



# Hemel Hempstead Cycling Club

Presents the

## Roy Thame Cup & Spring Chicken RR

Saturday 12 March 2011

*Under the Technical Regulations of British Cycling*

Event websites:

<http://www.hemelcycling.org.uk/event/spring-chicken-road-race>

<http://www.hemelcycling.org.uk/event/roy-thame-cup-road-race>



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### Event Officials:

**Chief Commissaires**

Trevor Hughes (E123), Malcolm Putman (34W)

**Assistant Commissaires**

Simon Howes (E123), Des Gaylor (34W), Giles Haley (both races)

**First Aid**

Peter Nolan

**Marshals, drivers and other officials**

Members of the Hemel Hempstead CC

**HQ: East & Botolph Claydon Village Hall, St Marys Road, Botolph Claydon MK18 2LP**

There is very limited parking in the hall car park – please park in the field opposite, or if wet you may park in the road – but be very sensible – do not block road junctions, etc (legally you must be **at least 25 meters** from a junction). **The car park must be kept clear for race official vehicles.** With 2 large fields potentially overlapping at lunchtime it will be very busy – be courteous to each other and other road users!

# COURSE DETAILS

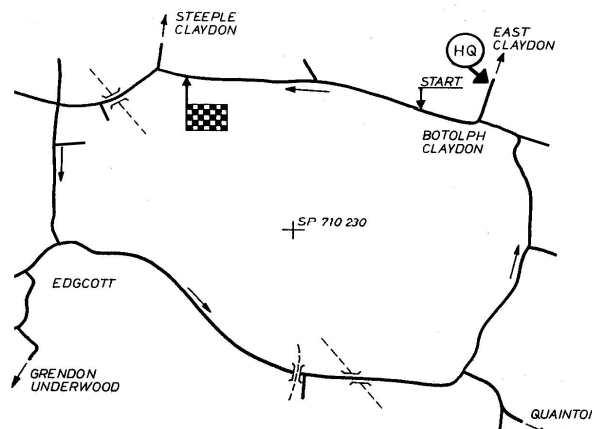
3,4,W: 4 laps to go first time past the finish (approx. 46 miles)

E,1,2,3: 5 laps to go first time past the finish (approx. 57 miles)

1 lap = 11 miles approx.

Please note the following hazards around the course:

- Parked cars at the left turn in Edgcott – normally on the right after the turn.
- Parked cars past the T Junction through Botolph Claydon – normally on the right.
- Parked cars located past the railway bridge in Calvert.
- Please listen for other hazards to be pointed out in the pre-race briefing.
- Excessive crossing of the white line has in the past resulted in disqualification.
- Oh, and please no peeing in the hedge – honest. It's one of the reasons why we lost the last HQ.
- We have had incidents with a horse bolting. If horses are encountered, the race WILL be neutralized and if required stopped until the horses are cleared from the course or away from the race. Heed the instructions of the officials. What must be clear is that there should be **NO Shouting or other commotion** made as that tends to make things worse and could cause injuries to horse, rider and cyclist.
- **Potholes.** Like the rest of the country, the roads have taken a hammering over the winter. There are potholes. I have got assurances from Bucks CC Highways that they will do repairs on the roads of the circuit in the week before the events, but I cannot give a 100% assurance they will do them all – so don't use your best carbon deep sections unless you can afford to have them trashed! I will do a Risk Assessment before the race to ascertain if the repairs are good enough (if done at all). If there are still sections I deem to be unacceptable I may even cancel the race. Any more minor holes still left I may try to mark. Please keep a lookout and warn following riders of such hazards. **As a heads-up 2 sections are bad – the small climb up to the HQ village, and a section roughly 1km before the finish line – this is very bad – no repair on this last one may result in cancellation.**



Organiser:

Paul Thomson 88 Blackmoor Gate, Furzton, Milton Keynes, MK4 1DB



07973 675052 email : paul.thomson@hemelcycling.org.uk

## Just a few notes:

As this will be one of or the first race of the year for many of you, please be careful out there! Also it is important that you do have your **2011** racing licence – no excuses at all – no licence and you have the choice of not riding or buying a day licence (34W race **only**) or get fined (**E123 race with proof of membership**) – **NO exceptions**. If in doubt, contact BC to get a copy sent to you or a printout from the website.

