

2019 Winners

Nick Dwyer – Lewis Wanderers CC



Sue Rust – Kettering CC



Organiser Contact Details

Event Secretary: David Guy
2-5 Warwick Court, London WC1R 5DH
07711-697900
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Officials

Start Timekeeper: Kevin Chandler
Finish Timekeeper: Annette Lacey

Marshalls

We have only the minimum number of marshals so take special care you know the course, especially on the first turn which has 2 large roundabouts and several chances to go wrong!

Prize List

Awards are made to VTTA members only.

VTTA Gold-Silver-Bronze Medals for Men BOS (Best On Standard) 1-2-3, which will also be the same as Men Fastest 1-2-3 on Vets' Handicap Times (VHT)

VTTA Gold-Silver-Bronze Medals for Women BOS 1-2-3 which will also be the same as Women Fastest 1-2-3 on Vets' Handicap Times

VTTA Gold-Medals (each) for Club Team of 3 BOS which will also be the same as Club Team of 3 on Vets' Handicap Times

VTTA Gold Medal - Fastest rider on Actual Time

1st Man on Standard, and 1st Women on Standard to receive an invitation to the LH&C Annual Luncheon and Prize Presentation (if it is held in person)

Local Regulations

Covid – As per Government and CTT guidance applicable on the day.

Numbers, Signing in and signing out

You sign on in advance of your start at the HQ where you can collect your number and receive any last minute instructions or warnings. You will also **need to sign out of the event otherwise you will be DISQUALIFIED.**

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.

Finishing riders MUST leave the main carriageway at the START of the exit slip road to B489. Failure to do so will be recorded as DNF and no time given

F11/10 & DNFs

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!

Carefully study the illustrations & photos which follow:



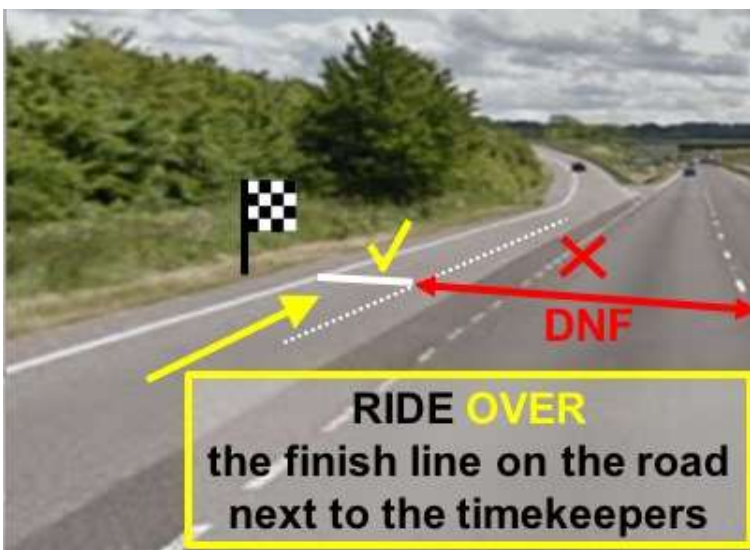
Cars do enter the slip road very early!



