

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

Saturday 16th April 2011 Start 13:30 Course: H50km/19 – Longwick circuit Headquarters: Longwick School from 1230 Timekeepers: Geoff Booker, Audrey Hughes, Gordon Hart and Bob Clark	Event Secretary Ralph Dadswell 11 Walnut Tree Lane Longwick Princes Risborough HP27 9SJ 01844 345 663 07769 314 329 ralph@dadswell.com
Scratch Prizes All teams eligible, across both events	BUCS Awards (for student teams only)
1 st Team £180 4 th Team £135 7 th Team £90 2 nd Team £165 5 th Team £120 8 th Team £75 3 rd Team £150 6 th Team £105 9 th Team £60	1 st Male Team & 1 st Female Team Gold Medals 2 nd Male Team & 2 nd Female Team Silver Medals 3 rd Male Team & 3 rd Female Team Bronze Medals
1 st Team of Ladies £105 2 nd Team of Ladies £75 3 rd Team of Ladies £45	

For full Course Details, Details of the HQ, and details of getting to the start – please see later pages.

There will be a **Prize presentation** in the school hall, soon after the last team finishes.
Please try to be there, and see £1300 being handed out !

Provisional Results will be available (as quickly as we can manage) from <http://www.dadswell.co.uk>

At the Event Headquarters, we have been specifically instructed that there must be NO PARKING ON THE GRASS. There was also a complaint made after a previous year's race of litter being left around the school and on the fields. Please take your litter home with you, and don't put our future use of the school in jeopardy. Thank you.

For the previous five years, this race has been generously sponsored and supported by Brian Phillips of Cobham Antennas. This support was planned to continue in 2011.

I am very sad to report that on March 27th, when racing in Tuscany, Italy, Brian collapsed and died. He was 51.

In 1985, he was part of the victorious Manchester Wheelers team in the RTTC National Championship Team Time Trial, and the TTT was a discipline that was dear to him.

Brian's wife, Claire, has very kindly continued the sponsorship of our race for 2011, for which we are most grateful.

I would like to dedicate the race to the memory of Brian, who lived for his cycling, and was a fantastic person to know.

Please everyone, have a safe and enjoyable afternoon, and try to take a moment to reflect on a man who helped build the event into what it is now.



Brian Phillips 1960-2011

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 are to be parked in the vicinity of the start or finish points.
- After finishing, riders must not stop, but should continue to the Headquarters, or the alternative parking areas.

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 all pass the finish line clearly displaying your race numbers.
- 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.

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active while the machine is in use.

Course and Event Record :

Adam Duggleby, Charles McCulloch, Mark Holton 1.3.33 (29.3 mph)

Full Course Details

(OS Landranger 165)

763073	START 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.	00.00
768065	Proceed to the A.4129 where bear left [CARE] onto the A.4129 to <i>start a circuit</i> .	00.89Km
794046	Go through Longwick to the Sportsman Roundabout at the junction with the B.4009.	04.25Km
823070	Take the first exit onto the B.4009 (Lower Icknield Way) to Little Kimble. Turn left immediately before the railway bridge , along Marsh Road.	07.98Km
790115	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 crossroads at Alwyn Lawn .	14.25Km
747088	Turn left [GREAT CARE] to the crossroads on the outskirts of Haddenham .	19.54Km
742068	Turn left on Stanbridge Road to Kingsey .	22.39Km
768065	Turn left onto A.4129 [CARE] to complete circuit when passing junction with road from Aston Sandford and Haddenham.	24.94Km
768065	Repeat circuit, again continuing past junction .	48.99Km
777061	FINISH at 'crossroads' sign, just west and short of junction with road to Ilmer.	50.00Km

View a map showing the area of the course at <http://tinyurl.com/yeupejg>

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 **240** 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/>

