

# Antelope Racing Team

Present an

## Open 50km 3-up Team Time Trial

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

Featuring the British Universities & Colleges Sport TTT Championships

**This race has been generously sponsored by Cobham Antenna Systems (formerly known as European Antennas)**

Saturday 18th April 2009 Start 13:30 Course: H50km/19 – Longwick circuit Headquarters: Longwick School <b>from 1230</b> Timekeepers: Geoff Booker, Bob Clark, Gordon Hart and Audrey Hughes	<b>Event Secretary</b> Ralph Dadswell 11 Walnut Tree Lane Longwick Princes Risborough HP27 9SJ  01844 345 663 07808 974 782 ralph@dadswell.com
<b>Scratch Prizes</b> All teams eligible, across both events 1 <sup>st</sup> Team <b>£225</b> 2 <sup>nd</sup> Team <b>£165</b> 3 <sup>rd</sup> Team <b>£135</b> 4 <sup>th</sup> Team <b>£120</b> 5 <sup>th</sup> Team <b>£105</b>  6 <sup>th</sup> Team <b>£90</b> 7 <sup>th</sup> Team <b>£75</b> 8 <sup>th</sup> Team <b>£60</b> 9 <sup>th</sup> Team <b>£45</b> 10 <sup>th</sup> Team <b>£30</b>  1 <sup>st</sup> Team of Ladies <b>£90</b> 2 <sup>nd</sup> Team of Ladies <b>£60</b>	<b>BUCS Awards</b> (for student teams only) 1 <sup>st</sup> Team <b>Gold</b> Medals 2 <sup>nd</sup> Team <b>Silver</b> Medals 3 <sup>rd</sup> Team <b>Bronze</b> Medals 1 <sup>st</sup> Ladies Team <b>Gold</b> Medals

**For full Course Details, Details of the HQ, and details of getting to the start** – please see overleaf

There will be a **Prize presentation** in the school hall, soon after the last team finishes.  
Please try to be there, and see £1200 being handed out !

### General Notes

- Numbers will be issued at the Event Headquarters (Longwick School), and should be attached to your lower back or on your shorts. Please return your number afterwards, and exchange it for a FREE cup of tea.
- No vehicles other than that of the timekeeper to be parked in the vicinity of the start or finish points.
- After finishing, riders must not stop, but should continue to the Headquarters.

### Special Notes about Team Time Trials

- Apologies for those of you who are old hands at this sort of thing, but .....
- When you're out on the road, you should ride in single file, except when you're changing your formation. In particular, when you have finished, please remain disciplined, as other teams will still be racing, and won't want you getting in their way.
- Please **don't** warm-up past the Finish point; if you *have* to pass the Finish when warming up, please make it clear to the timekeepers that you are not racing. Also, be aware that other teams may well be finishing when you're warming-up.
- When you *are* finishing, please look as if you're racing, and try to shout out the highest number of your team.
- If you wish to feature in the official result for this race then you must start with three riders (whose names appear on this sheet for your team), **all three of you must complete the course**, and you must pass the finish line clearly displaying your race number.
- Incomplete teams may start, and can receive a time, but this is "for general interest only".
- Teams who have nominated reserve riders may choose any three from the four riders listed. Teams using their reserve rider are still eligible for prizes. NB Reserves must wear the number of the rider who they are replacing.
- Official times are taken on the third rider to pass the finish, so try to stay together!

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

Course and Event Record : Richard Bradley, Charles McCulloch, Gavin Pardoe 1:5:59

## Full Course Details

(OS Landranger 165)

<b>763073</b>	<b>START</b> in the lane from Aston Sandford to A.4129 opposite the centre of the Bucks C.C. sign in a lay by approx 1Km from the A.4129.	<b>00.00</b>
<b>768065</b>	Proceed to the <b>A.4129</b> where bear left [CARE] onto the A.4129 to <i>start a circuit</i> .	<b>00.89Km</b>
<b>794046</b>	Go through Longwick to the <b>Sportsman Roundabout</b> at the junction with the B.4009.	<b>04.25Km</b>
<b>823070</b>	Take the first exit onto the B.4009 (Lower Icknield Way) to Little Kimble. Turn left <b>immediately before the railway bridge</b> , along Marsh Road.	<b>07.98Km</b>
<b>790115</b>	Bear right at 'T' junction, going through Marsh to the junction with the Bishopstone Road. Bear left through Bishopstone (taking care at the Traffic Calming) to the <b>crossroads at Alwyn Lawn</b> .	<b>14.25Km</b>
<b>747088</b>	Turn left [GREAT CARE] to the crossroads on the outskirts of <b>Haddenham</b> .	<b>19.54Km</b>
<b>742068</b>	Turn left on Stanbridge Road to <b>Kingsey</b> .	<b>22.39Km</b>
<b>768065</b>	Turn left onto A.4129 [CARE] to <b>complete circuit when passing junction</b> with road from Aston Sandford and Haddenham.	<b>24.94Km</b>
<b>768065</b>	Repeat circuit, <b>again continuing past junction</b> .	<b>48.99Km</b>
<b>777061</b>	<b>FINISH</b> at 'crossroads' sign, just west and short of junction with road to Ilmer.	<b>50.00Km</b>

