



# Hemel Hempstead Cycling Club

## 10-mile time trial

Saturday 15 June 2019, 2pm start

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

### Organiser:

Paul Thomson  
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Hemel Hempstead  
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Event webpage:  
<http://www.hemelcycling.org.uk/open-time-trials>

### Time Keepers:

Annette Lacey (start) & Mike Bannister (Finish)

### Headquarters (open from 1pm):

Aston Clinton School  
Twitchell Lane  
Aston Clinton  
Bucks HP22 5JJ  
(the HQ is approx 2 miles from start – see map below)

**Please take time to read ALL of these details and instructions! It is all important!**

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

**Start** on southbound sliproad to A41 on the Western Tring junction approx approx 40 yards from the start of the slip road. Proceed along A41 to come off **at first** sliproad (Eastern Tring junction) to

**Turn** (approx 2.0 miles) by taking **4th exit** out of RAB and **under** the A41, going around 2nd RAB to take 2nd exit back onto the A41 westbound and continue past all junctions to RAB at end of Aston Clinton by-pass to

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

**Finish** on Buckland **sliproad** 16 yards sth-east of manhole cover on grass verge, about 83 yards nth-west of (i.e. before) separation of slip road and main carriageway, also about 450 yards nth-west of the B489 overbridge.

**The finish of the course is in the slip road. All riders must enter the sliproad in the first 10 meters and ride within 2 metres of the white line marking the left edge of the carriageway of the slip road.**

**Failure to do this will lead to at least a DNF - If you impede a vehicle you risk disqualification or worse.**

*Take note of the fact the first turn comes up a lot quicker than you might expect in a 10... it is in sight in the first 2-3 minutes of starting! Make sure you take the very first slip road you come to! The next one is a good 6 or 7 miles further and up some big climbs!*

*Also please note that due to the nature of the sliproad and the fact it is on a clearway there is every likelihood there will NOT be a marshal to ensure you take this sliproad to the turn. It is your responsibility to ensure you know the course (study the map below).*

*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.** Do NOT obstruct other road users or driveways outside the school.*

You must sign on in advance of your start at the headquarters where you pick up your number and receive any last minute instructions or warnings. Please note that you MUST return in person to sign out after your ride. Failure to sign out will result in a DNF being recorded for your time.

Please return number with all pins to canteen in exchange for a free tea/coffee/soft drink. **DO NOT** fold numbers at all. **DO NOT** use sticky tape (or other sticking methods) to secure the numbers at all.

**Please keep your head up at all times. At roundabouts the traffic coming from the right has priority over you, so please give way. In particular the first one at the bottom of the off sliproad does not have good line of sight for traffic coming from the right so please take great care here.**

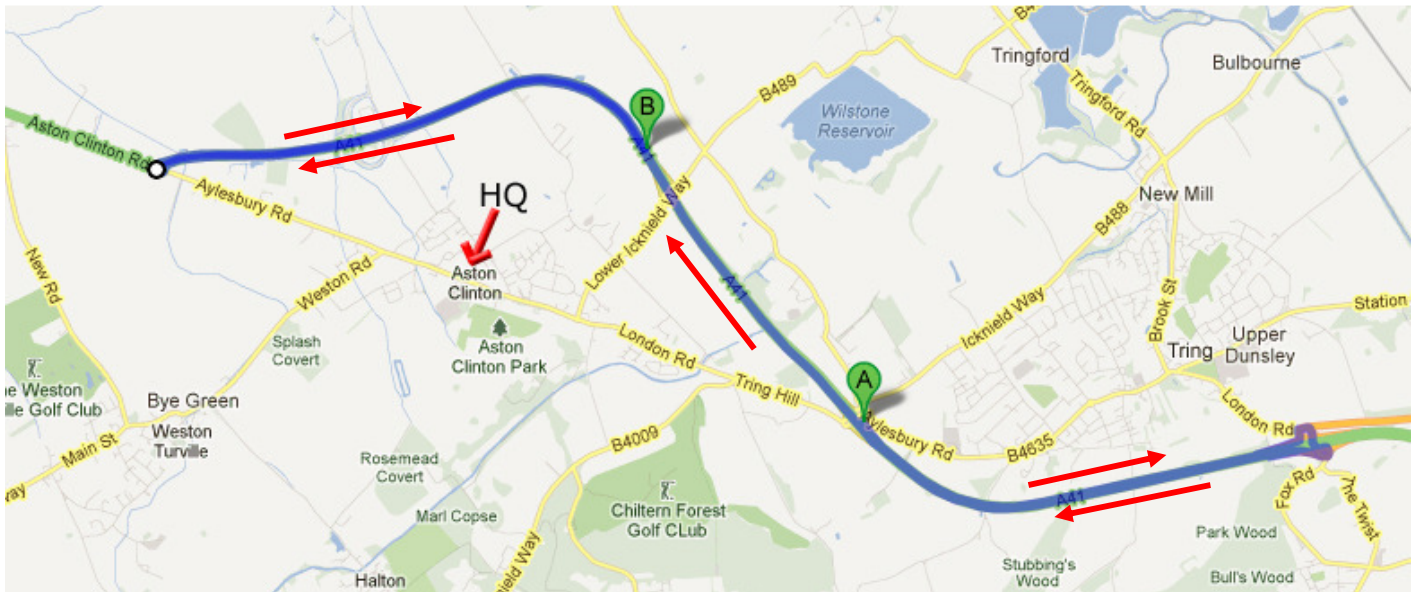
*Local Regulation 1. – No U Turns should be made at any time while riding on the public highway.*

