

Event

Veterans Time Trials Association London & Home Counties Group



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

Date

Sunday 7th May 2023 starts 8:01 am

Description

**10 Mile Open Time Trial
Course F11/10**

Headquarters

The Clock Hall

Aston Clinton School

Twitchell Lane

Aston Clinton

HP22 5JJ

What3words [///crunching.vies.wanting](https://www.what3words.com/)

Open from 7.00 am

2022 Winners

Lisa Davis -DRAG2ZERO +7:12

Mark Vowells – San Fairy Ann CC +8:00

Tandem: Andrew Hutchinson/Catherine Hutchinson Lowestoft Wheelers CC +5:54

Course Records

Solo Male: 17:11 Harry Tanfield 16/6/18

Solo Female: 19:34 Hayley Simmonds 15/6/19

Solo Male Junior: 18:08 Joshua Tarling 18/6/22

Solo Female Junior: 21.26 Flora Perkins 16/5/21

Tandem: 18:30 Ian Greenstreet /Rachael Elliott 16/5/21

Don Byham Memorial Trophy

**Don Byham was a much-liked stalwart of the
London & Home Counties Group.**



In the days long ago when teams were restricted to two due to shortage of riders, Don was so often one of the team members but never an event winner—bridesmaid but never the bride.

Don died just a few days before his retirement, just as he was anticipating that more time to train could mean that he would become a winner.

The Don Byham Memorial Trophy was presented by fellow member Terry Swift and first won in 1985 by John Webb (VC Slough). It is awarded to the second best on standard member of the London & Home Counties. The trophy is presented at the LH&C Annual Luncheon and Prize Presentation.

Organiser Contact Details

Joy Payne

149 Penn Road, Hazlemere, High Wycombe.

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Officials

Start Time Keeper – Gordon Hart - Icknield RC

Finish Time Keeper – Annette Lacey – Hemel Hempstead CC

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 meandering roundabouts and several chances to go wrong! There will be no marshal where you enter the slip road from the DC for the first turn, but a sign will be placed. It is the very first slip road after the start, so no reason 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 Age Adjusted Time (AAT)

VTTA Gold-Silver-Bronze Medals for Women BOS/AAT 1-2-3

VTTA Golds-Medals (each) for Club Team of 3 BOS/AAT

VTTA Gold Medal - Fastest Man on Actual Time

VTTA Gold Medal - Fastest Woman on Actual Time

VTTA Gold Medals – Fastest Tandem BOS/AAT

VTTA Gold Medals – Fastest Tandem on Actual Time

1st Man & Woman BOS/AAT receive an invitation to the LH&C Annual Luncheon and Prize Presentation

COMPULSORY REQUIREMENTS

All competitors **MUST** wear a properly affixed **HELMET** which must be of hard/soft shell construction. Helmets should conform to a recognized Standard.

All competitors **must** have a working white Front Light fitted to the front of their machine **and** a separate working red Rear Light fitted to the rear of their machine.

For riders riding Road Bikes competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tribar position by resting the forearms on the handlebars. (Regulation 14)

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

Local Regulation 2. – *Car Parking*

There must be no parking of motor vehicles on any part of the A41 apart from those of the officials.

Local Regulation 3. – 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 (see below)

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.**

There is lots of parking space at HQ. **Please do not park outside the houses.**

As toilets are limited, **please come ready changed.**

It is hoped that a real-time results board will be available at HQ showing results as riders cross the line. This is new and experimental software and official times will be reported once ratified by the official timekeepers.

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 high speed!

Carefully study the illustrations & photos which follow:



Cars do enter the slip road very early!



Heading off for another 10 miles? DNF



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

Route HQ to Start

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.

