



# High Wycombe Cycling Club



## The Lesley Cole Memorial Good Friday 10 Mile Time Trial

To be held on Friday 19th April 2019 on the Course H10/22

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



*Lesley was a keen member of the High Wycombe CC Ladies Race team. Tragically, on the evening of August 16th 1982, whilst riding home from the Palmer Park Velodrome at Reading, she was struck by a car and unfortunately did not survive her injuries. The driver did not stop and has never been identified. High Wycombe CC subsequently dedicated this event in Lesley's Memory, and this year's event is the 35th Lesley Cole Memorial Time Trial.*

**Event Headquarters:** Wycombe District Athletics Complex, Marlow Road, Little Marlow. SL7 3RS

Event HQ opens at 6:30am

### Time Keepers:

Donald Ashton    Farnborough & Camberley CC  
Ron Smith        Didcot Phoenix CC

### Event Organiser:

Nigel Croxford  
Tanglewood, 57 Summerleys Road,  
Princes Risborough. Bucks. HP27 9PZ  
01844 346656/07930 340144

Dear Rider,

Thank you very much for entering this event, we look forward to welcoming you, and wish you a successful ride.

Once again, High Wycombe Cycling Club extends a very warm welcome to London Womens' Racing (LWR), who have included this event within their 2019 time trial league calendar (<https://londonwomensracing.co.uk/> ).

Please remember to return your number to race HQ (in exchange for a cup of tea), and sign back in. Failure to sign in after finishing will result in you being classed as DNF (Regulation 17b)

Cycling Time Trials strongly advises you to wear a hard shell helmet, and it is also recommended that you have a working front or rear light, either flashing or constant that is visible to other road users.

## **Prize List**

	<b>Fastest Man</b>	<b>Fastest Lady</b>	<b>Fastest Vets on Std.</b>	<b>Fastest Men's Team</b>	<b>Fastest Lady's Team</b>
<b>1st</b>	<b>£45</b>	<b>£45</b>	<b>£40</b>	<b>£20 per rider</b>	<b>£20 per rider</b>
<b>2nd</b>	<b>£40</b>	<b>£40</b>	<b>£35</b>		
<b>3rd</b>	<b>£35</b>	<b>£35</b>	<b>£30</b>		
<b>4th</b>	<b>£30</b>	<b>£30</b>	<b>£25</b>		
<b>5th</b>	<b>£25</b>	<b>£25</b>	<b>£20</b>		
<b>6th</b>	<b>£20</b>	<b>£20</b>	<b>£15</b>		

To celebrate this special time of the year, we again have:

### **EASTER EGG PRIZES GALORE!!!**

**There will be random prize draws for riders, officials and helpers—please stay for the prize giving — you might be a winner!!**

## Course details:

H10/22 - A404 Marlow

HQ: Wycombe District Athletics Complex, Marlow Road, Little Marlow. SL7 3RS  
(Hall opens at 6:30am)

### Course Description:

- Start on the A4155 on the eastern side of the junction with the A404 at lamp post number 90, 72 yards westward of the entrance to an unclassified road signposted 'Lexmark' **0.00 miles**
- Proceed westward on the A4155 to the flyover roundabout junction with the A404. **0.10 miles.** Bear left (CARE, give way to traffic from the right) and take the slip road to join the A404.
- Continue on the A404 over the river Thames bridge to the roundabout junction with A308 **2.14 miles.** Give way to traffic from the right and take the second exit to continue southwards on A404
- Continue on the A404 and straight on PAST the slip road leading to the A4130 **3.55 miles**
- Bear left up the slip road to join the A4 at Maidenhead Thicket roundabout 5 miles. Riders must give way to traffic from the right already on the roundabout and be vigilant to traffic joining the roundabout from the east side on the A4. Circle the roundabout and take the 4th exit to rejoin the A404 (Take Care - fast moving traffic from the right on the A404 coming off the A404M) **5.33 miles.**
- Continue northwards on A404 and straight on PAST the slip road leading to A4130 **6.45 miles.**
- Continue to the roundabout junction with A308. (Care on very fast descent into the roundabout). Give way to traffic from the right and be vigilant to traffic joining the roundabout from the left from Bisham Village. Take the second exit on the A404. **8.52 miles**
- Continue on A404 to finish at a small yellow sign (No Parking on the verge at any time) 25 yards north of and past the 'Globe' sign situated within the Business Park parallel to the A404 **10.00 miles.**

