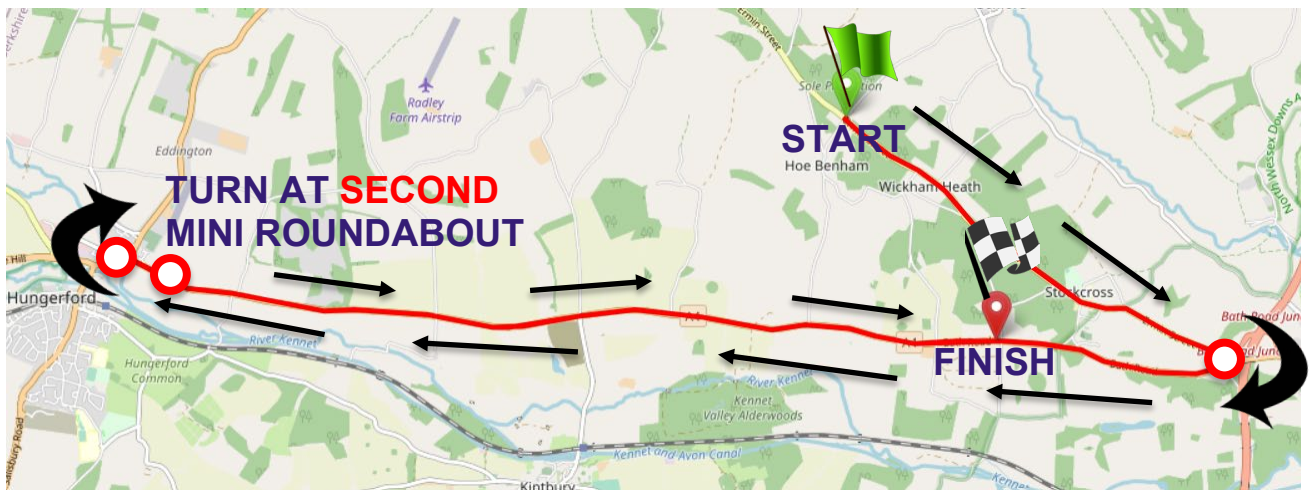


# NEWBURY VELO

## Newbury Velo Open 15 Mile Time Trial 20 August 2023

**Date:** 20 August 2023      **Registration opens:** 07:15  
**Start Time:** 08:30      **Course:** H15/3  
**Organiser:** Rachael Elliott      **Tel:** 07931 722817      **Email:** [rachael.elliott@gmail.com](mailto:rachael.elliott@gmail.com)  
**Timekeepers:** Bob Lyle (Newbury RC) & Glen Knight (Newbury Velo CC)  
**Helpers:** Members of Newbury Velo Cycling Club  
**HQ address:** Boxford Village Hall  
Lambourn Road, Boxford  
Newbury, RG20 8DD



**PLEASE ENSURE YOU HAVE A WORKING FRONT  
AND REAR LIGHT**

**IF YOU ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 THEN PLEASE DO NOT COME TO THIS EVENT. LUNGS ARE FOR LIFE, NOT JUST FOR TIME TRIALLING.**

*This event is run under CTT regulations which can be found here:*

<https://www.cyclingtimetrials.org.uk/>

### 1. Event HQ

Boxford Village Hall is the event HQ. There will be toilet facilities available.



We are very lucky that the farmer in the field adjacent to the hall has kindly agreed to move his sheep so we can use it for parking. Please park as the parking in the hall will be for officials and disabled permit holders only.

### 2. Sign-On

Sign-on will be open from 07:15 onwards. Please remember to sign in AND out in order for your result to stand.

If you will not be attending then please let us know by messaging the organiser, Rachael Elliott, on 07931 722817.

