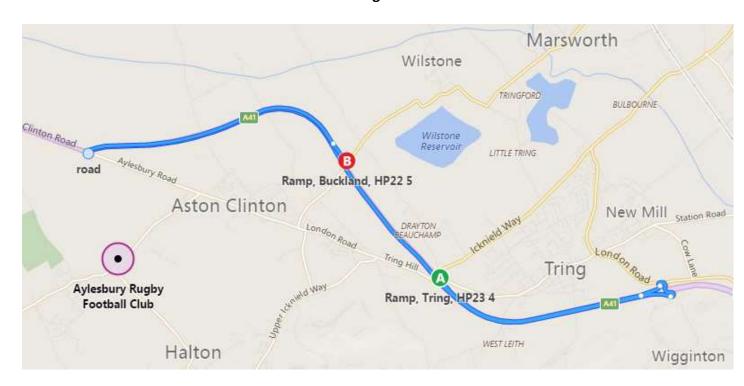
Proceed along A41 to come off at first slip road (Eastern Tring junction) to

Turn (approximately 2.0 miles) by taking 4th exit out of roundabout (giving priority as to join first roundabout to traffic on your right with restricted view) and **under the A41**, going around 2nd roundabout to take 2nd exit back (slip road) onto the A41 westbound and continue past all junctions to roundabout at end of Aston Clinton by-pass to

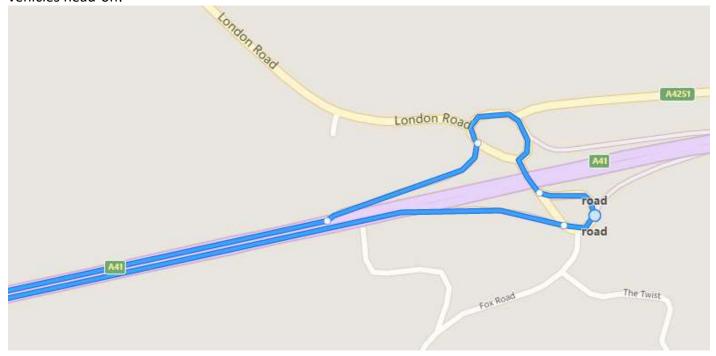
Turn (7.87 miles) by taking 3rd exit out of roundabout back along the by-pass, again ignoring College Road junction to

Finish (B on Map) on Buckland slip road 9 yards south-east of manhole cover on grass verge, about 91 yards north-west of (i.e. before) separation of slip road and main carriageway, also about 460 yards north-west of the B489 overbridge.

Finishing riders MUST leave the main carriageway at the START of the exit slip road to B489. Failure to do so will be recorded as DNF and no time given



First DOUBLE Roundabout after 2 miles – Many riders like to explore the wide selection of exits and even ride the wrong way up entrances to the roundabout, where they will unsurprisingly meet vehicles head-on!



Last roundabout – 2 miles to go to the finish



Roundabouts

Keep your HEAD UP at all times. At roundabouts the traffic coming from the right has PRIORITY over you, so give way. The first RAB at the bottom of the off slip road DOES NOT have good line of sight of traffic so take GREAT CARE. Make yourself familiar with the layout of the 1st roundabout as riders all too frequently go wrong and waste a fast time, BREAK the Highway Code and risk being DISQUALIFIED.