**Junior riders of all categories** – you must have a top gear of 7.93 metres maximum – that's roughly **52 x 14** – it **WILL** be checked – before you are allowed to sign on and possibly afterwards too.

We will have several motorbikes of the NEG helping us, so please let them help us by allowing them to pass freely when they need to – a horn sounding from any vehicle is the normal way of telling you they wish to pass.

We will also have one Race Service vehicle supplied by Grant Phillips, so bring along a spare. Note that any spares are NOT allocated to you but are available for any rider. So please mark your wheel so it can be identified upon return. The Race Service is under the control of the Commissaire, and may be sent to the break or stay with the bunch, so do not always rely it will be in the group you find yourself in.

## Spring Chicken RR - 3, 4, W - Regional B -10:00 start

No	Name	Club / Team
1	Richard Boley	Anders Electronics/TMG Horizon RT
2	Paul Caton	Anders Electronics/TMG Horizon RT
3	Maksymilian Tarczynski	API Metrow - Silverhook Chemicals
4	Kieran Brady	Asfra Racing - Flanders Bikes
5	Mark Smith	Asfra Racing - Flanders Bikes
6	David Swan	Asfra Racing - Flanders Bikes
7	Harry Strudley	awcycles - Lazer / Exposure / High5 / Sue Ryder / Fulcrum
8	Cam Swarbrick	awcycles - Lazer / Exposure / High5 / Sue Ryder / Fulcrum
9	Jacek Reder	BC Private Member
10	Matthew Sambrook	BC Private Member
11	Hywell Silvester	BC Private Member
12	Mike Deeney	CC Luton / Brandon / Eddingtons
13	Alan Galloway	CC Luton / Brandon / Eddingtons
14	Antony Goodwin	CC Luton / Brandon / Eddingtons
15	Simon Keen	Crest CC Ilford
16	Michael Norris	Crest CC Ilford
17	Max Brown	Didcot Phoenix CC
18	William McFarland	East London Velo
19	Thomas McLaren	East London Velo
20	Hamish Floyd	G S Henley - Athletic Service / Ebits / Gerber
21	Justin Lord	G S Henley - Athletic Service / Ebits / Gerber
22	Freddie Lewton	Giant CC - Giant / Halo Films
23	Ian Baynes	Hemel Hempstead CC
24	Chris Grange	Hemel Hempstead CC
25	Ben Hurford	Hemel Hempstead CC
26	Sam Williamson	Hemel Hempstead CC
27	Gareth Batson	High Wycombe CC - Switch Technology / Cynergy Personal Trainers
28	Adam Brittain	High Wycombe CC - Switch Technology / Cynergy Personal Trainers
29	Geoff Powell	High Wycombe CC - Switch Technology / Cynergy Personal Trainers
30	James Walker	High Wycombe CC - Switch Technology / Cynergy Personal Trainers
31	Stefan Pantos	iCycle
32	Darryl Green	Inverse - cyclaim RT - Bikefood / Continental
33	Sebastian Greenwood	Inverse - cyclaim RT - Bikefood / Continental
34	Andrew Stevenson	Inverse - cyclaim RT - Bikefood / Continental
35	Philip Wege	Inverse - cyclaim RT - Bikefood / Continental
36	Howard Lightfoot	Leamington C & AC
37	Dylan Kenneway	London Dynamo - Prologue
38	Robin Osborne	London Dynamo - Prologue
39	Dan Pearson	Port Talbot Wheelers - CJ Construction
40	Tom Laker	Progressive Cycle Coaching Dev Squad - One Life / Holmes Couriers
41	Chris Smith	Python RT - Smartest Energy / Push / Anthony Mullen Furniture / IXIA / Real 451
42	Sam Broughton	Rapha Condor CC
43	Lawrence Carpenter	Rapha Condor CC
44	Tim Kearley	Rapha Condor CC
45	Robert Mackenzie	Rapha Condor CC
46	Russell Childs	RT 316
47	Simon Howes	Spirit Racing Team - Perfect Pipework / Pirton / BSS
48	Sam Lawson	Spirit Racing Team - Perfect Pipework / Pirton / BSS
49	Simon Moss	Spirit Racing Team - Perfect Pipework / Pirton / BSS
50	Chris Parks	Spirit Racing Team - Perfect Pipework / Pirton / BSS
51	Graham Warby	Spirit Racing Team - Perfect Pipework / Pirton / BSS
52	Philip Adkins	Strada Cycles
53	Alan Donald	Stevenage CC
54	Jason Meyer	Stourbridge Velo - Holdens / Wrap / Torq
55	David Clark	Stowmarket & District CC - Autostrasse / Orbea