View a map showing the area of the course at <http://www.dadswell.co.uk/dadswell/Files/coursemap.jpg>

**The Course in simple terms** : This 50km TTT involves just over 2 laps of a circuit. The first kilometre is a 'feeder' onto the circuit. After completing two full laps, you start another lap, but you then have just 1km left to do. You'll be able to see two houses in front of you. The finish is not quite as far away as they are. There will be marshals and signs around the course, but please remember that the onus is on you to follow the correct route.

### **Finding the HQ : Please don't arrive at the HQ before 1230. Another hirer has it until then.**

Longwick is on the A4129 between Thame and Princes Risborough. If you're approaching from Princes Risborough, go through Longwick, past the pedestrian lights, and then turn left into Walnut Tree Lane. Then take the second left into Dorrells Road, go straight ahead, and the school entrance is in front of you. If you're approaching from Thame, take the right turn into Walnut Tree Lane, approx 100 yards *before* the pedestrian lights.

The postcode of the school is HP27 9SJ. Please park considerably, as with **231** riders we will be pushed for space. Car-sharing or riding to the race would be a great idea !

If you arrive to find that the school area is full, please sign on and then use one of the following alternative parking areas : There is a large layby at the western end of Longwick on the north side of the A4129, and another approx 1 mile further west, on the south side of the road. Please avoid clogging up the roads near to the school, as this creates bad feeling ... with my neighbours !

**Finding the start** : From the HQ, retrace along Dorrells Road and Walnut Tree Lane, to turn left onto the A4129 towards Thame. After almost 2 miles, take a right fork, signposted Haddenham (and others). The start is 0.89 km away from there.

**Getting back to the HQ** : Keep riding until you're back in Longwick. Turn right into Walnut Tree Lane.

**Photographs !** We are delighted to have secured the services of Sarah Brooke, who will be on the course, recording the event for posterity. Check out <http://www.sarahbrookephotography.co.uk/>

## **Cobham Antenna Systems**

(formerly known as European Antennas)

We are delighted that this race is being supported by sponsorship from Cobham Antenna Systems.

European Antennas Ltd is now trading as Cobham Antenna Systems, Microwave Antennas. The company design and manufacture high specification antennas – directional flat panel, sector, planar spiral and omni-directional, within the 200MHz to 40GHz frequency range. Antennas are used worldwide within commercial, defence, satellite and security industries, for applications as diverse as wireless LAN, RFID, telemetry, UAVs, robotics, IED, rail and broadcast.

If you would like to know more, contact [sales@european-antennas.co.uk](mailto:sales@european-antennas.co.uk),  
or speak to Brian Phillips

