

# Interclub 30 miles time trial – 21<sup>st</sup> June 2019

**Promoted for and on behalf of Cycling Time Trials - Under its rules and regulations**

**Hosted by** - Hitchin Nomads CC, for the 2019 Interclub Competition between CC Ashwell, Bedfordshire Road CC, Hitchin Nomads CC, Icknield RC and St Neots CC.



**Headquarters** - Old Warden Village Hall (not Southill Parish Hall as in recent years). Start line is ~3 miles from HQ. You must use part of the Event course to get there (and back from the Finish Line) so please be aware of and give way to others in race mode.

**Timekeepers** – Nigel Wilson and Leanne Cutler

**Event Secretary** – Nick Morgan, 07423 618984. Be aware that mobile reception is poor around the course. I expect to ride as well and won't answer calls then, so find a marshal!

**Parking** - at HQ is limited. Ride out or share transport if you can. **DO NOT** park on the course. Wherever you park, keep the noise to a minimum and absolutely **no use of turbos** please.

**Signing on and numbers** - will be available from 08:15. All riders must be on the start list below and there will be no on-the-day entries or substitutions. Please add your **emergency contact number** and **address** when you sign in (house number and postcode are sufficient). These details will be used solely for the Event and are required by CTT regulations. Any Junior riders should bring a signed parental consent form. Blanks will be available; in which case you just need to bring a parent. Tick the "Photos" box when signing in if you give consent for the Club to use any images of you in the Event Report, etc. Remember to give a smile or put your best race face on. N.B. Club has no control over what private individuals might post up on their social media of course!

**£5.00 entry fee per rider** - to cover CTT levy and event costs.

**Results and Competition Scores** - a Results Runner will bring times from Finish Line to HQ in batches of 20 or so. Please do not ask the Timekeepers for your result at the Finish Line as it will distract them. If you think your time has been recorded incorrectly then have a quiet word with the Results Board compiler at HQ and be patient, it will get sorted. Waving a Garmin angrily in the Crew's faces is very bad form. Inter Club Competition Scores, using the new system that gives a fairer recognition of the performances of Women and Men, will be published within a day or so.

## IMPORTANT SAFETY NOTICE

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 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.

### Rider Behaviour

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| <b>Safety – not your performance – is the first priority</b> |
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**Please be aware** that there has been occasional friction between some residents of Old Warden village and the cycling community. Riders are therefore reminded of CTT regulations, and that they “shall not act or behave in a manner such as to give offence to the public interest or such as to bring the sport into disrepute”. Competitors must observe the law and:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- (c) conform to all traffic signs, signals and direction indicators;
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.