Directions

Start [Maps location](#): for 51.79196, -0.68717

Approximate location what3words ///mistaken.protect.shallower

There will be no pusher-off

1.9 miles (13 minutes)

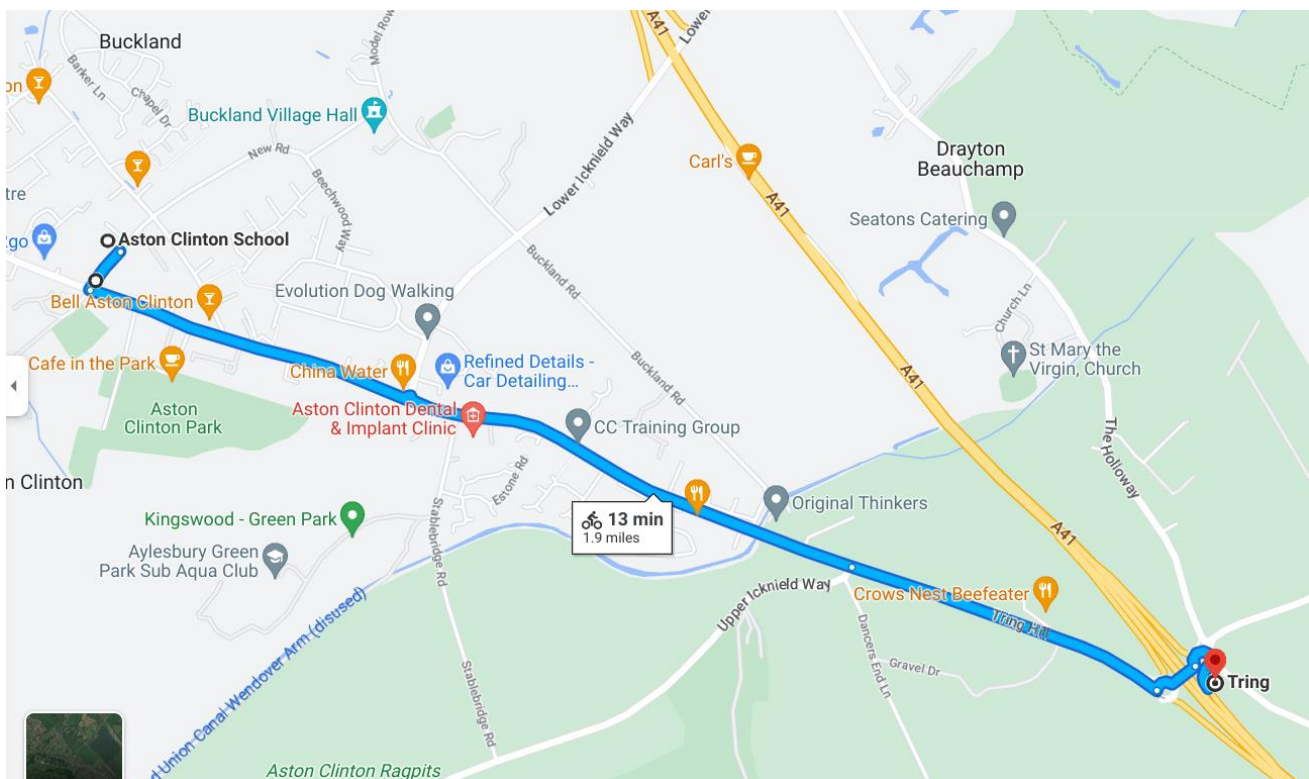
Turn right out of the HQ onto Twitchell Lane

At the end, turn left onto London Road,

Straight across the roundabout and up the hill

2nd exit from the roundabout to go over the A41

3rd exit at next roundabout to enter slip road for the start.



Route Finish to HQ

[Finish maps location](#): 51.80696, -0.70657

Approximate location what3words [///vacancies.risen.rural](https://www.what3words.com/vacancies.risen.rural)