## Spring Chicken RR - 3, 4, W - Regional B -10:00 start

No	Name	Club / Team
56	Tony Kiss	Stratford CC
57	Brian Parry	Swindon Road Club - Totally Bike / DHF / Rudy Project
58	Jeremy Read	Swindon Wheelers
59	Julian Mills	Team Corley Cycles - Cervélo
60	Carl Stukenbrock	Team Corley Cycles - Cervélo
61	Jason Bates	Team Milton Keynes - Abbeygate / Phil Corley / Trek / Body Limits / Personal Assurance
62	Christopher Dredge	Team Milton Keynes - Abbeygate / Phil Corley / Trek / Body Limits / Personal Assurance
63	Richard Smith	Team Milton Keynes - Abbeygate / Phil Corley / Trek / Body Limits / Personal Assurance
64	Jordan Bason	Team Nemesis GB - Principia / Catlike / i-shop
65	Nino Piccoli	Team Pedal Revolution.co.uk - Cycle Power Meters
66	James Foster	Team Quest - The Bike Shop Harrow/WAFE Art Design/Race in Majorca
67	Will Jenkins	Team Synergy - Dominoes / Race Timing Systems
68	Matthew Derrick	Team Zappi's
69	Cameron Foster	Team Zappi's
70	Henry Latimer	Team Zappi's
71	Simon Parker	Team Zappi's
72	Roger Prior	Team Zappi's
73	Richard Cleaver	VC Montpelier - McInnes Comms / J Solutions / Dataform / CPLC Assoc
74	Conor Ryan	VC Montpelier - McInnes Comms / J Solutions / Dataform / CPLC Assoc
75	Ed Clemens	VC10 - Sigma Sport / Torq / Aspire
76	Mike Betts	Vegetarian C & AC
77	Ian Goold	Virgin Active - Virgin Active Health Clubs / Powerbar
78	Ian Holmes	Virgin Active - Virgin Active Health Clubs / Powerbar
79	Campbell Noon	Virgin Active - Virgin Active Health Clubs / Powerbar
80	Peter Dixon	Willesden CC
RESERVES		
81	Richard Stanton	Arbis LLP - Roy Pink Cycles
82	James Archibald	G S Henley - Athletic Service / Ebite / Gerber
83	Nick Bradbury	G S Henley - Athletic Service / Ebite / Gerber
84	Mark Gibbon	G S Henley - Athletic Service / Ebite / Gerber
85	Richard Meadows	CC Luton / Brandon / Eddingtons
86	Steven Green	Thames Velo
87	Richard John	BC Private Member
88	Andrew Connington	Anders Electronics/TMG Horizon RT
89	Justin Belcher	Banbury Star CC
90	James Di Rico	High Wycombe CC - Switch Technology / Cynergy Personal Trainers
91	Ian Wilkinson	Oxonian CC
92	Wayne Thomas	Reading CC
93	Sacha Wilson	Reading CC
94	Tomasz Klimkowski	BC Private Member
95	Mitch Evans	Ride 24/7
96	Will Griffiths	Ride 24/7
97	Mark Munns	Ride 24/7
98	Steve Precious	Ride 24/7
99	Gary Smith	Ride 24/7
100	Mike Ward	Ride 24/7

As you can see I already have a full set of reserves. This means no more advanced entries will be accepted. However on the day any entry on the line will be added to the end of the reserve list and if spaces open up reserves will be taken in order from number 81 onwards. Seems unlikely but you never know.

