

Editor's news

Terrific turnout on the last day of June for our annual Audax rides, with 3 distances ridden Gold, Silver and Bronze.

Full marks to everyone that took part, especially the Gold riders, a heck of a distance 150 odd miles, glad the weather was a bit cooler compared to the previous day when the thermometer was touching 35 degrees, phew. Couple of pictures showing members enjoying the alternative Watford.

Great racing this month with lots going on please enjoy reading about this. Always appreciate you sending my your results and anything else



interesting for inclusion. I'm off on my holidays, the last two weeks of July to the Cornish Riviera so no much from me until August.

Best Wishes Tom

Time Trial Results

Hemel Hempstead 10 mile TT's - Leighton Buzzard Road

Thurs 6 June

24:47 Mark Lansbury

Winner Gavin Ashfield 21:29

Thurs 27 June (road bikes only)

25:15 Kevin Chandler

Winner Karl Riahi 23:36

Road Races

Hillingdon Masters Road Races

Thurs - 6 June Age group 50+

- 1 John Alderman GS Vecchi
- 2 Ralph Carter London Dynamo
- 3 David Turton Finchley Racing Team
- 4 Jose Soler Sarmiento Lky7 SD Racing Team
- 5 Spencer Nash Bishops Stortford CC
- 6 Kieran Dineen VCEquipe/FlixOralHygiene/Propu...
- 7 Nigel Stephens Team Terminator
- 8 Warren Vye Farnborough & Camberley CC
- 9 Andrew Lowe Team Corley Cycles



- 10 Edmond Irwin Lky7 SD Racing Team
- 11 Barry Bonnett
- 12 Andrew Buurman Rapha Cycling Club
- 13 Andy Bathe Cambridge CC
- 14 Mark Hughes GS Henley
- 15 Paul Dutton Lky7 SD Racing Team
- 16 Billy McNamara Clarendon CC
- 17 Martin Jones Watford Velo Sport (1st in his age group)**
- 18 Malcolm Freeman GS Vecchi
- 19 Dave McMullen Cotswold Veldrijden
- 20 Russell Wingfield Paceline RT
- 21 Jonathan Donald Handsling Racing
- 22 David Gayler Kenton RC
- 23 Brian O'Kelly Bristol RC
- 24 Bernard Bunting London Dynamo
- 25 Daren Austin Twickenham CC
- 26 Mario Manelfi Blazing Saddles Cycles
- 27 Andrew Deans
- 28 Desmond Gayler Kenton RC
- 29 Gary Sheppard Bath Cycling Club
- 30 Hugo Cano-Andrade London Dynamo

Hillingdon Tuesday league 11 June

4th Cat only

- 1 James Dott
- 2 Joshua White Paceline RT
- 3 Chris Clarkson
- 4 Brian Van-Du Watford Velo Sport**
- 5 Jamie Turney Twickenham CC
- 6 Bruno Santos GIRO Race Team
- 7 Coman Doyle Twickenham CC
- 8 Craig McColl Dirty Wknd
- 9 Damon Bond Chelmer CC
- 10 Tom Probert Dittons Velo
- 11 Michael Hindley Onyx Racing Team
- 12 James Case North Hampshire RC

Hillingdon Tuesday League 25 June

3rd Cat only

- 1 Tomas Tesarik
- 2 Richard Miller Watford Velo Sport**
- 3 Benjamin May Paria CC
- 4 Luke Stratford Farnborough & Camberley CC
- 5 Amir Eshtehardi Finsbury Park CC

6 Brian Van-Du Watford Velo Sport

- 7 Jasmeer Patti TowerEight RT
- 8 Michael Pollitt London Dynamo
- 9 Harry Hawkridge
- 10 Malcolm Keegan Thames Velo
- 11 James Case North Hampshire RC
- 12 Dylan Kenneway London Dynamo