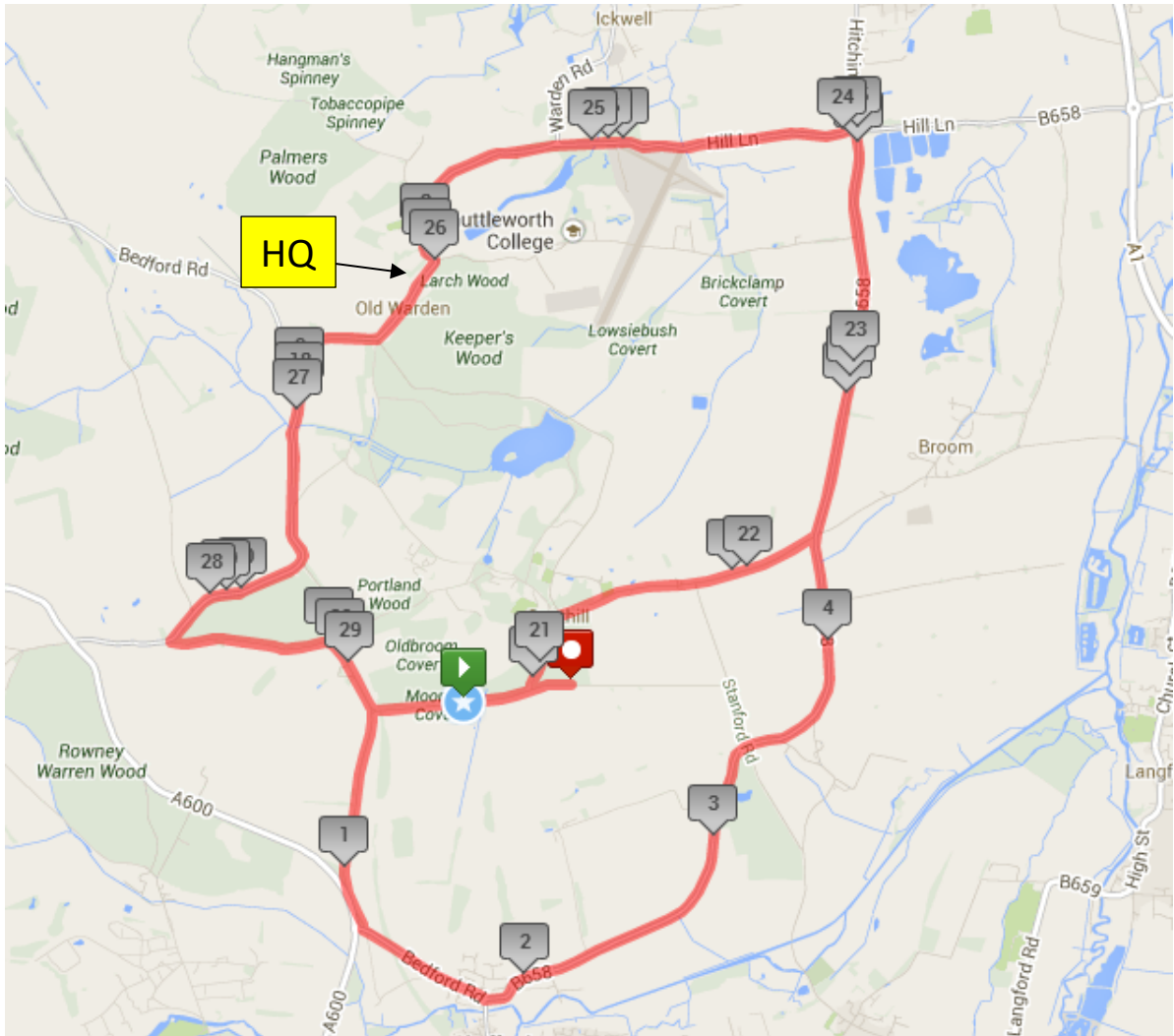
### Course

Note that in some previous years the course has turned left after the disused railway bridge on the third lap, this was incorrect, and the course should continue straight on at this point to the sharp left turn at North End Road as per the previous two laps. Riders familiar with the HNCC “Dave Gudgin 25” events, should take special note – the 30 course is not the same at this point. The course will be signed and some, but not all, turns will be marshalled. Competitors are reminded that is **your responsibility to navigate the course correctly**, and not that of the marshals or Event Secretary. See course map and description below, or find it on-line at <http://www.plotaroute.com/route/76637>

### Hazards

The course uses roads that have the usual amount of pot holes, loose surface and rough sections. You will have a faster, less uncomfortable ride if you don't inflate your tyres to the max! It is hoped that the worst of the pot holes will be marked up. They have been reported to the Highways Department of Central Bedfordshire Council but are not expected to have been dealt with. Please take special care at these locations:

- Descent into Shefford shortly after the start – holes after the crest of the hill
- B658 into Shefford – holes and rough surface where the road enters the area with housing on either side



