

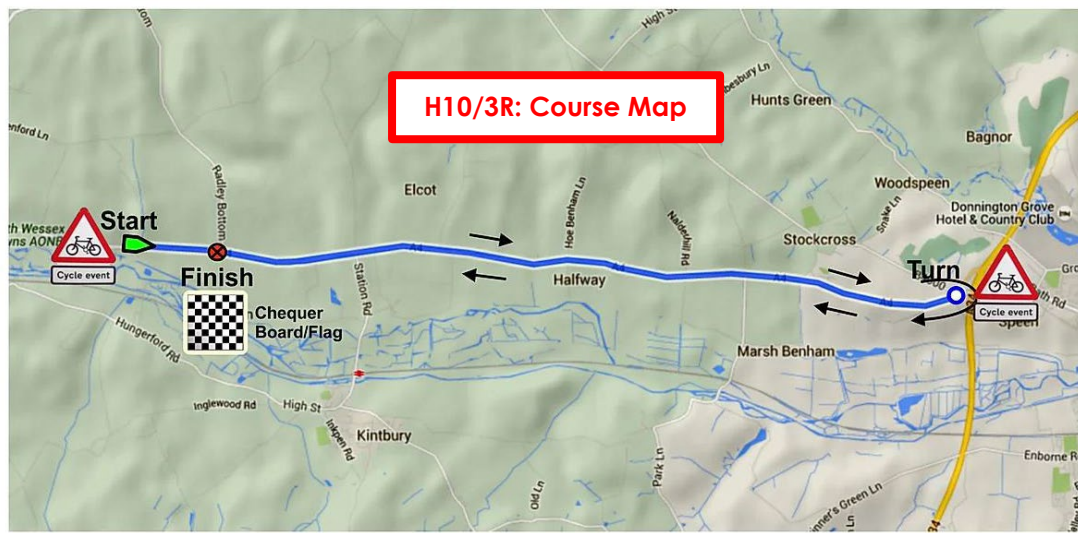


London and Home Counties Group

## 10 MILE OPEN TIME TRIAL

<b>Date:</b>	Thursday 7 September 2023	<b>Time:</b>	14:01	<b>Course:</b>	H10/3R
<b>Organiser:</b>	Rachael Elliott (Newbury Velo) 6 Pindar Place Newbury RG14 2RR	<b>HQ:</b>	Hungerford Cricket Club The Club House, War Memorial Ground Hungerford, Berkshire RG17 0AS		
<b>Telephone:</b>	07931 722817	<b>Email:</b>	rachael.elliott@gmail.com		
<b>Timekeepers:</b>	Bob Lyle (Newbury RC) Ian Greenstreet (Newbury Velo)	<b>First Aiders:</b>	Rachael Elliott (Newbury Velo) Ian Greenstreet (Newbury Velo)		

**HQ will be open from 12:45**



**Course records:**

- Solo Man: Dan Bigham – 18:12 (30 August 2020)
- Solo Female: Emily Meakin – 20:45 (30 August 2020)
- Solo Junior: Finlay Pickering – 18:57 (30 August 2020)
- Solo Female: Abi Smith – 22:11 (30 August 2020)
- Tandem: Ian Greenstreet & Rachael Elliott – 19:39 (16 August 2023)

**PLEASE MAKE SURE YOU HAVE A WORKING FRONT AND REAR LIGHT**

This event is run under CTT regulations which can be found here: <https://www.cyclingtimetrials.org.uk/>

## 1. Event HQ

The event HQ is at the **Hungerford Cricket Club** to the south of the town. This is the same HQ as the CTT National 10 in 2020 (for those of you who took part). It is a bit of a maze to find through the housing estate, so please leave plenty of time to navigate.

When you arrive, drive through the gates and follow the "road" around the back of the stadium. You can park here.