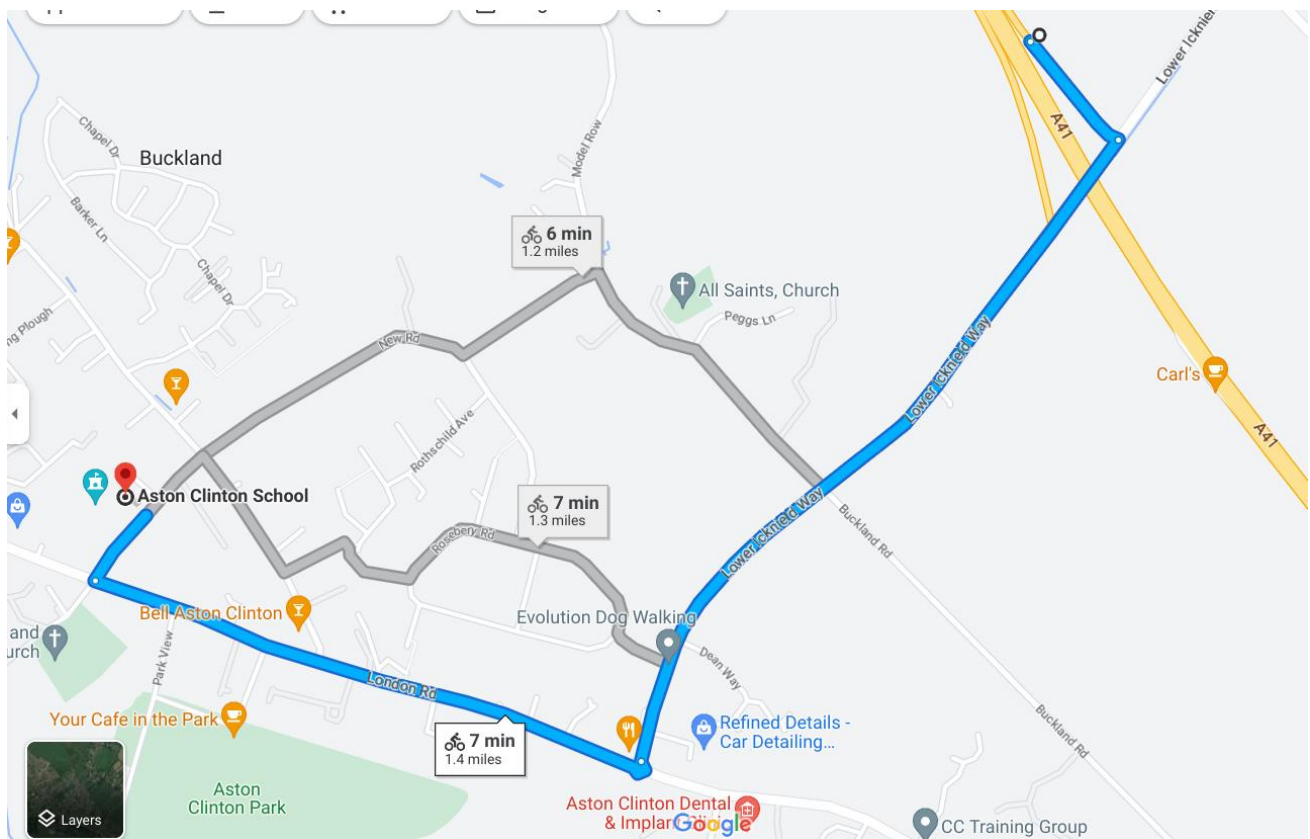
Finish to HQ 1.4 miles (7 minutes)

