

Antelope Racing Team

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 14th April 2012 Start 13:30 Course: H50km/19 – Longwick circuit HQ: <i>Longwick Village Hall</i> (note the change!) from 1230 Timekeepers: John Pick, 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 <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">1st Team £180</td> <td style="width: 33%;">4th Team £135</td> <td style="width: 33%;">7th Team £90</td> </tr> <tr> <td>2nd Team £165</td> <td>5th Team £120</td> <td>8th Team £75</td> </tr> <tr> <td>3rd Team £150</td> <td>6th Team £105</td> <td>9th Team £60</td> </tr> </table> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">1st Team of Ladies £105</td> <td style="width: 33%;">2nd Team of Ladies £75</td> <td style="width: 33%;">3rd Team of Ladies £45</td> </tr> </table>	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 Team of Ladies £105	2 nd Team of Ladies £75	3 rd Team of Ladies £45	BUCS Awards (for student teams only) 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 £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 Team of Ladies £105	2 nd Team of Ladies £75	3 rd Team of Ladies £45											

PLEASE READ THESE NOTES !

<p>More Teams than Spaces</p> <p>Once again, I've received more entries than I'm able to accept. As a consequence, we have NINE Reserve Teams waiting for the chance to ride. If, at any time, you discover that your team will not be able to start, please contact me urgently, as these Reserve Teams are straining at their leashes, very keen to get a chance to ride.</p>	<p>A (slight) change of HQ</p> <p>We've moved to a different HQ this year, as restrictions imposed by the school were getting tricky. At Longwick Village Hall there's a bit less room inside, but we should have more parking space, as we're allowed to use the <u>non-playing areas</u> of the adjacent recreation ground. Please avoid the Cricket Square and the Football Pitch. Please also treat the grass with great care – if we damage it, I'll not be able to use it again.</p>
<p>Signing On</p> <p>Make sure you've signed on and collected your number at least 30 minutes before your start time – otherwise a Reserve Team might be given your place.</p>	
<p>Special Rules at T-junctions</p> <p>Last year, we had two crashes in the race, both requiring urgent medical attention. I'm concerned that some teams take the racing too seriously, and compromise safety, most noticeably at road junctions.</p> <p>Particularly at the Alwyn Lawn and Kingsey junctions, you must keep to the left of the white centre lines.</p> <p>I'm asking marshals at these junctions to report any teams who fail to keep all three riders on the left side of the main road.</p> <p>I have the option of disqualification in such cases, but instead I intend to add a 20 second penalty to their time (for prize-list purposes at least).</p> <p>Please keep things tidy, approach the junctions in control, and be prepared and able to stop until you can see that it is clear to go.</p>	

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 Village Hall, soon after the last team finishes.
 Please try to be there, and applaud the worthy prize-winners !

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

General Notes

- Numbers will be issued at the Event Headquarters (Longwick Village Hall), 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 [CARE], 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 [GREAT 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 : (a change from last year)

Longwick is on the A4129 between Thame and Princes Risborough. The postcode of the Village Hall is HP27 9SF. If you're approaching from Princes Risborough, go into Longwick and turn left opposite the shop, approx 100m before the pedestrian lights.

If you're approaching from Thame, take the right turn opposite the shop, approx 100m after the pedestrian lights.

Parking

Assuming the weather is okay, we are allowed to park cars on the grass near the hall. Please park considerately, and avoid the football pitch and the cricket square. Vehicle access to the grass area is by turning left just before the kids play area.

There is also a large layby at the western end of Longwick, on the north side of the A4129, which might suit teams with spectators.

Finding the start : From the HQ, 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 in formation until you're back in Longwick.

Taking great care not to obstruct other riders, turn right opposite the shop.