**START** on south side of unclassified road Ireland-Southill at field boundary (GR 141413).

1. Proceed west to triangle where left and downhill to junction with A600 where left into Shefford and then left on to B658.
2. Follow through Broom cross roads (4.5m) to GM Growers Roundabout where left to Old Warden.
3. Continue through village, past Southill-Old Warden and Cardington junctions to disused railway bridge where continue on road to turn sharp left at Northwood End Road to Ireland, where left over hump back bridge.
4. Continue and take first left through Southill village to Broom cross roads where left onto B658.
5. Repeat circuit (steps, 3, 4 & 5) via Broom cross roads and continue to GM Growers Roundabout and left to Old Warden
6. Continue through village, past Southill-Old Warden and Cardington junctions to disused railway bridge where continue on road to turn sharp left at Northwood End Road to Ireland, where left over humpback bridge
7. Continue along road PAST Southill turn to FINISH at GR 147413

| #         | Rider                 | M/W      | Club                          | Start Time   |
|-----------|-----------------------|----------|-------------------------------|--------------|
| 1         | David Summerell       | M        | Hitchin Nomads CC             | 09:01        |
| 2         | Graham Askew          | M        | CC Ashwell                    | 09:02        |
| 3         | Caroline Faircloth    | F        | Port Nicholson Ponoke CC (NZ) | 09:03        |
| 4         | Charlotte Lawson      | F        | Beds Road CC                  | 09:04        |
| <b>5</b>  | <b>Matt Donovan</b>   | <b>M</b> | <b>Beds Road CC</b>           | <b>09:05</b> |
| 6         | Mark Faircloth        | M        | Port Nicholson Ponoke CC (NZ) | 09:06        |
| 7         | Louise Clark          | F        | Beds Road CC                  | 09:07        |
| 8         | Emma Koppe            | F        | CC Ashwell                    | 09:08        |
| 9         | Stephen Oliver        | M        | Hitchin Nomads CC             | 09:09        |
| <b>10</b> | <b>Ella Ruggles</b>   | <b>F</b> | <b>Hitchin Nomads CC</b>      | <b>09:10</b> |
| 11        | Dave Crane            | M        | Beds Road CC                  | 09:11        |
| 12        | Martin Webb           | M        | Icknield RC                   | 09:12        |
| 13        | Joanne Stephens-Smith | F        | Hitchin Nomads CC             | 09:13        |
| 14        | David Newell          | M        | Icknield RC                   | 09:14        |
| <b>15</b> | <b>Pat Ellerbeck</b>  | <b>M</b> | <b>St Neots CC</b>            | <b>09:15</b> |
| 16        | Su-Anne Bullock       | F        | Icknield RC                   | 09:16        |
| 17        | Leigh Pilgrim         | M        | Beds Road CC                  | 09:17        |
| 18        | Brian Ruggles         | M        | Hitchin Nomads CC             | 09:18        |
| 19        | Deborah Beare         | F        | Icknield RC                   | 09:19        |
| <b>20</b> | <b>Abid Hussain</b>   | <b>M</b> | <b>Icknield RC</b>            | <b>09:20</b> |
| 21        | Christine Tovey       | F        | Icknield RC                   | 09:21        |
| 22        | Robert Bumstead       | M        | CC Ashwell                    | 09:22        |
| 23        | Judy Reid             | F        | Icknield RC                   | 09:23        |
| 24        | Bob Wright            | M        | CC Ashwell                    | 09:24        |
| <b>25</b> | <b>Gary Patmore</b>   | <b>M</b> | <b>Beds Road CC</b>           | <b>09:25</b> |
| 26        | Tony Baines           | M        | Icknield RC                   | 09:26        |
| 27        | Brendan Ronayne       | M        | CC Ashwell                    | 09:27        |
| 28        | Phil Napoli           | M        | Icknield RC                   | 09:28        |
| 29        | Paul Wright           | M        | Hitchin Nomads CC             | 09:29        |
| <b>30</b> | <b>Ian Woodcock</b>   | <b>M</b> | <b>Beds Road CC</b>           | <b>09:30</b> |
| 31        | Paul Valks            | M        | Icknield RC                   | 09:31        |
| 32        | Steve Miles           | M        | CC Ashwell                    | 09:32        |
| 33        | Steve Smith           | M        | Beds Road CC                  | 09:33        |

