



**Veterans Time Trials Association
London and Home Counties
Group**

**10 Mile Open Time Trial
Sunday 16th July 2023**

RESULTS

Course F11/10

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

Organiser Contact Details

Event Secretary: David Guy
2-5 Warwick Court, London WC1R 5DH
07711-697900
ovcyclingclub@hotmail.co.uk

Officials

Start Timekeeper: Howard Waller
Finish Timekeeper: Gordon Hart

Prize List

Awards are made to VTTA members only.

VTTA Gold-Silver-Bronze Medals for Men AAT1-2-3.

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

VTTA Gold-Medals (each) for Club Team of 3 AAT

VTTA Gold Medal - Fastest male rider on Actual Time

VTTA Gold Medal- Fastest female rider on Actual Time

1st Man on AAT and 1st Women on AAT to receive an invitation to the LH&C Annual Luncheon and Prize Presentation.

Winners -Men on AAT

1	Richard	Oakes	tt	Team Ohten Aveas	Male	00:18:25	00:17:19
2	Peter	Younghusb	tt	Petersfield Triathlon Club	Male	00:19:54	00:18:23
3	Steven	Cottington	tt	Bath Cycling Club	Male	00:20:15	00:18:23

Winners - Women on AAT

1	Sally	Turner	tt	HUUB WattShop	Female	00:20:48	00:18:07
2	Jen	Clegg	tt	Team Bottrill	Female	00:24:02	00:18:10
3	Becky	Ridge	tt	Loose Cannon's Conditioning	Female	00:21:26	00:18:50

Winning Team on Standard

Sally	Turner	tt	HUUB WattShop	Female	00:20:48	00:18:07
Alan	Murchison	tt	HUUB WattShop	Male	00:19:31	00:18:36
Matt	Fisher	tt	HUUB WattShop	Male	00:19:54	00:19:14
						00:55:57



Sally Turner Fastest Woman and best on AAT



Richard Oakes fastest man and best on AAT

Race report

A windy and gusty day after a terrible one lead to numerous apologies but in the event it was good for some riders with a strong tail wind when needed. Richard Oakes again held everyone at bay with 18.25 for fastest on scratch and best AAT with 17.19. Sally Turner was fastest woman on scratch with 20.48 and on AAT with 18.07 also lead the best team on Huub Wattshop on AAT with a total of 55.57.

As usual thanks are due to the 16 officials who made the event possible. Some have helped for many years but we were joined this year by several newcomers whose help is so much appreciated. A number of riders expressed thanks especially for the “excellent marshalling” on the turns. Only one rider fell foul of the finishing rule (turn onto slip road before the arrow) and, most importantly, no rider was injured.

David Guy

For VTTA LHC Group.

