



Hemel Hempstead Cycling Club

10-mile time trial

Saturday 18 June 2022, 2pm start

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

Organiser:

Paul Thomson
43 Dinmore, Bovington
Hemel Hempstead
HP3 0QW
(07973 675052)
paul.thomson@hemelcycling.org.uk or paulthomo@aol.com

Time Keepers:

Annette Lacey (start) & Mike Bannister (Finish)

Headquarters (open from 1pm):

Aston Clinton School (*The Clock School building only*)
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 or 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).

COVID PRECAUTIONS – PLEASE TAKE CAREFUL NOTE The following precautions have been introduced to protect yourself and members of Hemel Hempstead Cycling Club

- Only attend the event if you are riding – no supporters or helpers (under 18's can bring 1 guardian/parent, but they must stay in the car in the car park when you are riding)
- You should not attend or ride the event if you feel ill in any way or if a family member has any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- You should not leave any personal items with the timekeeper. It will be left there if you do!
- Numbers will be available at the HQ where you will sign on. Please maintain social distance whilst waiting to collect your number and sign on and at the start and when returning your number. Bring your own pen.

*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 or elsewhere.*

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 after your ride when signing out. **DO NOT** fold numbers at all. **DO NOT** use sticky tape (or other sticking methods) to secure the numbers at all.

All under 18 MUST complete and bring with them a parental consent form and leave it at signing on when collecting your number.

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.

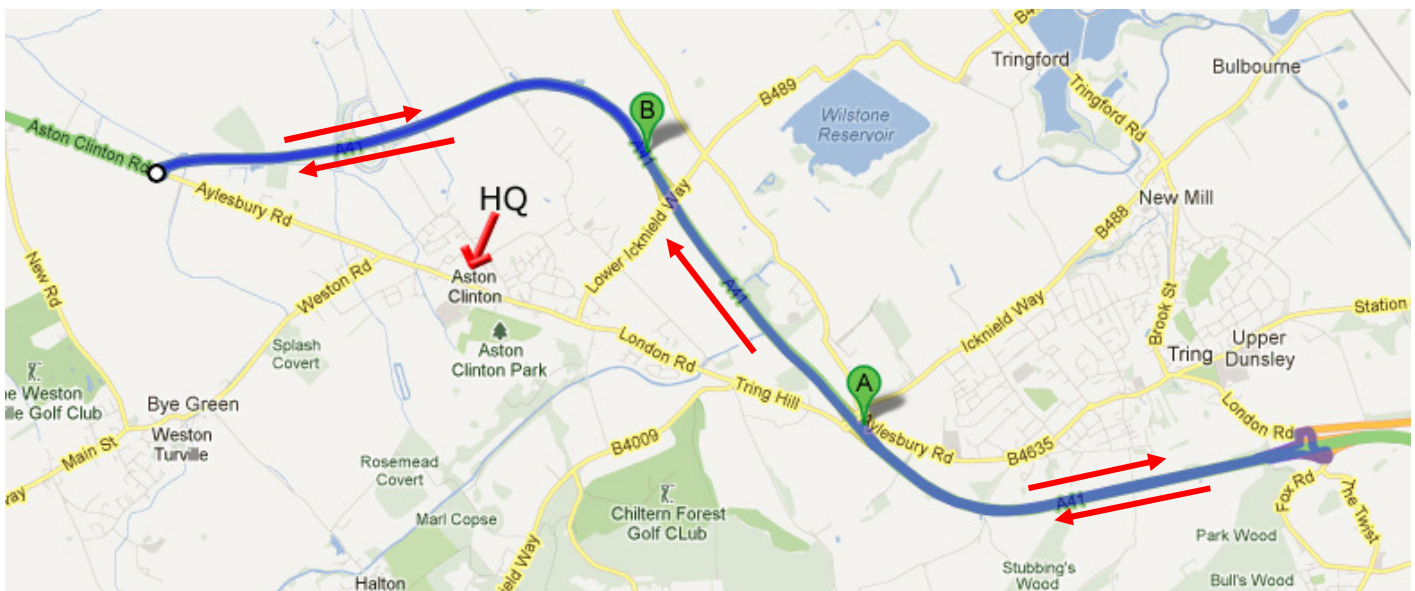
Safety – not your performance – is your first priority