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	Mike Papworth	1333
2	Andrew Bland			
3	Dennis Van Dijk			
4	Gareth Bailey	Cambridge University CC	Christian Preece	1336
5	Chris Bellamy			
6	Ben Kenneally			
7	Creighton Varney	High Wycombe CC	Chris Hacking	1339
8	James Hunt			
9	Stuart Smith			
10	Hannah Johnston (W)	Oxford University CC	Henry Stapley	1342
11	Kiterie Faller (W)			
12	Julia van Campen (W)			
13	Dave Johnson	VC10	Chris Starling Team MDT	1345
14	Richard Davies	Team MDT		
15	Andy Colsell	High Wycombe CC		
16	Paul Morrissey	High Wycombe CC		1348
17	Tim Osborne			
18	Mike Landers			
19	Dan Clemens	VC10		1351
20	Steve Chiswell			
21	Terry Hammond			
22	Benjamin Reid	Oxford University CC	Aistis Simaitis	1354
23	Sam Albanie			
24	Max von Berg			
25	Phillip Wilkinson	Sheffield Hallam University CC		1357
26	David Brearley			
27	Daniel Jackson			
28	Toby Weatherall	Cambridge University CC	Edmund Bradbury	1400
29	Charlie Pitt Ford			
30	Dan Ahearn			
31	Philip Cooke	Oxford University CC	Henry Stapley	1403
32	Aistis Simaitis			
33	Alec Watson			
34	Hayley Simmonds (W)	Cambridge University CC	Anna Kiesenhofer (W)	1406
35	Sarah Gallagher (W)			
36	Anna Railton (W)			
37	Ann Shuttleworth (W)	Chelmer CC		DNS
38	Mary Bower (W)	Chelmer CC		
39	Claire Lee (W)	Shaftesbury CC		
40	Edmund Bradbury	Cambridge University CC	Ben Kenneally	1412
41	Ming Cheung			
42	Ben Stauch			
43	Samuel Begg	University of Manchester CC		1415
44	Harvey Webber			
45	Luke Dabbs			
46	Katharine Broadbent (W)	Durham University CC		1418
47	Gail Brown (W)			
48	Holly Page (W)			
49	Will Vousden	University of Birmingham CC	Mark Brown	1421
50	Alex Stephenson Brown			
51	Ben Tolputt			
52	Rachel Hyman (W)	Cambridge University CC		1424
53	Fern Adams (W)			
54	Anna Kiesenhofer (W)			
55	Heather Golla (W)	High Wycombe CC		1427
56	Neil Richards			
57	Mark Emmett			
58	Douglas Bruce	Oxford University CC	Benjamin Reid	1430
59	Sean Ledger			
60	Sebastian Pancratz			

61	Dan Bryant	Durham University CC		1433
62	Ruari Grant			
63	Ben Page			
64	Alex Eason	Chelmer CC	Ann Shuttleworth (W)	1436
65	Clive Richardson			
66	Graham Painter			
67	George Blackburn	University of Manchester CC		1439
68	Tom Upton			
69	Tom Wiley			
70	Ciara Horne (W)	University of Birmingham CC	Natasha Cutmore (W)	1442
71	Lara Nyman (W)			
72	Laura McCormack (W)			
73	Ben Wimpory	Loughborough Students CC		1445
74	Mike Thelwell			
75	Alex Burrage			
76	Robert Seldon	University of Gloucestershire CC		1448
77	Steve Mann			
78	Tom Nicholson			
79	Rachel Stedman (W)	University of Birmingham CC		1451
80	Annabel Fitzgerald (W)			
81	Natasha Cutmore (W)			
82	Will Haynes	Durham University CC	Dan Bryant	1454
83	Matt Rossiter			
84	Andrew Miles			
85	Lydia Dant (W)	Loughborough Students CC		1457
86	Emily Deason (W)			
87	Georgie Hardy (W)			
88	Oliver Wilson	University of Birmingham CC	Alex Stephenson Brown	1500
89	Xavier Disley			
90	Will Rudgard			
91	Matthew Lawes	University of East Anglia CC		1503
92	Elliot Lawrence			
93	Shane Ashby			
94	Louise Hart (W)	Loughborough Students CC		1506
95	Elinor Thorogood (W)			
96	Lucy Smith (W)			
97	Chris Palfreeman	Leeds University Union CC	Calum Chamberlain	1509
98	Simon Parker			
99	Alex Moloney			
100	Elizabeth Waterhouse (W)	University of Manchester CC		1512
101	Rachel Murray (W)			
102	Frankie White (W)			
103	George Crammond	Southampton University CC		1515
104	Alex Clayton			
105	Ed Leeming			
106	Duncan Keates	Loughborough Students CC		1518
107	Andy Whale			
108	Owen Wilson			
109	James Gray	University of Bristol CC		1521
110	Hugh Knudsen			
111	Thomas Woolf			
112	George Osbourne	University of Leeds Triathlon Club		1524
113	Dan Frost			
114	Ben Wetherall			
115	Clara Horswell (W)	University of Bristol CC		1527
116	Lilly Kottsieper (W)			
117	Catherine Osborne (W)			
118	Julie Baker (W)	Colchester Rovers CC	Ann Shuttleworth (W)	1530
119	Corinna Francis (W)	Chelmer CC		
120	Sue Gray (W)	Chelmer CC		