Heading off for another 10 miles? DNF

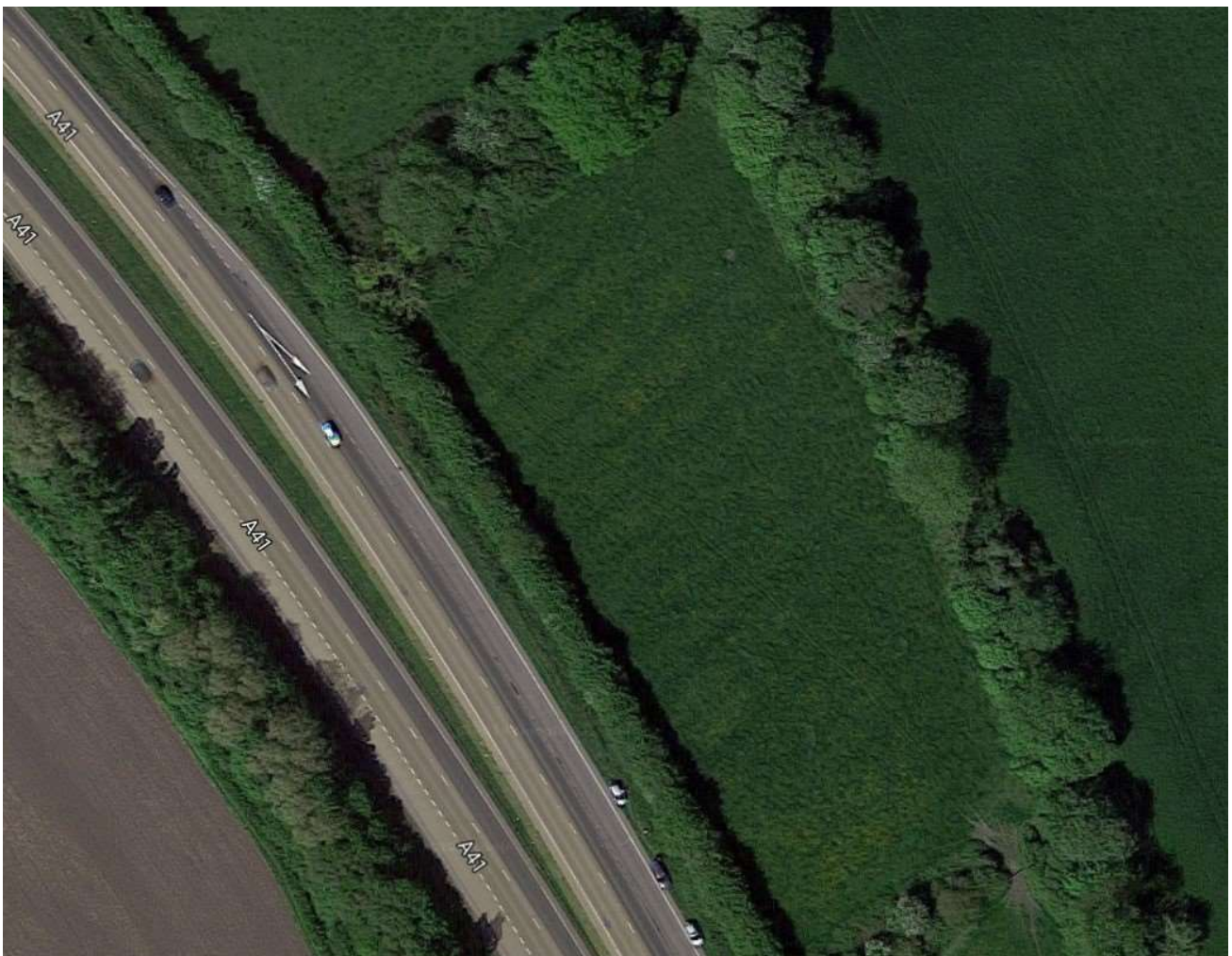


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By quirk of fate a previous event was recorded on Google Maps (satellite view), and if you look carefully you can see:

- 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)

Route HQ to Start

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 warm-up!

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.*

Directions

Turn Left out of Aylesbury RF Club

Head North-East on Weston Rd for @1mile

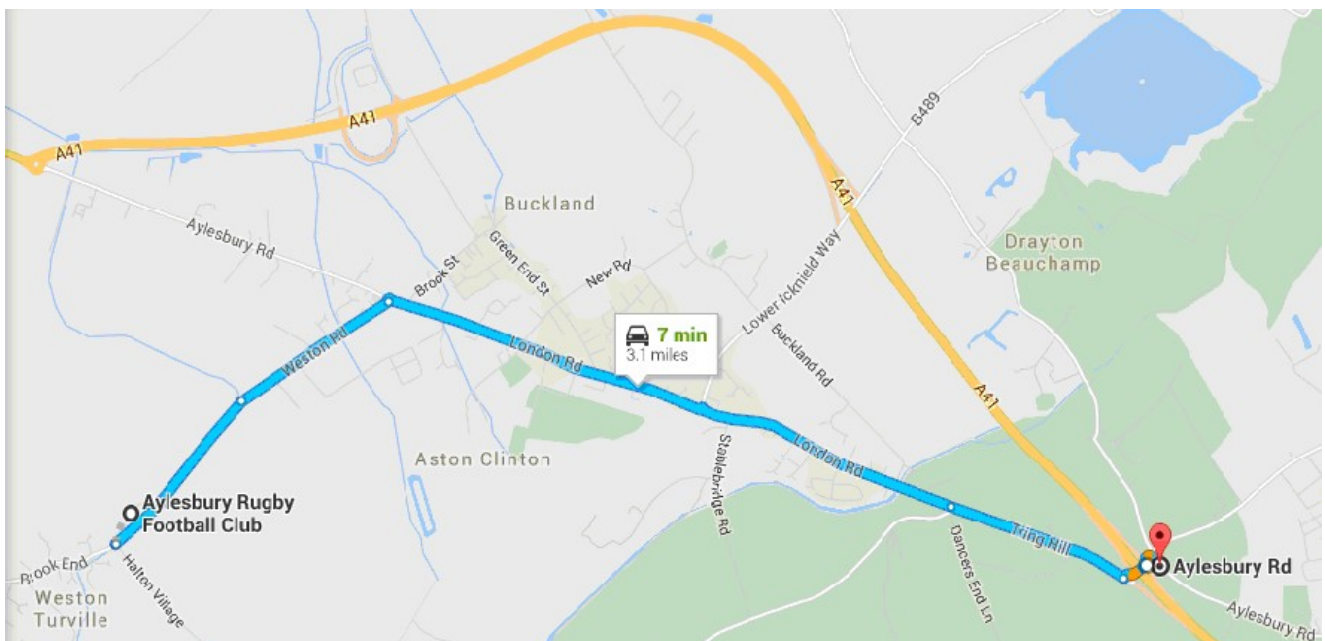
At the roundabout, take the 2nd exit onto London Rd for @1mile