**Event One : BUCS Championship TTT and Open TTT (overflow)**

No	Name	Club	Reserve	Start time
1	Alasdair MacVarish	High Wycombe CC		1333
2	John Francis			
3	Gordon Wright			
4	Simon Towner	Sotonia CC		1336
5	Rob Catling			
6	Tim Wildschut			
7	Tom Durno	Cambridge University CC	Laurie Coldwell	1339
8	Philip Burns			
9	Hatem Helal			
10	Stephen Hill	Oxford University CC	Leon Chen	1342
11	Adam Willington			
12	Max Wigley			
13	Tracy Jaquest (W)	High Wycombe CC		1345
14	Anna Holder (W)	High Wycombe CC		
15	Jo Spragg (W)	Aylesbury CC		
16	Mitchell Harris	Oxford University CC	Tim Hiscocks	1348
17	Sebastian Webb			
18	Norman Metzner			
19	James Mahoney	Sigma Sport - Pro Bike Shop		1351
20	Chris Greig	High Wycombe CC		
21	Duncan Smith	High Wycombe CC		
22	Paul Morrissey	High Wycombe CC		1354
23	Andrew Mullis			
24	Stewart King			
25	David Lewis-Smith	Cambridge University CC	Tom Durno	1357
26	Tom Price			
27	Phil Buckham-Bonnet			
28	Andrew Murphy	Haverhill Wheelers		1400
29	David Giffin	West Suffolk Wheelers		
30	Brian Phillips	East Grinstead CC		
31	Emma Williams (W)	Ful-On Tri		1403
32	Jessica Taylor (W)			
33	Natalie Creswick (W)			
34	Andrew Green	Addiscombe CC		1406
35	Jonathan Hemming			
36	Paul Tunnell			
37	Sophie Pooley (W)	Oxford University CC	Zoe Barber	1409
38	Hetti Cheung (W)			
39	Sonia Bracegirdle (W)			
40	Chris Starling	High Wycombe CC		1412
41	Richard Davies			
42	Andy Colsell			
43	Danny Axford	Arctic Premier RT		1415
44	Darren Barclay			
45	David McGaw			
46	Graeme MacNamee	Twickenham CC	Dave Peck	1418
47	Jason Harris			
48	Johnathon Brent			
49	Rachel Fenton (W)	Cambridge University CC		1421
50	Willow Kemp (W)			
51	Hannah Brice (W)			
52	Chris Sharrock	University of Surrey CC		1424
53	Trung Nguyen-Le			
54	Nick Martin			
55	James Norris	High Wycombe CC		1427
56	Clive Nicholls			
57	Gareth Batson			
58	William McFarland	Twickenham CC	Jason Harris	1430
59	Mark Spindler			
60	Dave Peck			

61	Nicola Malone (W)	Leeds University CC		1433
62	Cat Handforth (W)			
63	Claire Harbottle (W)			
64	George Brent	Addiscombe CC		1436
65	Sylvain Garde			
66	Dominic Lowe			
67	Adam Atkinson	Swansea University CC	James Heaton	1439
68	Gareth Petts			
69	Mark Ingham			
70	James Third	Cambridge University CC	Tom Price	1442
71	Mark Holt			
72	Jerry Zak			
73	Thomas Sutherland	Twickenham CC		1445
74	Steve Home			
75	Nigel Atkins			
76	Neil Dallaway	University of Birmingham CC		1448
77	Will Bamber			
78	Edward Hynd			
79	Hannah Read (W)	Durham University CC		1451
80	Emily Taylor (W)			
81	Sarah Cowburn (W)			
82	Dan Ahearn	Cambridge University CC	James Third	1454
83	James Hawkins			
84	Andrew Nichols			
85	Harry Springall	Leeds Metropolitan Carnegie CC	Lee Symanski	1457
86	Tom Crossland			
87	Dom Brook			
88	Ross McDonald	Swansea University CC	James Heaton	1500
89	Timothy Butt			
90	Thom Phillips			
91	Ewan Brown	Durham University CC		1503
92	Thomas Chantry			
93	Matthew Daniel			
<b>94</b>	Tim Wallis	Southampton University CC		1506
<b>95</b>	George Crammond			
<b>96</b>	Oliver Smith			
97	Ruairi Revell	Leeds University CC		1509
98	James Samuel			
99	Calum Chamberlain			
100	Francis Pearson	Durham University CC	Ewan Brown	1512
101	Ben Crone			
102	Alex Clayton			
103	Daniel Sullivan	Nottingham University CC		1515
104	Tom Bailey			
105	Paul Hamill			
<b>106</b>	Jesse Elzinga	Oxford University CC	Max Wigley	1518
<b>107</b>	Henry Martin			
<b>108</b>	Toby Weatherall			
109	Robert Simpson	Durham University CC	Ben Crone	1521
110	Harold Evans			
111	Sam Billmore			
112	Lois Rossindale (W)	Leeds Metropolitan Carnegie CC		1524
113	Louisa Edmonston (W)			
114	Emily Dove (W)			
115	Edward Roberts	Bangor University CC		1527
116	James Atherton			
117	Harry Wickham			
<b>118</b>	Henry King	Leeds University CC		1530
<b>119</b>	Lee Tunnicliffe			
<b>120</b>	Mike Dales			

