

Antelope Racing Team

Present the RESULT of their

Open 50km 3-up Team Time Trial

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Incorporating the British Universities & Colleges Sport TTT Championships

*The race is dedicated to the memory of Brian Phillips,
for his enthusiasm and support.*

Saturday 14th April 2012

Start 13:30

Course: H50km/19 – Longwick circuit

Headquarters: Longwick Village Hall

Timekeepers: John Pick, Audrey Hughes,

Gordon Hart & Bob Clark

Event Secretary

Ralph Dadswell

11 Walnut Tree Lane

Longwick, Princes Risborough

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Prizes		
1 st Team £180	VC St Raphael (Simon Berogna, Phill Sykes, Jerone Walters)	1:06:47
2 nd Team £165	High Wycombe CC (Adam Brittain, Jonathan Shubert, Steve Golla)	1:07:06
3 rd Team £150 1 st Student Team : Gold Medals	Cambridge University CC (Toby Weatherall, Charlie Pitt Ford, Dan Ahearn)	1:07:33
4 th Team £135 2 nd Student Team : Silver Medals	University of Central Lancashire CC (Jack Waller, Matthew Fostun, Jacob Tipper)	1:08:23
5 th Team £120 3 rd Student Team : Bronze Medals	Oxford University CC (Douglas Bruce, Sean Ledger, Sebastian Pancratz)	1:08:46
6 th Team £105	Welwyn Wheelers (Joshua Maynard, George Farrell, Henry Farrell)	1:09:04
7 th Team £90	Southampton University CC (George Crammond, Alex Clayton, Ed Leeming)	1:09:13
8 th Team £75	Team Milton Keynes (Steve Clarke, Luke Clarke, Ross Clarke)	1:09:17
9 th Team £60	Chelmer CC (Antony Stapleton, Erron Field, Stuart Clarke)	1:09:35
1 st Team of Ladies £105	Chelmer CC & Colchester Rovers CC (Corinna Francis, Julie Baker, Sue Gray)	1:18:27
2 nd Team of Ladies £75 1 st Ladies Student Team : Gold Medals	Cambridge University CC (Hayley Simmonds, Sarah Gallagher, Anna Railton)	1:20:35
3 rd Team of Ladies £45 2 nd Ladies Student Team : Silver Medals	Durham University CC (Katharine Broadbent, Gail Brown, Holly Page)	1:24:20
3 rd Ladies Student Team : Bronze Medals	Loughborough Students CC (Louise Hart, Elinor Thorogood, Lucy Smith)	1:25:33

Another one done! Very many thanks to everyone who contributed to Saturday's fun and games.

Having switched the HQ from the school to the Village Hall, it seemed to work out nicely as all the parking could be in the same place, and we had a proper community out on the field.

I was very pleased with the way we were able to offer a place to all the reserve teams (although some were unable to take up the offer), and this was due to the unselfish approach of those teams who found themselves unable to get three riders to the start. I must admit that with nine Reserve Teams, I didn't expect to get to the end of the list.

The rather chilly conditions seem to have slowed many teams by a couple of minutes compared with 2011, but I'm sure we're all pleased that the wet weather of the last few days didn't hit us at the weekend.

As ever, I'm hugely grateful to all those of you who took a turn marshalling, pushing, timing, catering etc. There were significant contributions from High Wycombe CC, VC10, Oxford and Cambridge, as well as lots of support and tolerance from my wife and parents.

Ralph

Please check out Sarah Brooke's photographic record of the event

<http://www.sarahbrookephotography.co.uk/antelope-3up-ttt-14th-april>

Something to think about for 2013?

Most of you will agree that Team Time Trials are quite fun. But they also require a bit of skill and concentration to do them 'properly'.

When you're out on the public roads, you really need to be riding in a disciplined formation. Far too many teams seemed to lack this tight, organised look, with the consequence that we had a lot of instances of other road users complaining to marshals about poor riding.

I know, of course, that for some of you this was your first taste of competitive cycling, and so I'm not expecting perfection. But if you're intending to ride the TTT next year (and I hope you are!), please try to get some practice sessions in with your team mates beforehand.

If you're the Captain of your University Club, then why not arrange a few practice rides to teach some of the techniques to your less experienced members?

In the first place, this should make things much safer. It should also make them considerably quicker...

And one more thing ...

After you'd all gone home, I took a walk around the playing fields.

A few of you seem to think that the way to eat an Energy Gel is as follows:

- 1. Rip tab off packaging.**
- 2. Drop tab on ground.**
- 3. Consume contents.**
- 4. Drop remainder of wrapper on floor.**

It took 20 minutes to clear up the litter.

If I'd left it all there, do you think we'd be allowed back next year?

