

# Berkhamsted Cycle Club Time Trial 2024



## **Start Sheet Under C.T.T. Regulations**

Men's & Women's Time 10 Mile Time Trial

Solo, Team, Men's, Women's, Vets & Juvenile Awards

Sunday September 29th, 2024. Start Time 9:01

**Course F12B/10 or F12B(r)/10**

**(Choice to be made on the day, given current roadworks on preferred F12B(r))**

Event Secretary: Andy Robertson – 0759 081 0037  
Berkhamsted Cycle Club

Timekeepers: Starting - Simon Pearce. Finishing – Tim Groves.

Headquarters: The Stag at Mentmore. The Green, Mentmore, LU7 0QF.

### **Awards Men:**

1st £20

Vet £10 - Vet is first vet not placed 1,2 or 3 overall.

Juvenile £10 - Juvenile is first Juvenile not placed 1,2 or 3 overall.

### **Awards Women – All entries for 2023 are road bikes:**

1st £20

### **Awards Road Bike – (Awarded to the fastest riders NOT on a TT bike).**

1st - £15.

### **Prize Giving**

The prize giving ceremony will be held at HQ (The Stag at Mentmore) at 10.15 am.

This is a **"Type A"** event and as such is open to registered riders and first claim members of CTT clubs, which you'll have named or have to name on entry to be accepted.

Competitors in Type A events must be either:

(a) members of clubs directly affiliated to the Company or of the Headquarters' Club;

or (b) schools' representatives when riding in Youth Championship events; or

(c) members of overseas clubs or trade teams affiliated through their National Governing Body or Federation to the Union Cycliste Internationale (U.C.I.).

Members of such clubs or trade teams may compete as a member of a national or regional representative team. All overseas riders must present their current racing licence or membership card to the designated official prior to starting. The minimum age for competitors when competing on a solo machine in events on the public highway is 12 years.

**ALL COMPETITORS – PLEASE BE AWARE OF CTT REGULATIONS 14(I) AND 14(J): NO COMPETITOR SHALL BE PERMITTED TO START UNLESS YOU HAS AFFIXED TO THEIR MACHINE A WORKING FRONT AND REAR RED LIGHT, EITHER FLASHING OR CONSTANT, THAT IS ILLUMINATED AND IN A POSITION THAT IS CLEARLY VISIBLE TO OTHER ROAD USERS.**

There will be no entries on the TT Day. Start times as follows:

number	start_time	firstname	lastname
1	09:01:00	Keith	Richardson
2	09:02:00	Ollie	Compton
3	09:03:00	Richard	Moule
4	09:04:00	Anthony	Newland
5	09:05:00	Trevor	Watson
6	09:06:00	Paul	Dyett
7	09:07:00	Leon	Atkins
8	09:08:00	Adam	Robertson
9	09:09:00	Chris	Bradbury
10	09:10:00	Eloise	Ward
11	09:11:00	Simon	Bowler
12	09:12:00	Sarah	Brydon
13	09:13:00	David	Norden
14	09:14:00	Ian	Taylor
15	09:15:00	Serena	Wylie
16	09:16:00	Alex	Mckenzie
17	09:17:00	Benjamin	Rolfe
18	09:18:00	Robert	Wells
19	09:19:00	Andy	Robertson

**NO U TURNS WHATSOEVER ON TT COURSE IN SIGHT OF START | FINISH – PENALTY DQ NO WARMING UP WITHIN 1K OF START AND FINISH LINE**

#### **Regulation 16. Competitors Clothing**

1. All riders are reminded of the requirement to pin your number below the waist in a position so as to be clearly visible from behind. This enables the number checkers to ensure your finish time is correctly recorded.
2. No competitor may carry advertising except as a member of a club that has paid the advertising fee.
3. All riders must be wearing short or long-sleeved cycling jerseys and skin suits; no triathlon or sleeveless tops allowed.

#### **Local Regulations.**

1. No U turns should be made in sight of the start or finish areas while riding on the public highway.
2. 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.
3. Please do not park across driveways, or within 75m of road junctions, park with care. • Absolutely no parking on any part of the course, at any time.