Event 2

1	Glenn Longland	Antelope Racing Team		1533
2	Steve Wood			
3	Ollie Emmans			
4	Christopher Potter	University of East Anglia CC		1536
5	Philip Hines			
6	Andrew Bean			
7	Calum Chamberlain	Leeds University Union CC	Chris Palfreeman	1539
8	Hugo Humphreys			
9	Stuart Clayton			
10	Benjamin Rose	University of Kent CC		1542
11	Robert Grew			
12	Charles Deacon			
13	Ben Newman	Northumbria University CC		1545
14	Jaak van der Werff			
15	Ross Creber			
16	Lucy Nell (W)	University of Leeds Triathlon Club		1548
17	Linda Evans (W)			
18	Sarah Murray (W)			
19	Mark Warfield	VC10	Paul May	1551
20	Mike Chappell			
21	Matt Thomas			
22	Ben Butler	Bangor University Road CC		1554
23	Matthew Burton			
24	Ed Roberts			
25	Alexander King	Loughborough Students CC		1557
26	Dave Nichols			
27	Jon Pybus			
28	James Norris	High Wycombe CC		DNS
29	Geoff Powell			
30	Gareth Batson			
31	Michael Testori	University of Kent CC		1603
32	Tristan Guyard			
33	Patrick Owen			
34	Dave Johnson	VC10	Ed Janes	1606
35	Richard Palmer			
36	Allan Simmonds			
37	Chris Carroll	Bangor University Road CC		1609
38	Eric Fitton			
39	Sam Green			
40	Creighton Varney	High Wycombe CC	Gary Mills	DNS
41	Chris Hacking			
42	Andy Wright			
43	Andrew Leith	Edinburgh University CC		1615
44	Alastair McNicol			
45	Angus Elliott			
46	Kevin Holloway	VC10		DNS
47	Joe Holloway	VC10		
48	Chris Starling	Team MDT		
49	Helen Reynolds (W)	Hemel Hempstead CC	Giles Haley	1621
50	Jody Conibear (W)			
51	Steve Hewitt			
52	Josiah King	Edinburgh University CC		1624
53	Jack Beezer			
54	Matthew Allen			
55	Jack Waller	University of Central Lancashire CC		1627
56	Matthew Fostun			
57	Jacob Tipper			
58	Alex Peeke	Welwyn Wheelers		1630
59	Claire Newland (W)			
60	Julian King			