## Roy Thame Cup – E, 1, 2, 3 - National B -14:00 start

No	NAME	CLUB
1	Mark Christian	100% ME
2	Joseph Kelly	100% ME
3	Tom Moses	100% ME
4	Jonathan Mould	100% ME
5	Erick Rowsell	100% ME
6	Simon Yates	100% ME
7	James Cartridge	Adeo Cadence RT - Cadence Bikes
8	Karl Hine	Adeo Cadence RT - Cadence Bikes
9	Simon Smith	Adeo Cadence RT - Cadence Bikes
10	Tavis Walker	Adeo Cadence RT - Cadence Bikes
11	Stephen Bradbury	awcycles - Lazer / Exposure / High5 / Sue Ryder / Fulcrum
12	Neil Cooper	awcycles - Lazer / Exposure / High5 / Sue Ryder / Fulcrum
13	Vince Halpern	awcycles - Lazer / Exposure / High5 / Sue Ryder / Fulcrum
14	Robert King	awcycles - Lazer / Exposure / High5 / Sue Ryder / Fulcrum
15	Alex Peterson	awcycles - Lazer / Exposure / High5 / Sue Ryder / Fulcrum
16	Paul Crook	Beyond Mountainbikes/West Drayton MTBC - RRP / Specialized
17	Nic Hutchings	C S Gruppetto
18	Chris Spence	Caesarean CC
19	Dale Appleby	Cycle Premier - Metaltek Pro CRT
20	Tim Elverson	Felt - Colbornes RT / Felt / Colbornes / Zipp / Castelli / Tiger
21	Justin Hoy	Felt - Colbornes RT / Felt / Colbornes / Zipp / Castelli / Tiger
22	Richard Mardle	Felt - Colbornes RT / Felt / Colbornes / Zipp / Castelli / Tiger
23	Tom Smith	Felt - Colbornes RT / Felt / Colbornes / Zipp / Castelli / Tiger
24	Pete Wager	Felt - Colbornes RT / Felt / Colbornes / Zipp / Castelli / Tiger
25	David Martin	Fit Freaks
26	Peter Kench	GWR Team - Swindon Cycles / High 5 / Kalas / Giant / Joyriders
27	Gavin Atkins	Hemel Hempstead CC
28	Russell Falder	Mammoth Lifestyle RT
29	Martin Ford	Mammoth Lifestyle RT
30	William Bergfelt	Motorpoint Pro Cycling - Motorpoint / Pinarello
31	Marcin Bialoblocki	Motorpoint Pro Cycling - Motorpoint / Pinarello
32	Lee Davis	Motorpoint Pro Cycling - Motorpoint / Pinarello
33	David Crowley	Port Talbot Wheelers CC - CJ Construction
34	Paul Londors	Python RT - Smartest Energy / Push / Anthony Mullen Furniture / IXIA / Real 451
35	Nigel Williams	Python RT - Smartest Energy / Push / Anthony Mullen Furniture / IXIA / Real 451
36	Mike Wragg	Python RT - Smartest Energy / Push / Anthony Mullen Furniture / IXIA / Real 451
37	Tom Lowe	Raleigh - Avanti RT - Raleigh / San Marco / High5
38	Sam Lowe	Raleigh - Avanti RT - Raleigh / San Marco / High5
39	Joe Fox	Rapha Condor CC
40	Tanveer Mann	Rapha Condor CC
41	Graham Briggs	Rapha Condor Sharp
42	Dan Craven	Rapha Condor Sharp
43	Dean Downing	Rapha Condor Sharp
44	Kristian House	Rapha Condor Sharp
45	Casey Munroe	Rapha Condor Sharp
46	Jon Tiernan Locke	Rapha Condor Sharp
47	Andy Betts	SigmaSport Specialized CT
48	Richard Cartland	Team Corley Cycles - Cervélo
49	Jake Hales	Team Corley Cycles - Cervélo
50	Matthew Higgins	Team Corley Cycles - Cervélo
51	Greg Simcock	Team Corley Cycles - Cervélo
52	Joe Page	Team Echelon - Rotor
53	Rob Yeatman	Team Jewson/Thule/Kinesis/CNP/MI Racing - Rotor / Fibrax
54	Richard Wood	Team Milton Keynes - Abbeygate / Phil Corley / Trek / Body Limits / Personal Assurance