Continue over the mini RAB on to and up Tring Hill/B4009 for @1mile

At the roundabout, take the 2nd exit onto B4009 and cross over the Dual Carriageway

At the roundabout, take the 3rd exit onto A41 Slip Road

The Start is on the slip road



Course Details

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.

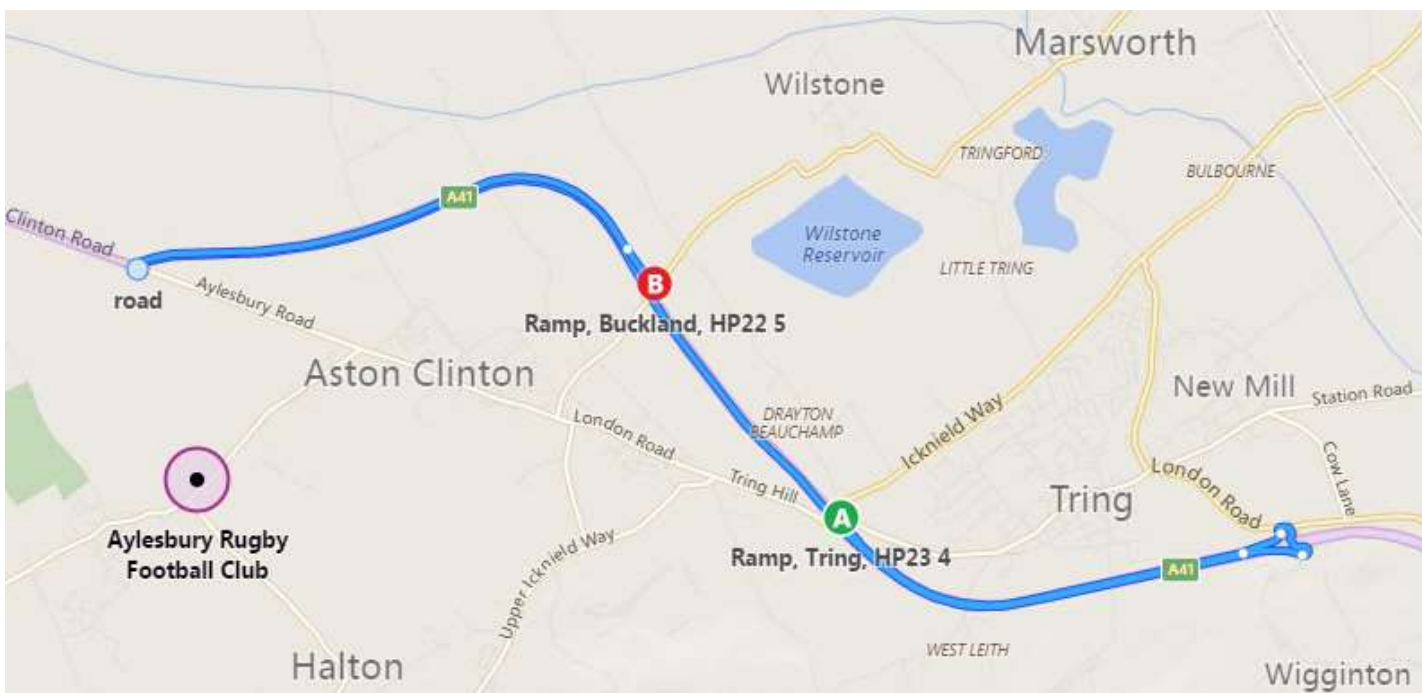
Proceed along A41 to come off at **first** slip road (Eastern Tring junction) to

Turn (approximately 2.0 miles) by taking 4th exit out of roundabout (giving priority as to join first roundabout to traffic on your right with restricted view) and **under the A41**, going around 2nd roundabout to take 2nd exit back (slip road) onto the A41 westbound and continue past all junctions to roundabout at end of Aston Clinton by-pass to

