



Veterans Time Trials Association

London & Home Counties Group

10 Mile Open Time Trial

Sunday 14th July 2019 at 8 am

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

Course F11/10

Event Headquarters

opens at 7am

Aylesbury Rugby Club

Brook End, Weston Road, Aylesbury, HP22 5RN



Keith Ainsworth—Winner in 2018

Start Timekeeper: Peter Tasker

Finish Timekeeper: Gordon Hart

Event Secretary: David Guy

3 Gray's Inn Square, London WC1R 5AH

07711697900 : ovcyclingclub@hotmail.co.uk

PRIZE LIST

1st Man on Standard	VTTA Gold Medal
2nd Man on Standard	VTTA Silver Medal
3rd Man on Standard	VTTA Bronze Medal
1st Woman on Standard	VTTA Gold Medal
2nd Woman on Standard	VTTA Silver Medal
3rd Woman on Standard	VTTA Bronze Medal
Best Club Team of Three Riders on Standard	Gold Medals (Each)
Best Standard on Standard	Gold Medals (Each)

*1st Man on Standard, and 1st Woman on Standard
to receive an invitation to the
LH&C Annual Luncheon and Prize Presentation on 17 November 2019.*

Important Note:

The facilities at the HQ will be restricted because there is an event involving juveniles using the main Hall. Consequently, you must NOT use the main entrance but the entrance to the changing rooms/toilet where signing on and results and catering will be situated in makeshift conditions.

Also please park on the left (near to the club house) and not on the right as you enter the car park; continue further left for an overspill car park.

Gents' toilets are next to the changing rooms/signing on and Ladies' toilets are on the right hand side of the building where there is a separate entrance and access to the bar which will be partitioned off from the main Hall and where hot drinks will be available.

Apologies for the inconvenience.

**RIDERS WHO KNOW THAT THEY WILL NOT BE STARTING SHOULD
INFORM DAVID GUY AS SOON AS POSSIBLE SO THAT THE RIDE
MAY BE ALLOCATED TO A RESERVE**

No	Name	Club	Group	Standard	Start Time
1	Richard Moule	Bossard Whs	London & Home Counties	00:27:52	08:01
2	Linda Dewhurst	Team Milton Keynes	London & Home Counties	00:30:02	08:02
3	Ian Taylor	Beacon Roads CC	Midlands	00:26:36	08:03
4	Chris Jolliffe	Crawley Wheelers	Wessex	00:27:45	08:04
5	John Hassall	Bossard Whs	London & Home Counties	00:29:45	08:05
6	Trevor Parrish	A5 Rangers CC	London & Home Counties	00:29:32	08:06
7	Clive Faine	Team Milton Keynes	London & Home Counties	00:29:32	08:07
8	Jason Davies	Royal Air Force CA	East Anglia	00:26:40	08:08
9	Graeme Church	Team Milton Keynes	London & Home Counties	00:27:03	08:09
10	Stuart Stow	Twickenham CC	London & Home Counties	00:27:07	08:10
11	Daryl Maffey	CC London	London & Home Counties	00:26:07	08:11
12	Steven Barrell	Mapperley CC	Notts & E.Mids	00:26:40	08:12
13	Paul King	Verulam CC	London & Home Counties	00:27:03	08:13
14	Richard Payn	34 Nomads CC	East Anglia	00:27:12	08:14
15	Keith Doring	Team Bottrill	East Anglia	00:27:39	08:15
16	Edward Mellor	Mapperley CC	Notts & E.Mids	00:26:07	08:16
17	Joe Schvartz	Team Swindon Cycles	West	00:27:22	08:17
18	Hans Nilsson	London Phoenix CC	London & Home Counties	00:27:59	08:18
19	Paul Valks	Lewes Wanderers CC	Surrey & Sussex	00:29:59	08:19
20	Dale Lush	Kingston Phoenix RC	Surrey & Sussex	00:26:02	08:20
21	Steve Legg	...a3crg	Wessex	00:26:31	08:21
22	Graham Winstone	Oxonian CC	London & Home Counties	00:26:36	08:22
23	Wayne Smith	Born to Bike - Bridgtown Cycles	Notts & E.Mids	00:26:58	08:23
24	Brian Evans	North Road CC	East Anglia	00:26:58	08:24
25	Nik Allen	Worthing Excelsior CC	Surrey & Sussex	00:26:40	08:25
26	Rod Hicks	Port Talbot Whs CC	South Wales	00:27:07	08:26
27	Duncan Emery	Twickenham CC	London & Home Counties	00:26:31	08:27
28	Will Shepherd	Ely & District CC/B&T Motor Repairs	East Anglia	00:26:27	08:28
29	Bob Loader	Sydenham Whs	Kent	00:33:54	08:29
30	Andrew Overton	Successcycling.co.uk	Midlands	00:26:36	08:30
31	James Hutchins	Cycling Club Hackney	London & Home Counties	00:26:27	08:31
32	Steve Hancock	Calder Clarion	Yorkshire	00:27:17	08:32
33	Nick Hickman	Team Salesengine.co.uk	East Anglia	00:26:58	08:33
34	Hugh Williams	Pro Vision Cycle Clothing	East Anglia	00:26:54	08:34
35	Richard Oakes	Team Jewson - MI Racing	Notts & E.Mids	00:26:49	08:35
36	Colin Lizieri	Cambridge CC	East Anglia	00:27:59	08:36
37	Jez Willows	Sherwood CC	Notts & E.Mids	00:27:07	08:37
38	Mark Hamer	Stratford Cycling Club	Midlands	00:26:22	08:38
39	Kevin Stokes	Born to Bike - Bridgtown Cycles	London & Home Counties	00:27:17	08:39
40	Simon Adcock	Team Bottrill	Midlands	00:26:27	08:40

