

# NEWBURY VELO

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

**Organiser:** Rachael Elliott      **Tel:** 07931 722817      **Email:** rachael.elliott@gmail.com  
**Timekeepers:** Bob Lyle (Newbury RC) & Glen Knight (Newbury Velo CC)

### PRIZES

#### Men

<b>1st</b>	Jamie Whitcher Gareth William Sen	(Bournemouth Cycleworks/Vitec Fire/Ford Civil/Trek) Twickenham CC	29:15 (£25) 30:31*
<b>2nd</b>	Stuart Hourigan	VeloRefined Rule 5	30:49 (£15)
<b>3rd</b>	Tony Chapman	Frome and District Wheelers	31:01 (£10)

#### Women

<b>1st</b>	Charlotte Hodgkins-Byrne	Team Boompods	32:43 (£25)
<b>2nd</b>	Kerry Hickson	Newbury Velo	33:55 (£15)
<b>3rd</b>	Corinne Clark	Swindon Wheelers	34:17 (£10)

#### Masters (over 40 riders) on age adjusted time (AAT)

<b>1st</b>	Gareth William Sen	Twickenham CC	28:23 (£25)
<b>2nd</b>	Claire Emons	VTTA (Wessex)	28:54 (£15)
<b>3rd</b>	Lucia Borradaile	CC Weymouth	29:38 (£10)

#### Tandem Sen

<b>1st</b>	Ian Greenstreet & Rachael Elliott	Newbury Velo	28:39 (£15 each)
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#### Road Bikes

<b>1st M</b>	Dave Dent	Velo Club St Raphael	33:28 (£15)
<b>1st W</b>	Lynne Scofield	Rockingham Forest Wheelers	43:28 (£15)

#### Team

<b>1st</b>	North Hampshire RC	Daniel Legg Christian Geldard Gavin Draper	31:29 (£10) 32:40 (£10) 34:44 (£10)
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\* The one rider, one prize rule meant that **Gareth Williams**, who was second overall, won the prize as first veteran rider as it was of a higher value.

**Thank you** to those prize winners who kindly donated their prizes to our coaching programme.

\*This event was run under CTT regulations which can be found here: <https://www.cyclingtimetrials.org.uk/>

## Photos

### Gareth Davies

Newbury Velo's **Gareth Davies** was taking photographs of today's race which can be found here: <https://adobe.ly/3qM7ZHj>. Gareth takes wonderful shots, and never asks for anything in return. However, he welcomes donations to Cancer Research via this page and please do credit him if you use the shots on social media.

<https://fundraise.cancerresearchuk.org/page/gareths-giving-page-2312>

### Paul Carpenter

**Paul Carpenter** was also 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](mailto:paulcarpenter1992@hotmail.com)

## Thank you!

Firstly, thank you for everyone who turned up to ride today, and also those people who sent us their apologies (for those that are ill – get well soon). The weather gods were really on our side today: the unadulterated sunshine made a real change from recent weeks, and even the wind was in the right direction! We heard a lot of happy people at HQ with personal bests.

However, today's event only ran as smoothly as it did thanks to the volunteers. As event organiser, the volunteers made everything run SO well, we were even able to ride the tandem at the event. Thanks to the timekeepers **Bob Lyle (Newbury RC)** and **Glen Knight**, and a particular thanks also to **Margot Cornes (aged 2<sup>11/12ths</sup>)** with running HQ so effectively with the help of her mum, **Lucy Cornes**. **Karen Bennett** also helped with sign-on and ran the kitchen (sorry to everyone that we ran out of milk at the end!) whilst waiting for her son, Thomas, to finish (congrats to Thomas on a new PB!). The timekeepers were ably assisted by start and finish assistants, **Tom Meir** and **Bella Meir** at the start and **Charlie Eley** at the finish (thanks to Charlie for getting results back to HQ so efficiently!). Meanwhile, **Chris Dace's** pushing-off practice in the kitchen with his wife, Helen, clearly paid dividends. A nice sturdy grip and no topples (or not that we heard of!)! **Rafael Nunez** had his first experience of an open time trial and did a fantastic job with the HQ and live results, ably managing strange acronyms that were coming through on the WhatsApp volunteer chat. On the roundabouts, we had **Fiona** and **Alexa Hawkins** on the B4000/A4 roundabout (everyone looks good at that point!) and **Chris Culley** and **Graham Stent** did a brilliant job ensuring everyone turned at the correct roundabout in Hungerford. **Ian Greenstreet** also turned up early and put a plethora of signs out to help you get to the start, too. Thank you to all of you – you're wonderful!