### 3. Course Detail

Description	Distance
START on the B4000 at the junction of the High Street, Hoe Benham.	<b>0.000</b>
Proceed south-eastward on the B4000 to the roundabout at the junction with the A4	
Take the 3rd exit at the roundabout to join the A4 westbound, toward Hungerford.	<b>2.750</b>
Proceed westward to the mini-roundabout at the junction with the A338.	<b>9.500</b>
Continue along the A4 to the Charnham Park roundabout.	<b>9.600</b>
Circle the roundabout to take the 3rd exit and retrace on the A4 eastbound	<b>9.700</b>
Continue eastbound on the A4 to the mini-roundabout at the junction with the A338	
Continue eastbound on the A4 eastbound (CARE with approaching traffic crossing the A4 onto the A338 and traffic emerging from the A338 onto the A4) to a point approaching Gravel Hill at the London 50-mile post where FINISH	<b>15.000</b>

**Please take care approaching the turn (the SECOND mini-roundabout) at Hungerford** as this will be the busiest section for traffic (when we say busy, there may be a couple of cars at the roundabout). Anyone seen flaunting traffic regulations at this point will be **reported by marshals** which could **result in a DQ and a report to the London West District Committee**.

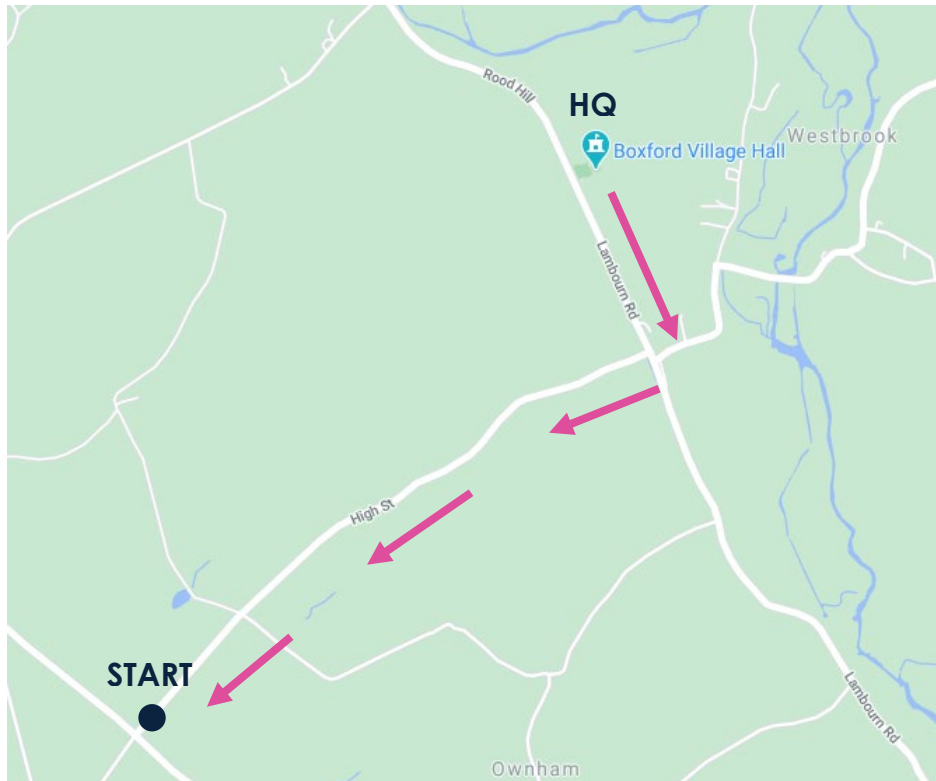
**Strava segment:** <https://www.strava.com/segments/25734856>

**Streetview Start:** <https://goo.gl/maps/twTxk5DRmSBbE3dv6>

**Streetview finish:** <https://goo.gl/maps/oVes4UNhwhDMXoeP6>

#### 4. Getting to the start

Please allow **10 minutes** to ride to the start. It's only 1.3 miles, but it's up a hill! Turn left out of HQ and follow the road down to the crossroads in Boxford. Turn right at the crossroads and climb the hill to the start (it's called "High Street" but it is just a country lane. No Matalan here I'm afraid). The start is at the end of this road at the T-junction to the B4000.



#### 5. Race Protocol

Riders are not permitted to ride on course with a number on their back. There are plenty of other roads where warm up is possible without riding on the course (we suggest the Lambourn Road, and it's a lot prettier, too). Please be mindful of racers when arriving by bicycle.

You will be checked at the start that you have your number attached correctly, are wearing a helmet and have a **working front AND rear light**. **If any of these are missing you will not be permitted to race**. When you cross the line, shout your number as loud as you can. Do not approach the finish timekeeper at any point for any reason.

