

**HILLINGDON SLIPSTREAMERS
INTERCLUB TIME TRIAL**



**HILLINGDON CYCLE CIRCUIT
SPRINGFIELD ROAD, HAYES, UB4 0LP
SUNDAY 24TH MAY, 2015**

Thank you once again for supporting the Hillingdon Slipstreamers Inter-Club Circuit Time Trial event. This is an amazing opportunity to compete in a 9.6 mile (10 lap) Time Trial, and as usual we have a collection of trophies, medals and goodies to award to riders of all ages.

Last year's event was a superb day, with lots of highly competitive racing. Of course, the weather played a huge part in providing a really friendly and laid back spectators area, where picnics and refreshments were in abundance. We hope this year is as good if not better.

To start with, here a few questions we have tried to address in this programme:

WHAT IS THE PROGRAMME FOR THE DAY AND RACE SCHEDULE?

Sign-on will commence from 9am, with our plan being to start with the younger riders around 10am, leading up to the older ones and the last race at approx. 4pm. The timings for individual pre-registered entrants can be found within this programme. There is no need to panic about sign-on but **registration for a race will close 15 minutes before the start of the race.**

WILL THERE BE ANY OTHER ACTIVITIES OR THINGS TO DO IN BETWEEN THE RACES?

Absolutely! There will be some fun races between events to keep younger riders entertained; we are hoping to have a few stalls for you to peruse and enjoy; our world class DJ's will be providing music if you feel like singing and dancing; and of course, our BBQ will be fully operational to feed you our famously delicious burgers and grills!

WILL THERE BE PRIZES TO BE WON?

Aside from the main prize of pure satisfaction and a sense of achievement? Of course!! For the main TT races, there will be trophies for the fastest boy & girl in each category, medals for 2nd and 3rd place, and the fastest team of 3 riders will also win a prize. In addition, as hosts, we will be awarding a few very special prizes to the fastest boy & girl from Slipstreamers. Oh, and of course we cannot leave out the adults, so there will certainly be something in it for the fastest Mum and Dad! There will also be additional prizes from very generous donors for the fun races.

WHO IS ELIGIBLE TO ENTER?

There is no minimum age restriction and all ages up to U16 may enter. Categories will be organised into U10 (all ages under 10)/ U12/ U14/ U16. You should be able to ride 9.6 miles though to be in with a chance of winning! The last race of the day will be a "Come and Try It" event for the adults of invited Clubs and Slipstreamers, aimed specifically at those who have not raced in open competition before but would like to have a go. If you're already an experienced TT rider, this is likely not for you!

ARE THERE SPECIFIC TT RULES I NEED TO ABIDE BY?

Yes! The races will be run under Cycling Time Trials (CTT) rules. This means you may use full cheat/aero kit and there will be no gear checks. Equally, there is NO DRAFTING allowed. Period. Riders must be able to ride

their own equipment, and we reserve the right to remove any dangerous riders or equipment from the race.

I DON'T HAVE A TT BIKE, BUT REALLY WANT TO GIVE IT A GO!

Don't panic! All 2-wheeled solo bikes are allowed. If you have a Time Trial bike, great, although a normal Road or Fixed bike will work just fine! If you really wanted to, you could even use your MTB – but you would struggle!

WHAT WILL IT COST?

£5 per rider – both children and adults. Please note that there are no refunds if you do not show up for your race.

I HAVEN'T REGISTERED – CAN I STILL GET A RIDE?

Yes. We will be taking entries on the day – but each race is limited to 30 riders. We may have to move age categories around, but we will try our best to accommodate everyone. Everyone will have to have completed a Parental Consent form if under 18. Remember – NO LICENCE OR BRITISH CYCLING MEMBERSHIP REQUIRED

FINALLY...

None of this can happen without a team of willing Volunteers, so if you would like to help us make sure the day is a success, please reach out to the Sign-on team on the day – there are loads of roles available, from setup, marshalling, BBQ, and so on, so do please make yourselves known.

If the weather is as good as it was last year, it promises to be an amazing day in the sunshine – but regardless, let's not let the weather stop us from putting on a super day for our kids!



