

ISLINGTON CC

# OPEN TIME TRIAL 2016

2pm Saturday 23 July 2016

'Promoted for and on behalf of Cycling Time Trials  
under their Rules and Regulations'

---

#### Timekeepers

M Bannister  
D Taylor

#### Event Secretary: Tony Padgett

19B Prospero Road  
London  
N19 3QX  
07801 904846  
tonypadgett1@gmail.com

---

#### Men's Prizes

1<sup>st</sup> £100  
2<sup>nd</sup> £60  
3<sup>rd</sup> £30

#### Women's Prizes

1<sup>st</sup> £100  
2<sup>nd</sup> £60  
3<sup>rd</sup> £30

---

#### Event Headquarters

The Folly Room, Forest Centre (off Station Road), Forest of Marston Vale, Marston Moretaine, Bedfordshire MK43 0PS. **Sign on will open at 13:00. Bags and kit can be left at the event HQ at owners' risk.**

**Arriving by Train:** The event HQ is located to the East of Marston Moretaine near Millbrook railway station. From Millbrook station head west for ½ mile and turn right onto Station Road. After 200 yards turn right again at the signs for "Forest Centre and Millennium Country Park". The Forest Centre is at the end of the road, ½ mile from the turning.

**Arriving by Car:** From the A421 take the exit for "Marston Moretaine", following the brown signs for the Forest Centre. Take Beancroft Road into Marston Moretaine, and at the end of the road (approximately 400 yards) turn left on to Bedford Road (following the brown signs for the Forest Centre) and immediately right at the Cooperative into Station Road (again following the brown signs). Continue for 400 yards and turn left at the signs for "Forest Centre and Millennium Country Park". The Forest Centre is at the end of the road, ½ mile from the turning. Parking is available at the centre, and please have consideration for other users of the Country Park.

---

#### The Start

The start is at a layby on the old A241 Bedford Road, 0.4 miles north of Brogborough, approximately 4½ miles from the event HQ. Arrive at the event HQ with plenty of time to sign on, prepare yourself, and to ride to the start.

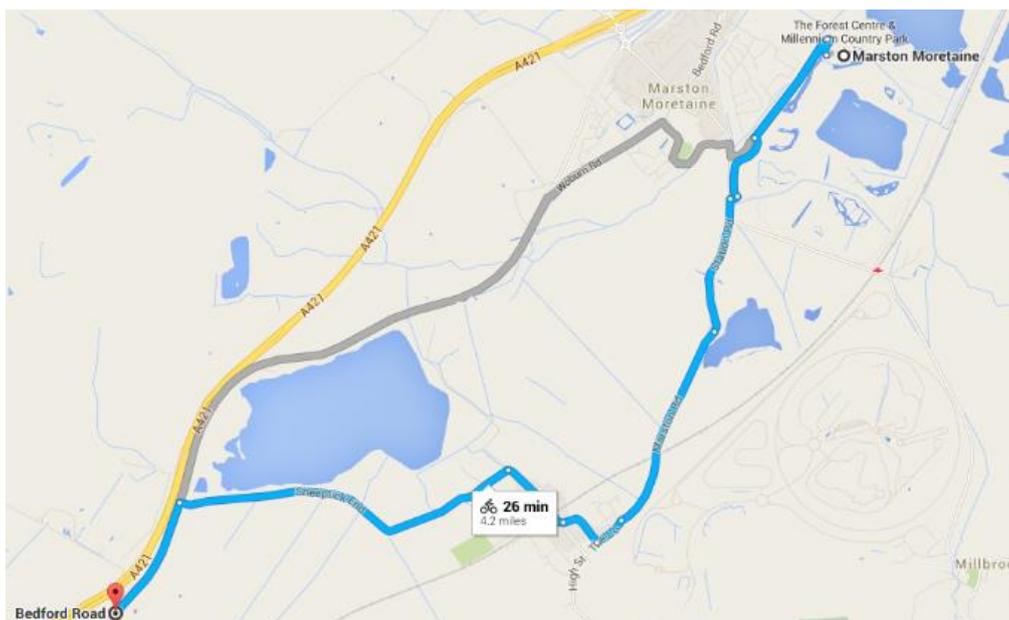


ISLINGTONCYCLINGCLUB



ISLINGTONCC





### Directions to the Start

Leave the Forest Centre using the same access road used to enter and at the end of the road **turn left onto Station Road.**



Street View

Continue along Station Road and onto Marston Road for 1.2miles, over the railway line and into Lidlington. At the **roundabout take the 1<sup>st</sup> exit**, continuing into Lidlington.



Street View

At Lidlington Church take the **right turn onto Church Street** and head down towards the Lidlington station.



Street View

Go over the railway line and after a further 200 yards follow the road **round to the left onto Sheep Tick End.**



Street View

After 1½ miles, at the end of the road, **turn left** onto Bedford Road.