41	Matthew Reader	Verulam CC	London & Home Counties	00:26:45	08:41
42	Tony Ball	Team Swift	London & Home Counties	00:26:49	08:42
43	Alan Allcock	Didcot Phoenix CC	London & Home Counties	00:28:06	08:43
44	Michael Garvey	High Wycombe CC	London & Home Counties	00:27:03	08:44
45	Andy Court	Bicester Millennium CC	London & Home Counties	00:26:22	08:45
46	Oliver Potter	Rockingham CC	Yorkshire	00:26:07	08:46
47	John Dowling	Hemel Hempstead CC	London & Home Counties	00:27:52	08:47
48	John Sellars	London Phoenix CC	London & Home Counties	00:26:36	08:48
49	Simon Drewett	Fairly United Cycling Team	London & Home Counties	00:26:58	08:49
50	Tim Beaven	Bicester Millennium CC	London & Home Counties	00:26:27	08:50
51	Richard Carrington	West Suffolk Wheelers	East Anglia	00:26:22	08:51
52	Dan Charleston	High Wycombe CC	London & Home Counties	00:26:31	08:52
53	Jim Ford	Horsham Cycling	Midlands	00:27:12	08:53
54	Graham Pepperdine	Verulam CC	East Anglia	00:27:12	08:54
55	Jim Moffatt	CC Luton	London & Home Counties	00:27:52	08:55
56	Anthony Bee	Wigmore CC	Kent	00:27:12	08:56
57	Andrew Halliday	Westerley Cycling Club	London & Home Counties	00:26:36	08:57
58	John McGlashan	Redmon CC	Kent	00:28:39	08:58
59	Vincent Jenkins	LeisureLakesBikes.com	Midlands	00:31:03	08:59
60	Mark Ellis	Team Milton Keynes	East Anglia	00:27:12	09:00
61	Tim May	PDQ Cycle Coaching	Midlands	00:26:07	09:01
62	Keith Brown	Southborough & Dist. Whs	Kent	00:26:36	09:02
63	Andrew Curley	Warwickshire Road Club	Midlands	00:27:17	09:03
64	Tim Cox	Hemel Hempstead CC	London & Home Counties	00:26:22	09:04
65	Michael Bennett	Bicester Millennium CC	London & Home Counties	00:26:49	09:05
66	David Wilson-Evans	Bynea Cycling Club	South Wales	00:27:52	09:06
67	Rosslyn Young	Serpentine Running Club	London & Home Counties	00:32:37	09:07
68	Denese Hallahan	Wisbech Whs	East Anglia	00:30:31	09:08
69	Jill Bartlett	Hounslow & District Whs	London & Home Counties	00:29:55	09:09
70	Gillian Morgan	Westerley Cycling Club	London & Home Counties	00:29:49	09:10
71	Samantha Messenger	Bicester Millennium CC	London & Home Counties	00:28:52	09:11
72	Lorna Rowland	Twickenham CC	London & Home Counties	00:29:01	09:12
73	Allison Kaye	Verulam CC	London & Home Counties	00:29:32	09:13
74	Annette Lacey	Hemel Hempstead CC	London & Home Counties	00:29:38	09:14
75	April Lewis	Born to Bike - Bridgtown Cycles	Midlands	00:29:43	09:15
76	Joanna Wells	Hounslow & District Whs	London & Home Counties	00:29:49	09:16
77	Gillian Reynolds	Willesden CC	London & Home Counties	00:31:30	09:17
78	Tracy Wilkinson-Begg	Folkestone Velo Club	Kent	00:29:21	09:18
79	Stephanie Cousins	Team Milton Keynes	London & Home Counties	00:29:32	09:19
80	Karen Dennett	Bishop's Stortford CC	East Anglia	00:30:16	09:20

