



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 their Rules & Regulations'

Course F11/22

Sunday 24th March 2019

Timekeepers: Annette Lacey (Hemel Hempstead CC)
Gordon Hart (Icknield RC)

Organiser: John Lacey
Tel. 07920 104056

Awards

Fastest Rider to hold the Sid Latchford Memorial Trophy for one year

1st Male £50

1st Lady £50

2nd Male £40

2nd Lady £40

3rd Male £30

3rd Lady £30

4th Male £20

4th Lady £20

5th Male £19

5th Lady £10

1st Road Bike £30

2nd Road Bike £20

3rd Road Bike £10

(No aerobars, TT bikes, deep/disc TT wheels or pointy helmets)

Fastest team of 3 £10 each

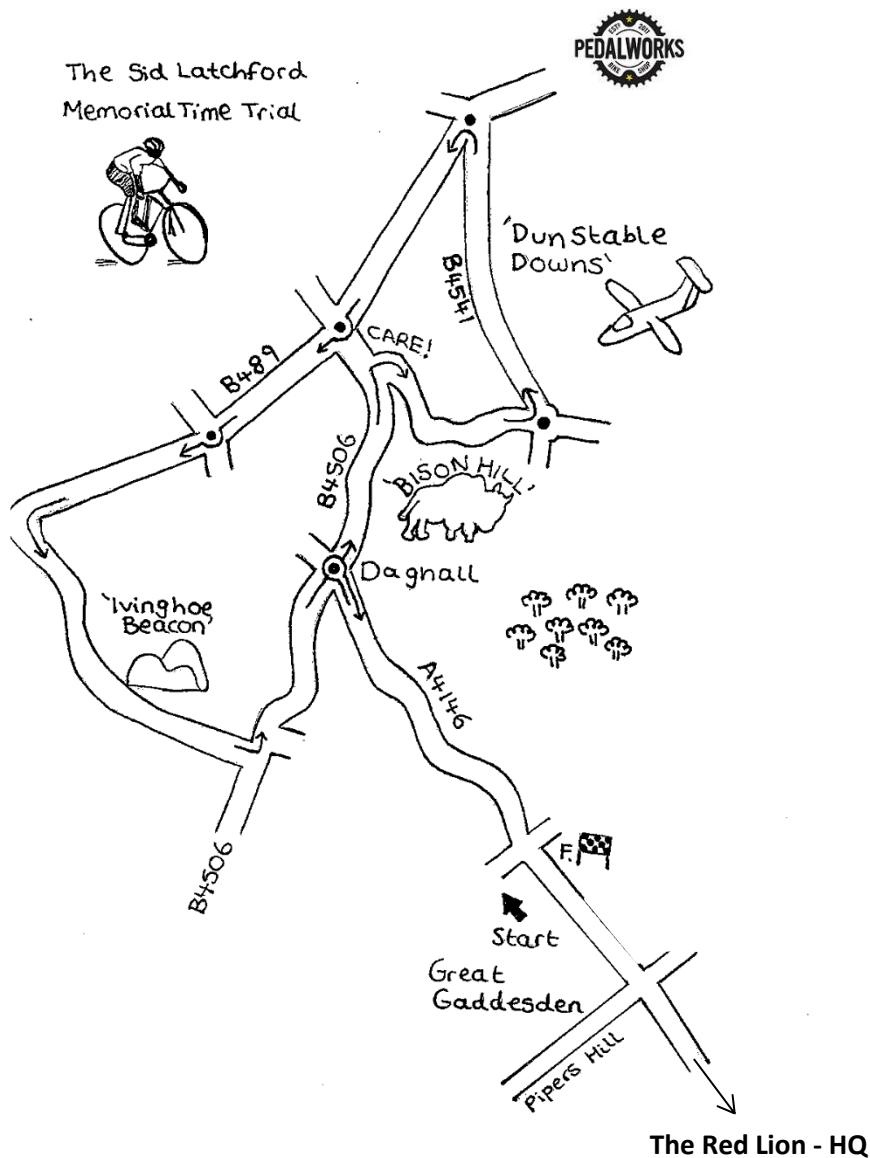
The 1st place Male, Female and Road Bike winners will also receive an additional prize from
Pedalworks Bike Shop, 5-7 West Street, Dunstable, Beds, LU6 1SL.