61	Jane Hunt (W)			
62	Juliet Milward (W)	High Wycombe CC		1633
63	Pip Jones (W)			
64	Samuel Gilzean			
65	Alex Anderson	Welwyn Wheelers		1636
66	Mark Smith			
67	Michael Murphy			
68	Mark Cox	Fairly United CT		1639
69	Mike Logue			
70	Geoff Reynolds			
71	Ian Baynes	Hemel Hempstead CC		1642
72	Sam Williamson			
73	Steve McKeever	Oxford University CC	Eamonn	
74	Nathan Blake	Oxford Tri	Deeley OCRC	1645
75	Sean Nicolle	Oxford Tri		
76	Paul Granger			
77	Chris Edgington	Fairly United CT		1648
78	Peter Oliver			
79	Joshua Maynard			
80	George Farrell	Welwyn Wheelers		1651
81	Henry Farrell			
82	Nick Onslow	North Hampshire RC		
83	Billy Girvan	North Hampshire RC		1654
84	Sean Williams	Wightlink/Offshore RT		
85	Ralph Godwin			
86	Billy Holman	..a3crg	Trevor Hillman	1657
87	Drew Hosie			
88	Steve Sexton			
89	Gavin Lewis	North Road CC		1700
90	Ian Turner			
91	David Scott			
92	Howard Ashmore	Welwyn Wheelers		1703
93	Adrian Trott			
94	Antony Stapleton			
95	Erron Field	Chelmer CC		1706
96	Stuart Clarke			
97	Richard Moule			
98	Geoff Bunyan	Bossard Wheelers CC	Ian Hunt	1709
99	Roberto Luff			
100	Seb Ader			
101	Darren Fagan	..a3crg	John Glaysher	1712
102	Graeme Stirzaker			
103	Ryan Witchell	Team Welwyn		
104	Ben Wilson	Welwyn Wheelers		1715
105	Sean O'Brien	Welwyn Wheelers		
106	Adam Brittain			
107	Jonathan Shubert	High Wycombe CC		1718
108	Steve Golla			
109	Stephen Morrell			
110	Daniel Tamplin	Aylesbury CC		1721
111	Nick Adkins			
112	Steve Clarke			
113	Luke Clarke	Team Milton Keynes		1724
114	Ross Clarke			
115	Rob Sherrin			
116	Jonathan Hepper	..a3crg	Warren Peters	1727
117	Matt Harris			
118	Simon Berogna			
119	Phill Sykes	VC St Raphael		1730
120	Jerone Walters			

Reserve Teams – see notes below

R1	Warren Peters Trevor Hillman John Glaysher	..a3crg		1618
R2	Will Graham Harry Moss Christian Preece	Cambridge University CC		DNS
R3	Matthew Suggit Oliver Dammone James Coote	Oxford University CC	Henry Stapley	1409
R4	Thomas Hall Thomas Mowbray James Worrall	University of Bristol CC		1612
R5	Ben Rickaby Huw Fryer Chris Brooks	Southampton University CC		DNS
R6	Jeremy Chandler-Smith Christopher Murphy Peter Anstey	Welwyn Wheelers		DNS
R7	Ed Janes Mark Patterson Joe Middleton	VC10 VC10 Berkshire Tri Squad	Sean Elkins VC10	1600
R8	Rebecca Layland (W) Charlie Parr Amaran U. Cumarasamy	University of East Anglia CC		
R9	Joe Spicer Petros Efthymiou Rob Sides	Loughborough Students CC		

Reserve Teams – how it will work.

1. When a team notifies me that they won't be starting, their space will be offered to the next available Reserve Team on the list above.
2. The only exception to this order will be if the club/university of a non-starting team has a team on the Reserve List. In that case the Reserve Team from that club/university will be offered the place. (for example, if a Welwyn Wheelers team can't start, the Welwyn Wheelers team above will be offered the place)
3. Any reserve team not getting a ride will receive a full refund of their entry fee.

I don't really recommend travelling a long distance in the hope of a ride, but obviously I'm optimistic that I'll be able to allocate spaces on the day before, or earlier. Clearly it's all down to when I find out from the non-starting teams.

Any teams who do choose to come to the race and wait for a space should notify the signing-on team that they're waiting. If no members of a team have collected their number with 30 minutes to their start time, then a reserve team can take their place.