TIMETABLE OF EVENTS

09:00 The clubhouse will be opened, with sign-on starting shortly after

10:00 Race 1 (Riders born in 2005 or later)

11:15 Race 2 (Riders born in 2003 & 2004)

12:15 Race 3 (Riders born in 2001 & 2002)

13:15 Fun Races (arranged by 45Degrees North)

14:00 Race 4 (Riders born in 1999 & 2000)

15:15 Race 5 Come and Try It – Riders born before 1999

16:30 Final Awards and Closing Address



CONFIRMED RIDERS

Born 2005 and younger

Start Time	Number	Name	Born	Gender	Club	Result
10:00:00	1	Oliver Kent	2006	Male	Hillingdon Slipstreamers	
10:00:30	2	Thomas Ashcroft	2005	Male	Palmer Park Velo	
10:01:00	3	Willian Flatau	2007	Male	Charlottesville CC	
10:01:30	4	Angel-Kyrah Woods	2005	Female	Hillingdon Slipstreamers	
10:02:00	5	Kiki Webb	2005	Female	Charlottesville CC	
10:02:30	6	Electra Morris	2006	Female	Charlottesville CC	
10:03:00	7	Edward Charles	2006	Male	Charlottesville CC	
10:03:30	8	Delilah Webb	2007	Female	Charlottesville CC	
10:04:00	9	Finnlay Hawker	2006	Male	Hillingdon Slipstreamers	
10:04:30	10	Stanley Kent	2006	Male	Hillingdon Slipstreamers	
10:05:00	11					
10:05:30	12					
10:06:00	13					
10:06:30	14					
10:07:00	15					
10:07:30	16					
10:08:00	17					
10:08:30	18					
10:09:00	19					
10:09:30	20					
10:10:00	21					
10:10:30	22					
10:11:00	23					
10:11:30	24					
10:12:00	25					
10:12:30	26					
10:13:00	27					
10:13:30	28					
10:14:00	29					
10:14:30	30					



Born 2003 & 2004

Start Time	Number	Name	Born	Gender	Club	Result
11:15:00	31	Tom Stringer	2004	Male	Hillingdon Slipstreamers	
11:15:30	32	Ben Flatau	2004	Male	Charlottesville CC	
11:16:00	33	Alex Uphill	2004	Male	Hillingdon Slipstreamers	
11:16:30	34	James Ashcroft	2003	Male	Palmer Park Velo	
11:17:00	35	Abby Old	2003	Female	Hillingdon Slipstreamers	
11:17:30	36	Lysander Kahane	2003	Male	Twickenham CC	
11:18:00	37	Esme Devlin	2004	Female	Hillingdon Slipstreamers	
11:18:30	38	Joe Kiley	2003	Male	Welwyn Wheelers	
11:19:00	39	Ciera Pembroke-Pullen	2004	Female	Hillingdon (Youth Games)	
11:19:30	40					
11:20:00	41					
11:20:30	42					
11:21:00	43					
11:21:30	44					
11:22:00	45					
11:22:30	46					
11:23:00	47					
11:23:30	48					
11:24:00	49					
11:24:30	50					
11:25:00	51					
11:25:30	52					
11:26:00	53					
11:26:30	54					
11:27:00	55					
11:27:30	56					
11:28:00	57					
11:28:30	58					
11:29:00	59					
11:29:30	60					