**Event 2 : Antelope RT Open TTT**

1	Lesley-Anne Walkling (W)		
2	Sally St Leger (W)	A3crg	1533
3	Danuta Tinn (W)		
4	Philip Gatley		
5	Andrew Childs	Rugby RCC	1536
6	David Williams		
7	Steve McKeever		
8	Ben Watson	Oxford University CC (non BUCS)	1539
9	William Harrison		
10	Esther Dingley (W)		
11	Mathilde Matthijsse (W)	Durham University CC (non BUCS)	1542
12	Amy Wolstencroft (W)		
13	Phill Sykes		
14	Mick StLeger	VC St Raphael	1545
15	Rowan Horner		
16	Russell Rowles		
17	Geoff Bunyan	Spirit RT	1548
18	Simon Moss		
19	Mike McGillion		
20	Steve Whittington	Rugby RCC	1551
21	Garry Haynes		
22	Alastair McChesney		
23	Edward Priddy	Solihull CC	1554
24	James Cowan		
25	Richard Somerset		
26	Ian Coles	North Road CC	1557
27	John McDowall		
28	Peter Graham		
29	Nick Onslow	North Hampshire RC	1600
30	William Girvan		
31	Dave Larkin		
32	Javier Nunez	Team Velo Sportif	1603
33	Ian Parker		
34	Charlotte Hornett (W)		
35	Ann Shuttleworth (W)	Chelmer CC	1606
36	Sue Gray (W)		
37	Ian Cowan		
38	Steve Mountford	Solihull CC	1609
39	Colin Williamson		
40	Martin Osman		
41	Nicholas Walford	MJS Racing	1612
42	George Bate		
43	Gary Ford		
44	Ian Bowman	North Hampshire RC	1615
45	Nick Buffery		
46	Gregory Ashley	Team Lutterworth Cycle Centre	
47	Hywel Davies	Planet X	1618
48	David Overton	Rugby RCC	
49	Graham Brant		
50	Dave Nicholls	Chelmer CC	1621
51	Erron Field		
52	Adrian Wyatt		
53	Mike Smallwood	Rugby RCC	1624
54	Keith Hirons		
55	Giles Bowell		
56	Peter Dickason	RT 316	1627
57	Mark Griffiths		
58	Bruce Metheringham		
59	Ashley Glass	North Road CC	1630
60	Andrew Lancaster		

61	Paul Challis	North Hampshire RC		1633
62	Brian Smith			
63	Richard Bremner			
64	Dave Johnson	High Wycombe CC		1636
65	Nick Calkin			
66	Kevin Holloway			
67	Neil Hornett	Chelmer CC	Alex Eason	1639
68	Peter Barton			
69	Antony Stapleton			
70	Chris Long	Team Velo Sportif		1642
71	Gary Sheffield			
72	Steve Leonard			
73	Sebastian Ader	A3crg	Andy Lovell	1645
74	Patrick Brennan			
75	Chris Stocks			
76	Alex Eason	Chelmer CC	Peter Barton	1648
77	Graham Painter			
78	Steve Freeman			
79	Robert Fletcher	Anders Electronics		1651
80	Neil Wass			
81	John Lacey			
82	Bryce Dyer	A3crg		1654
83	Andy Lovell			
84	Jeremy Ponting			
85	Andrew Sturt	Team Velo Sportif		1657
86	David Rapley			
87	Rick Millin			
88	Simon Greenland	Maidenhead & District CC		1700
89	Andrew Payne			
90	Chris Heape			
91	Anthony Gibb	Plowman Craven - Madison		1703
92	Steve Adams			
93	James Millard			
94	Nigel Williams	Python RT		1706
95	Mark Williams			
96	Robert Stimpson			
97	Stephen Bale	Reading CC		1709
98	Rod MacFadyen			
99	Brian Bingham			
100	Adam Duggleby	Shorter Rochford RT		1712
101	Charles McCulloch			
102	Mark Holton			
103	Gary Gunner	A3crg	Warren Peters	1715
104	Darryl Barr			
105	Rob Sherrin			
106	David Welling	North Hampshire RC		1718
107	Andre Posthuma			
108	Barry Tooke			
109	Steve Golla	Sigma Sport		1721
110	Jerone Walters			
111	Wouter Sybrandy			

### Club Sponsors

High Wycombe CC – Infrastructure Finance, Professional IT, Cycle Care  
RT 316 – Crown Lift Trucks / Alarm Communcation Ltd / Take My Pain Away  
Python RT – Smartest Energy, Ixia, Real 451, PUSH Print  
Anders Electronics, TMG Horizon  
VC St Raphael – Waite / Hewitt  
Reading CC – MAR Services, Hale Partnership, Pro Vision Clothing  
Twickenham CC – Evans  
Sigma Sport - Specialized – Sportful  
a3crg - PBscience  
Shorter Rochford RT - Exclusive Ranges  
Team Velo Sportif – Sherborne