**When you are warming up and going to the start, PLEASE take care with other pedestrians/cars in the village and be polite and courteous at all times. Another race received some complaints last year, and we have been instructed to ask riders to ride with due care and attention.**

## 6. Race Results

Race results will be available at HQ, and will remain provisional until verified by the official timekeepers.

## 7. Refreshments

There will be plenty of cake and coffee available at HQ post-race. Please donate generously as all proceeds go into funding the club's **children's coaching programme**.

## 8. Start List

Appendix A is the rider list with the number assigned to you. This is the number that must be collected from the HQ upon arrival. Please do not swap numbers: your emergency contact details are assigned to this number and we really don't want to be phoning the wrong person in case of an emergency. If you are unable to attend, DO NOT swap your name with someone else.

## 9. Vehicles on course

Time trialling under CTT regulations is unsupported. Riders must not be followed for any reason whilst on course. Any rider suspected of this will be disqualified and reported to the CTT. This practice and so-called layby hopping is dangerous for other participants and a nuisance to traffic and will not be permitted under any circumstances.

## 10. Photos

**Paul Carpenter** will be taking photos at this year's event. Paul has asked that riders email him after the event with a full description of bike, kit and race number, and he will get back in touch with proofs. Paul's email address is: paulcarpenter1992@hotmail.com

Ride Safe. Ride Strong. **Thank you for your support!**

# Start List

Solo							
#	Start	Name	Club	Bike	Cat	Age	AAT*
1	08:31	Kenneth Brown	Newbury Velo	TT	MV	42	0:13
2	08:32	David Steel	Hereford & Dist Whs CC	Road	MV	76	6:49
3	08:33	Wayne Baker	Team Echelon	Trike	MV	66	7:07
4	08:34	Peter Wilson	Bath Cycling Club	TT	MV	89	13:55
5	08:35	John Howells	Corinium Cycle Club	TT	MV	82	9:25
6	08:36	Thomas Bennett	Newbury Velo	Road	MJv	15	N/A
7	08:37	Brian Lewis	Bicester Millennium CC	TT	MV	85	11:06
8	08:38	Lewis Lawton	Swindon Road Club	TT	MV	71	5:11
9	08:39	John J Murphy	Gloucester City Cycling Club	TT	MV	83	9:57
10	08:40	Michael Bowering	Newbury Velo	Road	MV	60	2:39
11	08:41	Jason Rogers	Loddon - Revolution Cycling Club	TT	MV	51	1:16
12	08:42	Michael Spencer	Swindon Wheelers	Road	MV	40	0:00
13	08:43	Phillip Stacey	Didcot Phoenix CC	Road	MS	39	N/A
14	08:44	Desmond Green	Velo Club Bristol	TT	MV	56	1:59
15	08:45	Steven West	Newbury Velo	Road	MV	51	1:16
16	08:46	David Marshall	Hemel Hempstead CC	Road	MV	58	2:18
17	08:47	David Welling	Farnham RC	TT	MV	69	4:37
18	08:48	Dave Dent	GS Stella	Road	MV	60	2:39
19	08:49	Peter Iffland	Chippenham & District Wheelers	TT	MV	59	2:28
20	08:50	Jamie Whitcher	B'mth C'works/VitecFire/FordCivil/Trek	TT	MEs	19	N/A
21	08:51	Neil Druce	Didcot Phoenix CC	TT	MV	56	1:59
22	08:52	Cliff Voller	VTTA West Group	TT	MV	72	5:28
23	08:53	Andy Self	North Hampshire RC	TT	MV	60	2:39