## 2. Sign-On and Sign-Out

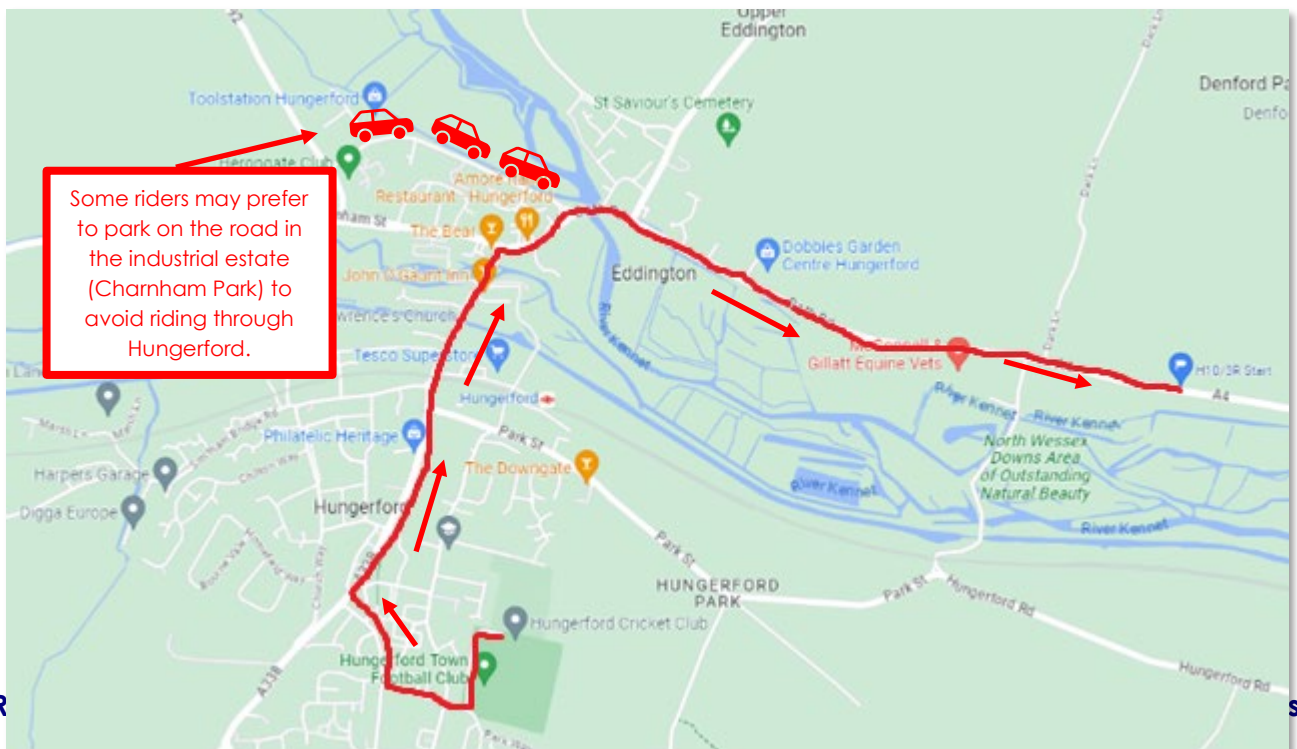
When you arrive, please sign in to receive your race number. Don't forget to sign-out when you get back. Anyone who does not sign-out risks disqualification

## 3. Course Detail

Start on A4 approximately 2 miles east of Hungerford, and 250yds east of entrance to former Norland College adjacent to gated field entrance SU366684. Proceed east on A4 to first roundabout at the junction of A4 and B4000 - 5.3 miles. Take 4th exit and retrace west on A4 To FINISH at layby on south side of road 0.6 miles east of start at SU371684, approximately 50yds west of junction with Radley Bottom road where finish 10.000 miles. Strava Route: <https://www.strava.com/segments/11871628>

## 4. To the start

Please park in the grounds at the behind the stadium, next to the cricket club. In order to get to the startline, the easiest way is to go through to centre of Hungerford, down the hill (**2.9 miles**). Some riders prefer to drive their cars down to the industrial estate (also marked in the map below) which is approximately one mile from the start and avoids the necessity of cycling through Hungerford. *Note that Google Maps does provide quicker, alternative routes to the start – the following is just the most straightforward and the most likely to keep you p\*ncture free!*



**possible. Those riding to HQ from Newbury will be an exception. Please be mindful of racers when arriving by bicycle.**

Make it easy for the finish timekeeper, when you cross the line, shout your number. **As loud as you can. Do not approach the finish timekeeper at any point for any reason.**

Once you have finished your race please return to HQ to hand your number in.

#### **5. Race Results**

Race results will be available at the event, and will also be available to view immediately on ResultsSheet. To view the results, please hover your phone camera over this QR code or go to the following link: <https://bit.ly/VTTA10Mile>



#### **6. Refreshments**

Cakes and drinks will be provided. Any donations will go to the Newbury Velo Children's Coaching programme.

#### **7. Under 18s**

Under CTT regulations no rider under the age of 12 on the day of the event is permitted to race on the open road. Newbury Velo is very happy to welcome all riders aged 12 and above.

Those under 18 will require a parental consent form. Please print off the parental consent form attached, complete it and bring this with you on the day of the event.

#### **8. Vehicles on course**

Time trialling under CTT regulations is unsupported. Riders must not be followed, for any reason whilst on course. Any rider suspected of this will be disqualified and reported to the CTT. This practice and so-called layby hopping is dangerous for other participants and a nuisance to traffic and will not be permitted under any circumstances.