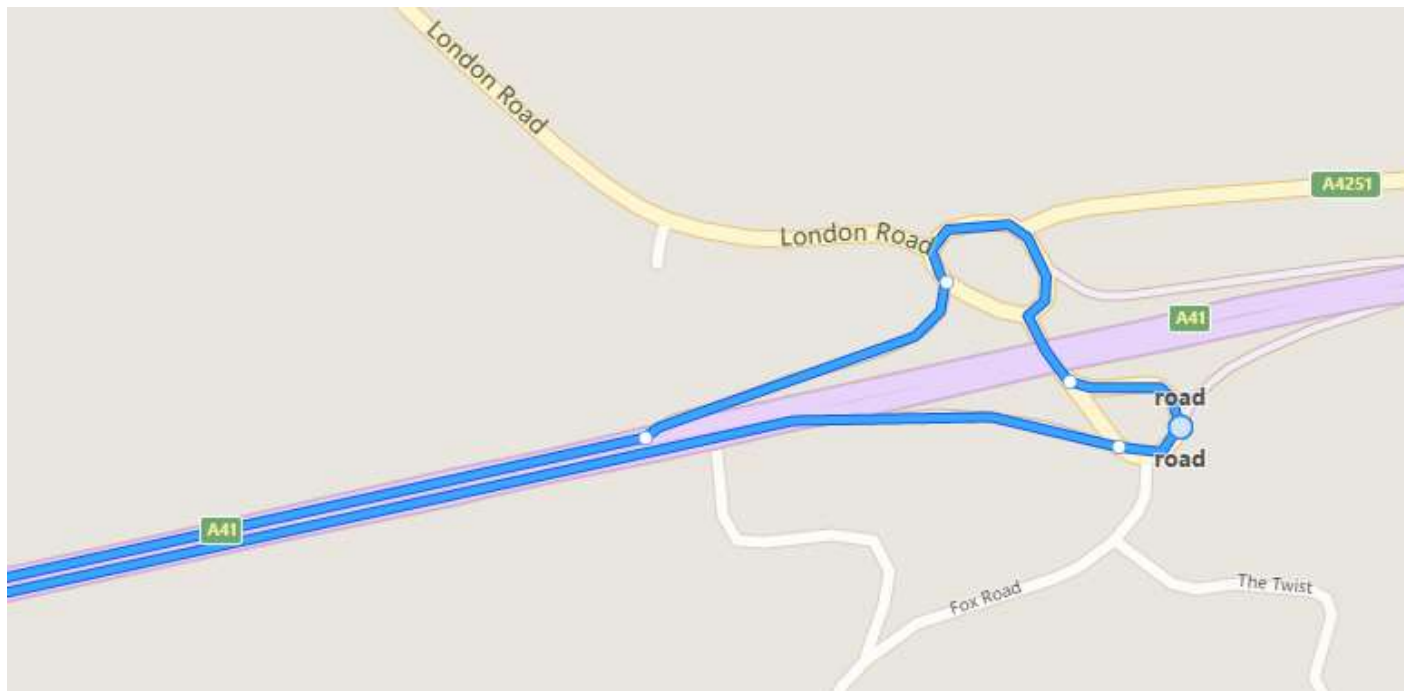
Turn (7.87 miles) by taking 3rd exit out of roundabout back along the by-pass, again ignoring College Road junction to

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.

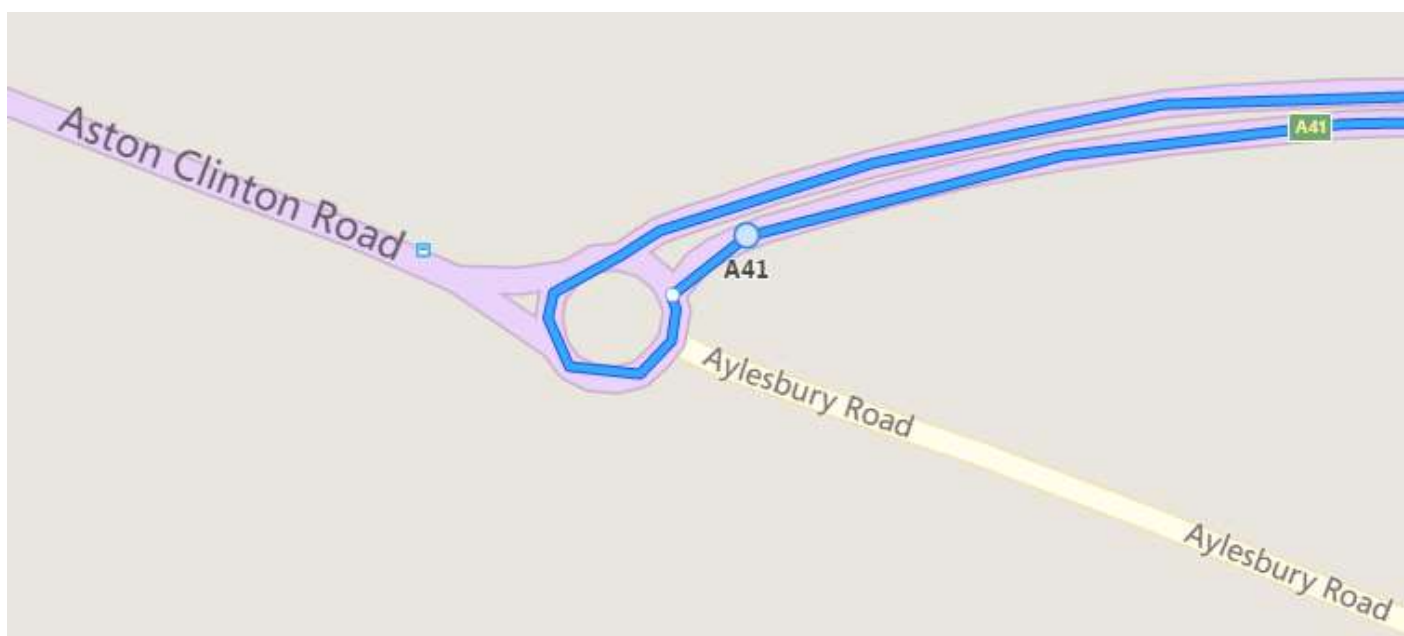
Finishing riders MUST leave the main carriageway at the START of the exit slip road to B489. Failure to do so will be recorded as DNF and no time given