Thank you to EVERYONE who donated to our coaching fund today.

**We raised £99.12 which is fantastic!**

The money will go straight into our children's coaching programme, and also help us with our tandem programme for helping blind and visually impaired children and adults to enjoy the same experiences on the bike that we take for granted.



## RESULTS – SOLOS

#	Name	Club	Bike	Cat	AAT*	RESULT
1	Jamie Whitcher	B'mth Cycleworks/Vitec Fire/Ford Civil/Trek	TT	M ESP		<b>29:15</b>
2	Gareth Williams	Twickenham CC	TT	M 55-59	28:23	<b>30:31</b>
3	Stuart Hourigan	VeloRefined Rule 5	TT	M 45-49	30:03	<b>30:49</b>
4	Tony Chapman	Frome and District Wheelers	TT	M 50-54	29:45	<b>31:01</b>
5	Daniel Legg	North Hampshire RC	TT	M 50-54	29:57	<b>31:29</b>
6	Lee Francis	Velo Club Bristol	TT	M 40-44	31:38	<b>31:44</b>
7	Felix Wernham	Newbury RC	TT	M SEN		<b>31:45</b>
8	Kenneth Brown	Newbury Velo	TT	M 40-44	31:34	<b>31:47</b>
9	Philip Wilkinson	Rockingham Forest Wheelers	TT	M 50-54	31:15	<b>32:23</b>
10	Matthew Russell	Swindon Wheelers	TT	M SEN		<b>32:26</b>
11	John Lacey	Hemel Hempstead CC	TT	M 55-59	30:06	<b>32:34</b>
12	Christian Geldard	North Hampshire RC	TT	M 45-49	31:47	<b>32:40</b>
13	Charlotte Hodgkins-Byrne	Team Boompods	TT	W SEN		<b>32:43</b>
14	Howard Waller	Python RT	TT	M 55-59	30:20	<b>32:48</b>
15	Ragnar Laan	Twickenham CC	TT	M 45-49	32:21	<b>32:53</b>
16	Jake Prior	Velo Club St Raphael	TT	M 60-64	30:37	<b>33:16</b>
17	Dave Dent	GS Stella	RB	M 60-64	30:49	<b>33:28</b>
18	Tom Quinlan	FTP (Fulfil The Potential) Race Team	RB	M SEN		<b>33:30</b>
19	Mark Halliday	North Bucks RC	TT	M 60-64	30:55	<b>33:34</b>
20	Nathanael Thould	Ickniel RC	TT	M 16		<b>33:36</b>
21	Frank Kilsby	TAAP Endura	TT	M SEN		<b>33:45</b>
22	Kerry Hickson	Newbury Velo	TT	W 40-44	29:45	<b>33:55</b>
23	Daniel Kempe	Bristol South Cycling Club	TT	M 55-59	31:53	<b>34:01</b>
24	Paul Winchcombe	Chippenham & District Wheelers	TT	M 60-64	30:54	<b>34:08</b>
25	Tom Bowering	TAAP Endura	RB	M SEN		<b>34:11</b>

#	Name	Club	Bike	Cat	AAT*	RESULT
26	Colin Paton	Army Cycling	TT	M 50-54	33:08	<b>34:16</b>
27	Corinne Clark	Swindon Wheelers	TT	W SEN		<b>34:17</b>
28	Neil Druce	Didcot Phoenix CC	TT	M 55-59	32:27	<b>34:26</b>
29	Ben Parker	Swindon Wheelers	RB	M 45-49	33:34	<b>34:27</b>
30	Claire Emons	...a3crg	TT	W 50-54	28:54	<b>34:29</b>
31	Jo Spencer	Swindon Wheelers	TT	W SEN		<b>34:40</b>
32	Gavin Draper	North Hampshire RC	TT	M 45-49	33:44	<b>34:44</b>
33	Stu Carver	North Hampshire RC	TT	M 55-59	32:32	<b>34:50</b>
34	Andy Self	North Hampshire RC	TT	M 60-64	32:27	<b>35:06</b>
35	Nigel Brown	Newbury Velo	TT	M 45-49	34:27	<b>35:20</b>
36	Andrew Legge-Knight	Bristol South Cycling Club	TT	M 45-49	34:39	<b>35:25</b>
37	Gareth Daniels	Icknield RC	TT	M 40-44	35:30	<b>35:30</b>
38	Michael Spencer	Swindon Wheelers	RB	M 40-44	35:49	<b>35:49</b>
39	Robert Gilmour	Hounslow & District Whs	TT	M 70-74	30:26	<b>35:54</b>
40	Peter Iffland	Chippenham & District Wheelers	TT	M 55-59	33:39	<b>36:07</b>
41	Jo Wilkie	Cheltenham & County Cycling Club	TT	W 45-49	32:13	<b>36:31</b>
42	Steven West	Newbury Velo	RB	M 50-54	35:40	<b>36:56</b>
43	Teresa Robbins	Reading CC	TT	W 50-54	32:18	<b>37:25</b>
44	Lucia Borradaile	CC Weymouth	TT	W 65-69	29:38	<b>37:26</b>
45	David Welling	Farnham RC	TT	M 65-69	33:14	<b>37:51</b>
46	Deborah Sheridan	Warwickshire Road Club	TT	W 65-69	30:14	<b>38:17</b>
47	Thomas Bennett	Newbury Velo	TT	M 15		<b>38:24</b>
48	Phillip Stacey	Didcot Phoenix CC	RB	M SEN		<b>39:02</b>
49	Rachel Waite	North Hampshire RC	TT	W 40-44	35:12	<b>39:15</b>
50	Michael Bowering	Newbury Velo	RB	M 60-64	37:12	<b>39:51</b>