VTTA MEMBERS - AAT ORDER

Number	firstname	lastname	Bike	Club	Gender	Actual	AAT	Position
150	Richard	Oakes	tt	Team Ohten Aveas	Male	00:18:25	00:17:19	1
80	Sally	Turner	tt	HUUB WattShop	Female	00:20:48	00:18:07	2
68	Jen	Clegg	tt	Team Bottrill	Female	00:24:02	00:18:10	3
101	Peter	Younghusband	tt	Petersfield Triathlon Club	Male	00:19:54	00:18:23	4
116	Steven	Cottington	tt	Bath Cycling Club	Male	00:20:15	00:18:23	5
5	Paul	Willcox	tt	North Road CC	Male	00:18:55	00:18:29	6
90	Alan	Murchison	tt	HUUB WattShop	Male	00:19:31	00:18:36	7
82	Kevin	Wood	tt	Sherwood CC	Male	00:20:31	00:18:39	8
40	Anthony	Turner	tt	Mickey Cranks Cycling Club	Male	00:19:37	00:18:42	9
88	Mick	Stevens	tt	Melton Olympic CC	Male	00:22:32	00:18:44	10
79	Becky	Ridge	tt	Loose Cannon's Conditioning	Female	00:21:26	00:18:50	11
131	Andy	Thomas	tt	Lindsey Roads Cycling Club	Male	00:20:00	00:18:54	12
136	Andrew J	Parnowski	tt	City Cycle Couriers RT	Male	00:20:02	00:19:01	13
105	Matt	Fisher	tt	HUUB WattShop	Male	00:19:54	00:19:14	14
25	Keith	Lea	tt	Paceline RT	Male	00:20:19	00:19:18	15
146	Matthew	Reader	tt	Verulam CC	Male	00:20:21	00:19:20	16
149	Wolfgang	Emmerich	tt	Team Bottrill	Male	00:20:44	00:19:20	17
85	Brett	Davis	tt	DRAG2ZERO	Male	00:20:12	00:19:27	18
35	Tony	Chapman	tt	Frome and District Wheelers	Male	00:20:20	00:19:30	19
73	Gillian	Reynolds	tt	Willesden CC	Female	00:26:28	00:19:30	20
52	Issy	Zimmerman	tt	Regents Park Rouleurs	Male	00:20:52	00:19:34	21
135	Matt	Steel	tt	Pronto Bikes	Male	00:20:10	00:19:35	22
12	Daniel	Legg	tt	North Hampshire RC	Male	00:20:37	00:19:36	23
32	Peter	Main	tt	34 Nomads CC	Male	00:21:05	00:19:41	24
65	Lisa	Davis	tt	DRAG2ZERO	Female	00:22:48	00:19:42	25
51	Anthony	Gibb	tt	Full Gas Racing Team	Male	00:20:14	00:19:44	26
30	Alastair	Luxford	tt	Full Gas Racing Team	Male	00:19:55	00:19:51	27
41	John	Jones	tt	Verulam Really Moving	Male	00:21:04	00:19:52	28
45	Graham	Winstone	tt	ZeroBC Race Team	Male	00:20:46	00:19:56	29
112	Nick	James	tt	Mickey Cranks Cycling Club	Male	00:20:38	00:19:58	30
87	Paul	Winchcombe	tt	Chippenham & District Wheelers	Male	00:22:05	00:19:58	31
126	Lee	Francis	tt	Velo Club Bristol	Male	00:20:07	00:20:03	32
36	Mark	Hamer	tt	Legato Racing Team (LRT)	Male	00:20:44	00:20:09	33
134	Paul	Crook	tt	Westerley Cycling Club	Male	00:21:09	00:20:19	34
144	Cliff	Voller	tt	VTTA West Group	Male	00:24:00	00:20:24	35
84	Steve	Skinner	tt	Southdown Velo	Male	00:23:20	00:20:28	36
86	Kenneth	Brown	tt	Newbury Velo	Male	00:20:39	00:20:31	37
93	Tom	Cosgrove	tt	VTTA (London & Home Counties)	Male	00:21:56	00:20:38	38
142	Gary	Pamment	tt	CC Sudbury	Male	00:21:38	00:20:43	39
123	Tobias	Nilsson	tt	Kingston Wheelers CC	Male	00:20:52	00:20:44	40
60	Matthew	Peck	tt	Ipswich BC	Male	00:20:49	00:20:45	41
133	Andy	Oliver	tt	Team Enable - M.I. Racing - McCa	Male	00:21:52	00:20:46	42
48	Adrian	Mason	tt	Bicester Millennium CC	Male	00:22:04	00:20:46	43
92	Michael	Bennett	tt	Bicester Millennium CC	Male	00:21:53	00:20:47	44
26	Martin	Fisher	tt	Melton Olympic CC	Male	00:21:07	00:20:50	45
46	Philip	Wilkinson	tt	Rockingham Forest Wheelers	Male	00:21:35	00:20:50	46
7	Michael	Garvey	tt	High Wycombe CC	Male	00:22:16	00:20:52	47
28	Chris	Fowler	tt	Rockingham Forest Wheelers	Male	00:21:00	00:20:56	48
23	Nick	Hill	tt	Bristol Mile Monkeys	Male	00:22:45	00:21:00	49
143	David	Prom	tt	San Fairy Ann CC	Male	00:22:09	00:21:08	50
83	James	Hunt	tt	Oxonian CC	Male	00:21:39	00:21:13	51
6	James	Lawler	tt	Bedfordshire Road RT	Male	00:21:53	00:21:13	52
33	Mark	Thomas	tt	Bigfoot CC	Male	00:23:04	00:21:19	53