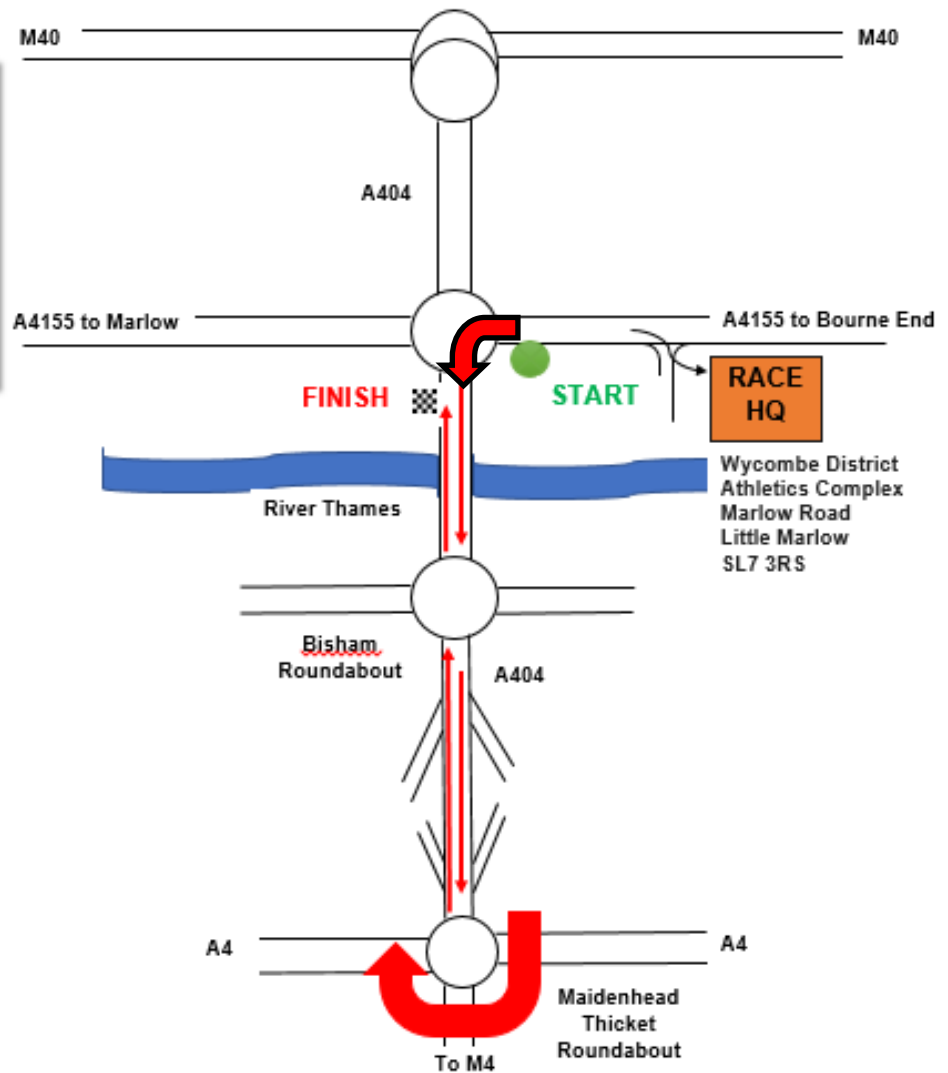
On finishing, riders **MUST NOT** stop on the A404 but immediately take the slip road leading up to the A4155, and to race HQ.

**Have a good ride, stay safe, and remember - head up at all times!!**

## H10/22 10 mile course

Please take Care on the fast approach to the Bisham Roundabout (from either direction).

Please take the slip road to Marlow (A4155) immediately after finishing. Turn right at the roundabout to return to the Race HQ



## VERY IMPORTANT INFORMATION REGARDING THE COURSE & HQ

1. All riders are expected to know the course, they should not rely upon marshals
2. Take care when approaching the Bisham Roundabout (from both directions), it can be very busy, and visibility is limited until you are at the roundabout.
3. Please note the position of the slip road leading up to the turn at the Maidenhead Thicket Roundabout (Intersection with the A4). This is the **second** slip road after the Bisham Roundabout.
4. **Do not stop at the Finish Point, immediately take the slip road back to A4155/Race HQ**
5. Car parking - There is ample car parking at the race HQ. Please keep within the boundary of the facility. Please do not enter the adjacent field, as this will get us barred from further use of this great facility.
6. Male and female changing rooms are available at the race HQ.
7. London West DC Regulations:
  - i. LWDC Reg. 4: No vehicles except those of the Timekeepers shall be parked at the start or finish.
  - ii. LWDC Reg. 7: Noisy Turbo Trainers are not to be used at morning events within 100 yards of Residential accommodation .