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08:43 43 John Dowling Hemel Hempstead CC M V LHC 00:2 08:44 44 Phill Laing Lea Valley CC M V EA 00:2 08:45 45 David Rumm Southborough & Dist. Whs M V Surrey/Susses 00:2 08:46 46 Paul Willcox North Road CC M V LHC 00:2 08:47 47 Tim Davies CC Luton M V LHC 00:2 08:48 48 Simon Parkin Belper BC M V Notts EM 00:2 08:49 49 Ken Rayson 3crg M V Wessex 00:3 08:50 50 Howard Bayley Blazing Saddles M V Surrey/Sussex 00:2 08:51 51 Steven Cottington Bath Cycling Club M V West 00:2 <td< td=""><td>08:41</td><td>41</td><td>Grant</td><td>Orsborn</td><td>Bedfordshire Road RT</td><td>М</td><td>V</td><td>EA</td><td>00:27:58</td></td<>	08:41	41	Grant	Orsborn	Bedfordshire Road RT	М	V	EA	00:27:58
08:44 44 Phil Laing Lea Valley CC M V EA 00:2 08:45 45 David Rumm Southborough & Dist. Whs M V Surrey/Sussex 00:2 08:46 46 Paul Willcox North Road CC M V LHC 00:2 08:47 47 Tim Davies CC Luton M V LHC 00:2 08:48 48 Simon Parkin Belper BC M V Notts EM 00:3 08:49 49 Ken Rayson a3crg M V Wessex 00:3 08:50 50 Howard Bayley Blazing Saddles M V Surrey/Sussex 00:2 08:51 51 Steven Cottington Bath Cycling Club M V West 00:2 08:52 52 Andrew Derrick Portishead Cycling Club M V LHC 00:2	08:42	42	Mat	Stephenson	Congleton CC	М	V	Manch	00:27:12
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08:47 47 Tim Davies CC Luton M V LHC 00:2 08:48 48 Simon Parkin Belper BC M V Notts EM 00:2 08:49 49 Ken Rayson a3crg M V Wessex 00:3 08:50 50 Howard Bayley Blazing Saddles M V Surrey/Sussex 00:2 08:51 51 Steven Cottington Bath Cycling Club M V West 00:2 08:52 52 Andrew Derrick Portishead Cycling Club M V West 00:2 08:53 53 Michael Garvey High Wycombe CC M V LHC 00:2 08:54 54 Ian Sherin 3C Cycle Club M V Wessex 00:2 08:55 55 Brett Davis DRAG2ZERO M V LHC 00:2 08:57 <td>08:45</td> <td>45</td> <td>David</td> <td>Rumm</td> <td>Southborough & Dist. Whs</td> <td>М</td> <td>V</td> <td>Surrey/Sussex</td> <td>00:27:18</td>	08:45	45	David	Rumm	Southborough & Dist. Whs	М	V	Surrey/Sussex	00:27:18
08:47 47 Tim Davies CC Luton M V LHC 00:2 08:48 48 Simon Parkin Belper BC M V Notts EM 00:2 08:49 49 Ken Rayson a3crg M V Wessex 00:3 08:50 50 Howard Bayley Blazing Saddles M V Surrey/Sussex 00:2 08:51 51 Steven Cottington Bath Cycling Club M V West 00:2 08:52 52 Andrew Derrick Portishead Cycling Club M V West 00:2 08:53 53 Michael Garvey High Wycombe CC M V LHC 00:2 08:54 54 Ian Sherin 3C Cycle Club M V Wessex 00:2 08:55 55 Brett Davis DRAG2ZERO M V LHC 00:2 08:57 <td>08:46</td> <td>46</td> <td>Paul</td> <td>Willcox</td> <td>North Road CC</td> <td>М</td> <td>V</td> <td>LHC</td> <td>00:26:27</td>	08:46	46	Paul	Willcox	North Road CC	М	V	LHC	00:26:27
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08:54 54 Ian Sherin 3C Cycle Club M V Wessex 00:2 08:55 55 Brett Davis DRAG2ZERO M V Surrey/Sussex 00:2 08:56 56 Chris Ford High Wycombe CC M V LHC 00:2 08:57 57 Peter Cottington Bath Cycling Club M V LHC 00:2 08:58 58 Tom Cosgrove VTTA (London & Home Counties) M V LHC 00:2 08:59 59 Paul James VTTA West Group M V West 00:2 09:00 60 Lisa Davis DRAG2ZERO F V Surrey/Sussex 00:2 09:01 61 Deborah Beare Icknield RC F V LHC 00:2 09:02 62 Frances Lammyman Abingdon Race Team F V LHC 00:2			1				v		00:27:24
08:55 55 Brett Davis DRAG2ZERO M V Surrey/Sussex 00:2 08:56 56 Chris Ford High Wycombe CC M V LHC 00:2 08:57 57 Peter Cottington Bath Cycling Club M V LHC 00:2 08:58 58 Tom Cosgrove VTTA (London & Home Counties) M V LHC 00:2 08:59 59 Paul James VTTA West Group M V West 00:2 09:00 60 Lisa Davis DRAG2ZERO F V Surrey/Sussex 00:2 09:01 61 Deborah Beare Icknield RC F V LHC 00:2 09:02 62 Frances Lammyman Abingdon Race Team F S S 09:03 63 Elizabeth McKie Verulam Really Moving F V LHC 00:2 09:04					· ,				00:27:58
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08:58 58 Tom Cosgrove VTTA (London & Home Counties) M V LHC 00:2 08:59 59 Paul James VTTA West Group M V West 00:2 09:00 60 Lisa Davis DRAG2ZERO F V Surrey/Sussex 00:2 09:01 61 Deborah Beare Icknield RC F V LHC 00:2 09:02 62 Frances Lammyman Abingdon Race Team F S S 09:03 63 Elizabeth McKie Verulam Really Moving F V LHC 00:2 09:04 64 Gail Lowe Congleton CC F V Manch 00:2			+	 			-		00:27:51
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09:06 66 Lauren Creamer Velo Fixers F S								LITC	00:30:08