**Safety – not your performance – is your first priority**

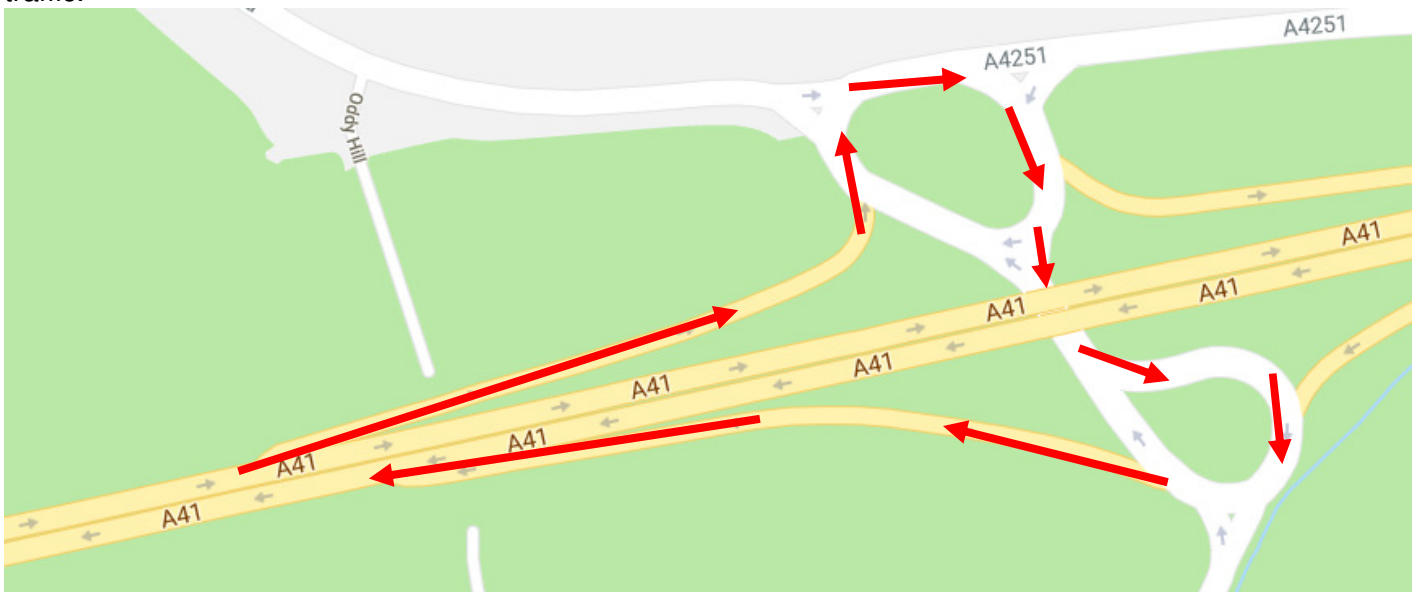
### Prizes:

Fastest	£80	Fastest woman	£80	Fastest junior	£40
2	£60	2	£60	Team of 3	£75
3	£50	3	£50	2nd team	£60
4	£40	4	£40		
5	£30	5	£30		
6	£20	6	£20		
7	£15	7	£15		
8	£15	8	£15		
9	£10	9	£10		
10	£10	10	£10		
Competition Record at end of event			£100		

Map of course <https://www.cyclingtimetrials.org.uk/course-details/f11-10> (click and zoom in to see details – 1st turn for example)



This is the first turn. Make yourself familiar with it. Looks complicated but it isn't really – go around the RAB at the bottom of sliproad and **go under the bridge** and around the 2<sup>nd</sup> RAB to take the sliproad going westbound. Easy. But be careful at the bottom of the sliproad as you cannot see to the right for oncoming traffic.



HQ to start route (blue route A to B) – please note that over half of this 2 miles is uphill so allow at least 15 minutes to get to the start from the HQ





**This is important – please note! The finish of the course is on the sliproad – and NOT on the main carriageway.**

You MUST move into the sliproad at the finish at the earliest opportunity (within 10 yards) and you MUST stay to the left side of the sliproad – within 2 yards of the left side lane marker (unless you happen to overtake a rider coming into the finish) and you should continue after the finish up the rest of the sliproad (you may make use of the hard shoulder to prevent holding up any traffic).

If you stay on the main carriageway you WILL be classed as DNF and if you then make a (potentially dangerous) move to come into the sliproad after the finish then you WILL be put as DQ and reported to the District for further disciplinary action (and that could be a ban from all cycle racing). That is if you survive... as several riders have nearly been hit by cars already in the sliproad as the cyclist moves across in front of them! It is for this last reason that this rule has been put in place and is very strictly enforced. **In the image above if you take the Yellow route – then DNF or likely DQ**

No event runs completely smoothly, and I will apologise in advance if anything does go wayward, but if you can think of any improvements, then please let me know.

I intend to have the result board projected up on screens, so please bring your specs if you need them!

**It is my intention to do a small prize presentation at the end, so if you think you have won something, please stick around! I hate posting out prizes!**

**There will also be a prize presentation by the London Women's Racing group (prior to the main one) as this event has been allocated as their final event of their TT series.**

Here's looking forward to seeing you on Saturday.