#	Name	Club	Bike	Cat	AAT*	RESULT
51	Graham Morrison	Newbury Velo	TT	M 50-54	38:47	<b>39:55</b>
52	Joanna Legge-Knight	Bristol South Cycling Club	TT	W 60-64	32:44	<b>40:03</b>
53	Susan Oldham	Bicester Millennium CC	TT	W 55-59	34:00	<b>40:28</b>
54	Arja Scarsbrook	Team Echelon	TT	W 75-79	30:57	<b>41:53</b>
55	Lewis Lawton	Swindon Road Club	TT	M 70-74	36:49	<b>42:00</b>
56	Lynne Scofield	Rockingham Forest Wheelers	RB	W 40-44	39:25	<b>43:28</b>
57	Rachel Green	Cheltenham & County Cycling Club	TT	W 60-64	36:47	<b>43:40</b>
58	Robert Jolliffe	New Forest CC	TT	M 70-74	39:18	<b>44:29</b>
59	Peter Wilson	Bath Cycling Club	TT	M 85-59	31:23	<b>45:18</b>
60	Brian Lewis	Bicester Millennium CC	TT	M 85-59	34:28	<b>45:34</b>
61	John J Murphy	Gloucester City Cycling Club	TT	M 80-84	35:40	<b>45:37</b>
62	David Steel	Hereford & Dist Whs CC	RB	M 75-79	39:11	<b>46:00</b>
63	John Howells	Corinium Cycle Club	TT	M 80-84	50:30	<b>59:55*</b>
	Marianne Day	Swindon Wheelers			DNS (A)	
	Niamh Murphy	Liv CC Halo Cycles			DNS (A)	
	Sarah Matthews	...a3crg			DNS (A)	
	Wayne Baker	Team Echelon			DNS (A)	
	Jason Rogers	Loddon - Revolution Cycling Club			DNS (A)	
	David Marshall	Hemel Hempstead CC			DNS (A)	
	Cliff Voller	VTTA West Group			DNS (A)	
	Daryl Stroud	Gloucester City Cycling Club			DNS (A)	
	Stephen Boxall	Houghton CC			DNS (A)	
	Michael O'Keeffe	London Dynamo			DNS (A)	
	Desmond Green	Velo Club Bristol			DNS	
	Luca Morrone	Onyx RT			DNS	

\* Includes 8:14 late start

## RESULTS – TANDEMS

#	Name	Club	Bike	Cat	AAT*	RESULT
1	Rachael Elliott	Newbury Velo	TT	W 45-49 (B2)	25:25	<b>28:39</b>
	Ian Greenstreet	Newbury Velo	TT	M 55-59		
2	Andy Tucker	Newbury Velo	TT	M 50-54		<b>30:11</b>
	Richard Cornes	Newbury Velo	TT	M SEN		
3	Peter Oliver	ZeroBC Race Team	TT	M 55-59	29:11	<b>31:19</b>
	Christopher Edginton	ZeroBC Race Team	TT	M 55-59		
4	Stuart Martingale	Sotonia CC	TT	M 55-59		<b>35:31</b>
	Skye Martingale	Sotonia CC	TT	W 14		

### \* 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.



# 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)