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

Please collect race numbers in person at the H.Q. and sign the required form.

**Return to HQ after your ride and 'SIGN OUT' as per regulation.**

## 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 safety standard. **YOU MUST HAVE A WORKING FRONT AND REAR RED LIGHT ATTACHED AND SWITCHED ON**

### This event may be subject to a doping control.

- As soon as you have finished, you should return to event HQ as it is your responsibility to check if you are required for Doping Control.
- If your number is displayed, you should report, immediately, to Doping Control, which will be nearby.
- REMEMBER, it is up to you to check and ensure you comply.

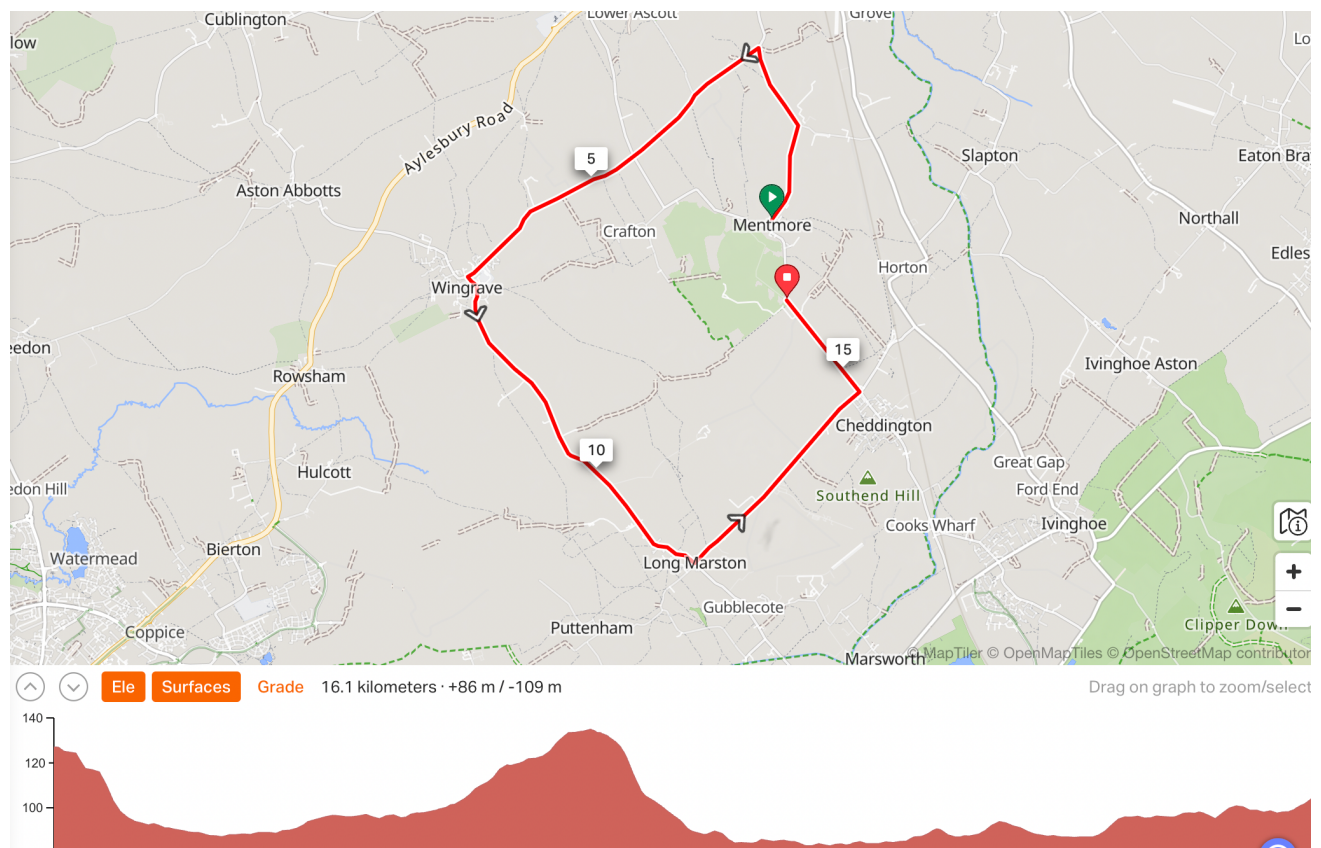
### Course

**THE COURSE CHOICE WILL BE MADE ON THE DAY GIVEN THAT THERE ARE ROADWORKS WITH TRAFFIC LIGHTS ON THE PREFERRED F12B(r) COURSE**