Continue up the Slip Road to the T-Junction

Turn right onto Lower Icknield Way

At roundabout, turn right onto London Road

After approx. 0.5 mile turn right into Twitchell Lane



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

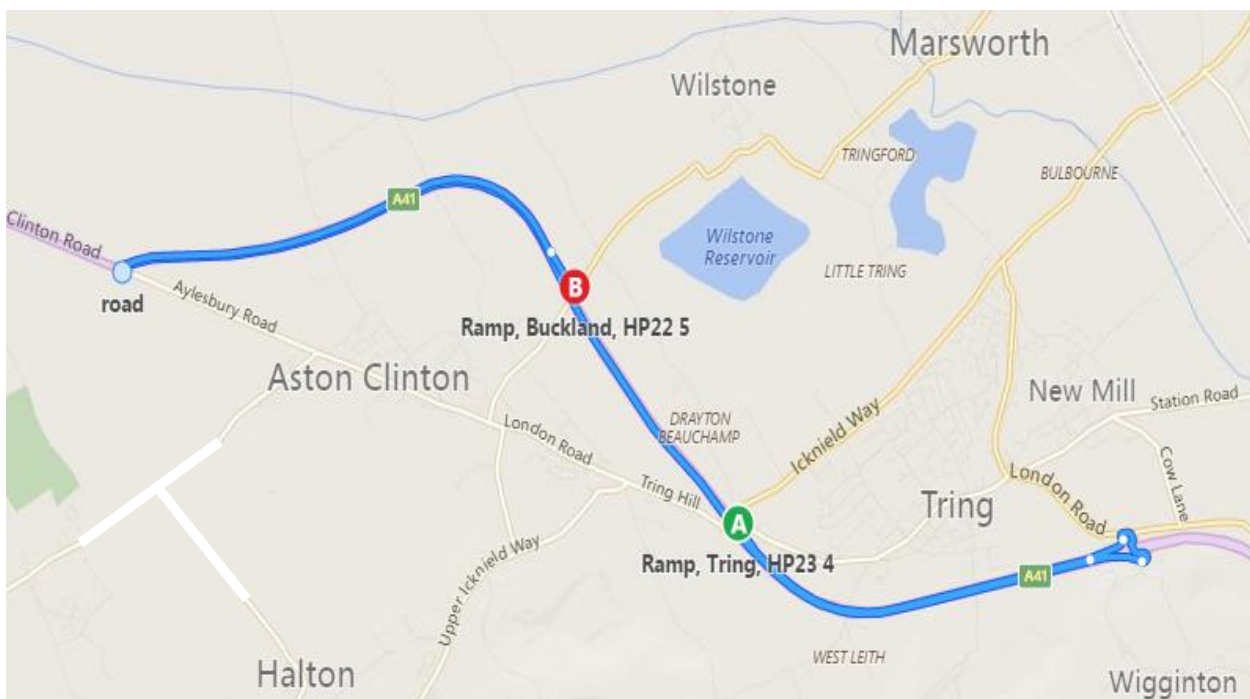
Turn (approximately 2.0 miles) by taking 4th exit out of roundabout (giving priority as to join first roundabout to traffic on your right with restricted view) and **under the A41**, going around 2nd roundabout to take 2nd exit back (slip road) onto the A41 westbound and continue past all junctions to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

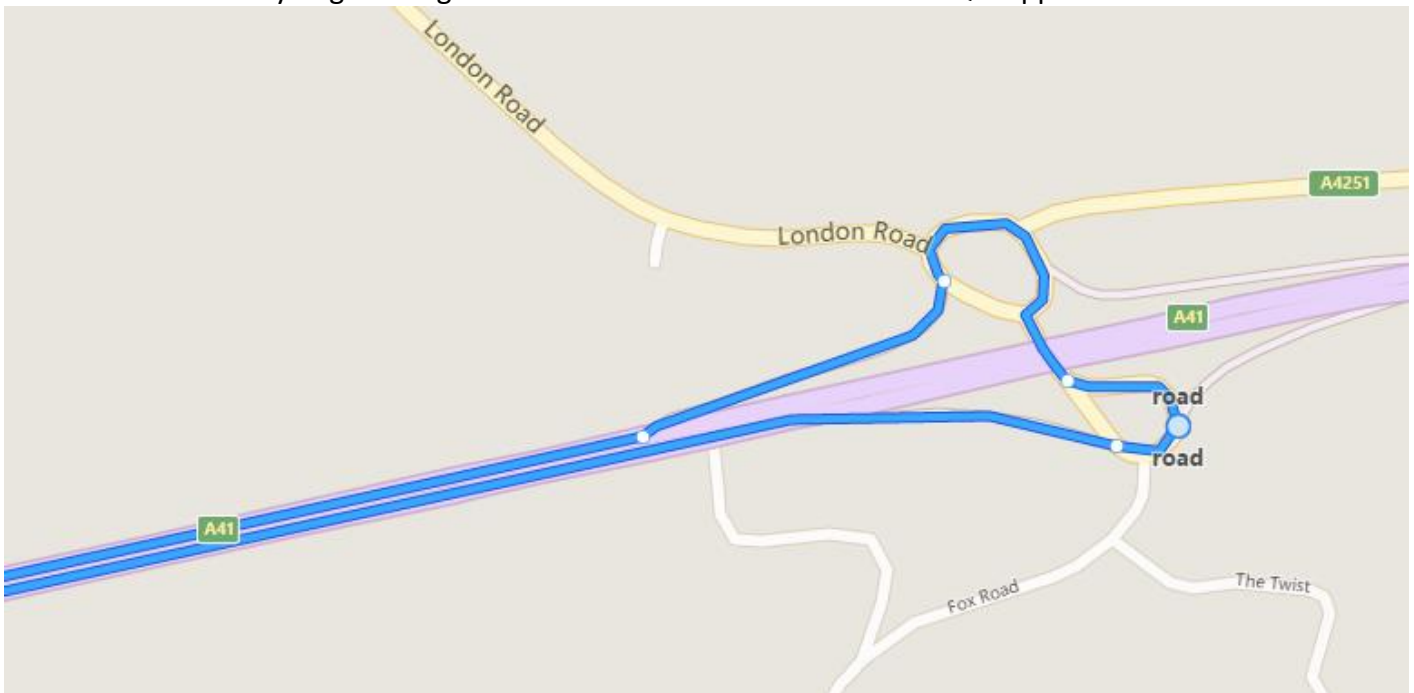
Finish (B on Map) on Buckland slip road 9 yards south-east of manhole cover on grass verge, about 91 yards north-west of (i.e. before) separation of slip road and main carriageway, also about 460 yards north-west of the B489 overbridge.