<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>		<b>Std.</b>	<b>Start Time</b>
30	Angus Macinnes	Royal Air Force Cycling Association	Male	Veteran	27:07	07:30
31	Paul Burton	Paceline RT	Male	Senior	#N/A	07:31
32	Robert Gilmour	Hounslow & District Whs	Male	Veteran	28:30	07:32
33	Tom Cosgrove	VTTA (London & Home Counties)	Male	Veteran	26:54	07:33
34	Gerry Peppin	Corinium Cycle Club	Male	Veteran	27:17	07:34
35	Rob Fletcher	JCA Equipe Velo	Male	Veteran	26:40	07:35
36	Adam Charleston	Hillingdon Slipstreamers	Male	Junior	#N/A	07:36
37	Keith Irlam	Aylesbury CC	Male	Veteran	26:27	07:37
38	Van Chappell	CC London	Male	Veteran	26:36	07:38
39	Michael Smyth	Berkshire Tri Squad	Male	Veteran	27:12	07:39
40	Christopher Hall	JAM Cycle Race Team coached by BPC	Male	Senior	#N/A	07:40
41	Peter Hatt	Velo Club St Raphael	Male	Veteran	26:58	07:41
42	Adam Quilter	Aylesbury CC	Male	Veteran	27:03	07:42
43	Michael Garvey	High Wycombe CC	Male	Veteran	27:03	07:43
44	Steven Hughes	Kingston Wheelers CC	Male	Senior	#N/A	07:44
45	Tim Lynch	Aspire Velo Racing Team	Male	Senior	#N/A	07:45
46	Richard Hutt	Harp RC	Male	Veteran	27:45	07:46
47	Andrew Payne	Maidenhead & District CC	Male	Veteran	27:28	07:47
48	Charlie Mactear	High Wycombe CC	Male	Junior	#N/A	07:48
49	Liam Mifsud	Berkshire Tri Squad	Male	Veteran	26:58	07:49
50	Piers Barnett	G.S. Henley	Male	Senior	#N/A	07:50
51	Henry Latimer	Didcot Phoenix CC	Male	Senior	#N/A	07:51
52	David Trotter	Lancaster CC	Male	Veteran	26:02	07:52
53	Daniel Wolman	London Phoenix CC	Male	Senior	#N/A	07:53
54	Andy Pearson	Pearson Cycling Club	Male	Veteran	26:07	07:54
55	Stuart Stow	Twickenham CC	Male	Veteran	27:03	07:55
56	Daniel Homer	London Phoenix CC	Male	Veteran	26:40	07:56
57	Glen Knight	KISS Racing Team (KRT)	Male	Veteran	26:07	07:57
58	Andrea Taborelli	Berkshire Tri Squad	Male	Veteran	26:31	07:58
59	John Levison	Hillingdon Triathletes	Male	Veteran	26:36	07:59
60	Adam Fisher	Cambridge CC	Male	Senior	#N/A	08:00
61	Andrew Morris	Team LDN	Male	Senior	#N/A	08:01
62	Dean Kirkwood	Kingston Wheelers CC	Male	Veteran	26:12	08:02
63	Tony Flynn	Westerley Cycling Club	Male	Veteran	26:31	08:03
64	John Froud	Festival Road Club	Male	Veteran	31:03	08:04
65	Jon Hughes	Velo Club Godalming & Haslemere	Male	Veteran	26:36	08:05
66	Jeff Roberts	High Wycombe CC	Male	Veteran	27:07	08:06
67	Jason Davies	Royal Air Force Cycling Association	Male	Veteran	26:36	08:07
68	Michael Gowan	Festival Road Club	Male	Veteran	29:59	08:08
69	Malcolm Ash	Aylesbury CC	Male	Veteran	29:09	08:09
70	Simon Bowler	AS Test Team	Male	Veteran	27:03	08:10
71	Jonathan Williams	Amersham Road Cycling Club	Male	Veteran	26:17	08:11
72	Duncan Emery	Twickenham CC	Male	Veteran	26:27	08:12
73	Sam Hucks	High Wycombe CC	Male	Junior	#N/A	08:13
74	Simon Halloway	Paceline RT	Male	Senior	#N/A	08:14
75	Aimee Jones	Cowley Road Condors CC	Female	Senior	#N/A	08:15
76	Anneleen Bosma	Team LDN	Female	Senior	#N/A	08:16
77	Joanna Spragg	Bossard Whs	Female	Veteran	28:47	08:17
78	Elizabeth Hughes	CC London	Female	Senior	#N/A	08:18
79	Christine Lutsch	Windrush Triathlon Club	Female	Senior	#N/A	08:19
80	Dena Ford	High Wycombe CC	Female	Veteran	29:21	08:20
81	Emily Mcloughlin	Didcot Phoenix CC	Female	Senior	#N/A	08:21
82	Philippa Shubert	High Wycombe CC	Female	Senior	#N/A	08:22
83	Gillian Morgan	Westerley Cycling Club	Female	Veteran	29:49	08:23
84	Sally White	High Wycombe CC	Female	Veteran	29:27	08:24
85	Mj (gosia) Cyganowska	Rapha Cycling Club	Female	Veteran	28:14	08:25
86	Olivia Bentley	Vision Innovative Leisure Racing Team	Female	Senior	#N/A	08:26
87	Sophie Whitworth	G.S. Henley	Female	Veteran	28:56	08:27
88	Maria Fitzpatrick	BellaVelo cc	Female	Senior	#N/A	08:28
89	Lesley Levison	Hillingdon Triathletes	Female	Veteran	29:32	08:29
90	Danuta Tinn	Maidenhead & District CC	Female	Veteran	29:27	08:30