108	Mark	Vowells (Tricycle)	tc	San Fairy Ann CC	Male	00:24:33	00:21:20	54
22	Andrew	Halliday	tt	Westerley Cycling Club	Male	00:22:11	00:21:21	55
113	Paul	Birkin	tt	Buxton CC/Sett Valley Cycles	Male	00:23:14	00:21:22	56
61	Stu	Carver	tt	North Hampshire RC	Male	00:22:54	00:21:23	57
34	Michael	Thornewill	rb	Sherwood CC	Male	00:23:08	00:21:23	58
44	Stephen	Clark	tt	Sherwood CC	Male	00:22:28	00:21:27	59
107	Richard	Tully	tt	Elite Cycling	Male	00:22:01	00:21:35	60
124	Philip	Strongman	tt	Oxonian CC	Male	00:23:23	00:21:45	61
18	Nicholas	Coe	tt	Verulam Really Moving	Male	00:24:09	00:21:45	62
1	Richard	Moule	tt	Bossard Whs	Male	00:24:19	00:21:46	63
147	Brian	Evans	tt	North Road CC	Male	00:23:06	00:21:48	64
64	Susan	Oldham	tt	Bicester Millennium CC	Female	00:26:18	00:22:01	65
4	Jamie	Bishop	rb	Harlow CC	Male	00:22:56	00:22:11	66
78	Jayne	Paine	tt	Willesden CC	Female	00:26:38	00:22:29	67
129	John J	Murphy	tt	Gloucester City Cycling Club	Male	00:29:16	00:22:44	68
62	Ruth	Stapleton	rb	Harlow CC	Female	00:25:20	00:22:48	69
54	Jason	Somerville	tt	Bicester Millennium CC	Male	00:23:56	00:22:50	70
39	Brian	Lewis	tt	Bicester Millennium CC	Male	00:30:10	00:22:53	71
63	Sally	White	tt	High Wycombe CC	Female	00:27:12	00:23:03	72
72	Rachel	Green	tt	Cheltenham & County Cycling Club	Female	00:27:46	00:23:13	73
109	Paul	Hewitt	rb	Metropolitan Police Cycle Club	Male	00:23:56	00:23:16	74
94	Alastair	Merrill	tt	VC 10	Male	00:24:23	00:23:22	75
8	Paul	James	tt	VTTA West Group	Male	00:24:19	00:23:24	76
89	Slawomir	Puklo	rb	Harlow CC	Male	00:23:50	00:23:29	77
9	Christophe	Rosam	tt	Epsom CC	Male	00:25:46	00:23:39	78
119	Les	Gardner	tt	Maidenhead & District CC	Male	00:28:44	00:24:15	79
14	Wayne	Baker	tc	Team Echelon	Male	00:27:08	00:24:35	80
49	Andrew	Vaughan	tt	City RC (Hull)	Male	00:26:03	00:24:39	81
19	Andrew	Porter	tt	Welwyn Whs	Male	00:26:41	00:24:49	82
11	Paul	McDaid	tt	Southborough & Dist. Whs	Male	00:35:44	00:34:38	83

Non VTTA members

number	firstname	lastname	Bike	Club	Gender	Actual
145	Alex	Pritchard	rb	HUUB WattShop	Male	00:18:35
20	Ryan	Witchell	tt	Team Salesengine.co.uk	Male	00:19:43
95	Samuel	Thienel	tt	Elysium Kalas Race Team	Male	00:19:57
102	Josh	Lovell	tt	Banbury Star Cyclists' Club	Male	00:20:00
91	Alex	Purcell	tt	CC Sudbury	Male	00:20:02
16	Ross	Harper	tt	Verulam CC	Male	00:20:03
55	Adam	Williams	tt	St Neots CC	Male	00:20:24
98	Gregory	Speakman	tt	Thames Valley Police	Male	00:20:49
43	Matthew	Wight	tt	Verulam Really Moving	Male	00:20:54
122	Chris	Newman	tt	Farnham RC	Male	00:20:54
53	Martin	Attwood	tt	Cowley Road Condors CC	Male	00:21:29
114	Cameron	Crook	tt	Hillingdon Slipstreamers	Male	00:22:00
148	Fred	Carlton	tt	Cambridge CC	Male	00:22:08
74	Frances	Lammyman	tt	St Neots CC	Female	00:24:19

Tandems

number	firstname	lastname	Bike	Club	Gender	Actual
152	Joanne	York	tandem	Maldon & District CC	Female	00:23:06
152	Christophe	York	tandem	Maldon & District CC	Male	00:23:06
154	Richard	May	tandem	Islington Cycling Club	Male	DNS (A)