24	08:54	Nigel Brown	Newbury Velo	TT	MV	48	0:53
25	08:55	Nathanael Thould	Ickniel RC	TT	MJ	16	N/A
26	08:56	Tom Quinlan	FTP ( Fulfil The Potential ) Race Team	Road	MS	23	N/A
27	08:57	Colin Paton	Army Cycling	TT	MV	50	1:08
28	08:58	Graham Morrison	Newbury Velo	TT	MV	50	1:08
29	08:59	Frank Kilsby	TAAP Endura	TT	MS	29	N/A
30	09:00	Gavin Draper	North Hampshire RC	TT	MV	49	1:00
31	09:01	Robert Gilmour	Hounslow & District Whs	TT	MV	72	5:28
32	09:02	Stu Carver	North Hampshire RC	TT	MV	58	2:18
33	09:03	Lynne Scofield	Rockingham Forest Wheelers	Road	WV	43	4:03
34	09:04	Rachel Green	Cheltenham & County Cycling Club	TT	WV	61	6:53
35	09:05	Rachel Waite	North Hampshire RC	TT	WV	43	4:03
36	09:06	Lucia Borradaile	CC Weymouth	TT	WV	65	7:48
37	09:07	Marianne Day	Swindon Wheelers	TT	WS	39	N/A
38	09:08	Arja Scarsbrook	Team Echelon	TT	WV	75	10:56
39	09:09	Joanna Legge-Knight	Bristol South Cycling Club	TT	WV	63	7:19
40	09:10	Kerry Hickson	Newbury Velo	TT	WV	44	4:10
41	09:11	Susan Oldham	Bicester Millennium CC	TT	WV	59	6:28
42	09:12	Deborah Sheridan	Warwickshire Road Club	TT	WV	66	8:03
43	09:13	Jo Wilkie	Cheltenham & County Cycling Club	TT	WV	45	4:18
44	09:14	Niamh Murphy	Liv CC Halo Cycles	TT	WJ	17	N/A
45	09:15	Teresa Robbins	Reading CC	TT	WV	51	5:07
46	09:16	Corinne Clark	Swindon Wheelers	TT	WS	38	N/A
47	09:17	Sarah Matthews	...a3crg	TT	WV	63	7:19
48	09:18	Jo Spencer	Swindon Wheelers	TT	WS	39	N/A
49	09:19	Claire Emons	...a3crg	TT	WV	54	5:35

50	09:20	Charlotte Hodgkins-Byrne	Team Boompods	TT	WS	26	N/A
51	09:21	Robert Jolliffe	New Forest CC	TT	MV	71	5:11
52	09:22	Andrew Legge-Knight	Bristol South Cycling Club	TT	MV	47	0:46
53	09:23	Stephen Boxall	Houghton CC	TT	MV	42	0:13
54	09:24	Daniel Kempe	Bristol South Cycling Club	TT	MV	57	2:08
55	09:25	Gareth Daniels	Ickniel RC	TT	MV	40	0:00
56	09:26	Paul Winchcombe	Chippenham & District Wheelers	TT	MV	63	3:14
57	09:27	Mark Halliday	North Bucks RC	TT	MV	60	2:39
58	09:28	Gareth Williams	Twickenham CC	TT	MV	57	2:08
59	09:29	Jake Prior	Velo Club St Raphael	TT	MV	60	2:39
60	09:30	Christian Geldard	North Hampshire RC	TT	MV	48	0:53
61	09:31	Ragnar Laan	Twickenham CC	TT	MV	45	0:32
62	09:32	Daryl Stroud	Gloucester City Cycling Club	TT	MV	59	2:28
63	09:33	John Lacey	Hemel Hempstead CC	TT	MV	59	2:28
64	09:34	Ben Parker	Swindon Wheelers	Road	MV	48	0:53
65	09:35	Tom Bowering	TAAP Endura	Road	MS	28	N/A
66	09:36	Howard Waller	Python RT	TT	MV	59	2:28
67	09:37	Felix Wernham	Newbury RC	TT	MS	27	N/A
68	09:38	Matthew Russell	Swindon Wheelers	TT	MS	25	N/A
69	09:39	Daniel Legg	North Hampshire RC	TT	MV	53	1:32
70	09:40	Philip Wilkinson	Rockingham Forest Wheelers	TT	MV	50	1:08
71	09:41	Luca Morrone	Onyx RT	TT	MS	32	N/A
72	09:42	Lee Francis	Velo Club Bristol	TT	MV	41	0:06
73	09:43	Michael O'Keeffe	London Dynamo	TT	MV	53	1:32
74	09:44	Tony Chapman	Frome and District Wheelers	TT	MV	51	1:16
75	09:45	Stuart Hourigan	VeloRefined Rule 5	TT	MV	47	0:46

Tandems							
#	Start	Name	Club	Bike	Cat	Age	AAT*
77	09:47	Stuart Martingale	Sotonia CC	TT	MV	55	N/A
		Skye Martingale	Sotonia CC	TT	FJv	14	
78	09:48	Peter Oliver	ZeroBC Race Team	TT	MV	58	2:07
		Christopher Edginton	ZeroBC Race Team	TT	MV	57	
79	09:49	Andy Tucker	Newbury Velo	TT	MV	51	N/A
		Richard Cornes	Newbury Velo	TT	MS	37	
80	09:50	Rachael Elliott	Newbury Velo	TT	TAN	45	3:15
		Ian Greenstreet	Newbury Velo	TT	MV	59	

#### \* AAT Explanation

Age Adjusted Times (AAT) are specific to age, gender, distance and machine type, and they're a set of times to be subtracted from your actual time.

