

## Event

### Veterans Time Trials Association London & Home Counties Group



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

**Date** | **Sunday 5<sup>th</sup> May 2024 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

**Open from 7.00 am**

Provisional real-time results will be available via ResultSheet. Official times will be reported once ratified by the official timekeepers. The QR code will be displayed at HQ.

## **2023 Winners**

Linda Dewhurst AAT 18:21

Richard Oakes AAT 17:06

Tandem: Rachael Elliot & Ian Greenstreet AAT 16:37

## **Course Records**

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

Solo Female: 19:21 Kate Allan 16/9/23

Solo Open 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.**

**07979 083227**

**[joypayne27@gmail.com](mailto:joypayne27@gmail.com)**

## Officials

**Start Time Keeper – Martyn Anderson - 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 Dual Carriageway 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 and only if there are at least 3 entrants in that category. One medal per rider except for team awards.**

**VTTA Gold-Silver-Bronze Medals for Fastest Open 1-2-3 on Age Adjusted Time (AAT)**

**VTTA Gold-Silver-Bronze Medals for Fastest Female 1-2-3 on AAT**

**VTTA Golds-Medals (each) for Fastest Club Team of 3 on AAT**

**VTTA Gold Medal - Fastest Open on Actual Time**

**VTTA Gold Medal - Fastest Female on Actual Time**

**VTTA Gold Medal – Fastest Open on a Road Bike on AAT**

**VTTA Gold Medal – Fastest Female on a Road Bike on AAT**

**VTTA Gold Medals – Fastest Tandem on AAT**

**1<sup>st</sup> Open & Female on AAT receive an invitation to the LH&C Annual Luncheon and Prize Presentation**

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## 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 competitors riding Road Bikes** (Regulation 29)

a) The road bike can possess drop or straight handlebars, no tri-bars, clip-on bars or Spinaci bars are allowed, no disc wheels, both front and back wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm

b) Helmets must not cover the ears or have a tear drop/pointy style 'tail', any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (eg sliding vents). It is prohibited to add a detachable cover to a helmet. The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc).

c) *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.*

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**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 must 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.**

## 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



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## Route HQ to Start

**LEAVE EXTRA TIME TO GET TO THE START AS THERE ARE TEMPORARY TRAFFIC LIGHTS ON LONDON ROAD**

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

Approximate location what3words `///mistaken.protect.shallower`

1.9 miles

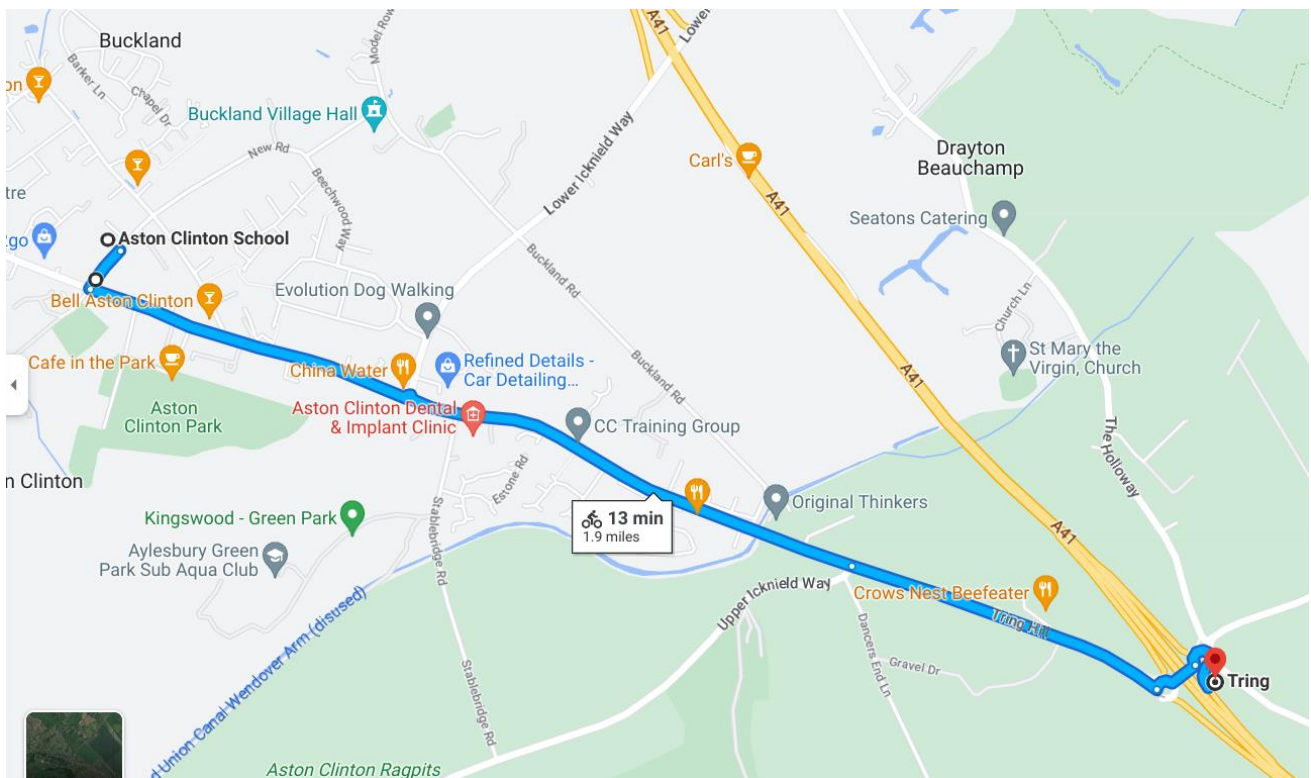
Turn right out of the HQ onto Twitchell Lane