| #         | Rider                  | M/W      | Club                     | Start Time   |
|-----------|------------------------|----------|--------------------------|--------------|
| 34        | Alistair McLeish       | M        | CC Ashwell               | 09:34        |
| <b>35</b> | <b>Mick Case</b>       | <b>M</b> | <b>Beds Road CC</b>      | <b>09:35</b> |
| 36        | Philip Keen            | M        | CC Ashwell               | 09:36        |
| 37        | Stephen Lyons          | M        | St Neots CC              | 09:37        |
| 38        | Jeremy Godwin          | M        | Beds Road CC             | 09:38        |
| 39        | Dave Mitchinson        | M        | CC Ashwell               | 09:39        |
| <b>40</b> | <b>Alex Lubbock</b>    | <b>M</b> | <b>Beds Road CC</b>      | <b>09:40</b> |
| 41        | John Curtin            | M        | Hitchin Nomads CC        | 09:41        |
| 42        | Toma Chitu             | M        | CC Ashwell               | 09:42        |
| 43        | Graham Laming          | M        | Beds Road CC             | 09:43        |
| 44        | Dave Cook              | M        | Beds Road CC             | 09:44        |
| <b>45</b> | <b>James McPherson</b> | <b>M</b> | <b>Hitchin Nomads CC</b> | <b>09:45</b> |
| 46        | David Morgan           | M        | Icknield RC              | 09:46        |
| 47        | Nigel Faircloth        | M        | Beds Road CC             | 09:47        |
| 48        | Matt Prince            | M        | Icknield RC              | 09:48        |
| 49        | Nigel Tooke            | M        | Hitchin Nomads CC        | 09:49        |
| <b>50</b> | <b>Will Smith</b>      | <b>M</b> | <b>CC Ashwell</b>        | <b>09:50</b> |
| 51        | Martin Beare           | M        | Icknield RC              | 09:51        |
| 52        | Martin Scott           | M        | Hitchin Nomads CC        | 09:52        |
| 53        | Martin Lawless         | M        | CC Ashwell               | 09:53        |
| 54        | Tim Allen              | M        | CC Ashwell               | 09:54        |
| <b>55</b> | <b>Jason Stuart</b>    | <b>M</b> | <b>CC Ashwell</b>        | <b>09:55</b> |
| 56        | Lauren Tedder          | F        | Beds Road CC             | 09:56        |
| 57        | Mark Desborough        | M        | Hitchin Nomads CC        | 09:57        |
| 58        | Mark Gray              | M        | Beds Road CC             | 09:58        |
| 59        | Stuart Dare            | M        | Beds Road CC             | 09:59        |
| <b>60</b> | <b>Thomas Robb</b>     | <b>M</b> | <b>Beds Road CC</b>      | <b>10:00</b> |
| 61        | Andrew Hardy           | M        | Hitchin Nomads CC        | 10:01        |
| 62        | Mark Finn              | M        | Beds Road CC             | 10:02        |
| 63        | Geoffrey Smith         | M        | St Neots CC              | 10:03        |
| 64        | Mark Greenhow          | M        | St Neots CC              | 10:04        |
| <b>65</b> | <b>Mick Hodson</b>     | <b>M</b> | <b>Beds Road CC</b>      | <b>10:05</b> |
| 66        | David Towey            | M        | Beds Road CC             | 10:06        |
| 67        | Matt Price             | M        | Icknield RC              | 10:07        |
| 68        | Chris Green            | M        | St Neots CC              | 10:08        |

| #         | Rider                  | M/W      | Club              | Start Time   |
|-----------|------------------------|----------|-------------------|--------------|
| 69        | James Mckenzie         | M        | CC Ashwell        | 10:09        |
| <b>70</b> | <b>Carmelo Luggeri</b> | <b>M</b> | <b>CC Ashwell</b> | <b>10:10</b> |
| 71        | Terry Sykes            | M        | Beds Road CC      | 10:11        |
| 72        | Sam McDonald           | M        | St Neots CC       | 10:12        |
| 73        | Thomas Weir            | M        | Hitchin Nomads CC | 10:13        |
| 74        | Nick Morgan            | M        | Hitchin Nomads CC | 10:14        |