81	Diane Wilson-Evans	Bynea Cycling Club	South Wales	00:29:55	09:21
82	Fenella Brown	Beacon Roads CC	Midlands	00:29:06	09:22
83	Joy Payne	Amersham Road Cycling Club	London & Home Counties	00:30:16	09:23
84	Carol O'Connor	Calder Clarion	Yorkshire	00:29:27	09:24
85	Debbie Bradley	Team Bottrill	Midlands	00:28:42	09:25
86	Helen Roby	Spirit Bikes CC	London & Home Counties	00:29:16	09:26
87	Sue Rust	Kettering CC	East Anglia	00:29:32	09:27
88	Susan Triplow	CC Sudbury	East Anglia	00:29:16	09:28
89	Claire Emons	Newbury RC	London & Home Counties	00:29:06	09:29
90	Helen Reynolds	Hemel Hempstead CC	East Anglia	00:29:21	09:30
91	Richard Gifford	TrainSharp	Surrey & Sussex	00:27:17	09:31
92	David Clark	Eastbourne Rovers CC	Surrey & Sussex	00:26:49	09:32
93	Stephen Wilkinson	Folkestone Velo Club	Kent	00:27:03	09:33
94	Mick Case	Bedfordshire Road RT	East Anglia	00:26:54	09:34
95	Neil Mackley	...a3crg	Wessex	00:27:12	09:35
96	David Ellis	Born to Bike - Bridgtown Cycles	Notts & E.Mids	00:26:58	09:36
97	Jon Friend	Bedfordshire Road RT	East Anglia	00:27:03	09:37
98	Richard Boley	Hemel Hempstead CC	London & Home Counties	00:26:40	09:38
99	Nigel Croxford	High Wycombe CC	London & Home Counties	00:27:52	09:39
100	Dave Elliott	Rugby Racing Cycling Club	Midlands	00:26:07	09:40
101	Gavin Tillson	cyclisme du loup solitaire	Notts & E.Mids	00:26:22	09:41
102	Ian Woodcock	Bedfordshire Road RT	London & Home Counties	00:26:27	09:42
103	Roger Porter	Verulam CC	London & Home Counties	00:29:20	09:43
104	Stan Nwaka	Verulam Really Moving	London & Home Counties	00:27:22	09:44
105	Sean Hunt	Lincoln Wheelers CC	Notts & E.Mids	00:27:12	09:45
106	David Clements	Eastbourne Rovers CC	Surrey & Sussex	00:26:36	09:46
107	Richard Hutt	Harp RC	London & Home Counties	00:27:52	09:47
108	Chris Roberts	Team PedalRevolution.co.uk	East Anglia	00:29:32	09:48
109	Steve Skinner	Bognor Regis CC	Wessex	00:28:06	09:49
110	Nick Dwyer	Lewes Wanderers CC	Surrey & Sussex	00:27:12	09:50
111	Matt J Smith	Cycling Club Hackney	London & Home Counties	00:26:17	09:51
112	Robert Saunders	North Bucks RC	London & Home Counties	00:27:33	09:52
113	Simon Keen	Crest CC	East Anglia	00:26:02	09:53
114	David Marshall	Hemel Hempstead CC	London & Home Counties	00:27:07	09:54
115	Mark Arnold	VTTA (East Anglia Group)	East Anglia	00:26:27	09:55
116	Mark Baker	Abellio - SFA Racing Team	Kent	00:26:27	09:56
117	Chris Dyason	Cambridge CC	East Anglia	00:29:09	09:57
118	David Cook	Bedfordshire Road RT	London & Home Counties	00:27:59	09:58
119	Philip Skinner	Welwyn Whs	London & Home Counties	00:27:07	09:59
120	Matt Steel	Shaftesbury CC	East Anglia	00:26:22	10:00