First DOUBLE Roundabout after 2 miles – Many riders like to explore the wide selection of exits and even ride the wrong way up entrances to the roundabout, where they will unsurprisingly meet vehicles head-on!



Last roundabout – 2 miles to go to the finish



Roundabouts

Keep your HEAD UP at all times. At roundabouts the traffic coming from the right has PRIORITY over you, so give way. The first RAB at the bottom of the off slip road DOES NOT have good line of sight of traffic so take GREAT CARE. **Make yourself familiar with the layout of the 1st roundabout as riders all too frequently go wrong and waste a fast time, BREAK the Highway Code and risk being DISQUALIFIED.**

Start List

BIB	Start	Rider	Club	M/F	Bike / Trike	VTTA STD	Vets' Handicap	VTTA Grp
1	08:01	Richard Moule	Bossard Whs	M	B	28:22	2:16	LHC
2	08:02	Neil Dowie	Shorter Rochford RT	M	B	27:12	1:06	EA
3	08:03	Matt Wilmington	Icknield RC	M	B	26:14	0:08	LHC
4	08:04	Thomas Jones	VTTA (London & Home Counties)	M	B	27:12	1:06	LHC
5	08:05	Paul Hartigan	Hillingdon Triathletes	M	B	27:30	1:24	LHC
6	08:06	Michael Bennett	Bicester Millennium CC	M	B	27:01	0:55	LHC
7	08:07	Stan Nwaka	Verulam CC	M	B	27:44	1:38	LHC
8	08:08	Robin Short	Cotswold Veldrijden	M	B	26:27	0:21	West
9	08:09	Bob Symons	PDQ Cycle Coaching	M	B	28:39	2:33	West
10	08:10	Martin Reynolds	Cambridge CC	M	B	27:37	1:31	EA
11	08:11	Matt Fisher	Newbury Velo	M	B	26:36	0:30	WSX
12	08:12	Ragnar Laan	Twickenham CC	M	B	26:19	0:13	LHC
13	08:13	Hans Nilsson	London Phoenix CC	M	B	28:30	2:24	LHC
14	08:14	John McGlashan	Redmon CC	M	B	29:19	3:13	Kent
15	08:15	Mark Wise	Team Jewson - MI Racing ~Poly Pipe~McCann	M	B	27:24	1:18	Mid
16	08:16	James Moss	North Road CC	M	B	26:23	0:17	LHC
17	08:17	Duncan Emery	Twickenham CC	M	B	26:41	0:35	LHC
18	08:18	Mark Thomas	Bigfoot CC	M	B	27:37	1:31	EA
19	08:19	John Isard	Hampshire Road Club	M	B	29:08	3:02	S/S
20	08:20	Tim Cox	Hemel Hempstead CC	M	B	26:32	0:26	LHC
21	08:21	Matt Hill	Velo Club Godalming & Haslemere	M	B	27:51	1:45	S/S
22	08:22	Wayne Smith	Team Ohten Aveas	M	B	27:12	1:06	NEM
23	08:23	James McPherson	Hitchin Nomads CC	M	B	27:07	1:01	EA
24	08:24	Mike Kirby	Banbury Star Cyclists' Club	M	B	28:06	2:00	LHC
25	08:25	Martin O'Sullivan	Teddington and Turing Velo	M	B	26:32	0:26	LHC
26	08:26	Michael Greaney	Stockport Clarion CC	M	B	26:36	0:30	MNW
27	08:27	Neil Gerrard	Folkestone Velo Club	M	B	26:06	0:00	Kent
28	08:28	Carl King	VTTA (Manchester & NW Group)	M	B	27:07	1:01	MNW
29	08:29	Graeme Church (P-C1)	Team Milton Keynes	M	B	27:18	1:12	LHC
30	08:30	Simon Adcook	Worcester St. Johns CC	M	B	26:36	0:30	Mid
31	08:31	David Clark	Eastbourne Rovers CC	M	B	27:01	0:55	S/S
32	08:32	Michael Garvey	High Wycombe CC	M	B	27:18	1:12	LHC
33	08:33	Dave May	Bicester Millennium CC	M	B	26:36	0:30	LHC
34	08:34	Peter Smith	Team Jewson - MI Racing ~Poly Pipe~McCann	M	B	28:13	2:07	LHC
35	08:35	Jeff Roberts	High Wycombe CC	M	B	27:24	1:18	LHC