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	No women's team	
7	£15	7	£15	awarded as only 1	
8	£15	8	£15	team entered. No	
9	£10	9	£10	junior women entered.	
10	£10	10	£10		

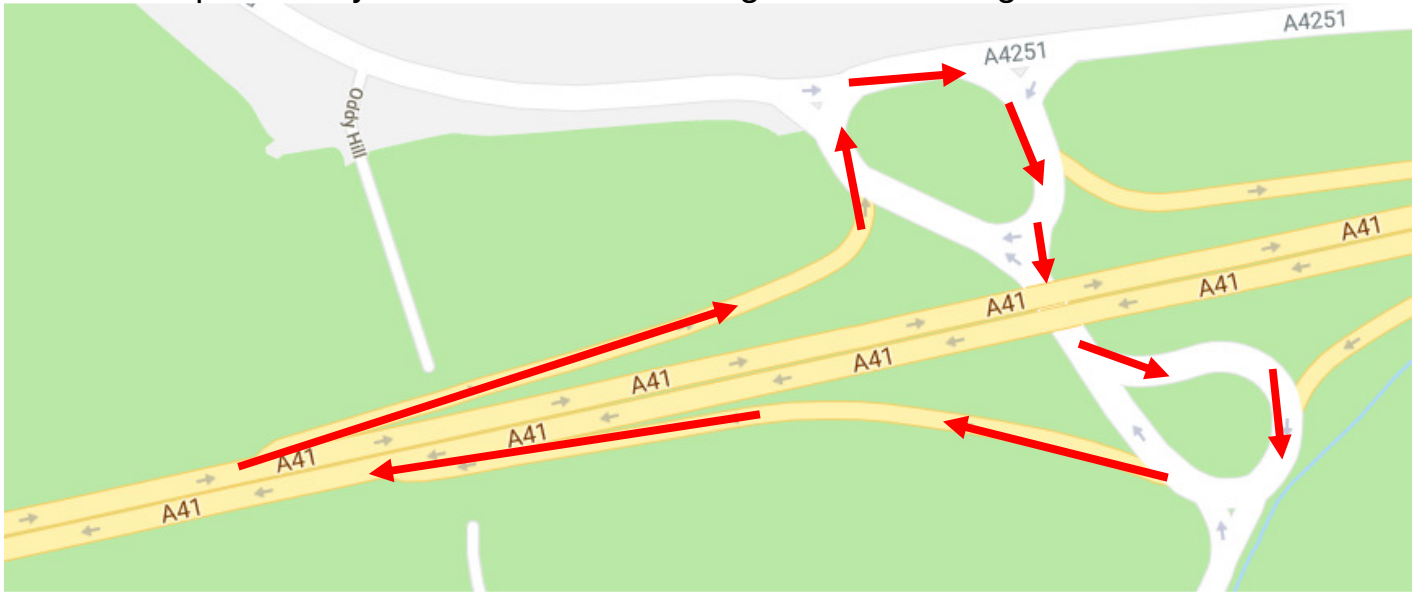
There will be a prize presentation after the event. If you think you have won a prize then please wait for this and applaud all the award winners.