OFFICIAL RESULT (combining Event1 and Event 2)

Pos'n	Name	Club	First 2km	First 24km lap	Second 24km lap	Total
1	Simon Berogna Phill Sykes Jerone Walters	VC St Raphael	00:02:19	00:31:56	00:32:32	01:06:47
2	Adam Brittain Jonathan Shubert Steve Golla	High Wycombe CC	00:02:14	00:32:42	00:32:10	01:07:06
3	Toby Weatherall Charlie Pitt Ford Dan Ahearn	Cambridge University CC	00:02:26	00:32:36	00:32:31	01:07:33
4	Jack Waller Matthew Fostun Jacob Tipper	University of Central Lancashire CC	00:02:22	00:32:55	00:33:06	01:08:23
5	Douglas Bruce Sean Ledger Sebastian Pancratz	Oxford University CC	00:02:25	00:33:33	00:32:48	01:08:46
6	Joshua Maynard George Farrell Henry Farrell	Welwyn Wheelers	00:02:22	00:33:13	00:33:29	01:09:04
7	George Crammond Alex Clayton Ed Leeming	Southampton University CC	00:02:23	00:33:12	00:33:38	01:09:13
8	Steve Clarke Luke Clarke Ross Clarke	Team Milton Keynes	00:02:25	00:32:56	00:33:56	01:09:17
9	Antony Stapleton Erron Field Stuart Clarke	Chelmer CC	00:02:22	00:33:51	00:33:22	01:09:35
10	Alexander King Dave Nichols Jon Pybus	Loughborough Students CC	00:02:25	00:34:09	00:33:33	01:10:07
11	Chris Palfreeman Hugo Humphreys Stuart Clayton	Leeds University Union CC	00:02:19	00:33:57	00:34:11	01:10:27
12	Nick Onslow Billy Girvan Sean Williams	North Hampshire RC North Hampshire RC Wightlink/Offshore RT	00:02:20	00:33:58	00:34:15	01:10:33
13	Ben Wimpory Mike Thelwell Alex Burrage	Loughborough Students CC	00:02:25	00:34:30	00:34:26	01:11:21
14	Edmund Bradbury Ming Cheung Ben Stauch	Cambridge University CC	00:02:26	00:34:11	00:35:09	01:11:46
15	Seb Ader Darren Fagan Graeme Stirzaker	..a3crg	00:02:39	00:34:18	00:35:04	01:12:01
16	Glenn Longland Steve Wood Ollie Emmans	Antelope Racing Team	00:02:39	00:34:46	00:34:49	01:12:14
17	Paul Granger Chris Edgington Peter Oliver	Fairly United CT	00:02:35	00:35:14	00:35:25	01:13:14

Pos'n	Name	Club	First 2km	First 24km lap	Second 24km lap	Total
18	Alex Eason Clive Richardson Graham Painter	Chelmer CC	00:02:32	00:35:26	00:35:34	01:13:32
19	Steve Sexton Gavin Lewis Ian Turner	North Road CC	00:02:34	00:35:10	00:35:55	01:13:39
20	Dave Johnson Richard Palmer Ed Janes	VC10	00:02:35	00:35:10	00:36:10	01:13:55
21	David Scott Howard Ashmore Adrian Trott	Welwyn Wheelers	00:02:36	00:35:24	00:36:05	01:14:05
22	Rob Sherrin Jonathan Hepper Matt Harris	..a3crg	00:02:30	00:35:23	00:36:24	01:14:17
23	Michael Testori Tristan Guyard Patrick Owen	University of Kent CC	00:02:28	00:35:28	00:36:40	01:14:36
24	Samuel Gilzean Frazer Harper Mark Smith	Welwyn Wheelers	00:02:39	00:35:55	00:36:15	01:14:49
25	Dan Bryant Ruari Grant Ben Page	Durham University CC	00:02:29	00:35:53	00:36:50	01:15:12
26	Michael Murphy Mark Cox Mike Logue	Fairly United CT	00:02:31	00:35:11	00:37:38	01:15:20
27	Stephen Morrell Daniel Tamplin Paul Newman	Aylesbury CC	00:02:34	00:35:53	00:37:43	01:16:10
28	Steve McKeever Nathan Blake Sean Nicolle	Oxford University CC Oxford Tri Oxford Tri	00:02:42	00:36:54	00:36:41	01:16:17
29	Geoff Reynolds Ian Baynes Sam Williamson	Hemel Hempstead CC	00:02:47	00:35:49	00:37:42	01:16:18
30	Ben Butler Matthew Burton Ed Roberts	Bangor University Road CC	00:02:26	00:36:42	00:37:15	01:16:23
31	Will Vousden Alex Stephenson Brown Ben Tolputt	University of Birmingham CC	00:02:32	00:37:10	00:36:45	01:16:27
32	Andrew Leith Alastair McNicol Angus Elliott	Edinburgh University CC	00:02:24	00:35:38	00:38:45	01:16:47
33	Christian Preece Chris Bellamy Ben Kenneally	Cambridge University CC	00:02:34	00:36:53	00:37:22	01:16:49
34	Phillip Wilkinson David Brearley Daniel Jackson	Sheffield Hallam University CC	00:03:22	00:36:24	00:37:03	01:16:49
35	Helen Reynolds (W) Jody Conibear (W) Giles Haley	Hemel Hempstead CC	00:02:41	00:37:28	00:38:07	01:18:16