BIB	Start	Rider	Club	M/F	Bike / Trike	VTTA STD	Vets' Handicap	VTTA Grp
36	08:36	Mark Woolford	Team Swindon Cycles	M	B	27:18	1:12	West
37	08:37	Adrian Cox	Team Milton Keynes	M	B	27:51	1:45	LHC
38	08:38	George Turner	VTTA (London & Home Counties)	M	B	26:14	0:08	LHC
39	08:39	Mark Perryman	London Clarion	M	B	26:06	0:00	EA
40	08:40	Colin McDermott	Festival Road Club	M	B	27:07	1:01	S/S
41	08:41	Matthew Reader	Verulam CC	M	B	26:56	0:50	LHC
42	08:42	Mark Tyrrell	Oxonian CC	M	B	26:14	0:08	LHC
43	08:43	David Cook	Bedfordshire Road RT	M	B	28:30	2:24	LHC
44	08:44	Dave Mason (T)	Lincoln Wheelers CC	M	T	28:33	2:27	NEM
45	08:45	Ady Dench	Team Sheffield	M	B	27:01	0:55	NMid
46	08:46	David Leighton	Severn Road Club	M	B	26:19	0:13	West
47	08:47	Tim Davies	CC Luton	M	B	27:07	1:01	LHC
48	08:48	Jonathan Williams	Amersham Road Cycling Club	M	B	26:27	0:21	LHC
49	08:49	Steve Tooke	The Bike Loft	M	B	26:36	0:30	LHC
50	08:50	Graham Winstone	ZeroBC Race Team	M	B	26:46	0:40	LHC
51	08:51	Jim Moffatt	CC Luton	M	B	28:22	2:16	LHC
52	08:52	Andy Sharman	Team Bottrill	M	B	26:51	0:45	LHC
53	08:53	Chris Sprott	Ratae RC	M	B	26:27	0:21	NEM
54	08:54	Mike Logue	ZeroBC Race Team	M	B	27:12	1:06	LHC
55	08:55	Tim May	PDQ Cycle Coaching	M	B	26:19	0:13	Mid
56	08:56	Robert Barker	Kettering CC	M	B	26:46	0:40	NEM
57	08:57	Robert Jones	Army Cycling	M	B	26:27	0:21	WSX
58	08:58	Hugh Williams	Spartan	M	B	27:07	1:01	EA
59	08:59	Ed Hoskin	Mickey Cranks Cycling Club	M	B	27:12	1:06	LHC
60	09:00	Roger Porter	Verulam CC	M	B	30:07	4:01	LHC
61	09:01	Andy Newham (T)	Lincoln Wheelers CC	M	T	28:39	2:33	NMid
62	09:02	Bernard Lamb (T)	Hemel Hempstead CC	M	T	33:28	7:22	LHC
63	09:03	Gary Wright (T)	Lincoln Wheelers CC	M	T	29:26	3:20	YRK
64	09:04	Christopher Edginton (T)	ZeroBC Race Team	M	T	29:19	3:13	LHC
65	09:05	Ian Pike (T)	Lincoln Wheelers CC	M	T	29:07	3:01	NEM
66	09:06	Vida Sutova	Redbridge CC	F	B	29:18	3:12	#N/A
67	09:07	Emma McDermott	Oxonian CC	F	B	28:47	2:41	LHC
68	09:08	Stephanie Cousins	QN Racing	F	B	30:08	4:02	LHC
69	09:09	Samantha Messenger	Bicester Millennium CC	F	B	29:18	3:12	#N/A
70	09:10	Michelle Lee	PDQ Cycle Coaching	F	B	29:12	3:06	West