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

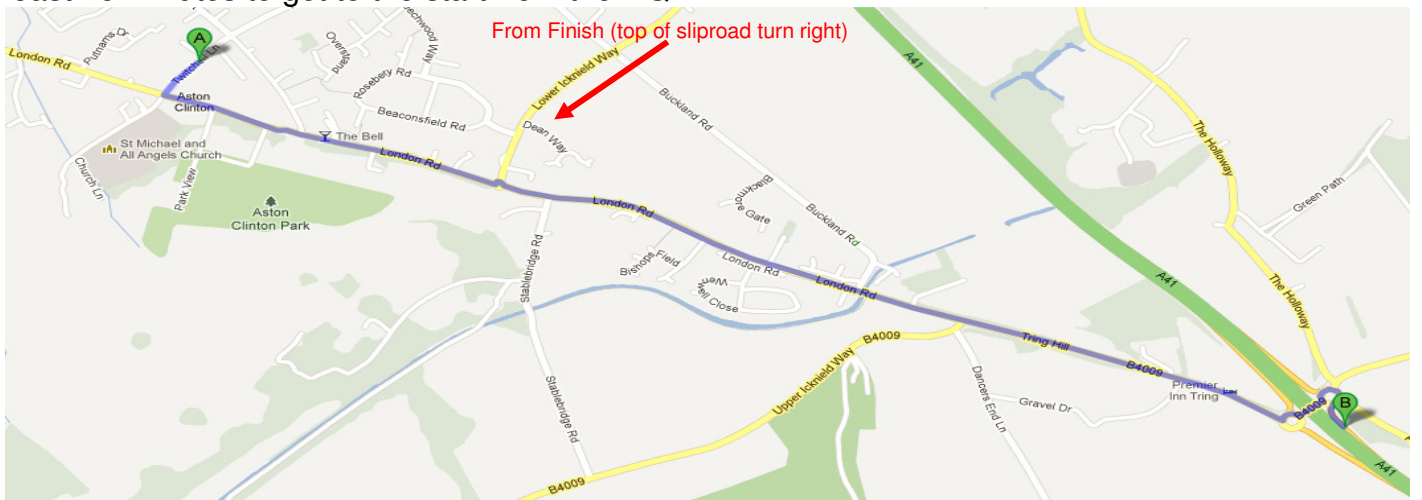


Map above shows **A** as the start point, where you go south east then east to turn and then return all the way to the end of the bypass where again turn to finish at point **B**

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 2nd RAB to take the sliproad going westbound. Easy. But be careful at the bottom of the off 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 after the first 10 yards of the sliproad you WILL be classed as DNF and if you then make a (potentially dangerous) move to come into the sliproad before or 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 any part of 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.

Paul

Rider start order

Start	No	Name	Club
14:01	1	William Coles	VMCC powered by Y Beic
14:02	2	Alex Coles	Evolution Racing Academy
14:03	3	Hans Nilsson	London Phoenix CC
14:04	4	Simon Bowler	Berkhamsted CC
14:05	5	Jason Walkley	Royal Air Force CA
14:06	6	Ashley Roue	Mapperley CC
14:07	7	James Lawler	Bedfordshire Road RT
14:08	8	Steven Loraine	Legato RT (LRT)
14:09	9	Jason MacRae	Bedfordshire Road RT
14:10	10	Josh Lovell	Banbury Star Cyclists' Club
14:11	11	Neal Marrin	Finsbury Park CC
14:12	12	Dylan Sage	Evolution Racing Academy
14:13	13	James Harris	Catford CC Ltd
14:14	14	Wolfgang Emmerich	London Phoenix CC
14:15	15	Michael Cope	Kettering CC
14:16	16	Eddie Humphreys	Moda RT
14:17	17	Joseph Costello	Legato RT (LRT)
14:18	18	Lee Turner	Arctic Aircon RT
14:19	19	Matthew Reader	Verulam CC
14:20	20	Lee Beckford	Reading CC
14:21	21	Samuel Robinson	Ashford Whs
14:22	22	Peter Cottington	Bath CC
14:23	23	Martin Lines	Worcester St. Johns CC
14:24	24	Matthew Bagshawe	South Normanton C C
14:25	25	Andrew Jarratt	Southgate CC
14:26	26	Ian Wroblewski	Team Lutterworth Cycle Centre
14:27	27	Andrew Halliday	Westerley CC
14:28	28	James Wooldridge	Team Milton Keynes
14:29	29	Mark Greenwood	Lungs 2 Legs
14:30	30	Tom Davies	Rapha CC
14:31	31	Murat Ozdenya	Team Vision Racing
14:32	32	Ben Rooney	Team Jewson - MI Racing
14:33	33	Richard Hamilton	Amersham Road CC
14:34	34	Martin Stanley	Droitwich CC
14:35	35	Peter Oliver	ZeroBC RT
14:36	36	David Woodhouse	AS Test Team
14:37	37	Christopher Edginton	ZeroBC RT
14:38	38	Geoff Reynolds	Hemel Hempstead CC
14:39	39	Stephen Knight	Wakefield Triathlon Club
14:40	40	Oliver Cozens	Norwich A B C
14:41	41	Ben Farrer	Vector Cycling RT
14:42	42	Rikky Hughes	Droitwich CC
14:43	43	Alastair Semple	Stafford RC
14:44	44	Daniel Homer	London Phoenix CC
14:45	45	Jon Surtees	Born to Bike
14:46	46	Jim Moffatt	CC Luton
14:47	47	Howard Waller	Python RT
14:48	48	Jeff Roberts	High Wycombe CC
14:49	49	Daniel Thompson	Hillingdon Triathletes
14:50	50	John Lacey	Hemel Hempstead CC