09:07	67	Gemma	Hayes	1904RT	F	S		
09:08	68	Su-Anne	Bullock	Icknield RC	F	V	LHC	00:28:42
09:09	69	Arja	Scarsbrook	Team Echelon	F	V	West	00:23:42
09:10	70	Louise	Robinson	Essex Roads CC	F	V	EA	00:33:04
09:11	71	Helen	Roby	High Wycombe CC	F	V	LHC	00:29:54
09:12	72	Ann	Shuttleworth	Cambridge CC	F	V	EA	00:29:54
09:13	73	Susan	Oldham	Bicester Millennium CC	F.	v	LHC	00:30:15
09:14	74	Judy	Reid	Icknield RC	F	V	LHC	00:30:47
09:15	75	Dena	Ford	High Wycombe CC	F.	v	LHC	00:30:47
09:16	76	Linda	Dewhurst	Team Milton Keynes	F	v	LHC	00:30:56
09:17	77	Alison	Stephenson	Congleton CC	F	V	Manch	00:30:30
09:18	78	Samantha	Messenger	Bicester Millennium CC	F.	v	IVIGITEIT	00:29:23
09:19	79	Sally	White	High Wycombe CC	F	V	LHC	00:30:08
09:20	80	Sally	Turner	trainSharp	F	V	Surrey/Sussex	00:30:00
09:21	81	Rachel	Green	Cheltenham & County Cycling Club	•	v	West	00:30:31
09:22	82	Sara	Manwaring	Bicester Millennium CC	F.	v	VVCSt	00:30:31
09:23	83	Andrew	Clarke	North Shropshire Wheelers	M	V	Merseyside	00:23:48
09:24	84	Andy	Oliver	Team Jewson - MI Racing ~Poly Pip		V	Notts EM	00:27:07
09.24	85	Sam		Team Bottrill	M	V	EA EN	00:26:23
	86		Wightman		M	V	EA	
09:26		lan Nick	Short	Team Salesengine.co.uk	M	V	EA	00:26:41
09:27	87		James	Mickey Cranks Cycling Club		V		00:26:41
09:28	88	Daryl	Stroud	Gloucester City Cycling Club	M	<u> </u>	West	00:27:30
09:29	89	Victor	Campbell	Kenton RC	M	V	LHC	00:26:14
09:30	90	Gaz	Poulson		M	V	Notts EM	00:27:12
09:31	91	Mark	Wise	Team Jewson - MI Racing ~Poly Pip	_	V	Mid	00:27:30
09:32	92	Geoff	Reynolds	Hemel Hempstead CC	М	V	EA	00:27:24
09:33	93	Paul	Winchcombe	Chippenham & District Wheelers	М	V	West	00:28:06
09:34	94	Cliff	Voller	Newbury RC	М	V	West	00:29:30
09:35	95	Tim	Hood	Team Bottrill	М	V	Mid	00:27:58
09:36	96	Matthew	Bagshawe	South Normanton C C	M	V	Notts EM	00:26:06
09:37	97	James	Amy	VTTA (Kent)	М	V	Kent	00:27:01
09:38	98	Stu	Carver	North Hampshire RC	М	V	Wessex	00:27:30
09:39	99	Peter	Anstey	Welwyn Whs	М	V	EA	00:28:22
09:40	100	Anthony	Turner	Mickey Cranks Cycling Club	М	V	LHC	00:26:56