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 will be recorded.

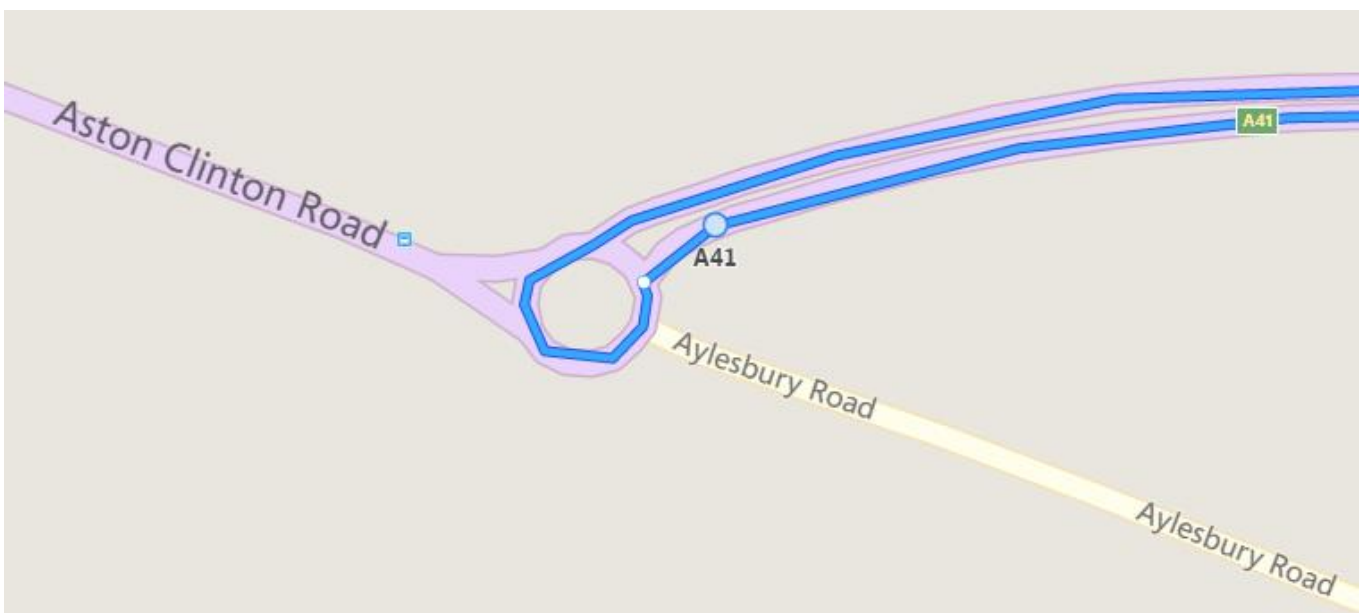
Quite a good way to visualize the course is that it is a series of 2-mile 'intervals'. 2-miles flat to the first RAB, 'recover' on the RAB, 2-miles flat to the top of the hill, 2-mile 'recovery' down the hill, 2-miles flat to the RAB, 'recover' on the RAB then a final 2-miles flat to the finish.



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! If you go wrong here the walk-of-shame back to the HQ is approx 3.75 miles!



Last roundabout – 2 miles to go to the finish – give full gas.



Roundabouts

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.**