Pos'n	Name	Club	First 2km	First 24km lap	Second 24km lap	Total
36	Julie Baker (W) Corinna Francis (W) Sue Gray (W)	Colchester Rovers CC Chelmer CC Chelmer CC	00:02:53	00:37:46	00:37:48	01:18:27
37	Ralph Godwin Billy Holman Drew Hosie	..a3crg	00:02:40	00:37:33	00:38:43	01:18:56
38	Richard Moule Geoff Bunyan Roberto Luff	Bossard Wheelers CC	00:02:46	00:37:41	00:38:36	01:19:03
39	Ryan Witchell Ben Wilson Sean O'Brien	Team Welwyn Welwyn Wheelers Welwyn Wheelers	00:02:28	00:38:34	00:38:49	01:19:51
40	Hayley Simmonds (W) Sarah Gallagher (W) Anna Railton (W)	Cambridge University CC	00:02:43	00:39:23	00:38:29	01:20:35
41	Philip Cooke Aistis Simaitis Alec Watson	Oxford University CC	00:02:40	00:39:35	00:38:47	01:21:02
42	Matthew Suggit Oliver Dammone James Coote	Oxford University CC	00:02:54	00:37:38	00:40:38	01:21:10
43	George Osbourne Dan Frost Ben Wetherall	University of Leeds Triathlon Club	00:02:46	00:39:31	00:39:36	01:21:53
44	Dan Clemens Steve Chiswell Terry Hammond	VC10	00:02:42	00:39:02	00:40:15	01:21:59
45	George Blackburn Tom Upton Tom Wiley	University of Manchester CC	00:02:44	00:39:34	00:40:38	01:22:56
46	Heather Golla (W) Neil Richards Mark Emmett	High Wycombe CC	00:02:58	00:40:22	00:40:50	01:24:10
47	Katharine Broadbent (W) Gail Brown (W) Holly Page (W)	Durham University CC	00:02:52	00:40:52	00:40:36	01:24:20
48	Louise Hart (W) Elinor Thorogood (W) Lucy Smith (W)	Loughborough Students CC	00:02:56	00:41:46	00:40:51	01:25:33
49	Thomas Hall Thomas Mowbray James Worrall	University of Bristol CC	00:02:48	00:39:54	00:43:16	01:25:58
50	Chris Carroll Eric Fitton Sam Green	Bangor University Road CC	00:02:43	00:40:35	00:43:04	01:26:22
51	Gary Mills James Hunt Stuart Smith	High Wycombe CC	00:03:05	00:41:25	00:42:06	01:26:36
52	Paul Morrissey Tim Osborne Mike Landers	High Wycombe CC	00:03:01	00:41:33	00:43:29	01:28:03
53	Alasdair MacVarish Andrew Bland Dennis Van Dijk	High Wycombe CC	00:03:04	00:43:42	00:43:49	01:30:35

Pos'n	Name	Club	First 2km	First 24km lap	Second 24km lap	Total
54	Elizabeth Waterhouse (W) Rachel Murray (W) Frankie White (W)	University of Manchester CC	00:02:50	00:42:50	00:45:28	01:31:08
55	Lucy Nell (W) Linda Evans (W) Sarah Murray (W)	University of Leeds Triathlon Club	00:03:05	00:42:55	00:46:24	01:32:24
56	Jane Hunt (W) Juliet Milward (W) Pip Jones (W)	High Wycombe CC	00:03:08	00:44:55	00:46:41	01:34:44
57	Lydia Dant (W) Emily Deason (W) Georgie Hardy (W)	Loughborough Students CC	00:03:31	00:45:57	00:48:08	01:37:36
58	Robert Seldon Steve Mann Tom Nicholson	University of Gloucestershire CC	00:09:36	00:45:02	00:50:33	01:45:11
59	Benjamin Rose Robert Grew Charles Deacon	University of Kent CC	00:03:30	00:49:46	00:54:21	01:47:37

- Team Wilkinson / Brearley / Jackson : time includes 45s late start penalty
- Team Seldon / Mann / Nicholson : time includes 6m 20s late start penalty