There are time adjustments for men and for women, and for each gender there are versions for solo bikes, solo trikes, tandem bikes and tandem trikes. This means that men and women can compete on a level playing field with each other.

Here are some examples:

- Rider A, a 45-year-old man, is riding a 25. He rides an actual time of 58:55. His Age Adjustment for that distance is 55 seconds, so his Age Adjusted Time (AAT) is 58:00.
- Rider B, a 56-year-old woman, is riding the same event. Her Age Adjustment is 10:00. She rides the course in 01:07:30, so her AAT is 57:30.



## Prizes

<b>First man:</b>	<b>£25</b>	<b>First woman:</b>	<b>£25</b>	<b>First vet on AAT:</b>	<b>£25</b>
<b>Second man:</b>	<b>£15</b>	<b>Second woman:</b>	<b>£15</b>	<b>Second vet on AAT:</b>	<b>£15</b>
<b>Third man:</b>	<b>£10</b>	<b>Third man:</b>	<b>£10</b>	<b>Third vet on AAT:</b>	<b>£10</b>
<b>First roadbike (men)</b>	<b>£15*</b>	<b>First roadbike (women)</b>	<b>£15</b>		
<b>First tandem:</b>	<b>£15 each</b>	<b>First team:</b>	<b>£10 each</b>		

\* Road bike prizes will only be awarded to those riding bikes conforming to current CTT rules:

- The road bike can possess drop or straight handlebars
- No tri-bars, clip-on bars or Spinacci bars are allowed
- No disc wheels
- Both front & rear wheels must have at least 12 spokes each
- The maximum rim depth allowed is 90mm

**PLEASE STAY AROUND AFTER THE EVENT HAS FINISHED FOR AN AWARDS CEREMONY – THERE IS PLENTY OF CAKE TO ENJOY!**

**ALL COFFEE AND CAKE DONATIONS WILL DIRECTLY GO TOWARDS FUNDING OUR CHILDREN'S COACHING PROGRAMME**



# NEWBURY VELO

- Organised group rides with competent, qualified, 1st aid trained and DBS checked ride leaders. Road and off-road opportunities available.
- Organised coaching sessions by British Cycling qualified coaches from specialist beginner coaching, ladies' specific, youth and race/track sessions.
- Frequent velodrome trips for all levels from those that have never ridden velodrome to national track champions.
- Participate in team events in local sportives, time trials and online with Zwift.
- Opportunities to volunteer for national events, coaching and racing. Training offered where appropriate.
- Members only social events. Virtual cycling, BBQs, awards evening, and more...
- Off-bike workshops. Bike maintenance, nutrition presentations.
- Access to member exclusive benefits. Discounts at local businesses, Zwift virtual cycling club kit, discounted custom club kit from Kalas.
- Members' only Facebook and Strava groups where members can share achievements, goals, general banter & support from a wealth of experience from all walks of cycling.
- Help and advice on things to consider when commuting.
- Family-friendly club with rides and events for all the family.
- Activities just for the kids! Children of up to 7 can join as a 'Velomite' and children of 8-15 can take out junior membership. Activities for tiny tots on balance bikes all the way up racing activities for children with a competitive streak.
- Get commuting savvy! Hints and tips to make commuting by bike easy and accessible, from 'what to do if you get a puncture' through to 'choosing the best women's saddle for commuting'.

**BUT MORE THAN THIS, IT'S A PLACE FOR EVERYONE WHO ENJOYS THEIR CYCLING**

**FOR MORE INFORMATION OR TO JOIN**

email: [info@newburyvelo.cc](mailto:info@newburyvelo.cc)

or visit: [www.newburyvelo.cc](http://www.newburyvelo.cc)

[www.facebook.com/newburyvelo](http://www.facebook.com/newburyvelo)