Event One

No	Name	Club	Reserve	Start time
1	Alasdair Macvarish	High Wycombe CC		1333
2	Michael Papworth			
3	Andrew Wright			
4	Mari Rabie (W)	Oxford University CC	Sophie Pooley (W)	1336
5	Clare Kane (W)			
6	Natasha Poole (W)			
7	Andrew Colsell	High Wycombe CC	Chris Greig VC10	1339
8	Richard Davies	VC10		
9	Mark Wakley	VC10		
10	Catherine Batson (W)	High Wycombe CC		1342
11	Rebecca Stanley (W)			
12	Sarah Slade (W)			
13	Richard Wise	VC10	Chris Greig	1345
14	Richard King			
15	Terry Hammond			
16	Paul Morrissey	High Wycombe CC		1348
17	Tim Osborne			
18	Mike Landers			
19	James Mahoney	Sigma Sport		1351
20	Steve Rouse	High Wycombe CC		
21	Colin Fury	VC10		
22	Fran Scott (W)	Cambridge University CC	Lydia Levy (W)	1354
23	Jess Berry (W)			
24	Isobel Rees (W)			
25	Alec Watson	Oxford University CC	Ben Reid	1357
26	Norman Metzner			
27	John Cant			
28	Toby Weatherall	Cambridge University CC		1400
29	Dan Ahearn			
30	James Dixon			
31	Steve Chiswell	VC10	Chris Greig	1403
32	Dan Clemens			
33	Will Dixon			
34	Ben Kenneally	Cambridge University CC		1406
35	Ming-Chee Chung			
36	Andrew Collier			
37	Stephen Hill	Oxford University CC	Alec Watson	1409
38	Tom Hickish			
39	Sean Ledger			
40	Anna Holder (W)	VC10	Chris Greig	1412
41	Iwona Szmyd (W)			
42	Debbie Knott (W)			
43	Antony Stapleton	Chelmer CC		1415
44	Richard Evans			
45	Dave Nicholls			
46	Tom Durno	Cambridge University CC		1418
47	Jared Hudson			
48	George Bate			
49	Mark Lever	University of Birmingham CC		1421
50	Anish Khandia			
51	Jonathan Dredge			
52	Harry King	Leeds University CC	Dan Frost	1424
53	John Needham			
54	Barney Reed			
55	Hayley Simmonds (W)	Cambridge University CC	Jess Berry (W)	1427
56	Helen Hatch (W)			
57	Sarah Gallagher (W)			
58	David Johnson	VC10	Chris Greig VC10	1430
59	Chris Starling	Team MDT – Aztec		
60	Pete Lawrence	Team MDT – Aztec		

61	Karla Boddy (W)	High Wycombe CC		1433
62	Rose Osborne (W)			
63	Heather Golla (W)			
64	Matthew Leake	Durham University CC AURA Cycles	William Haynes	1436
65	Richard Abraham			
66	Rory Macleod			
67	Xavier Disley	University of Birmingham CC	Oliver Wilson	1439
68	Jack Peasgood			
69	Mark Brown			
70	Iona Clark (W)	University of Birmingham CC		1442
71	Natasha Cutmore (W)			
72	Laura McCormack (W)			
73	Alex Clayton	Durham University CC AURA Cycles	William Haynes	1445
74	Andrew Miles			
75	Samuel Hatfield			
76	Jack Skelton	Leeds Metropolitan University CC	Dave Speight	1448
77	Oli Shannon			
78	Gabe Lowrie			
79	Bex Milnes (W)	University of Birmingham CC		1451
80	Elle Hopkins (W)			
81	Lara Nyman (W)			
82	Matt Passenger	Loughborough Students CC		1454
83	Michael Thelwell			
84	Tim Finch			
85	Nils Gustaffson	University of Birmingham CC		1457
86	Edward Hynd			
87	Andrew Kealy			
88	Stuart Clarke	Chelmer CC		1500
89	Peter Barton			
90	John Golder			
91	Luke Dabbs	University of Manchester CC		1503
92	Johnny Perry			
93	Tim Condon			
94	Linda Evans (W)	Leeds University CC		1506
95	Alice Keane (W)			
96	Abi Hill (W)			
97	Sam Pictor	University of Birmingham CC		1509
98	Andrew Robbins			
99	Alex Stephenson-Brown			
100	Hannah Molloy (W)	Durham University CC AURA Cycles		1512
101	Gail Brown (W)			
102	Katharine Broadbent (W)			
103	Alex Eason	Chelmer CC		1515
104	Graham Painter			
105	Erron Field			
106	Tony Truepenny-Phillipson	University of Manchester CC		1518
107	Chris Manning			
108	John Cooper			
109	Ken Hands	Chelmer CC		1521
110	Ann Shuttleworth (W)			
111	Chris Regan			
112	Frances White (W)	University of Manchester CC		1524
113	Lizzie Waterhouse (W)			
114	Rachel Murray (W)			
115	Rhys Davey	Leeds Metropolitan University CC	Oli Shannon	1527
116	Harry Springall			
117	Robert Dunn			
118	Corinna Francis (W)	Chelmer CC Colchester Rovers CC Chelmer CC		1530
119	Julie Baker (W)			
120	Sue Gray (W)			

