



# 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 24<sup>th</sup> March 2024**

Timekeeper: Annette Lacey (Hemel Hempstead CC)

Organiser: John Lacey Tel. 07771 756876

#### Awards

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

1 <sup>st</sup> Male TT £20	1 <sup>st</sup> Lady TT £20	1 <sup>st</sup> Male Road Bike £20	1 <sup>st</sup> Lady Road Bike £20
2 <sup>nd</sup> Male TT £15	2 <sup>nd</sup> Lady TT £15	2 <sup>nd</sup> Male Road Bike £15	2 <sup>nd</sup> Lady Road Bike £15
3 <sup>rd</sup> Male TT £10		3 <sup>rd</sup> Male Road Bike £10	

(Road Bike Rules - no aerobars, TT bikes or very deep/disc TT wheels)

Fastest Young Rider (20 or under) £20

Fastest team of 3 (mixed across both events) £10 each

The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed riders across both categories and young rider will also receive an additional prize from **Pedalworks Bike Shop**, 5-7 West Street, Dunstable, Beds, LU6 1SL.

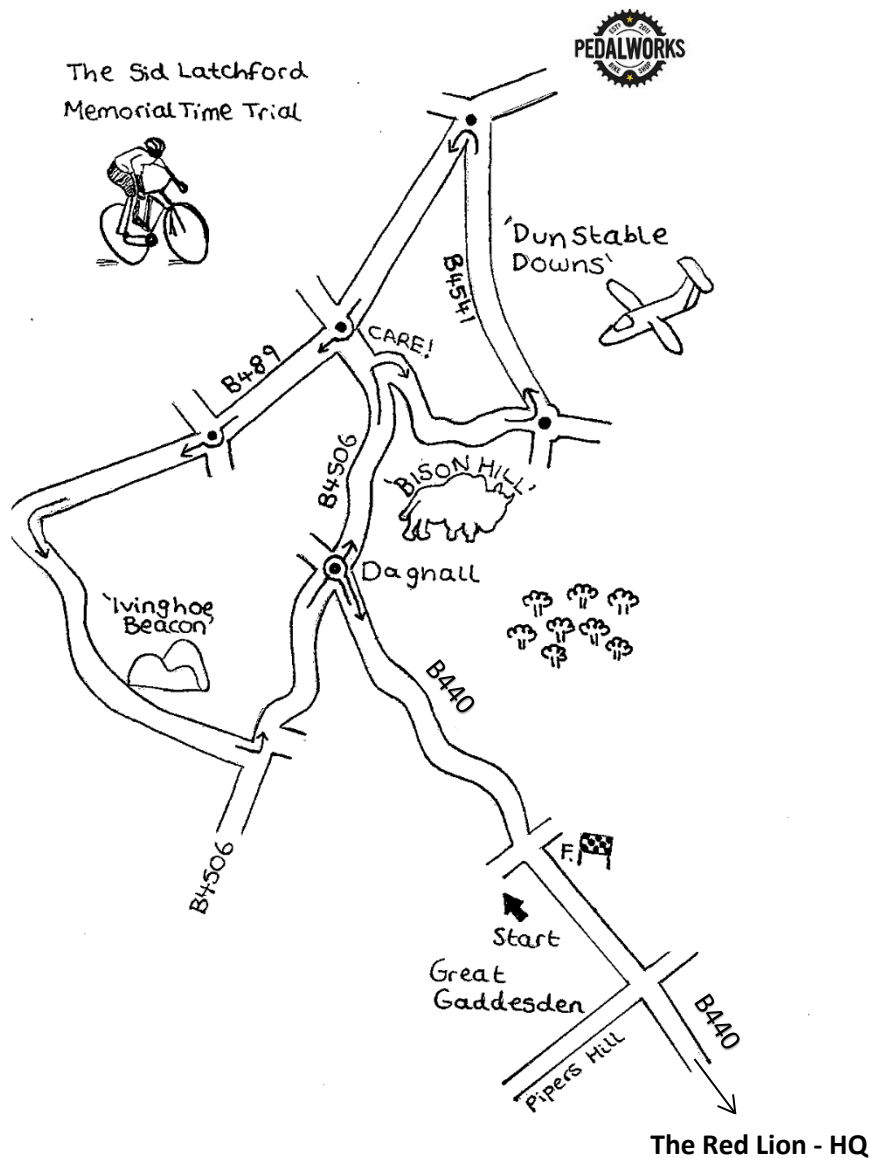
Prize giving will be directly after the event so please stick around for that, prize money can be sent by bank transfer but physical prizes from Pedalworks can only be collected on the day.