At the end, turn left onto London Road,

Straight across the roundabout and up the hill

2<sup>nd</sup> exit from the roundabout to go over the A41

3<sup>rd</sup> exit at next roundabout to enter slip road for the start.



## Route Finish to HQ

[Map location](#): 51.80696, -0.70657

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

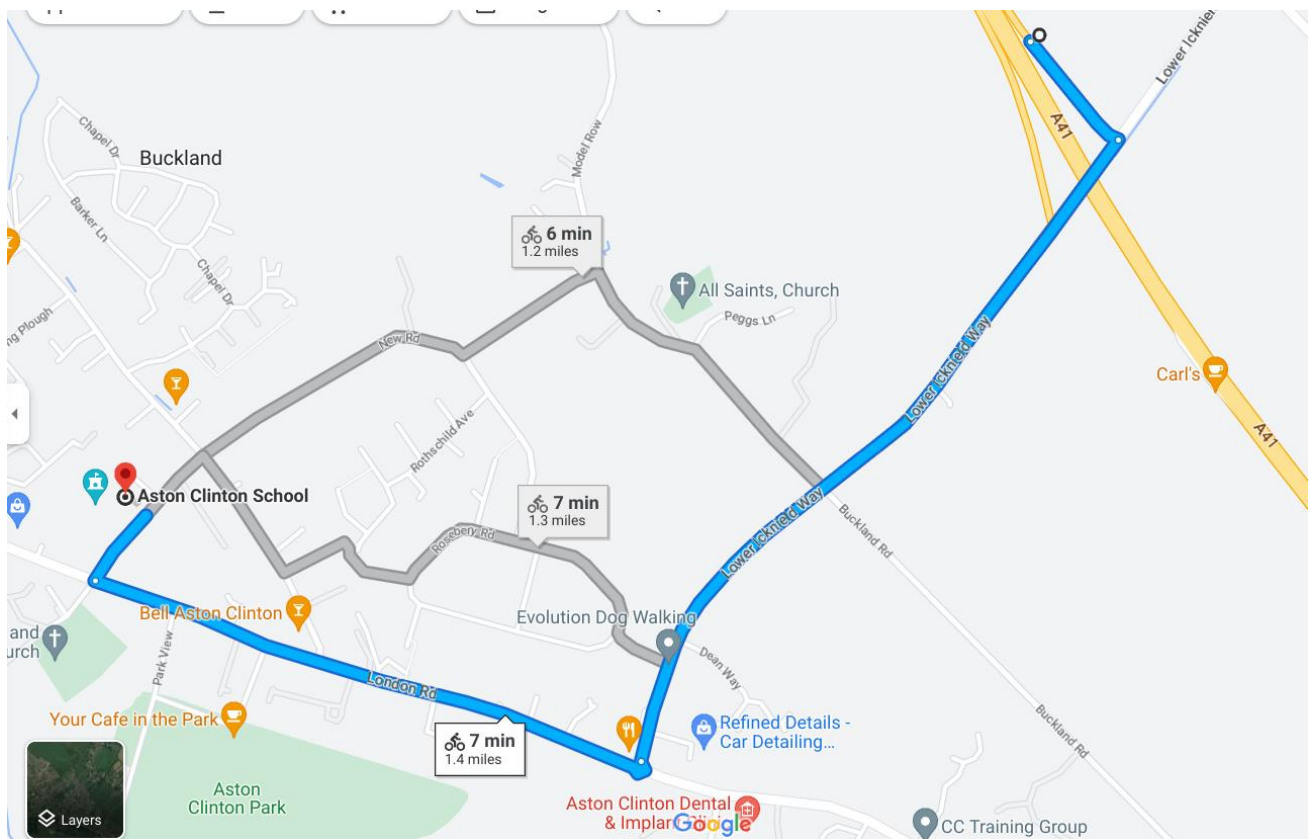
Finish to HQ 1.4 miles

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.