BIB	Start	Rider	Club	M/F	Bike / Trike	VTTA STD	Vets' Handicap	VTTA Grp
71	09:11	Gillian Reynolds	Willesden CC	F	B	32:36	6:30	LHC
72	09:12	Kate Kelland	High Wycombe CC	F	B	29:29	3:23	#N/A
73	09:13	Claire Davies	Mark White Coaching RT	F	B	28:47	2:41	NEM
74	09:14	Allison Kaye	Verulam CC	F	B	30:08	4:02	LHC
75	09:15	Dena Ford	High Wycombe CC	F	B	29:54	3:48	LHC
76	09:16	Rosslyn Young	Serpentine Running Club	F	B	33:52	7:46	LHC
77	09:17	Susan Oldham	Bicester Millennium CC	F	B	30:08	4:02	LHC
78	09:18	Rachel Green	Cheltenham & County Cycling Club	F	B	30:23	4:17	West
79	09:19	Jan Farmer	Serpentine Running Club	F	B	32:10	6:04	LHC
80	09:20	Sue Rust	Kettering CC	F	B	30:08	4:02	EA
81	09:21	Amanda Borg-Cardona	London Clarion	F	B	30:15	4:09	#N/A
82	09:22	Hilary Walker	Serpentine Running Club	F	B	31:36	5:30	LHC
83	09:23	Helen Reynolds	Hemel Hempstead CC	F	B	29:54	3:48	EA
84	09:24	Stephen Knight	Wakefield Triathlon Club	M	B	26:36	0:30	YRK
85	09:25	Matthew Saunders	Team Vision Racing - Silverhook	M	B	26:19	0:13	EA
86	09:26	Rich Steels	WattShop	M	B	26:14	0:08	NEM
87	09:27	Michael Costello	Race Hub	M	B	26:27	0:21	NEM
88	09:28	Nick Taylor	Metropolitan Police Cycle Club	M	B	27:07	1:01	EA
89	09:29	Paul Valks	Lewes Wanderers CC	M	B	30:49	4:43	S/S
90	09:30	Andy Proffitt	Arctic Aircon RT	M	B	26:41	0:35	EA
91	09:31	Stu Carver	North Hampshire RC	M	B	27:24	1:18	WSX
92	09:32	Geoff Reynolds	Hemel Hempstead CC	M	B	27:18	1:12	EA
93	09:33	Andy King	Kettering CC	M	B	27:58	1:52	NEM
94	09:34	Graham Read	45 RC	M	B	28:06	2:00	LHC
95	09:35	Tim Hood	Team Bottrill	M	B	27:51	1:45	Mid
96	09:36	Tim Kingston	GS Invicta - Eye Level Optical- Herbert Cycles	M	B	26:32	0:26	Kent
97	09:37	Antonio Maschio	Sotonia CC	M	B	27:24	1:18	WSX
98	09:38	Alan Crane	Chronos RT	M	B	27:01	0:55	LHC
99	09:39	Brian Lewis	Bicester Millennium CC	M	B	32:38	6:32	West
100	09:40	Chris Loake	AeroCoach	M	B	26:10	0:04	LHC
101	09:41	Stu Wright	QN Racing	M	B	27:07	1:01	NEM
102	09:42	Robert Nicholas	Deal Tri	M	B	26:06	0:00	Kent
103	09:43	Ian Swinscoe	Royal Air Force Cycling Association	M	B	27:01	0:55	YRK
104	09:44	John Dowling	Hemel Hempstead CC	M	B	28:22	2:16	LHC
105	09:45	Simon Garrett	Team Echelon	M	B	26:36	0:30	Mid