121	Martin O'Sullivan	Teddington and Turing Velo	London & Home Counties	00:26:22	10:01
122	Geoff Reynolds	Hemel Hempstead CC	East Anglia	00:27:03	10:02
123	Stu Wright	QN Racing	Notts & E.Mids	00:26:54	10:03
124	Kevin Creese	Chronos RT	London & Home Counties	00:28:13	10:04
125	Martin Reynolds	Cambridge CC	East Anglia	00:27:17	10:05
126	Lee Turner	Sigma Sports	East Anglia	00:26:49	10:06
127	Geoff Edgerton	North Shropshire Wheelers	Merseyside	00:29:09	10:07
128	Peter Cottington	Bath Cycling Club	London & Home Counties	00:27:22	10:08
129	Cliff Voller	Newbury RC	West	00:28:39	10:09
130	Richard Dean	Rockingham CC	Yorkshire	00:26:02	10:10
131	Murat Ozdenya	Team Vision Racing - Silverhook	East Anglia	00:26:31	10:11
132	Andy Sharman	Team Bottrill	London & Home Counties	00:26:40	10:12
133	Peter Smith	Team Jewson - MI Racing	London & Home Counties	00:27:45	10:13
134	David Creese	Chronos RT	London & Home Counties	00:28:30	10:14
135	Tony Chapman	Frome and District Wheelers	West	00:26:36	10:15
136	Tim Kingston	GS Invicta - Herbert Cycles	Kent	00:26:22	10:16
137	Phil Guy	North Shropshire Wheelers	Merseyside	00:29:09	10:17
138	Joe Graystone	Cowley Road Condors CC	London & Home Counties	00:26:27	10:18
139	Mike Boyce	...a3crg	Wessex	00:27:59	10:19
140	Nick English	AeroCoach	London & Home Counties	00:26:02	10:20
141	David Crisp	3T-Racing	East Anglia	00:26:12	10:21
142	Dave Stocker	Abellio - SFA Racing Team	Kent	00:27:12	10:22
143	Adrian Cox	Team Milton Keynes	London & Home Counties	00:27:28	10:23
144	Robert Charles	Blazing Saddles	Surrey & Sussex	00:27:03	10:24
145	Michael Parker	TMG Horizon Cycling Team	London & Home Counties	00:27:07	10:25
146	Steven Cottington	Bath Cycling Club	West	00:27:22	10:26
147	Michael Gowan	Festival Road Club	Surrey & Sussex	00:30:13	10:27
148	Simon Bull	Banbury Star Cyclists' Club	Midlands	00:26:22	10:28
149	John French	Oxford City RC	West	00:28:21	10:29
150	Peter Lawrence	High Wycombe CC	London & Home Counties	00:26:36	10:30

TANDEM

152	Mark Fraser	citycyclecentre	East Anglia	00:27:00	10:32
152	Anna Fraser	CC Ashwell			
154	Murray Kirton	A5 Rangers CC	Midlands	00:29:32	10:34
154	David Stockley	A5 Rangers CC			
156	Norman Harvey	Sotonia CC	Wessex	00:30:45	10:36
156	Mary Corbett	Sotonia CC			
158	Richard May	Islington Cycling Club	London & Home Counties	00:25:52	10:38
158	David Shannon	Islington Cycling Club			
160	Sarah-anne Lucas	Folkestone Velo Club	Kent	00:26:46	10>40
160	Stephen Tierney	Team Bottrill			