### Course F12b(r) – THE PREFERRED ROUTE

<https://ridewithgps.com/routes/48528263>

The full loop is slightly longer than 10m, so the end point of the course is BEFORE the start point is reached



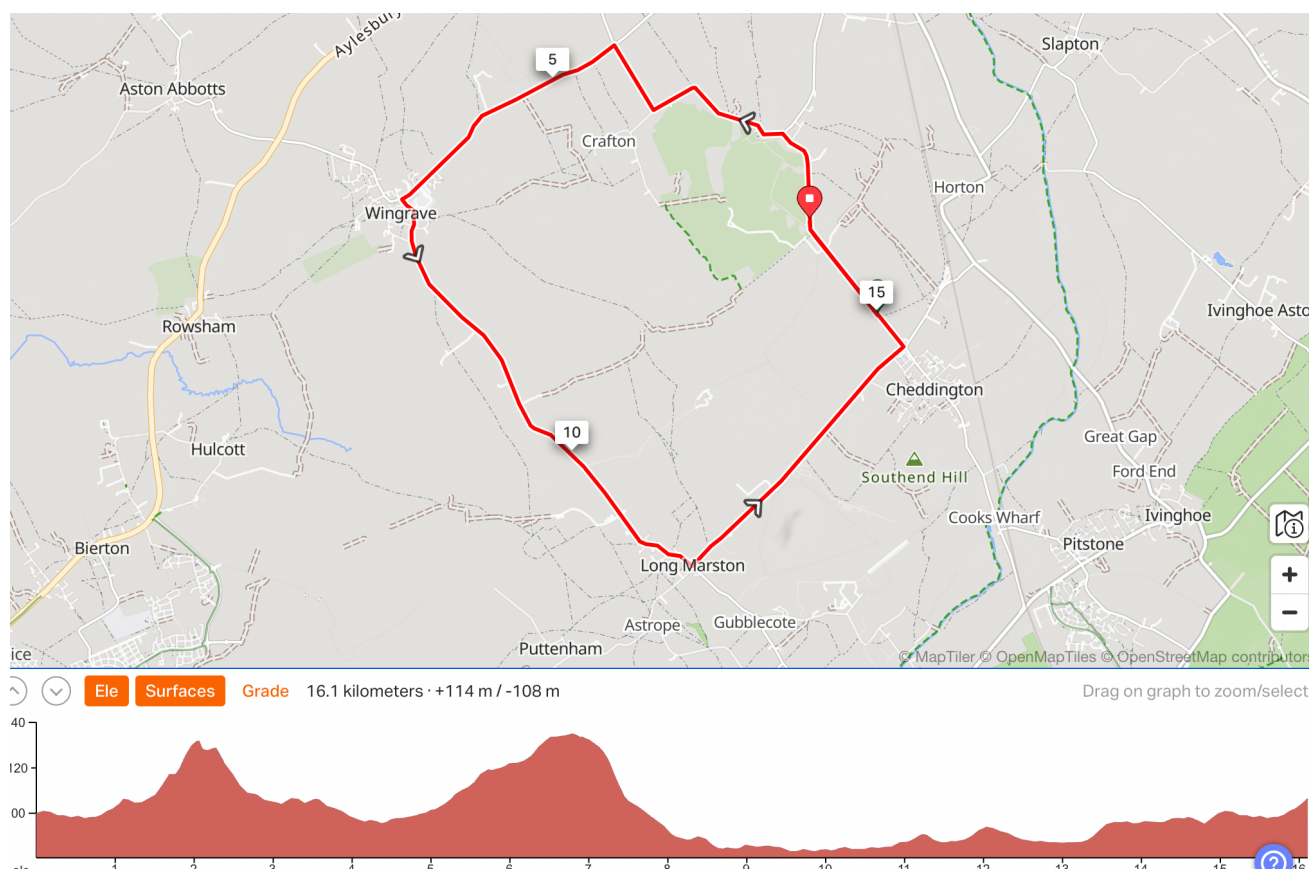
LOCAL REGULATIONS No. 1, 3 and 4 apply

- **START** in the village of Mentmore, about 200 yards from Race HQ at The Stag. The start point is about 100 yards from the main T junction in the village, going NE on Aylesbury Road towards Ledburn
- Proceed North East then North on Aylesbury Road for approx 1.4 miles to Ledburn, where you:
- **'GIVE WAY'** and **turn Left** in Ledburn (give way to traffic from the Right) onto Leighton Road, and:
- **Proceed straight** on Leighton Road for 2.9m to Wingrave (total distance to Wingrave approx. 4.3 miles. On this straight to Wingrave there is a crossroads at 1.3 miles where traffic on Leighton Road has right of way – proceed straight over this crossroads
- In Wingrave, **'GIVE WAY'**, **Turn left** onto Dark Lane and proceed past crossroads junction, Mill Lane/Moat Lane, onto Tring Road (becomes Station Road). Continue on Station Road to Long Marston. Wingrave to the turn in Long Marston is 2.9 miles, total distance to turn in Long Marston is 7.3m. In Long Marston you:
- **Turn left** on to Cheddington Lane, (turning is adjacent to Queens Head PH)
- **Proceed** on Cheddington Lane, becoming Long Marston Road, to roundabout junction with Station Road. Distance from Long Marston to roundabout is 1.9 miles, total distance to roundabout is 9.1 miles. At the roundabout:
- **'CAUTION'**, and **turn left** to complete the circuit and
- **FINISH** after a further 0.9m, at the end of the straight, near the slight right hand bend

**Course F12b(r) – THE RESERVE ROUTE**

<https://ridewithgps.com/routes/48587139>

The start point is under the 15km marker flag on the map below, in the lay-by. The full loop is slightly shorter than 10 miles so the course does the section between the start point and the end point TWICE





LOCAL REGULATIONS No. 1, 3 and 4 apply