Event Headquarters:

The Red Lion Public House

Leighton Buzzard Rd Water End HP1 3BD

Signing on from 7:15am – N.B. no changing facilities at HQ – please arrive 'ready to race'
Please park (within the lines) in 'overflow' car park – HQ is approx. ¾ mile from the start



START at layby on B440 (was A4146) Dagnall Road (GR TL029117) opposite Gade Valley Cottages just North of Gt. Gaddesden Parish Hall

Head north on B440 to Dagnall RAB (3.7mils) where turn right onto B4506 Dunstable Road

Turn right – **EXTREME CARE** into B4540 (5.5mils) to climb 'Bison Hill' passing Whipsnade Zoo

At RAB (7.2mils) turn left onto B4541 to climb Dunstable Downs – FAST DESCENT FOLLOWS

At RAB junction (9.4mils) turn left onto B489 Tring Road/Icknield Way - **CARE**

Take care at pedestrian crossing immediately after junction - stop if necessary

Continue on B489 straight over RAB's at Eaton Bray (11.2mils) and Eddlesborough (12.4mils)

Turn left onto Beacon Road (13.9mils) CARE over cattle grids at bottom and top of climb

At Ringshall (16.5mils) turn left onto B4506 Ringshall Road - **CARE** – FAST DESCENT FOLLOWS

At Dagnall RAB (18mils) turn right onto B440 (was A4146) - **CARE**

Continue on B440 to FINISH at layby (TL025121) - 21.5mils

Link to Strava segment:

<https://www.strava.com/segments/6897520>



In the interest of your safety – please read

The course runs on public roads which may be busy with traffic, the surface of which is poor in places and there are fast descents which may be slippery when wet.

Negotiating roundabouts - give priority to traffic from your right – particular care should be taken at Dagnall which is used near the start and finish of the course.

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted standard.

In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets.

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

Riders and spectators must not approach the time keepers, or congregate near the finish area.

Please keep your head up at all times. Marshalls will be stationed at points where there is a change of direction, but the final responsibility for keeping on course remains with the rider.

Strictly no parking in Start or Finish lay-bys
Hemel Hempstead Cycling Club wishes you all a safe and successful ride

Please note that all competitors are required personally to sign the signing out sheet when returning their number.

Failure to do so will result in the competitor being recorded as DNF.

No	Name	Club / Team	Cat	Start
1	Adrian Briers	Chronos RT	V	08:01
2	Harry Moore	Cycling Club Hackney	V	08:02
3	Thomas Coombes	Tri London	S	08:03
4	Robert Cunnane	Team Trident	S	08:04
5	James Moss	North Road CC	V	08:05
6	Richard Thompson	Verulam CC	V	08:06
7	Christian Olley	TMG Horizon Cycling Team	V	08:07
8	Bruno Cabrelli	Hemel Hempstead CC	Juv	08:08
9	Andrew Martin	Leighton Buzzard Road Cycling Club	V	08:09
10	Tim Fowler	PSSA Cycling Club	V	08:10
11	Ben Castle	Hemel Hempstead CC	V	08:11
12	Trevor Watson	Bossard Whs	V	08:12
13	Graham Ricketts	Verulam CC	V	08:13
14	Tony Shortland	Team Trident	V	08:14
15	Stewart Wilson	QN Racing	V	08:15
16	Adrian James	Verulam CC	V	08:16
17	Jim Higson	CC London	S	08:17
18	Anthony Taylor	North Road CC	V	08:18
19	Laurence Davis	Welwyn Whs	S	08:19
20	Lee Heron	Banbury Star Cyclists' Club	V	08:20
21	Nigel Swift	Verulam CC	V	08:21
22	Harry Newton	Icknield RC	Esp	08:22
23	Sinclair Easton	CC London	V	08:23
24	Howard Ashmore	Welwyn Whs	V	08:24
25	Stephen Lams	VCT Racing	V	08:25
26	Peter Anstey	Welwyn Whs	V	08:26
27	Craig Sears-Black	Verulam CC	V	08:27
28	Nathan Woodhouse	Leighton Buzzard Road Cycling Club	Jun	08:28
29	John Wootton	Lee Valley Velo	V	08:29
30	Adam Laycock	VTTA (East Anglia Group)	V	08:30
31	Kevin Chandler	Watford Velo Sport	S	08:31
32	Michael Atkinson	North Road CC	S	08:32
33	Peter Holden	Team Trident	V	08:33
34	Edward Birdsall	University Of Manchester CC	S	08:34
35	David Atkinson	VCT Racing	V	08:35
36	Thomas Mead-Herbert	Watford Velo Sport	S	08:36
37	Alex Peeke	Welwyn Whs	V	08:37
38	Neil Warby	Leighton Buzzard Triathlon Club	V	08:38
39	Scott Taylor	Hemel Hempstead CC	V	08:39
40	Anthony Newland	Bossard Whs	V	08:40
41	Trevor Hook	Team Milton Keynes	V	08:41
42	Sam Morris	Islington Cycling Club	S	08:42
43	David Scott	Welwyn Whs	V	08:43
44	Duncan Godfrey	Team Trident	V	08:44
45	Elliott Joseph	Watford Velo Sport	S	08:45
46	Keith Loveman	Verulam CC	V	08:46
47	Chris Jones	Royal Navy & Royal Marines CA	S	08:47

