



Hitchin Nomads CC

F1B/10 Club 10 Mile Time Trial

0800h Sunday 9 September 2018

Promoted for and on behalf of Cycling Time Trials
under its rules and regulations

Event is approved by CTT London North District Committee and Bedfordshire Police Authority has been informed.

Event Secretary

Mr. Nick Hickman
Cherry Tree Cottage, 106 Mill Road, Stanford, Biggleswade, SG18 9JQ
Tel. 01462 850868 (home) 07763 656251 (mobile)
Email: nick.j.hickman@btinternet.com

Time Keepers

Mr. Frank Turner, Mr. Nigel Wilson

Event Headquarters and Sign On

Stuart Memorial Hall, Church Street, Tempsford, Sandy, SG19 2AW
(motor access is from street through the village, not directly from A1)

The Hall will be open from 0630h. Signing on and numbers will be available from 0700h. We must vacate the Hall by 1130h. Please note that no shoe plates are to be worn within the hall, and no oils to be applied in the hall.

Junior competitors should present a completed Parental Consent Form at sign on (or bring a parent to fill one in).

£6 to be paid on the day, to cover CTT rider levy (£2), Hall Hire (£70) and Sundries. The Club's aim is to break even on the event. Refreshments will be free of charge to all Riders, Supporters and Marshals.

Local Regulations and Instructions

No.1. No U turns should be made in sight of the start or finish areas while riding on the public highway.

No.3. No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points.

No.4. Due to complaints from residents of Tempsford village; you MUST park away from houses. No parking south of the Wheatsheaf public house.

Absolutely no parking on any part of the course, at any time.

NO WARMING UP ON STATION ROAD, Tempsford, 700 yards north of start point.

You are reminded to ride on the Left-Hand Side of the road except for safe overtaking, in accordance with CTT Regulation 20.

To reach start from Tempsford Village Hall, go south through Tempsford then left over the bridge over the A1 and onto the B1043 northbound.

The suggested route back to HQ is via a footpath, 300 yards after finish that leads onto Tempsford village road.

Finish Timekeeper(s) - should park west of the clearway sign on the entry road from Blunham Lane to the A1, opposite the clearway finish sign on the A1, about 15 yards west of A1 carriageway.

Any infringement of these regulations / instructions will result in disciplinary action and probable disqualification.

IMPORTANT SAFETY NOTICE

In the interests of your own safety, Cycling Time Trials and the event promoter strongly advise you to wear a hard-shell Helmet that meets an internationally accepted standard. In accordance with Regulation 15 **ALL JUNIOR competitors must wear Protective Hard-Shell Helmets**. 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 whilst the machine is in use.

Course details F1B/10

<https://www.plotaroute.com/route/357527>

The course will not be signed (aside from Event Warning Signs to alert other road users, as required by the Course Risk Assessment). The onus is on you to negotiate the course correctly and safely.

In brief it is **very simple** – join the A1, go straight through the Sandy RAB, turn at the Biggleswade North (Sainsburys) RAB, through the Sandy RAB again and keep going to the Finish Line (and 300 yds past it – use the foot path alongside the A1 to get back to Tempsford village road and the HQ).

START (GR163527) on B1043, approx. 300 yards north of Tempsford flyover, 195 yards north of lamp-post 21 and 5 yards north of the 7th drain north of lamp-post 21. [This is the 3rd drain south of gateway and 100 yards south of kerb start].

Proceed south, straight on at 1st mini-RAB to join A1 (care) and continue over Sandy RAB to:-

TURN (5.16 miles) at North Biggleswade RAB (Warden Lane), retrace A1 northbound, continue over Sandy RAB to:-

FINISH (GR163523) at clearway sign on **EXIT of Blunham Road to A1**, 200 yards before (i.e. south of) Tempsford flyover.

NOTE: RIDERS STAY ON THE A1 FOR THE FINISH FOR THIS COURSE.

Police Area(s): Bedfordshire

Start Times

#	Rider	Club	Start
1	Ross Thomson	Hitchin Nomads CC	08:01
2	Norman King	St Neots CC	08:02
3	David Heath	Hitchin Nomads CC	08:03
4	David Summerell	Hitchin Nomads CC	08:04
5	Ella Ruggles (W)	Hitchin Nomads CC	08:05
6	Chris Tovey (W)	Icknield Road Club	08:06
7	Paul French	BRRT	08:07
8	Simon Murphy	St Neots CC	08:08
9	Nick Hickman	Hitchin Nomads CC	08:09
10	Brian Ruggles	Hitchin Nomads CC	08:10
11	Dave Richards	St Neots CC	08:11
12	James Bainbridge	Hitchin Nomads CC	08:12
13	Keith Barton	St Neots CC	08:13
14	Paul Wright	Hitchin Nomads CC	08:14
15	Chris Green	St Neots CC	08:15
16	Nigel Tooke	Hitchin Nomads CC	08:16
17	Jason Stuart	CC Ashwell	08:17
18	Andy Saunders	Hitchin Nomads CC	08:18
19	Simon Richardson	St Neots CC	08:19
20	Mark Desborough	Hitchin Nomads CC	08:20
21	Ian Stokes	45 RC	08:21
22	Christopher Wilson	Hitchin Nomads CC	08:22
23	Terry Sykes	Beds Road CC	08:23
24	Dave Cook	Beds RRT	08:24
25	Lindz Barral	JCA-Equipe Velo	08:25