RESERVES

161	Anthony Harriss	Mercedes AMG Petronas AC	London & Home Counties	00:26:02
162	Geoff Perry	Born to Bike - Bridgtown Cycles	London & Home Counties	00:27:33
163	Glen Knight	Newbury RC	London & Home Counties	00:26:07
164	James Moss	North Road CC	London & Home Counties	00:26:12
165	Graham Green	Team Bottrill	Notts & E.Mids	00:30:13
166	Conor Boyle	Woking Cycle Club	Surrey & Sussex	00:26:31
167	David Hemming	VTTA (Kent)	Kent	00:26:31
168	Mark Thomas	Bigfoot CC	East Anglia	00:27:17
169	Nick McCormick	Epsom CC	London & Home Counties	00:27:17
170	Dave Spragg	Kingston Wheelers CC	London & Home Counties	00:26:40
171	Marcus Buksh	Kettering CC	East Anglia	00:27:17
172	Melvyn Lewis	Born to Bike - Bridgtown Cycles	Midlands	00:27:39
173	Ken Rayson	...a3crg	Wessex	00:29:20
174	Les Gardner	Maidenhead & District CC	London & Home Counties	00:29:20
175	Gerry Peppin	Corinium Cycle Club	West	00:27:22

RESERVES

Unless advised beforehand of the allocation of a placing, reserves are advised to report to the Steward early in order to confirm their presence and to be allotted a place.

Each reserve rider will be given the number shown on the Start Sheet and will compete using that number if a ride is available.

A reserve rider will take priority over a rider reporting for a late start.

Reserve riders who compete in the event will be eligible for awards. Times recorded by reserves are valid for all purposes.

Any reserves that turn up on the day but fail to get a ride will have their entry fee reimbursed.

The promoter does not pay levies for reserve riders.

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

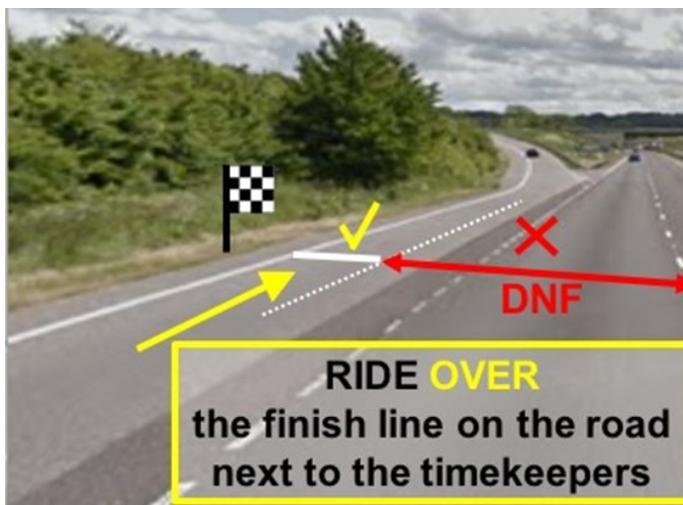
This course often sees several riders with no finishing time (DNF) because they DO NOT follow the course and the specific finishing instructions, which are in place for the rider's safety, as cars enter the slip-road early and at speed.

A photographer has been specifically employed to photograph the sliproad and the finish.

One lucky rider will be attempting their 3rd DNF on this basis!

Last year 8 riders out of 200 were DNF'd.

Carefully study the illustrations & photos which follow:



Cars do enter the slip road very early – this even surprised me!



Heading off for another lap?



Copyright - David Lloyd - www.davidlloydphotography.smugmug.com

By quirk of fate the event last year 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)

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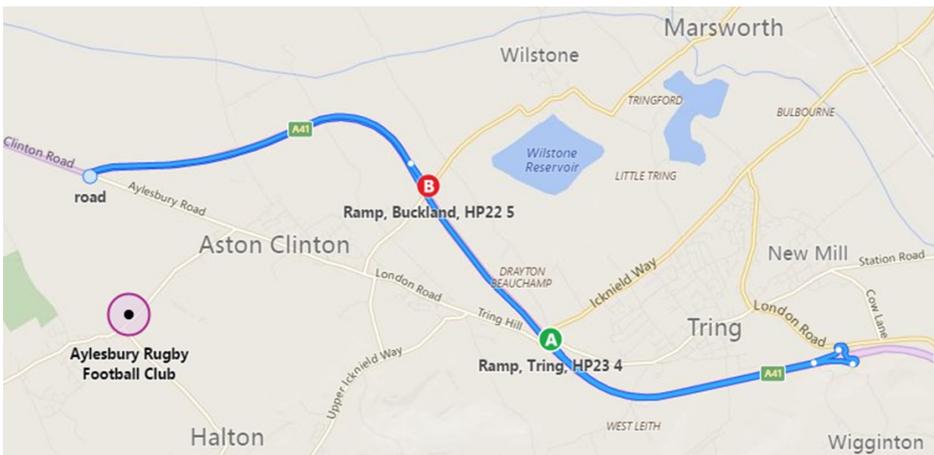
Start (A on Map) on southbound slip road to A41 on the Western Tring junction approximately 40 yards from the start of the slip road.