Paul

Number	Start Time	Name	Club
1	14:01	Paul Newman	Southgate CC
2	14:02	Cristian Regep	Oxford University CC
3	14:03	James Scarth	Bishop's Stortford CC
4	14:04	Chris Parsons	Team Jewson - MI Racing
5	14:05	Colin Parkinson	South Western RC
6	14:06	Will Bevan	Ross on Wye & Dist CC
7	14:07	Andy Court	Bicester Millennium CC
8	14:08	Andrew Grant	Cambridge CC
9	14:09	Graeme Church	Team Milton Keynes
10	14:10	Ian Knight	Milton Keynes RC
11	14:11	Steven Cottington	Bath CC
12	14:12	Martin O'Sullivan	Teddington and Turing Velo
13	14:13	Leigh Schvartz	Team Swindon Cycles
14	14:14	Michael Parker	TMG Horizon CT
15	14:15	Matt J Smith	CC Hackney
16	14:16	William Smith	CC Ashwell
17	14:17	Daryl Maffey	CC London
18	14:18	Kevin Baker	Andover Wheelers
19	14:19	Glenn Taylor	Shorter Rochford RT
20	14:20	David Crisp	3T-RACING
21	14:21	Pierre Scrase	Bicester Millennium CC
22	14:22	Keith Dorling	Team Bottrill
23	14:23	Phil Wilks	Sotonia CC
24	14:24	Tim Phillips	St Ives CC
25	14:25	Nick Livermore	Bristol South CC
26	14:26	Richard Gifford	trainSharp
27	14:27	Simon Church	trainSharp
28	14:28	Josh Coyne	Bpm Coaching
29	14:29	Fabos Young	VeloElite RC
30	14:30	Dan Sadler	AeroCoach
31	14:31	Thomas Pfeiffer	Dulwich Paragon CC
32	14:32	Andrew Knowles	North Norfolk Whs
33	14:33	Laurence Plant	AS Test Team
34	14:34	Nicole Oh	Les Filles RT
35	14:35	Karen Baitup	Njinga Cycling
36	14:36	Vivienne Tomlin	1904RT
37	14:37	Imogen Gifford	trainSharp
38	14:38	Abi Vyner	Rapha CC
39	14:39	Eliza Cottington	Bath CC
40	14:40	Fiona Inskip	Njinga Cycling
41	14:41	Christine Tovey	Icknield RC
42	14:42	Karen Dennett	Bishop's Stortford CC
43	14:43	Debbie Richards	Njinga Cycling
44	14:44	Kristen Lovelock	Cowley Road Condors CC
45	14:45	Jan Farmer	Serpentine Running Club
46	14:46	Isabella Johnson	Datalynx-Parenesis Cycling
47	14:47	Roslyn Young	Serpentine Running Club
48	14:48	Gemma Hayes	1904RT
49	14:49	Deb Johnson	Icknield RC
50	14:50	Sophie Whitworth	G.S. Henley
51	14:51	Vicki Standen	Born to Bike - Bridgtown Cycles
52	14:52	Joy Payne	Amersham Road CC
53	14:53	Louise Moriarty	Les Filles RT
54	14:54	MJ (Gosia) Cyganowska	Rapha CC
55	14:55	Nicola Whittock	BellaVelo cc
56	14:56	Jo Billings	Njinga Cycling
57	14:57	Lorna Rowland	Twickenham CC
58	14:58	Michelle Sellars	London Women's Racing CC
59	14:59	Anna Goldsmith	Twickenham CC
60	15:00	Lauren Davies	G.S. Henley

Number	Start Time	Name	Club
61	15:01	Allison Kaye	Verulam CC
62	15:02	Sue Rust	Kettering CC
63	15:03	Denese Hallahan	Wisbech Whs
64	15:04	Mandy Bunn	Datalynx-Parenesis Cycling
65	15:05	Lisa Price	Njinga Cycling
66	15:06	Pip Jenkins	Southborough & Dist. Whs
67	15:07	Emily Robinson	Windrush Triathlon Club
68	15:08	Kirsty McSeveney	...a3crg
69	15:09	Debbie Honour	VC 10
70	15:10	Caitlin Peters	Storey Racing
71	15:11	Joanna Wells	Hounslow & District Whs
72	15:12	Susan Semple	Born to Bike - Bridgtown Cycles
73	15:13	Heather Mayer	CC London
74	15:14	Helen McKay	Les Filles RT
75	15:15	Su-anne Bullock	Icknield RC
76	15:16	Danuta Tinn	Maidenhead & District CC
77	15:17	Lydia Brookes	Les Filles RT
78	15:18	Helen Reynolds	Hemel Hempstead CC
79	15:19	Gillian Morgan	Westerley CC
80	15:20	Gemma Royles	VeloElite RC
81	15:21	Laura Vipond	Islington CC
82	15:22	Anastasia Bowler	AS Test Team
83	15:23	Judy Reid	Icknield RC
84	15:24	Jennifer Millmore	Islington CC
85	15:25	Stephanie Cousins	Team Milton Keynes
86	15:26	Megan Dickerson	Bristol South CC
87	15:27	Bethany Spencer	Kettering CC
88	15:28	Molly Patch	Brother.UK Fusion RT
89	15:29	Gillian Reynolds	Willesden CC
90	15:30	Hayley Simmonds	AeroCoach
91	15:31	Will Deely	Rockingham Forest Whs
92	15:32	Bruno Cabrelli	Hemel Hempstead CC
93	15:33	Isaac Russell	Team PB Performance
94	15:34	Evan Richards	Giant CC Halo Films
95	15:35	Nathan Woodhouse	Leighton Buzzard Road CC
96	15:36	Adam Charleston	High Wycombe CC
97	15:37	Finlay Tarling	Team Backstedt Bike Performance
98	15:38	Fabien Large	NOPINZ
99	15:39	Harry Kirby	Bicester Millennium CC
100	15:40	Sam Hucks	High Wycombe CC
101	15:41	Oliver Knight	HMT Hospitals Giant CT
102	15:42	Joshua Tarling	Team Backstedt Bike Performance
103	15:43	Greg Brookes	Race Rapid
104	15:44	Alastair Semple	Stafford RC
105	15:45	Jim Moffatt	CC Luton
106	15:46	James Churchard	Reading CC
107	15:47	Michael Bennett	Bicester Millennium CC
108	15:48	Sam Brown	Lea Valley CC
109	15:49	Matt Donovan	Bedfordshire Road RT
110	15:50	Matt Steel	Shaftesbury CC
111	15:51	Leigh Smith	JCA Equipe Velo
112	15:52	Nicholas Candy	North Road CC
113	15:53	Andrew Bradbury	Paceline RT
114	15:54	Jonathan Gates	Royal Air Force CA
115	15:55	Alex Leek	Velo Club St Raphael
116	15:56	Adam Jarps	Team Bottrill
117	15:57	James Garrett	Rugby Velo
118	15:58	Simon Bowler	AS Test Team
119	15:59	Tom Rowing	Abellio - SFA RT
120	16:00	Thomas Key	Leicester Forest CC