Teams finishing fewer than three riders						
	Oliver Wilson Xavier Disley Will Rudgard	University of Birmingham CC	00:02:26	00:32:50	00:33:19	01:08:35
	Will Haynes Matt Rossiter Andrew Miles	Durham University CC	00:02:26	00:33:24	00:34:02	01:09:52
	Matthew Lawes Elliot Lawrence Shane Ashby	University of East Anglia CC	00:03:22	00:37:14	00:37:49	01:18:25
	Duncan Keates Andy Whale Owen Wilson	Loughborough Students CC	00:02:35	00:38:00	00:38:21	01:18:56
	Ben Newman Jaak van der Werff Ross Creber	Northumbria University CC	00:02:28	00:34:38	00:41:56	01:19:02
	Josiah King Jack Beezer Matthew Allen	Edinburgh University CC	00:02:41	00:37:41	00:41:27	01:21:49
	Mark Warfield Mike Chappell Matt Thomas	VC10	00:02:47	00:40:25	00:40:08	01:23:20
	Ciara Horne (W) Lara Nyman (W) Laura McCormack (W)	University of Birmingham CC	00:03:01	00:44:44	00:37:10	01:24:55
	Hannah Johnston (W) Kierie Faller (W) Julia van Campen (W)	Oxford University CC	00:03:04	00:43:19	00:42:52	01:29:15
	Joe Spicer Petros Efthymiou Rob Sides	Loughborough Students CC	00:03:08	00:45:09	00:42:51	01:31:08
	Rachel Hyman (W) Fern Adams (W) Anna Kiesenhofer (W)	Cambridge University CC	00:03:21	00:46:24	00:43:04	01:32:49

Christopher Potter Philip Hines Andrew Bean	University of East Anglia CC	00:03:00	00:45:44	00:45:22	01:34:06
Rachel Stedman (W) Annabel Fitzgerald (W) Natasha Cutmore (W)	University of Birmingham CC	00:03:46	00:45:33	00:49:07	01:38:26
Clara Horswell (W) Lilly Kottsieper (W) Catherine Osborne (W)	University of Bristol CC	00:03:27	00:50:08	00:49:16	01:42:51

Teams not finishing the course					
Benjamin Reid Sam Albanie Max von Berg	Oxford University CC	00:02:31	00:35:23		DNF
Dave Johnson Richard Davies Andy Colsell	VC10 Team MDT High Wycombe CC	00:02:32	00:35:54		DNF
Samuel Begg Harvey Webber Luke Dabbs	University of Manchester CC	00:02:42	00:36:38		DNF
James Gray Hugh Knudsen Thomas Woolf	University of Bristol CC	00:02:26			DNF
Calum Chamberlain Simon Parker Alex Moloney	Leeds University Union CC	00:02:32			DNF
Sean Elkins Mark Patterson Joe Middleton	VC10 VC10 Berkshire Tri Squad	00:02:49			DNF

Non-starting teams – apologies received from all teams.					
Ann Shuttleworth (W) Mary Bower (W) Claire Lee (W)	Chelmer CC Chelmer CC Shaftesbury CC	Warren Peters Trevor Hillman John Glaysher		..a3crg	
James Norris Geoff Powell Gareth Batson	High Wycombe CC	Will Graham Harry Moss Christian Preece		Cambridge University CC	
Creighton Varney Chris Hacking Andy Wright	High Wycombe CC	Ben Rickaby Huw Fryer Chris Brooks		Southampton University CC	
Kevin Holloway Joe Holloway Chris Starling	VC10 VC10 Team MDT	Jeremy Chandler-Smith Christopher Murphy Peter Anstey		Welwyn Wheelers	
Alex Peeke Claire Newland (W) Julian King	Welwyn Wheelers	Rebecca Layland (W) Charlie Parr Amaran U. Cumarasamy		University of East Anglia CC	

So, exactly who was working hard, to make sure everything went smoothly? Without these kind people, it wouldn't have happened.

John Pick
Scott Paterson
Gillian Hyman
Cat Batson
Kevin Wilkinson
Stuart Smith
Brian Murphy
John Dadswell
Steve Chiswell

Audrey Hughes
Nick Calkin
Colin Fury
Aistis Simaitis
Steve Rouse
Alan Pierce
John Francis
Ann Dadswell

Steve Kish
Mr Ahearn
Stuart Twigg
Gareth Batson
Harry Henley
Gordon Hart
Charlotte Cockle
Lisa Morrissey

Paul Morrissey
Mark Holt
Sean Ledger
Kiterie Faller
Alasdair MacVarish
Bob Clark
Nicola Dadswell
Dan Clemens

... and apologies to anyone I've missed ...

Many thanks to everyone for their support, *Ralph*