**Event Headquarters:**

**The Red Lion Public House**

**Leighton Buzzard Rd, Water End, HP1 3BD**

Signing on from 7:30am – N.B. no changing facilities at HQ – please arrive 'ready to race'  
Please park (within the lines) in 'overflow' car park – HQ is approx. 1 mile from the start.  
You can purchase coffee and tea from the bar at the Red Lion as well as breakfast rolls etc.



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 (3.7mls) where turn right onto B4506 Dunstable Road  
Turn right – **EXTREME CARE** into B4540 (5.5mls) to climb 'Bison Hill' passing Whipsnade Zoo  
At RAB (7.2mls) turn left onto B4541 to climb Dunstable Downs – FAST DESCENT FOLLOWS

At RAB junction (9.4mls) 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 (11.2mls) and Edlesborough (12.4mls)

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

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

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

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

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 now require all riders to have a working front and rear light and wear a helmet. \*\*\*\***

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. Please familiarise yourself with the course before riding.

**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.**

## Road Bike Event Start Sheet

No	Name	Club / Team	Cat	Start
5	Deborah Beare	Icknield RC	V	8:05
6	Steve Tooke	VTTA (London & Home Counties)	V	8:06
7	Benjamin Cousins	Verulam Really Moving	Youth	8:07
8	Geoff Ewen	CC Ashwell	S	8:08
9	Peter Sibley	Watford Velo Sport	S	8:09
10	Christian Olley	TMG Horizon Cycling Team	V	8:10
11	Drew Sheffield	FTP ( Fulfil The Potential ) Race Team	V	8:11
12	Helen Roby	RIDE REVOLUTION COACHING	V	8:12
13	Adam Swan	CC Ashwell	S	8:13
14	Leigh Smith	Equipe Velo	V	8:14
15	Mike Debney	Verulam Really Moving	V	8:15
16	Euan Tebbutt	Cambridge CC	S	8:16
17	Luke Marshall	Elysium Kalas Race Team	Espoir	8:17
18	Ed Dixon	Bicester Millennium CC	V	8:18
19	Michael Burke	VéloElite RC	S	8:19
20	Christopher Morrison	Chaingang RT	V	8:20
21	Peter Wells	VTTA (London & Home Counties)	V	8:21
22	Chris Bradbury	Team Milton Keynes	S	8:22
23	Robert Abbey	Hemel Hempstead CC	V	8:23
24	Stevie Cobb	Verulam CC	S	8:24
25	Roy Chamberlain	Corley Cycles RC	V	8:25
26	James Lawler	VTTA (East Anglia Group)	V	8:26

## Time Trial Event Start Sheet

No	Name	Club / Team	Cat	Start
27	Elspeth Grace	Cambridge CC	S	8:27
28	Selina Clifford	London Dynamo	S	8:28
29	Olivia Kelly	Loughborough Students Cycling Club	S	8:29
30	Thomas Godfrey	Bedfordshire Road RT	Junior	8:30
31	Alexander Herd	Oxford University CC	S	8:31
32	Jason Piper	Team Trident	S	8:32
33	Denys Mazur	Watford Velo Sport	V	8:33
34	Gavin May	Team Trident	V	8:34
35	Dominic Bray	Finsbury Park CC	V	8:35
36	Matthew Rowe	Hitchin Nomads CC	S	8:36
37	Duncan Godfrey	Team Trident	V	8:37
38	Desmond Gayler	Kenton RC	V	8:38
39	Chris Knight	Team Trident	V	8:39
40	John Jones	Verulam Really Moving	V	8:40
41	Nicholas Coe	Verulam Really Moving	V	8:41
42	Patrick Miles	Verulam CC	V	8:42
43	Brett Bishop	Kenton RC	V	8:43
44	James Conolly	Watford Velo Sport	S	8:44
45	Sean Mcdougall	Icknield RC	V	8:45
46	Oliver Mytton	Verulam CC	V	8:46
47	Gregory Smith	Finsbury Park CC	V	8:47
48	Sean Bradley	Team Trident	S	8:48
49	Matthew Bond	Kenton RC	S	8:49
50	Leon Atkins	Welwyn Whs	Youth	8:50