Bomber Series Tues June 4

3/4 Men

- 1 Matthew Dennis Primera-TeamJobs
- 2 Peter Blencowe Cambridge CC
- 3 Elliott Joseph Watford Velo Sport**
- 4 James McCormick Finchley Racing Team
- 5 Daniel David LBRCC (Leighton Buzzard Road C...
- 6 Robert Abbey Hemel Hempstead CC
- 7 James Lloyd Oxonian CC
- 8 Robert Flynn Verulam – reallymoving.com
- 9 Louis Francis Watford Velo Sport**
- 10 Paul Mathias Ipswich Bicycle Club
- 10 Mathilde Pauls 1904 RT
- 11 Daren Nel Lovelo Cinelli RT
- 12 Simon Hall Watford Velo Sport**
- 13 Edward Birdsall University Of Manchester CC
- 14 Adam Chambers Verulam CC
- 15 Jacob Avery Aylesbury CC
- 16 Nick Porter Team veloccino
- 17 Kieren Jarratt Royal Air Force CA
- 18 Zac Yates Amersham Road Cycling Club

3/4 Women

- 1 Amy Shilliday Lovelo Squadra Donne
- 2 Melinda Atkinson Lovelo Squadra Donne
- 3 Kristin Stolpe Lovelo Squadra Donne
- 4 Rachel Jenkins North Hampshire RC
- 5 Bethany Harrison Lovelo Squadra Donne
- 6 Abigail Fletcher EASY CC
- 7 Vikki D’Arcy Watford Velo Sport**

Hog Hill Thursday 6 June

Cat 3/4

- 1 James Madgwick Bloodwise QSW
- 2 Thomas Barningham ViCiOUS VELO
- 3 Tomas Tesarik
- 4 Ross Pirie Cycling Club Hackney
- 5 Thomas Dawtrey Southdown Velo
- 6 David Newbigging Cycling Club Hackney
- 7 Antonius Wubben
- 8 Haben Gebrehiwet Cycling Club Hackney
- 9 James Somerfield Hub Vélo
- 10 Neil Hughes Velo Schils – Interbike RT
- 11 James Knighton London Dynamo
- 12 Laura Massey Torelli-Assure-Madison
- 13 Samuel Bardill Cycle Team OnForm
- 14 Andrew Diplock Cambridge CC
- 15 Simon Hall Watford Velo Sport**
- 16 Thomas Shanney Redbridge CC
- 17 Aidan Kerrigan Lee Valley Youth Cycling Club
- 18 Charles Salt Islington Cycling Club
- 19 Cliff Steele Brixton Cycles Club
- 20 Mark Plunkett East London Velo
- 21 Thomas Mason Brixton Cycles Club
- 22 Edward Jackson Islington Cycling Club
- 23 Benjamin Moores Norwood Paragon CC
- 24 Christopher Thomas East London Velo
- 25 Ross Bernard Kingston Wheelers CC
- 26 Jordan Luke
- 27 Connie Hayes Liv Awol
- 28 Henry Kemp Islington Cycling Club

Hog Hill Thursday 23 May

Cat 3/4

- 1 James Madgwick Bloodwise QSW
- 2 Christopher Poole London Dynamo
- 3 Aidan Kerrigan Lee Valley Youth Cycling Club
- 4 Thomas Perren Paceline RT
- 5 Thomas Dawtrey Southdown Velo
- 6 James Knighton London Dynamo
- 7 Charles Stewart
- 8 Samuel Bardill Cycle Team OnForm
- 9 Lewis Kemp Lee Valley Youth Cycling Club
- 10 David McCaul Pretorius Bikes
- 11 Joseph Gokmen London Dynamo
- 12 David Clark Orwell Velo