## Roy Thame Cup – E, 1, 2, 3 - National B -14:00 start

No	NAME	CLUB / TEAM
55	Matt Cronshaw	Team Raleigh
56	Matt Gee	Team Raleigh
57	Richard Handley	Team Raleigh
58	Jeroen Janssen	Team Raleigh
59	Magnus Backstedt	Team UK Youth
60	Frederick Johansson	Team UK Youth
61	Gruff Lewis	Team UK Youth
62	Filip Rudenstam	Team UK Youth
63	James Stewart	Team UK Youth
64	Lewis Atkins	Twenty3C - Orbea - Oriel Securities / CNP / Shutt Velo Rapide / Ritchey / FFWD
65	Mike Cuming	Twenty3C - Orbea - Oriel Securities / CNP / Shutt Velo Rapide / Ritchey / FFWD
66	Kristian Downs	Twenty3C - Orbea - Oriel Securities / CNP / Shutt Velo Rapide / Ritchey / FFWD
67	Gunnar Gronlund	Twenty3C - Orbea - Oriel Securities / CNP / Shutt Velo Rapide / Ritchey / FFWD
68	Daniel Shand	Twenty3C - Orbea - Oriel Securities / CNP / Shutt Velo Rapide / Ritchey / FFWD
69	Marcel Six	Twenty3C - Orbea - Oriel Securities / CNP / Shutt Velo Rapide / Ritchey / FFWD
70	Adam Norris	Vanillabikes.com
71	Nicholas Le Cocq	Velo Sport Jersey - Vistra
72	Sean Dines	Virgin Active - Virgin Active Health Clubs / Powerbar
73	Aaron McCaffrey	Virgin Active - Virgin Active Health Clubs / Powerbar
74	Grant Bayton	Wilier / Goselfdrive.com / Lifecare
75	Gary Chambers	Wilier / Goselfdrive.com / Lifecare
76	Ben Luckwell	Wilier / Goselfdrive.com / Lifecare
77	Colin Parry	Wilier / Goselfdrive.com / Lifecare
78	Hugh Wilson	Wilier / Goselfdrive.com / Lifecare
79	Neil Wass	Anders Electronics/TMG Horizon RT
80	Simon Henley	Team Corley Cycles - Cervélo
<b>Reserves</b>		
81	Jack Waller	Team Corley Cycles - Cervélo
82	Daniel Crawley	PCH UK Racing Team
83	Wayne Maguire	PCH UK Racing Team
84	Andrew Bryson	Cannondale Racing - Cannondale / USE
85	Harry Bulstrode	Cannondale Racing - Cannondale / USE
86	Lubomir Belak	Welwyn Wheelers
87	Wayne Coombs	VC Montpellier / CPLC Associates
88	Toby Eichler	VC Montpellier / CPLC Associates
89	Duncan Thorp	Arbis LLP Roy Pink Cycles
90	Luke Souter	Banbury Star CC
91	Matthew Theobalds	C S Gruppetto
92	Owen Lake	Cambridge CC
93	Mike Debney	London Dynamo - Prologue
94	Will Hayter	London Dynamo - Prologue
95	Dominic Berner	PCH UK Racing Team
96	Joe Harris	Reading CC - Hale Partnership / ProVision / Mar Services
97	Steven Allen	Team Coventry Cycle Centre

**Prize fund will be a minimum (over both races) of at least £700.**

**Top 10 in each race minimum.**

**Prizes will be awarded after each race so if you think you have got something then stay to collect!**

**The winner of the Roy Thame Cup race will be presented with the cup that is in memory of Roy Thame, one of the most influential people in the professional cycling scene in the UK for several decades from the 60's.**

**It may be kept by the winner for the remainder of the year (please remember to return it!). The base will be engraved with the winner's name.**

**Previous winners - 2007: Dan Staite, 2008: Liam Holohan, 2009: Justin Hoy, 2010: Darren Laphorne**