No	Name	Club / Team	Cat	Start
48	Jodie Janes	Hemel Hempstead CC	S	08:48
49	Brenda Bozwood Davies	Team Trident	V	08:49
50	Jody Conibear	Hemel Hempstead CC	V	08:50
51	Kate Wootton	Lee Valley Youth CC	Jun	08:51
52	Linda Dewhurst	Team Milton Keynes	V	08:52
53	Samantha Tophill	Team Trident	V	08:53
54	Debbie Honour	VC 10	V	08:54
55	Karine Jones	Verulam Really Moving	V	08:55
56	Lauren Higham	Welwyn Whs	Jun	08:56
57	Claire Sharp	Verulam Really Moving	V	08:57
58	Heather Taylor	Berkhamsted Cycling Club	S	08:58
59	Heidi Gibbens	Hemel Hempstead CC	S	08:59
60	Helen Reynolds	Hemel Hempstead CC	V	09:00
61	Michael Parker	TMG Horizon Cycling Team	V	09:01
62	Alan Crane	Chronos RT	V	09:02
63	Steve Torley	Milton Keynes RC	V	09:03
64	David Hope	TMG Horizon Cycling Team	S	09:04
65	Nicholas Candy	North Road CC	Esp	09:05
66	Josh Crow-Stewart	Arctic Tacx RT	S	09:06
67	James Taylor	Berkhamsted Cycling Club	S	09:07
68	Sean Dines	Milton Keynes RC	V	09:08
69	Sean Bradley	Team Trident	S	09:09
70	Ross Clarke	TMG Horizon Cycling Team	S	09:10
71	Alex Bradley	Cowley Road Condors CC	S	09:11
72	Toby Maloy	Team Signum	S	09:12
73	Ian Markham	Chronos RT	V	09:13
74	Robert Abbey	Hemel Hempstead CC	V	09:14
75	Danny Axford	Arctic Tacx RT	V	09:15
76	Abid Hussain	Icknield RC	V	09:16
77	Issy Zimmerman	Verulam Really Moving	V	09:17
78	Richard Moule	Bossard Whs	V	09:18
79	Richard Boley	Hemel Hempstead CC	V	09:19
80	Luke Clarke	TMG Horizon Cycling Team	S	09:20
81	Henry Farrell	Full Gas Racing Team	S	09:21
82	Jon Friend	Bedfordshire Road RT	V	09:22
83	Roy Chamberlain	Team Corley Cycles	V	09:23
84	Ian Knight	Milton Keynes RC	V	09:24
85	Nick Clarke	Arctic Tacx RT	S	09:25
86	Tim Davies	CC Luton	V	09:26
87	Andrew Bradley	Hemel Hempstead CC	V	09:27
88	Nicholas Coe	Verulam Really Moving	V	09:28
89	Aaron Mccaffrey	Milton Keynes RC	V	09:29
90	Ben Stowe	Hemel Hempstead CC	S	09:30
91	Phil Lisher	Hemel Hempstead CC	S	Reserve
92	Brian Curran	CC Luton	V	Reserve
93	Peter Redshaw	CC London	V	Reserve
94	Matthew Jones	Verulam CC	V	Reserve