09:41	101	Edward	Mellor	Mapperley CC	М	V	Notts EM	00:26:23
09:42	102	Stephen	Knight	Wakefield Triathlon Club	М	V	Yorkshire	00:26:41
09:43	103	Mark	Halliday	North Bucks RC	М	V	LHC	00:27:44
09:44	104	Graham	Pepperdine	Verulam CC	М	V	EA	00:27:37
09:45	105	Colin	McDermott	Festival Road Club	M	V	Surrey/Sussex	00:27:12
09:46	106	Martin	O'Sullivan	Teddington and Turing Velo	М	V	LHC	00:26:36
09:47	107	Andrew	Halliday	Westerley Cycling Club	М	V	LHC	00:26:51
09:48	108	Mark	Trevis	Informed Sport - LGC	М	V	LHC	00:26:10
09:49	109	Martin	Simmons	СССР	М	V	Kent	00:27:24
09:50	110	Nick	Dwyer	DRAG2ZERO	М	V	Surrey/Sussex	00:27:37
09:51	111	Tony	Chapman	Frome and District Wheelers	М	V	West	00:26:51
09:52	112	Andrew	Jason	City Cycle Couriers RT	М	V	West	00:27:01
09:53	113	Alistair	Sponsel	VTTA (Midlands)	М	V	Mid	00:26:23
09:54	114	Andrew	Grant	Chelmer CC	М	V	EA	00:28:13
09:55	115	Nick	Morgan	Hitchin Nomads CC	M	V	LHC	00:26:14
09:56	116	Lee	Francis	Velo Club Bristol	M	V	West	00:26:06
09:57	117	Tony	Ball	Legato Racing Team (LRT)	M	V	LHC	00:27:07
09:58	118	Gerrard	Rafferty	Bedfordshire Road CC	M	v	LHC	00:27:18
09:59	119	Philip	Strongman	Oxonian CC	M	V	LHC	00:27:37
10:00	120	Kevin	Tye	VeloRefined Rule 5	M	v	Kent	00:27:51
10:01	121	David	Leighton	Severn Road Club	M	V	West	00:26:23
10:01	122	Alastair	Semple	Stafford RC	M	V	Mid	00:20:23
10:02	123	Chris	Spray	Ratae RC	M	V	Notts EM	00:27:12
10:03	124	lan	Radburn	Oxonian CC	M	V	LHC	00:27:18
10:04	125	Graham	Winstone	ZeroBC Race Team	M	V	LHC	00:27:18
						V	+ +	
10:06	126	Mat	Wilson	VTTA (London & Home Counties)	М		LHC	00:26:19
10:07	127	Eva	Zsigoova	a3crg	F	S	LUC	00.20.20
10:08	128	Roger	Porter	Verulam CC	М	V	LHC	00:30:20
10:09	129	Chris	Summers	Sotonia CC	М	V	Wessex	00:29:19
10:10	130	lan	Норе	Team Ohten Aveas	М	V	EA	00:26:41
10:11	131	Peter	Younghusband	Petersfield Triathlon Club	M	V	Wessex	00:27:30
10:12	132	Ed	Watson	Ratae RC	М	V	Notts EM	00:26:36
10:12	133	Matt	Prince	Icknield RC	M	V	LHC	00:28:22