Number	Start Time	Name	Club
121	16:01	Robert Watson	Cambridge CC
122	16:02	Ben Elliott	C and N Cycles RT
123	16:03	Neil Mackley	...a3crg
124	16:04	Thomas Cornwell	Zappi RT
125	16:05	Leon West	CC Sudbury
126	16:06	John Hale	WORX Factory Racing PB Silverstone
127	16:07	Paul Schofield	St Ives CC
128	16:08	Liam Beaty	Hawick CC
129	16:09	Mark Bashford	East Grinstead CC
130	16:10	Robert Willcocks	Royal Air Force CA
131	16:11	Tim Beaven	Bicester Millennium CC
132	16:12	Daniel Northover	Finsbury Park CC
133	16:13	John Cockrill	Abellio - SFA RT
134	16:14	Ken Buckley	Nuun-Sigma Sport-London RT
135	16:15	Daniel Burbridge	Bristol South CC
136	16:16	Christopher McNamara	Nuun-Sigma Sport-London RT
137	16:17	Nic Stevenson	Westerley CC
138	16:18	Peter Lawrence	High Wycombe CC
139	16:19	Nick Dwyer	Lewes Wanderers CC
140	16:20	John Wingfield	Team Signum
141	16:21	Simon Cannings	JCA Equipe Velo
142	16:22	John Lucock	Born to Bike - Bridgtown Cycles
143	16:23	William Wallace	CC London
144	16:24	Jonathan Wears	CES Sport
145	16:25	Neil Grunshaw	Kingston Wheelers CC
146	16:26	Ian Greenstreet	AeroCoach
147	16:27	Henry Latimer	Didcot Phoenix CC
148	16:28	Robert Moore	Nuun-Sigma Sport-London RT
149	16:29	Mark Ellis	Team Milton Keynes
150	16:30	Mark Jones	DRAG2ZERO
151	TBA	Tim Cox	Hemel Hempstead CC
152	TBA	Simon Adcook	Team Bottrill
153	TBA	Steve Kaye	Fenland Clarion CC
154	TBA	Andrew Morris	Team LDN
155	TBA	Ed Watson	Ratae RC
156	TBA	Matt Meek	Aspire Velo RT
157	TBA	Nick Clarke	Arctic Tacx RT
158	TBA	Dave Stocker	Abellio - SFA RT
159	TBA	Geoff Reynolds	Hemel Hempstead CC
160	TBA	David Holland	Cowley Road Condors CC
161	TBA	Daniel Homer	London Phoenix CC
162	TBA	Andrew Overton	Successcycling.co.uk
163	TBA	Geoff Perry	Born to Bike - Bridgtown Cycles
164	TBA	Chris Dyason	Cambridge CC
165	TBA	Chris Spray	Ratae RC

No's 151 to 165 are reserves.

I hope to allocate the numbers and notify the riders concerned by Friday evening. Please look out for an email if you are a reserve.

Reserves will ride with the allocated number as above and be taken in the order listed.