Born 2001 & 2002

Start Time	Number	Name	Born	Gender	Club	Result
12:15:00	61	Sam Makariou	2002	Male	Hillingdon Slipstreamers	
12:15:30	62	Djim Kolli	2002	Male	Twickenham CC	
12:16:00	63	Emil Ghattas	2001	Male	Hillingdon Slipstreamers	
12:16:30	64	Tom Blackburn	2001	Male	Charlottesville CC	
12:17:00	65	Arthur Bolton	2002	Male	Palmer Park Velo	
12:17:30	66	Charlie Brooks-O'Brien	2001	Male	Twickenham CC	
12:18:00	67	Jessica Henning	2002	Female	Hillingdon Slipstreamers	
12:18:30	68	Joshua Knowles	2001	Male	Palmer Park Velo	
12:19:00	69	Ben Fox	2002	Male	Charlottesville CC	
12:19:30	70	Peter Hewson	2001	Male	Hillingdon Slipstreamers	
12:20:00	71	Elizabeth Marvely	2001	Female	Hillingdon Slipstreamers	
12:20:30	72	Orla Devlin	2001	Female	Hillingdon Slipstreamers	
12:21:00	73	Morgan Evans	2001	Male	Hillingdon Slipstreamers	
12:21:30	74	Anastasia Vockic	2002	Female	Hillingdon Slipstreamers	
12:22:00	75	Elizabeth Marvely	2001	Female	Hillingdon Slipstreamers	
12:22:30	76	Zoe Brookes	2001	Female	Hillingdon Slipstreamers	
12:23:00	77	Seth Kanaris	2001	Male	Hillingdon Slipstreamers	
12:23:30	78	Oisin Murphy	2002	Male	Hillingdon Slipstreamers	
12:24:00	79	Tom Portsmouth	2001	Male	Hillingdon Slipstreamers	
12:24:30	80	Nathan George	2002	Male	Hillingdon Slipstreamers	
12:25:00	81	Lauren Higham	2002	Female	Welwyn Wheelers	
12:25:30	82					
12:26:00	83					
12:26:30	84					
12:27:00	85					
12:27:30	86					
12:28:00	87					
12:28:30	88					
12:29:00	89					
12:29:30	90					