10:14	134	Kirsty	McSeveney	a3crg	F	V	Wessex	00:28:38
10:15	135	Brendan	Reese	Army Cycling	М	V	Wessex	00:26:27
10:16	136	Conall	Yates	Team Solo Vinci	М	V	Surrey/Sussex	00:26:10
10:17	137	Murat	Ozdenya	Team Vision Racing - Silverhook	М	V	EA	00:26:46
10:18	138	Michael	Edmunds	Verulam Really Moving	М	V	LHC	00:27:24
10:19	139	Robert	Jolliffe	New Forest CC	М	V	Wessex	00:29:08
10:20	140	Joel	Stewart	Team Ohten Aveas	М	V	LHC	00:26:36
10:21	141	Sean	Hunt	Lincoln Wheelers CC	М	V	Notts EM	00:27:37
10:22	142	Gary	Pamment	CC Sudbury	М	V	EA	00:26:56
10:23	143	Peter	Main	34 Nomads CC	М	V	EA	00:27:24
10:24	144	David	Prom	San Fairy Ann CC	М	V	Kent	00:27:01
10:25	145	Paul	Schofield	Ely & District CC/B&T Motor Repair	М	V	EA	00:26:14
10:26	146	Ashley	Roue	Mapperley CC	М	V	Notts EM	00:27:07
10:27	147	Peter	Richards	Icknield RC	М	V	LHC	00:27:37
10:28	148	Rob	Vessey	Pankhurst Cycles	М	V	West	00:27:44
10:29	149	Mike	Boyce	a3crg	М	V	Wessex	00:28:39
10:30	150	Richard	Oakes	Team Ohten Aveas	М	V	Notts EM	00:27:07
Reserve	155	Les	Gardner	Maidenhead & District CC	М	V	LHC	00:30:20
Reserve	156	Paul	Valks	Lewes Wanderers CC	М	V	Surrey/Sussex	00:31:05
Reserve	157	David	England	Crabwood Cycling Club	М	V	Wessex	00:31:22
Reserve	158	Brian	Lewis	Bicester Millennium CC	М	V	West	00:33:00
Reserve	159	Patrick	Casey	Team Lifting Gear Products	М	J		
Reserve	160	Adam	Williams	St Neots CC	М	S		
Reserve	161	Hamish	McDougall	Team Lifting Gear Products	М	S		
Reserve	162	Adam	Baker	Royal Air Force Cycling Association	М	S		
Reserve	163	Ashley	Steventon	Royal Air Force Cycling Association	М	S		
Reserve	164	Andrew	Jarratt	Southgate CC	М	S		
Reserve	165	Alex	Doherty	DRAG2ZERO	М	S		
Reserve	166	Sam	Brown	6AM Cycling	М	S		
Reserve	167	Mark	Bashford	East Grinstead CC	М	S		
Reserve	168	Nathan	Buck	360VRT	М	S		
Reserve	169	Gareth	Daniels	Icknield RC	М	S		
		Tandems						
10:32	152	Christopher	York	Maldon & District CC	М	V		00:27:10
	152	Joanne	York	Maldon & District CC	F	V		00:27:10
10:34	154	lan	Greenstreet	Newbury Velo	М	V	LHC	00:27:07
	154	Rachael	Elliott	Newbury Velo	F	V	LHC	00:27:07