<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>		<b>Std.</b>	<b>Start Time</b>
91	Joy Payne	Amersham Road Cycling Club	Female	Veteran	30:16	08:31
92	Kristen Lovelock	Cowley Road Condors CC	Female	Veteran	28:20	08:32
93	Gillian Reynolds	Willesden CC	Female	Veteran	31:30	08:33
94	April Edwards	Tri Training Harder	Female	Senior	#N/A	08:34
95	Jennifer Millmore	Islington Cycling Club	Female	Senior	#N/A	08:35
96	Helen Roby	Spirit Bikes CC	Female	Veteran	29:16	08:36
97	Lisa Thomasson	High Wycombe CC	Female	Senior	#N/A	08:37
98	Victoria Lawson	Didcot Phoenix CC	Female	Senior	#N/A	08:38
99	Debra Ogden	London Baroudeurs Cycling Club	Female	Senior	#N/A	08:39
100	Kate Allan	DRAG2ZERO	Female	Senior	#N/A	08:40
101	Edward Nunn	Velolife	Male	Senior	#N/A	08:41
102	Tony Ball	Team Swift	Male	Veteran	26:49	08:42
103	Chris Dollimore	Berkshire Tri Squad	Male	Veteran	26:36	08:43
104	Richard King	High Wycombe CC	Male	Veteran	26:36	08:44
105	Ian Greenstreet	AeroCoach	Male	Veteran	27:12	08:45
106	Chris Holmes	Twickenham CC	Male	Veteran	26:17	08:46
107	David Wright	Cotswold Veldrijden	Male	Veteran	27:12	08:47
108	Mark Edgley	Dulwich Paragon CC	Male	Veteran	26:02	08:48
109	Chris Summers	Sotonia CC	Male	Veteran	28:30	08:49
110	Hadyn James	Velolife	Male	Senior	#N/A	08:50
111	Colin Mcdermott	Festival Road Club	Male	Veteran	26:54	08:51
112	Andrew Halliday	Westerley Cycling Club	Male	Veteran	26:36	08:52
113	Philip Porteous	High Wycombe CC	Male	Veteran	27:33	08:53
114	David Newman	Westerley Cycling Club	Male	Veteran	26:02	08:54
115	Mark Ellis	Team Milton Keynes	Male	Veteran	27:07	08:55
116	Peter Oliver	Fairly United Cycling Team	Male	Veteran	27:07	08:56
117	Alan Allcock	Didcot Phoenix CC	Male	Veteran	28:06	08:57
118	Paul Callinan	London Dynamo	Male	Veteran	26:40	08:58
119	Phil Crouch	Hillingdon Triathletes	Male	Veteran	28:06	08:59
120	Felix Wilkinson	Velo Club Montpellier	Male	Senior	#N/A	09:00