Event 2

1	Will Rudguard	University of Birmingham CC	Mark Brown	1533
2	Oliver Wilson			
3	Robbie White			
4	Sara Mickleburgh (W)	Leeds Metropolitan University CC	Mel Marwood (W)	1536
5	Hannah Righini-Brand (W)			
6	Ellie Betts (W)			
7	Steven Sexton	North Road CC		1539
8	Tim Brown			
9	Marcus Machell			
10	Mike Chappell	VC10	Mark Warfield	1542
11	Matt Thomas			
12	Paul May			
13	John Borton	Brunel University Triathlon Club		1545
14	Doug Baldock			
15	William Couch			
16	Emma Williams (W)	Twickenham CC	Kate Balchin (W)	1548
17	Sol Findley (W)			
18	Jo Foster (W)			
19	Steve James	North Road CC		1551
20	John McDowall			
21	Richard Somerset			
22	Heather Sellars (W)	Leeds Metropolitan University CC		1554
23	Emily Dove (W)			
24	Louisa Downs (W)			
25	Timothy Wood	University of Bristol Bike Club		1557
26	Jack Rae			
27	Tom Woolf			
28	Liam Maybank	Twickenham CC		1600
29	Clayton Edge			
30	Steve Home			
31	Tim Smith	Team Trisports		1603
32	Andrew Lowrie			
33	Richard Thomas			
34	Thomas Bell	Twickenham CC		1606
35	Mark Spindler			
36	Mike Miach			
37	James Gray	University of Bristol Bike Club		1609
38	Craig Wallduck			
39	Hugh Knudsen			
40	Darren Paice	Twickenham CC		1612
41	George Kirkin			
42	Mateusz Dykiert			
43	Conor O'Brien	Solihull CC		1615
44	Jeremy Stone			
45	Alastair McChesney			
46	Phillip Wilkinson	Sheffield Hallam University		1618
47	Matthew Bennett			
48	David Starkey			
49	Joshua Lawless	Swansea University Tri - Forza Cycles		1621
50	Graham Howell			
51	Tim Butt			
52	David Scott	Welwyn Wheelers		1624
53	Howard Ashmore			
54	Adrian Trott			
55	Richard Mathie	Imperial College Triathlon Club		1627
56	Reuben Bogg			
57	Stephen Cooper			
58	Rob Fletcher	Arbis LLP - Roy Pink Cycles Team Jewson - MI Racing RAF CC		1630
59	Pete Smith			
60	Paul Mace			

61	Shane Ashby			
62	Claire Allen (W)	University of East Anglia		1633
63	Elliott Boardman			
64	Ralph Mullan			
65	Ian Heather	Shaftesbury CC		1636
66	James Cook			
67	Jeremy Chandler-Smith			
68	Martin Dossett	Welwyn Wheelers		1639
69	Chris Murphy			
70	Jo Loudon (W)			
71	Rick Millin	Team Velo Sportif -		
72	Dave Larkin	Sherborne		1642
73	Stephen Bale			
74	Greg Woodford	Reading CC		1645
75	Ken Buckley			
76	Julian King			
77	Peter Anstey	Welwyn Wheelers		1648
78	Henry Farrell			
79	Allen Huish	British Airways CC		
80	Les Ross	British Airways CC		1651
81	Matt Barker	Team Quest		
82	Tom Gallacher			
83	George Farrell	Welwyn Wheelers		1654
84	Joshua Maynard			
85	Paul Kleman			
86	Andy Barrett	Spirit Racing Team		1657
87	Spencer Turnbull			
88	Darren Fagan			
89	Sebastian Ader	...a3crg – SIS		1700
90	Tom Chapman			
91	Alex Peeke			
92	Alex Anderson	Welwyn Wheelers		1703
93	Claire Newland (W)			
94	Peter Oliver	Fairly United CT		
95	Paul Granger	Witney Builders & Trades,		1706
96	Chris Edginton	Peter Oliver Cars		
97	David Watson			
98	Russell Rowles	Spirit Racing Team		1709
99	Simon Howes			
100	Graeme Stirzaker			
101	Rob Sherrin	...a3crg – SIS	Warren Peters	1712
102	Jonathan Hepper			
103	Ian Blatchford	VC Meudon		
104	Nick Calkin	VC10	Chris Greig	1715
105	Kevin Holloway	VC10		
106	Darren Barclay			
107	Danny Axford	Arctic Premier RT		1718
108	Tim Bayley			
109	Stephen Morrell			
110	Adam Quilter	Aylesbury CC	Dan Tamplin	1721
111	Bruce Caldwell			
112	Steve Golla			
113	Jerone Walters	Sigma Sports - La Fuga		1724
114	Phill Sykes			
115	Mark Howard			
116	Daniel Scott	PCH UK Racing Team		1727
117	Matt Cowan			
118	Matthew Bottrill			
119	Scott Povey	i-ride.co.uk		1730
120	Richard Bradley			