## 9. Prizes

### Men: Best on Age-Adjusted Time

Gold Medal  
Silver Medal  
Bronze Medal

### Men: Fastest on Actual Time

Gold Medal  
Silver Medal  
Bronze Medal

### Club Team of Three

Gold Medal

### Women: Best on Age-Adjusted Time

Gold Medal  
Silver Medal  
Bronze Medal

### Women: Fastest on Actual time

Gold Medal  
Silver Medal  
Bronze Medal

### Tandem: Best on Age-Adjusted Time

Gold medals

**ALL COFFEE AND CAKE DONATIONS WILL DIRECTLY GO TOWARDS FUNDING THE NEWBURY VELO CHILDREN'S COACHING PROGRAMME**



# STARTSHEET

Start	No	Name	Club	Bike	Age Adj*
14:01	1	Gillian Ward & Chris Thorne	WardPerformanceUK.com	Tandem	4:51
14:02	2	Wayne Baker	Team Echelon	Trike	4:42
14:03	3	Jymmy Trevor	City RC (Hull)	Trike	2:49
14:04	4	Lynne Scofield	Rockingham Forest Wheelers	Road	0:13
14:05	5	Jill Bartlett	Hounslow & District Whs	TT	4:50
14:06	6	Harriet Orridge	Bicester Millennium CC	TT	3:23
14:07	7	Rachel Green	Cheltenham & County CC	TT	4:33
14:08	8	Lucia Borradaile	CC Weymouth	TT	5:09
14:09	9	Arja Scarsbrook	Team Echelon	TT	7:13
14:10	10	Kate Bradley	Born to Bike - Bridgtown Cycles	TT	2:56
14:11	11	Simon Davis	VTTA (Midlands)	TT	0:26
14:12	12	Chris Summers	Sotonia CC	TT	3:24
14:13	13	Paul James	VTTA West Group	TT	0:55
14:14	14	David Steel	Hereford & Dist Whs CC	Road	4:29
14:15	15	Peter Wilson	Bath Cycling Club	TT	9:07
14:16	16	John Eames	Chippenham & District Whs	TT	4:29
14:17	17	Peter Babbage	Bicester Millennium CC	TT	2:24
14:18	18	Brian Lewis	Bicester Millennium CC	TT	7:17
14:19	19	David Hanson	Oxonian CC	TT	3:36
14:20	20	Les Gardner	Maidenhead & District CC	TT	4:29
14:21	21	Richard Byrne	Newbury RC	Road	1:38
14:22	22	Gary Martin	Westerley Cycling Club	TT	2:16
14:23	23	Larry Golland	Rapha Cycling Club	Road	
14:24	24	Chris Bean	Harp RC	TT	2:00
14:25	25	David England	Crabwood Cycling Club	TT	5:33
14:26	26	Peter Walton	Hertfordshire Whs	TT	3:02
14:27	27	John Orridge	VTTA (London & HC)	TT	0:55
14:28	28	Ed Stivala	Team Milton Keynes	TT	1:12
14:29	29	Jonathan Chadwick	New Forest CC	TT	1:24
14:30	30	Matt Doe	...a3crg	TT	0:45
14:31	31	David Welling	Farnham RC	TT	3:02
14:32	32	Christopher Davis	Giant CC Halo Films	Road	2:52
14:33	33	Alastair Merrill	VC 10	TT	1:01
14:34	34	Steve Skinner	Southdown Velo	TT	2:52
14:35	35	Peter Iffland	Chippenham & District Whs	TT	1:38

Start	No	Name	Club	Bike	Age Adj*
14:36	36	Neil Druce	Didcot Phoenix CC	TT	1:18
14:37	37	Cliff Voller	VTTA West Group	TT	3:36
14:38	38	Colin Paton	Army Cycling	TT	0:45
14:39	39	Mark Welch	Oxted Cycle Club	TT	1:45
14:40	40	Richard Birtwhistle	Sydenham Whs	TT	2:52
14:41	41	Ian Knight	Andover Wheelers	TT	1:12
14:42	42	Andy Grant	Chelmer CC	TT	2:16
14:43	43	Stu Carver	North Hampshire RC	TT	1:31
14:44	44	Michael Garvey	High Wycombe CC	TT	1:24
14:45	45	Stephen Boxall	Houghton CC	TT	0:08
14:46	46	John Dowling	Hemel Hempstead CC	TT	2:33
14:47	47	Alan Allcock	Didcot Phoenix CC	TT	2:52
14:48	48	Karl Norris	360VRT	TT	0:55
14:49	49	Hans Nilsson	London Phoenix CC	TT	2:43
14:50	50	Stuart Martingale	Sotonia CC	TT	1:12
14:51	51	Daryl Stroud	Gloucester City Cycling Club	TT	1:38
14:52	52	John Lacey	Hemel Hempstead CC	TT	1:38
14:53	53	Andrew Simpkins	Team Echelon	TT	3:02
14:54	54	Luca Morrone	Onyx RT	TT	
14:55	55	William Sawyer	Velo Club St Raphael	TT	1:38
14:56	56	Colin Parkinson	South Western Road Club	TT	1:52
14:57	57	Bryce Dyer	B'mth Cycleworks/Vitec/Ford Civil/Trek	TT	0:35
14:58	58	Howard Waller	Python RT	TT	1:38
14:59	59	Philip Wilkinson	Rockingham Forest Wheelers	TT	0:45
15:00	60	Kenneth Brown	Newbury Velo	TT	0:08
15:01	61	Lee Francis	Velo Club Bristol	TT	0:04
15:02	62	Angus Stoneham	Beaconsfield Cycling Club	TT	
15:03	63	Andrew Butcher	Cwmcarn Paragon CC	TT	0:40
15:04	64	Richard Harrison	DRAG2ZERO	TT	0:26
15:05	65	Matt Fisher	HUUB WattShop	TT	0:45

#### \* 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.