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 and under the A41, going around 2nd roundabout to take 2nd exit back 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.



Start

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

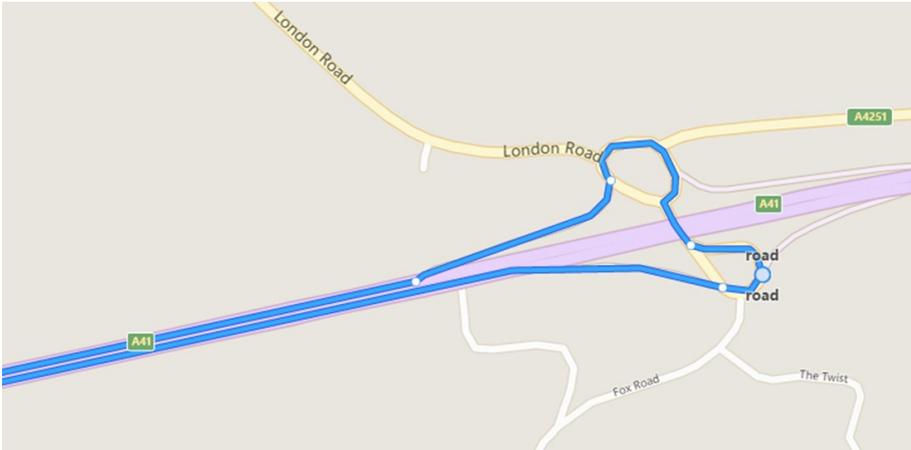
Car Parking

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.

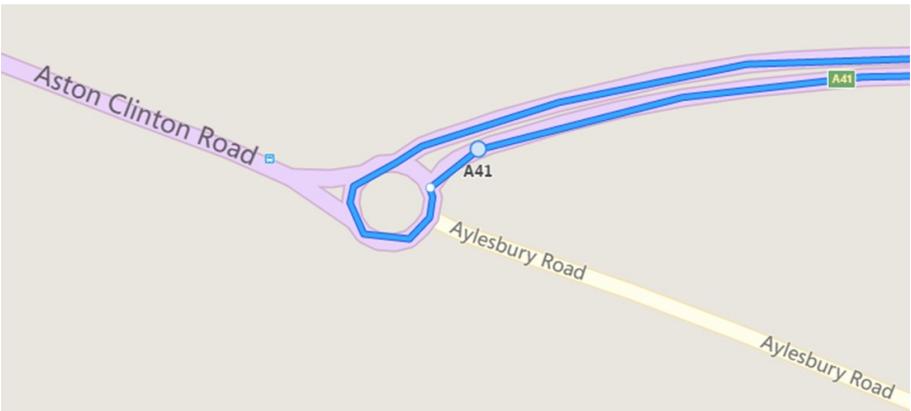
HQ to start route

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! First DOUBLE Roundabout after 2 miles – Many riders like to explore the wide! selection of exits!

First Roundabout After Two Miles



Last Roundabout—Two Miles to Go



Roundabouts

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 slip road does not have good line of sight for traffic coming from the right so please take great care here. Make yourself familiar with the layout of the 1st roundabout as riders all too frequently go wrong and waste a fast time.

Number and Signing on

You must sign on in advance of your start at the HQ where you can collect your number and receive any last minute instructions or warnings. **Please be aware that you need to sign out of the event otherwise you will be disqualified.** Please return number with all pins to HQ in exchange for a free tea/coffee/soft drink.