Street View

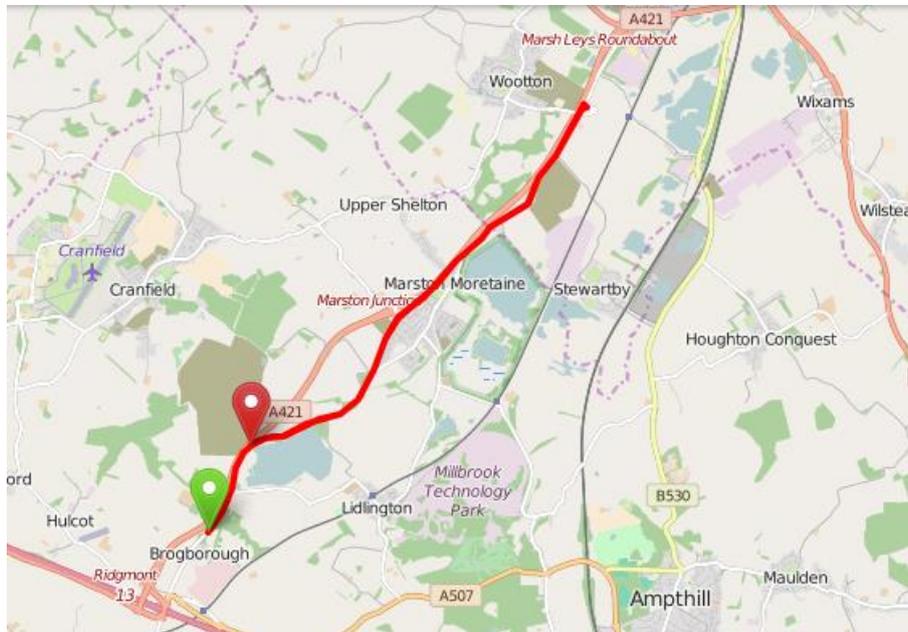
Continue up and over the hill, past the start (this will be on your right), taking the **first left onto Hill Crescent.** Turn around here and make your way to the start.

**DO NOT TURN IN THE ROAD WITHIN SIGHT OF THE START OR FINISH.** This will result in a disqualification under LNDC rules.

You should arrive at the start on time but not more than 5 minutes early. The start assistant will call your number when you are the next rider to start.

## Course Description: F15/10

Note that the road has been modified recently to introduce an additional roundabout, pedestrian crossing lights and a narrower section near a new housing development. The route is marshalled and signed but it is your responsibility to know the course.



- **START** (GR 966387) on old A421 at layby, on top of Hill, 0.4 mile north of Brogborough at point 15½ flat kerbs south of the north end of the raised kerb stones.
- **Proceed north** along old A421, **straight on at new RAB**, taking second exit, to:- and **straight on at Marston RAB**, taking second exit, to:-
- **TURN at Fields Road Wootton RAB** (5.44 mls).
- **Retrace south** along old A421, **straight on at Marston RAB** to:- and **straight on at new RAB** to:-.
- **FINISH** (GR 972398) approx ¾ mile after side road to Lidlington, at second drain 28yds past start of Armco barrier.
- The finish is between the entry gate and exit gate of Shanks landfill site, on far side of new A421 dual-carriageway.

On finishing the course **riders must not stop**, but continue riding to **take first left into Sheep Tick End** and make their way **back to the event HQ via Lidlington**.

### Local Regulations:

- No U turns should be made in sight of the start or finish areas.
- 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.
- In order to avoid milling about and congestion at the start riders should not go to the start more than 5 minutes before their due time. The timekeeper or other club official should ensure that riders do not congest or obstruct the lay-by for other users.

### For Your Information and Safety

- Safety not performance is your first priority.
- The wearing of a helmet is recommended.
- For visibility race numbers are printed on a bright, reflective background. The number must be placed on your shorts from the waistband downwards, and must not be covered by other clothing.
- We recommend that riders use lights, even during daytime.
- Any road junction or roundabout can constitute a hazard in a race – be aware.
- At roundabouts the traffic coming from the right has priority over you, so please give way.
- If you have an accident during a race, no matter how minor, you are required to report it to the Event Secretary as soon as possible.
- Observe the law and highway code at all times
- Avoid u-turns and dangerous manoeuvres while warming up, approaching the start and leaving the finish.
- Keep your head up at all times – look where you are going.

**Juniors:** The minimum age for competitors is 12 years. In accordance with Regulation 15 all junior competitors must wear protective hard shell helmets. Riders under 18 years must know the law and the Highway Code, and be competent to ride on public roads alone. A CTT permission form must be returned to the event HQ.