Start	No	Name	Club
14:51	51	Graham Harman	Sotonia CC
14:52	52	Michael Bennett	Bicester Millennium CC
14:53	53	George Welfare	Eastbourne Rovers CC
14:54	54	Dave May	Bicester Millennium CC
14:55	55	Mark Hamer	Stratford CC
14:56	56	Glenn Taylor	Shorter Rochford RT
14:57	57	Michael Parker	TMG Horizon CT
14:58	58	Mark Woolford	Team Swindon Cycles
14:59	59	Tim Cox	Hemel Hempstead CC
15:00	60	Paul Newman	Shorter Rochford RT
15:01	61	Ian Woodcock	Bedfordshire Road RT
15:02	62	Richard Gifford	trainSharp
15:03	63	Martin O'Sullivan	Teddington and Turing Velo
15:04	64	Toby Bush	Team Bottrill
15:05	65	Mat Wilson	VTTA (London & Home Co)
15:06	66	Simon Inman	OVB
15:07	67	David Clark	Eastbourne Rovers CC
15:08	68	Keir Odonnell	VTTA (Surrey/ Sussex)
15:09	69	Issy Zimmerman	Verulam Really Moving
15:10	70	Sheehan Quirke	VC Veldrijden
15:11	71	Richard O'Rourke	Team Vision Racing
15:12	72	Stuart Supple	VC Baracchi
15:13	73	Peter Shaw	Bedfordshire Road RT
15:14	74	Steven Cottingham	Bath CC
15:15	75	Tony Chapman	Frome and District Whrs
15:16	76	Mark Bashford	East Grinstead CC
15:17	77	Jeremy Redford	Army Cycling
15:18	78	Colin Parkinson	South Western RC
15:19	79	Lee Williams	North Hampshire RC
15:20	80	Stuart Wells	Lindsey Roads CC
15:21	81	Adam Fisher	Cambridge CC
15:22	82	Nick Partridge	VC Baracchi
15:23	83	Brett Davis	DRAG2ZERO
15:24	84	Keith Lea	Paceline RT
15:25	85	Martin Reynolds	Cambridge CC
15:26	86	David Rumm	Southborough & Dist. Whs
15:27	87	Howard Bayley	Blazing Saddles
15:28	88	Henrik Persson	FTP (Fulfil The Potential) RT
15:29	89	Tony Ball	Legato RT (LRT)
15:30	90	Josh Newbould	Banbury Star Cyclists' Club
15:31	91	Keith Ainsworth	Lindsey Roads CC
15:32	92	James Cadman	Hounslow & District Whs
15:33	93	Sam Hucks	High Wycombe CC
15:34	94	Graham Winstone	ZeroBC RT
15:35	95	Mark Jones	DRAG2ZERO
15:36	96	Joshua Tarling	Flanders Color Galloo Team
15:37	97	Alex Doherty	DRAG2ZERO
15:38	98	Ken Buckley	BPC RT
15:39	99	Andrew Grant	Cambridge CC
15:40	100	Edmond Long	London Dynamo
15:41	101	Grant Orsborn	Bedfordshire Road RT