- **START** north of Cheddington, some 100 yards north of double roundabout junction of Long Marston Road and Station Road. Start is in the lay-by
- Proceed northwest towards and through Mentmore for approx 2.9 miles to junction with Park Gate, where, **'GIVE WAY'** and:-
- **Turn Left** onto Leighton Road, towards Wingrave, where at approx 4.5 miles,
- **'GIVE WAY'** and:- **Turn left** onto Dark Lane and proceed past crossroads junction, Mill Lane/Moat Lane, onto Tring Road (becomes Station Road at approx 5.7 miles). Continue on Station Road to Long Marston where:
- **Turn left** on to Cheddington Lane, 7.4 miles, (adjacent to Queens Head PH). Continue on Cheddington Lane, becoming Long Marston Road, to RAB junction with Station Road, where **'CAUTION'**:
- **Turn left** to complete the circuit and
- **FINISH** approx 1,200 yards past the start point.

Signing on **IMPORTANT**

HQ will be held at The Stag at Mentmore <https://thestag.pub/>. The Stag will be providing hot and cold refreshments which can be purchased. This will be available from 8.30 am. Marshals will be at The Stag at 8:00am and registration is available from this time

Start lists will be taped to the sign on table. **Bring your own safety pins. Please return race numbers back to the desk, sign out and place numbers in bucket provided.**

COVID 19

You may ONLY compete if you are in good health and not exhibiting symptoms of Covid 19 in the week prior and on the day of the race. You should not race if you have had advice from a medical professional advising you not to do so.

Specifically, for the Berkhamsted TT:

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms
- **ARRIVE DRESSED TO RACE**
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Ideally all warm-ups should be done on the road.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. **Please telephone the organiser if you have failed to finish the event.**
- Competitors MUST NOT leave any personal items with the timekeeper.
- Competitors must report FIVE (5) minutes before allocated start time.

END