**Islington CC wishes you good luck and a safe ride.**



ISLINGTON CC

OPEN TIME TRIAL 2016

2pm Saturday 23 July 2016



ISLINGTONCYCLINGCLUB



ISLINGTONCC



Bib	Name	Club	Start
<b>Tandem</b>			
1	Steve Walker Christine Walker (W)	Leamington C & AC Leamington C & AC	14:01
2	Nikki Hunt (W) Brian Foran	VTTA (London & Home Counties) Lampard RC	14:02
<b>Solo</b>			
3	Stephen de Souza	Islington Cycling Club	14:03
4	Simon Harris	Royal Air Force Cycling Association	14:04
5	Mark Rust	Islington Cycling Club	14:05
6	James O'Hara	Islington Cycling Club	14:06
7	Terry Sykes	Ely & District CC	14:07
8	Katharine Hibbert (W)	Islington Cycling Club	14:08
9	Hannah Bates (W)	Hoddesdon Tri Club	14:09
10	Anthony Rumilla	London Phoenix CC	14:10
11	Brian Moon	Whitewebbs CC	14:11
12	Stephen Taylor	Team Milton Keynes	14:12
13	Chris Summers	Sotonia CC	14:13
14	Ev Sekkides	Islington Cycling Club	14:14
15	John Davidson	Welland Valley CC	14:15
16	Grant Warwick	Lutterworth Cycle Centre Racing Team	14:16
17	Jordan Wade	Swansea University Cycling Team	14:17
18	Tom Barnett	Islington Cycling Club	14:18
19	Jesper Lycke	Islington Cycling Club	14:19
20	Blake Gravenor	Islington Cycling Club	14:20
21	Clive Patterson-Lett	Worthing Excelsior CC	14:21
22	Jennie Tillott (W)	St Ives CC	14:22
23	Stephen Holmes	VC Norwich	14:23
24	Matt Donovan	Bedfordshire Road RT	14:24
25	Colin Crocker	Sotonia CC	14:25
26	Gary Jones	Wyre Forest CRC	14:26
27	Jamie Kennell-Webb	Islington Cycling Club	14:27
28	Paul Woodham	Bossard Whs	14:28
29	Ian Stokes	45 RC	14:29
30	Shaun Hickenbottom	successcycling.co.uk	14:30
31	Chris Spray	Ratae RC	14:31
32	Victoria Smith (W)	AeroCoach	14:32
33	James Walsh	Hemel Hempstead CC	14:33
34	Mohammed Ahmed	London Phoenix CC	14:34
35	Bryce Taylor	Aylesbury CC	14:35
36	Nick Sexton	Islington Cycling Club	14:36
37	Mark Ingram	Fenland Clarion CC	14:37
38	Ian Rosewarne	Leicestershire RC	14:38
39	Daniel Homer	London Phoenix CC	14:39
40	David Marshall	Hemel Hempstead CC	14:40



ISLINGTONCYCLINGCLUB



ISLINGTONCC



<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Start</b>
41	Peter Cutler	Regents Park Rouleurs	14:41
42	Nick Burton	Newark Castle C C	14:42
43	Peter Cookson	Willesden CC	14:43
44	Tom Simpson	Brixton Cycles Club	14:44
45	Chris Parsons	Rugby Racing Cycling Club	14:45
46	Mike Dalton	Stockton Wheelers CC	14:46
47	Thomas Harrington	University of Bristol Cycling Club	14:47
48	Karl Hiner	Nice Tri Triathlon Club St Neots	14:48
49	Trevor Hook	Team Milton Keynes	14:49
50	Joe Simons	Brixton Cycles Club	14:50
51	Ian Fensom	Fenland Road Club	14:51
52	Liz Powell (W)	Mike Vaughan Cycles	14:52
53	Dave Elliott	Rugby Racing Cycling Club	14:53
54	Matthew Reader	Verulam CC	14:54
55	Alex Bailey	CC Breckland	14:55
56	Peter Hunt	Royal Air Force Cycling Association	14:56
57	Richard Birtwhistle	Sydenham Whs	14:57
58	Edward Smith	Islington Cycling Club	14:58
59	Roger Porter	Verulam CC	14:59
60	Ian Markham	Chronos RT	15:00
61	Darren Powell	TMG Horizon Cycling Team	15:01
62	Thomas Weir	Swansea University Cycling Team	15:02
63	Neil Wood	Dig Deep Coaching	15:03
64	Thomas Pfeiffer	Dulwich Paragon CC	15:04
65	Allan Simmonds	High Wycombe CC	15:05
66	Dominic Harrison	Evans Cycles Race Team	15:06
67	Andrew Wright	High Wycombe CC	15:07
68	Ryan Witchell	Radeon-Bike Science RT	15:08
69	James Fox	CC Luton	15:09
70	James Richardson	North Bucks RC	15:10



ISLINGTONCYCLINGCLUB



ISLINGTONCC