BIB	Start	Rider	Club	M/F	Bike / Trike	VTTA STD	Vets' Handicap	VTTA Grp
106	09:46	Ashley Roue	Mapperley CC	M	B	27:01	0:55	NEM
107	09:47	Tom Cosgrove	VTTA (London & Home Counties)	M	B	27:12	1:06	LHC
108	09:48	Paul Schofield	St Ives CC	M	B	26:10	0:04	EA
109	09:49	Martin Wright	Eat Plants Not Pigs CC	M	B	26:27	0:21	Mid
110	09:50	Joel Stewart	Team Ohten Aveas	M	B	26:32	0:26	LHC
111	09:51	Grant Orsborn	Bedfordshire Road RT	M	B	27:51	1:45	EA
112	09:52	Ed Watson	Ratae RC	M	B	26:32	0:26	NEM
113	09:53	Chris Ford	High Wycombe CC	M	B	27:37	1:31	LHC
114	09:54	Simon Bowler	Berkhamsted Cycling Club	M	B	27:37	1:31	LHC
115	09:55	Ben Houston	East Grinstead CC	M	B	26:23	0:17	WSX
116	09:56	Paul Newman	Shorter Rochford RT	M	B	26:51	0:45	LHC
117	09:57	Mike Watson	Lowestoft Wheelers Cycling Club	M	B	27:30	1:24	EA
118	09:58	Mark Halliday	North Bucks RC	M	B	27:37	1:31	LHC
119	09:59	Ian Radburn	Oxonian CC	M	B	27:12	1:06	LHC
120	10:00	Simon Norman	Bedfordshire Road RT	M	B	26:51	0:45	LHC
121	10:01	Stuart Day	VC Sevale (Malvern)	M	B	26:56	0:50	EA
122	10:02	Gary Pamment	CC Sudbury	M	B	26:51	0:45	EA
123	10:03	Charles Salt	Newbury Velo	M	B	26:14	0:08	LHC
124	10:04	David Creese	Chronos RT	M	B	29:08	3:02	LHC
125	10:05	James Churchard	Reading CC	M	B	26:23	0:17	LHC
126	10:06	Tom Houghton	Team TMC	M	B	26:46	0:40	S/S
127	10:07	Sheehan Quirke	LincsQuad	M	B	27:24	1:18	NMid
128	10:08	James Wooldridge	Team Milton Keynes	M	B	26:10	0:04	LHC
129	10:09	Cliff Price	Metropolitan Police Cycle Club	M	B	26:27	0:21	EA
130	10:10	Mark Jones	DRAG2ZERO	M	B	26:46	0:40	LHC
131	10:11	Andrew Grant	Cambridge CC	M	B	28:58	2:52	EA
132	10:12	Craig Chappell	Team Vision Racing - Silverhook	M	B	26:32	0:26	EA
133	10:13	Richard Llewellyn	Imperial Racing Team	M	B	26:36	0:30	WSX
134	10:14	Matt Steel	Shaftesbury CC	M	B	26:32	0:26	EA
135	10:15	Michael Parker	TMG Horizon Cycling Team	M	B	27:24	1:18	LHC
136	10:16	James Scarth	Bishop's Stortford CC	M	B	26:19	0:13	EA
137	10:17	Ed Moss	Beacon Roads CC	M	B	26:56	0:50	Mid
138	10:18	Matthew Woods	Eastbourne Rovers CC	M	B	26:51	0:45	S/S
139	10:19	Kevin Creese	Chronos RT	M	B	28:49	2:43	LHC
140	10:20	Alan Murchison	DRAG2ZERO	M	B	26:51	0:45	LHC

BIB	Start	Rider	Club	M/F	Bike / Trike	VTТА STD	Vets' Handicap	VTТА Grp
141	10:21	Steven Cottington	Bath Cycling Club	M	B	27:44	1:38	West
142	10:22	Antony Bee	Wigmore CC	M	B	27:30	1:24	Kent
143	10:23	Gary Johnson	CC Sudbury	M	B	27:30	1:24	EA
144	10:24	Richard Partington	OV Cycling Club	M	B	27:44	1:38	LHC
145	10:25	Gaz Poulson	Royal Air Force Cycling Association	M	B	27:07	1:01	NEM
146	10:26	David Clements	Eastbourne Rovers CC	M	B	26:46	0:40	S/S
147	10:27	Mat Wilson	VTТА (London & Home Counties)	M	B	26:14	0:08	LHC
148	10:28	Robert Saunders	North Bucks RC	M	B	27:58	1:52	LHC
149	10:29	Christopher Huxley	Stratford Cycling Club	M	B	27:37	1:31	Mid
150	10:30	Richard Oakes	Team Ohten Aveas	M	B	27:01	0:55	NEM
BIB	Start	Rider	Club	M/F	Bike / Trike	VTТА STD	Vets' Handicap	VTТА Grp
151	Res	Stephen Lazenby	Beacon Roads CC	M	B	26:36	0:30	Mid
152	Res	Kevin Humphreys	Sherwood CC	M	B	27:58	1:52	NEM
153	Res	Cliff Voller	Newbury RC	M	B	29:19	3:13	West
154	Res	Graham Pepperdine	Verulam CC	M	B	27:30	1:24	EA
155	Res	Andrew Bright	Chronos RT	M	B	27:07	1:01	LHC
156	Res	Philip Wilkinson	Milton Keynes RC	M	B	26:41	0:35	NEM
157	Res	Mike Boyce	...a3crg	M	B	28:30	2:24	WSX
158	Res	John Bourton	Bicester Millennium CC	M	B	28:58	2:52	LHC
159	Res	David Prom	San Fairy Ann CC Ltd	M	B	26:56	0:50	Kent
160	Res	Graham Green	Team Bottrill	M	B	30:05	3:59	NEM
161	Res	Simon Craig-McFeely	...a3crg	M	B	28:06	2:00	WSX
162	Res	Alastair Merrill	VC 10	M	B	26:56	0:50	LHC
163	Res	Sean Mallon	Team Swindon Cycles	M	B	26:46	0:40	West
164	Res	Simon Hunt	VéloElite RC	M	B	26:51	0:45	NEM
165	Res	Peter White	VC 10	M	B	28:30	2:24	LHC