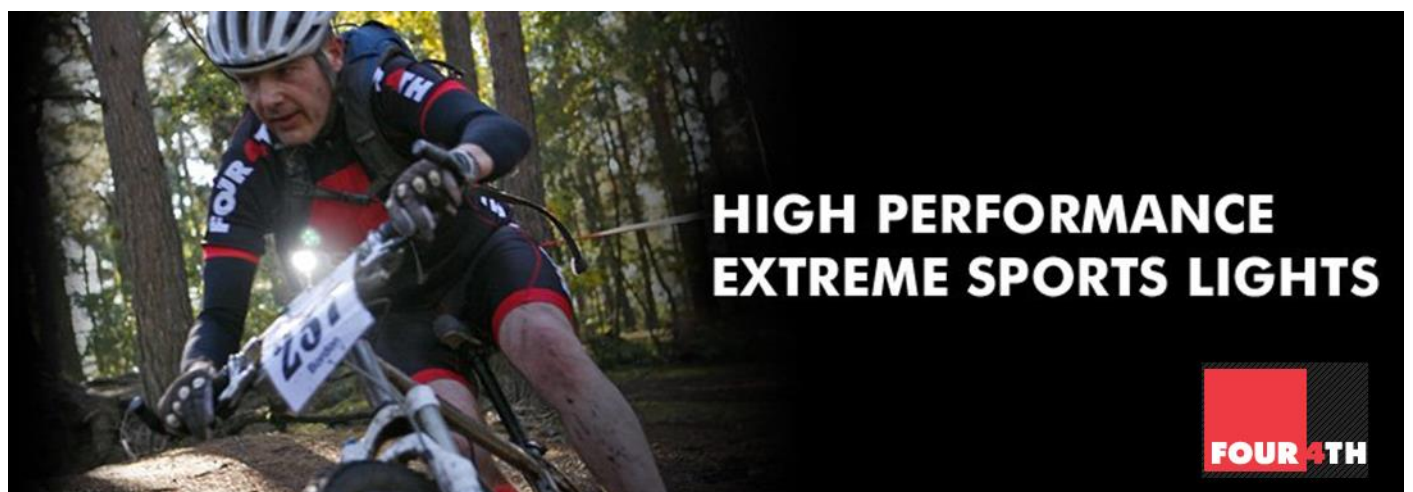
Born 1999 & 2000

Start Time	Number	Name	Born	Gender	Club	Result
14:00:00	91	Jagjit Viridi	2000	Male	Hillingdon Slipstreamers	
14:00:30	92	Sam Dawson	2000	Male	Palmer Park Velo	
14:01:00	93	Myles Hunt	2000	Male	Twickenham CC	
14:01:30	94	Louis Hardiman	2000	Male	Palmer Park Velo	
14:02:00	95	Ieuan Woods	2000	Male	Charlottesville CC	
14:02:30	96	Savannah Hewson	2000	Female	Hillingdon Slipstreamers	
14:03:00	97	Gabriella Butler	1999	Female	Palmer Park Velo	
14:03:30	98	Sam Farman	2000	Male	Hillingdon Slipstreamers	
14:04:00	99	Josh Copley	1999	Male	Willesden CC	
14:04:30	100	Jamie Wimborne	1999	Male	Hillingdon Slipstreamers	
14:05:00	101	Hugh Johnson	2000	Male	Charlottesville CC	
14:05:30	102	Mhairi Pembroke-Pullen	2000	Female	Hounslow (Youth Games)	
14:06:00	103	Joseph Enderby	1999	Male	Hounslow (Youth Games)	
14:06:30	104					
14:07:00	105					
14:07:30	106					
14:08:00	107					
14:08:30	108					
14:09:00	109					
14:09:30	110					
14:10:00	111					
14:10:30	112					
14:11:00	113					
14:11:30	114					
14:12:00	115					
14:12:30	116					
14:13:00	117					
14:13:30	118					
14:14:00	119					
14:14:30	120					



Come and Try It

Start Time	Number	Name	Born	Gender	Club	Result
15:15:00	121	Harrison Tibbs	1999	Male		
15:15:30	122	Helen Portsmouth	Adult	Female		
15:16:00	123	Ben Webb	Adult	Male	Charlottesville CC	
15:16:30	124	Teena Flatau	Adult	Female	Charlottesville CC	
15:17:00	125	Jim Kent	Adult	Male	London Dynamo	
15:17:30	126	Pip Brookes	Adult	Male		
15:18:00	127					
15:18:30	128					
15:19:00	129					
15:19:30	130					
15:20:00	131					
15:20:30	132					
15:21:00	133					
15:21:30	134					
15:22:00	135					
15:22:30	136					
15:23:00	137					
15:23:30	138					
15:24:00	139					
15:24:30	140					
15:25:00	141					
15:25:30	142					
15:26:00	143					
15:26:30	144					
15:27:00	145					
15:27:30	146					
15:28:00	147					
15:28:30	148					
15:29:00	149					
15:29:30	150					



SHOULD YOU HAVE ANY PROBLEMS ON THE DAY

Please look out for the following people:

Shirley Marvelly Slipstreamers: Child Welfare Officer Event: First Aid	
Alison Grant Slipstreamers: Club Chairman Event: Help, Advice and First Aid	
John Gunn Slipstreamers: Club Vice Chairman Event: Help, Advice and Rider Organisation	
Dave George Slipstreamers: Head Coach Event: Timekeeping and Results	

Or ask anyone at our sign-on desk for more information

AND FINALLY.....

Many thanks to all the club representatives, parents and helpers, and of course Riders who make these events happen. London West District Council of the CTT who actively encourage clubs to arrange Time Trial events.

45 Degrees North are pleased to support the **Hillingdon Youth TT in 2015**. Our coaches will be running a series of mini-crit and/or sprint races & providing some of the prizes on the day. Local coach Chris set up Twickenham Youth CC & also runs cycling holiday in the French Alps during July & August.



Youth/Parents Short Break 2014

Last year's youth break was over way too quickly so this year we're running a [Youth Week](#) between July 25th & August 1st, with a whole lot of new cols to tackle!

Ride from our [luxury chalet](#), a 1,550m base in the French Alps & set out to climb a series of [epic Tour de France cols](#) over the week. Our professional team will take care of your nutrition from our support vehicle on the road & mountainside picnic stops, to our in-house chef that'll cook you a hearty meal at the end of the day. Our Performance Coach will give you expert advice on & off the road, ensuring that all riders are **safe**, while having as much **fun** as possible. Each rider gets a complimentary sports massage too, just like the pros! Adult prices start from **£295 self catered & £550 full board**.

And the week's not just open to young riders - we're keen to see **parents/guardians** out in the Alps too! Because we want to support the future riders of our sport we offer **all youth riders a 20% discount**.