Start	No	Name	Club
15:42	102	Edward Mellor	Mapperley CC
15:43	103	Paul Derrick	FTP RC
15:44	104	Ady Dench	Team Sheffield
15:45	105	Ed Moss	Beacon Roads CC
15:46	106	Simon Law	Team Jewson - MI Racing
15:47	107	Daniel Chambers	Bicester Millennium CC
15:48	108	Matt Donovan	Bedfordshire Road RT
15:49	109	Dean Robson	Velo Sport Jersey
15:50	110	Benedict Thompson	Team LDN
15:51	111	Scott Leeson	Onyx RT
15:52	112	Stuart Hourigan	VeloRefined Rule 5
15:53	113	Simon Bowler	AS Test Team
15:54	114	Kevin Tye	VeloRefined Rule 5
15:55	115	Tim Lewis	Ful-on Tri
15:56	116	William Barr	Beacon Roads CC
15:57	117	Finlay Tarling	Flanders Color Galloo Team
15:58	118	Neil Mackley	...a3crg
15:59	119	Gaz Poulson	Royal Air Force CA
16:00	120	Matt O'Brien	Loose Cannon's Conditioning
16:01	121	Alex Pritchard	WattShop
16:02	122	Alastair Luxford	Full Gas RT
16:03	123	Sam Brown	6AM Cycling
16:04	124	Simon Norman	Bikestrong-KTM
16:05	125	Alan Murchison	WattShop
16:06	126	Richard Oakes	Team Ohten Aveas
Reserve	151	Darren Anderson	Fareham Whrs CC
Reserve	152	Robert Saunders	North Bucks RC
Reserve	153	Gareth Williams	Abergavenny RC
Reserve	154	Chris Dyason	Cambridge CC
Reserve	155	Alan Allcock	Didcot Phoenix CC
Reserve	156	Gareth Daniels	Icknield RC
Reserve	157	Nick James	Mickey Cranks CC
Reserve	158	Roger Porter	Verulam CC
Reserve	159	Stu Carver	North Hampshire RC
Reserve	160	Gerrard Rafferty	Bedfordshire Road CC
Reserve	161	Anthony Nash	Lindsey Roads CC
Reserve	162	Anthony Newland	Bossard Whs
Reserve	163	Ian Stokes	Team Salesengine.co.uk
Reserve	164	James Ellis	Onyx RT
Reserve	165	Adam Williams	St Neots CC

Women's Event

16:07	127	Sara Manwaring	Bicester Millennium CC
16:08	128	Roslyn Young	Serpentine Running Club
16:09	129	Denese Hallahan	Wisbech Whs
16:10	130	Rachel Green	Cheltenham & County Cycling Club
16:11	131	Stephanie Cousins	QN Racing
16:12	132	Gillian Reynolds	Willesden CC
16:13	133	Elizabeth McKie	Verulam Really Moving
16:14	134	Arja Scarsbrook	Team Echelon
16:15	135	Frances Lammyman	Abingdon Race Team
16:16	136	Susan Oldham	Bicester Millennium CC

Start	No	Name	Club
16:17	137	Eva Zsigoova	...a3crg
16:18	138	Samantha Messenger	Bicester Millennium CC
16:19	139	Joy Payne	High Wycombe CC
16:20	140	Linda Dewhurst	Team Milton Keynes
16:21	141	Lilly Chant	Southampton University Road CC
16:22	142	Claire Emons	...a3crg
16:23	143	Hannah O'Brien	Loose Cannon's Conditioning
16:24	144	Louise Robinson	Essex Roads CC
16:25	145	Kirsty McSeveney	...a3crg
16:26	146	Anastasia Bowler	AS Test Team
16:27	147	Lisa Davis	DRAG2ZERO
16:28	148	Sally Turner	trainSharp
16:29	149	Danuta Tinn	Maidenhead & District CC
16:30	150	Angela Carpenter	...a3crg

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.