13 Simon Hall Watford Velo Sport

- 14 Lee Lavery Lea Valley CC
- 15 Christopher Eibich London Dynamo
- 16 Christopher Thomas East London Velo
- 17 David Webborn London Dynamo
- 18 Matt Peel Mono CC
- 19 Charles Salt Islington Cycling Club
- 20 Emmanuel Arthur Finsbury Park CC
- 21 Thomas Hansell Addiscombe CC
- 22 Benjamin Moores Norwood Paragon CC
- 23 Daniel Pugh Southend Wheelers
- 24 Lewis Dixon Lea Valley CC
- 25 Alessandro Eusepi Rapha Cycling Club
- 26 David Newbigging Cycling Club Hackney

27 Darryl Green Watford Velo Sport

- 28 Ross Pirie Cycling Club Hackney
- 29 Joshua Monk URDT
- 30 George Kemp Lea Valley CC
- 31 Tim Mason Eagle RC
- 32 Thomas Barningham ViCiOUS VELO
- 33 Andrew Braithwaite West Suffolk Wheelers
- 34 Sam Rowell Cycling Club Hackney
- 35 Timothy Borgeaud Islington Cycling Club

Hillingdon Circuit Race Saturday 8 June

3rd Cat Only

1 Elliott Joseph Watford Velo Sport

- 2 Gregory Holmes Team Vision Innovative Leisure
- 3 Adam Thompson Jam Cycling RT coached by BPC
- 4 Jack Samways University Of Manchester CC
- 5 Thomas Ward Mono CC
- 6 Zakariya Oulhadj London Dynamo
- 7 Giles Clark Team Vision Innovative Leisure
- 8 Oliver Craig Mono CC
- 9 Stuart Elvins Ashmei Musette Race Team
- 10 Ivo Mayfield Abingdon Race Team
- 11 Peter Chapman Thames Velo
- 12 Peter Smith Cowley Road Condors
- 13 Daniel Dale Jam Cycling RT coached by BPC
- 14 Benjamin Haston London Dynamo
- 15 Mark Coombe Twickenham CC
- 16 Emyr Davies Rapha Cycling Club
- 17 Adam Reynolds Mono CC

- 18 Will Scott VC10
- 19 Stephen Byrne Dirty Wknd
- 20 James Walker High Wycombe Cycling Club
- 21 Diego Bernacchia
- 22 Ben Hurford Ashmei Musette Race Team
- 23 David Turton Finchley Racing Team
- 24 Matthew Vallis Ashmei Musette Race Team

4th Cat Only

- 1 Michael Hazlewood Dirty Wknd
- 2 Jasmeer Patti TowerEight RT
- 3 Brian Van-Du Watford Velo Sport (congratulations to Brian who has achieved 3rd cat status now.**
- 4 Chris Clarkson
- 5 Nick Boyle Chelmer CC
- 6 Timothy Borgeaud Islington Cycling Club
- 7 Alistair McLeish Cycle Club Ashwell (CCA)
- 8 Robert Whichelow London Dynamo
- 9 Paul Lister Herts Rouleur Racing Club
- 10 Jon Crnon
- 11 Mariusz Langner
- 12 Benjamin Baron London Dynamo
- 13 James Mcgough
- 14 Luke Aisthorpe

Tour of Cambridge 45-49 Age Group - Chrono + Grand Fondo Sun 2 June

3:25:09 Vikki d'Arcy

Winner Victoria Collins 3:02:55

Windsor Triathlon 16 June

Vikki reports:

A very wet and windy triathlon at Windsor today. Quite pleased, usual disastrous swim, not swimming straight so swam an extra 180m. Despite that I appeared to be not far from the front which was somewhat of a surprise. Had a strong bike, had to shout at a bloke for sitting on my arse and drafting. He claimed he was trying to overtake and it was only his second triathlon, but come on mate, read the rules!! And then the run, omg, that hill up to Windsor Castle. 3x. Legs not too happy but considering I've done very little run specific training it felt like a strong run if not a little lacking in speed. 3rd in Age group and 15th F overall. Nice to be back near the top

again! [#iracezone3#swimbikerun](#) [#royalwindsortriathlon2019](#) [#triathlete](#)
[#triathlon#triathlontraining](#) [#triathlonmum](#) #triathlon