154 David Shannon tanderr Islington Cycling Club Male DNS (A)

NON FINISHERS

number	firstname	lastname	Bike	Club	Gender	Result
58	Peter	Noble	tt	Epsom CC	Male	DNF
3	Desmond	Gayler	tt	Kenton RC	Male	DNS
13	Marco	Lattughi	tt	Bedfordshire Road CC	Male	DNS
21	Aaron	Borrill	tt	Farnborough & Camberley CC	Male	DNS
42	Luca	Morrone	tt	Onyx RT	Male	DNS
57	Alan	Allcock	tt	Didcot Phoenix CC	Male	DNS
66	Hannah	Makins	rb	Mickey Cranks Cycling Club	Female	DNS
81	Daniel	Chambers	tt	Bicester Millennium CC	Male	DNS
97	Stan	Nwaka	tt	Verulam Really Moving	Male	DNS
99	Augustus	Harris	tt	Southborough & Dist. Whs	Male	DNS
100	Ian	Hope	tt	Team Ohten Aveas	Male	DNS
106	Simon	Smith	tt	ZeroBC Race Team	Male	DNS
117	Jack	Smy	tt	Army Cycling	Male	DNS
118	David	Creese	tt	Chronos RT	Male	DNS
121	Rikky	Hughes	tt	Droitwich Cycling Club	Male	DNS
125	Max	Belcher	tt	Banbury Star Cyclists' Club	Male	DNS
127	Bob	Richardson	tt	Bournemouth Jubilee Whs	Male	DNS
128	Kevin	Creese	tt	Chronos RT	Male	DNS
137	Ragnar	Laan	tt	Twickenham CC	Male	DNS
138	Graham	Morrison	tt	Newbury Velo	Male	DNS
161	Christophe	Newton	tt	Rapha Cycling Club	Male	DNS
2	Mark	Halliday	tt	North Bucks RC	Male	DNS (A)
10	Robert	Willcocks	tt	Royal Air Force Cycling Associatic	Male	DNS (A)
15	Ken	Buckley	tt	BPC Race Team	Male	DNS (A)
17	Simon	Inman	tt	OVB	Male	DNS (A)
24	Mark	Shore	tt	Walsall Roads Cycling Club	Male	DNS (A)
27	Gareth	Daniels	tt	Icknield RC	Male	DNS (A)
29	Martin	O'Sullivan	tt	Teddington and Turing Velo	Male	DNS (A)
31	Stu	Wright	tt	QN Racing	Male	DNS (A)
37	Louis	Tate-Harris	tt	Bedfordshire Road RT	Male	DNS (A)
38	Roger	Hutchings	tt	VC Merlin	Male	DNS (A)
47	Andy	Poulton	tt	Welland Valley CC	Male	DNS (A)
56	Michael	Barnes	tt	Royal Air Force Cycling Associatic	Male	DNS (A)
59	Adrian	Briers	tt	Chronos RT	Male	DNS (A)
67	Jill	Bartlett	tt	Hounslow & District Whs	Female	DNS (A)
69	Debbie	Bradley	tt	Peddlamaniacs Cycle Club	Female	DNS (A)
70	Emily	Meakin	tt	AWOL Oâ€™Shea Worx	Female	DNS (A)
71	Roslyn	Young	rb	Serpentine Running Club	Female	DNS (A)
75	Louise	Robinson	tt	Essex Roads CC	Female	DNS (A)
76	Jan	Farmer	tt	Serpentine Running Club	Female	DNS (A)
77	Elizabeth	Cahill	rb	Rapha Cycling Club	Female	DNS (A)
96	Nick	Hammond	tt	Ilkeston Cycle Club	Male	DNS (A)
103	Paul	Newman	tt	Shorter Rochford RT	Male	DNS (A)
104	Martin	Wright	tt	Eat Plants Not Pigs CC	Male	DNS (A)
110	Joel	Stewart	tt	Team Ohten Aveas	Male	DNS (A)
111	Richard	Gifford	tt	trainSharp	Male	DNS (A)
115	Mark	Greenwood	tt	Lungs 2 Legs	Male	DNS (A)
120	Nicholas	Trbovic	tt	Elysium Kalas Race Team	Male	DNS (A)
130	George	Fox	tt	George Fox Cycling Solutions	Male	DNS (A)
132	Martin	Stanley	tt	Droitwich Cycling Club	Male	DNS (A)
139	Mark	Woolford	tt	ZeroBC Race Team	Male	DNS (A)
140	John	Archibald	tt	HUUB WattShop	Male	DNS (A)
141	Tim	Simpkins	rb	Harlow CC	Male	DNS (A)

162 Stuart	McCormick	tt	VTTA (Yorkshire)	Male	DNS (A)
50 Leon	Atkins	tt	Welwyn Whs	Male	DQ