

22 July
Open time trial
Brogborough F15 course



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

Timekeepers

M Bannister
A Lacey

Event Secretary: Tony Padgett

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

Men's Prizes

1st £100
2nd £60
3rd £30

Women's Prizes

1st £100
2nd £60
3rd £30



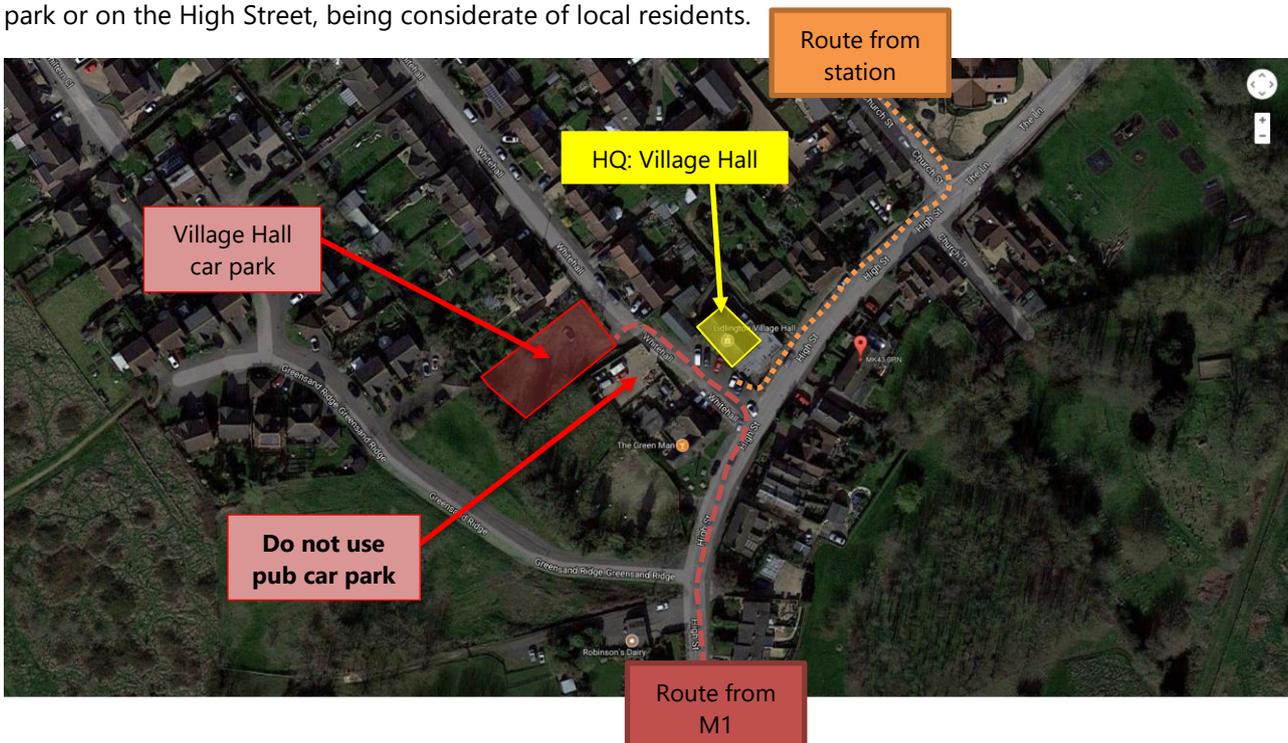
Kask helmets courtesy of [Condor Cycles](#) for the fastest non-aero man and woman. No aero bars, disc wheels or TT-specific helmets. Skinsuits, overshoes, road aero helmets all allowed. Please confirm at sign on if you wish to be considered for the non-aero prizes.

Event Headquarters

Lidlington Village Hall, High Street, Lidlington MK43 ORN. **Sign on will open at 13:00. Bags and kit can be left at the event HQ at owners' risk.**

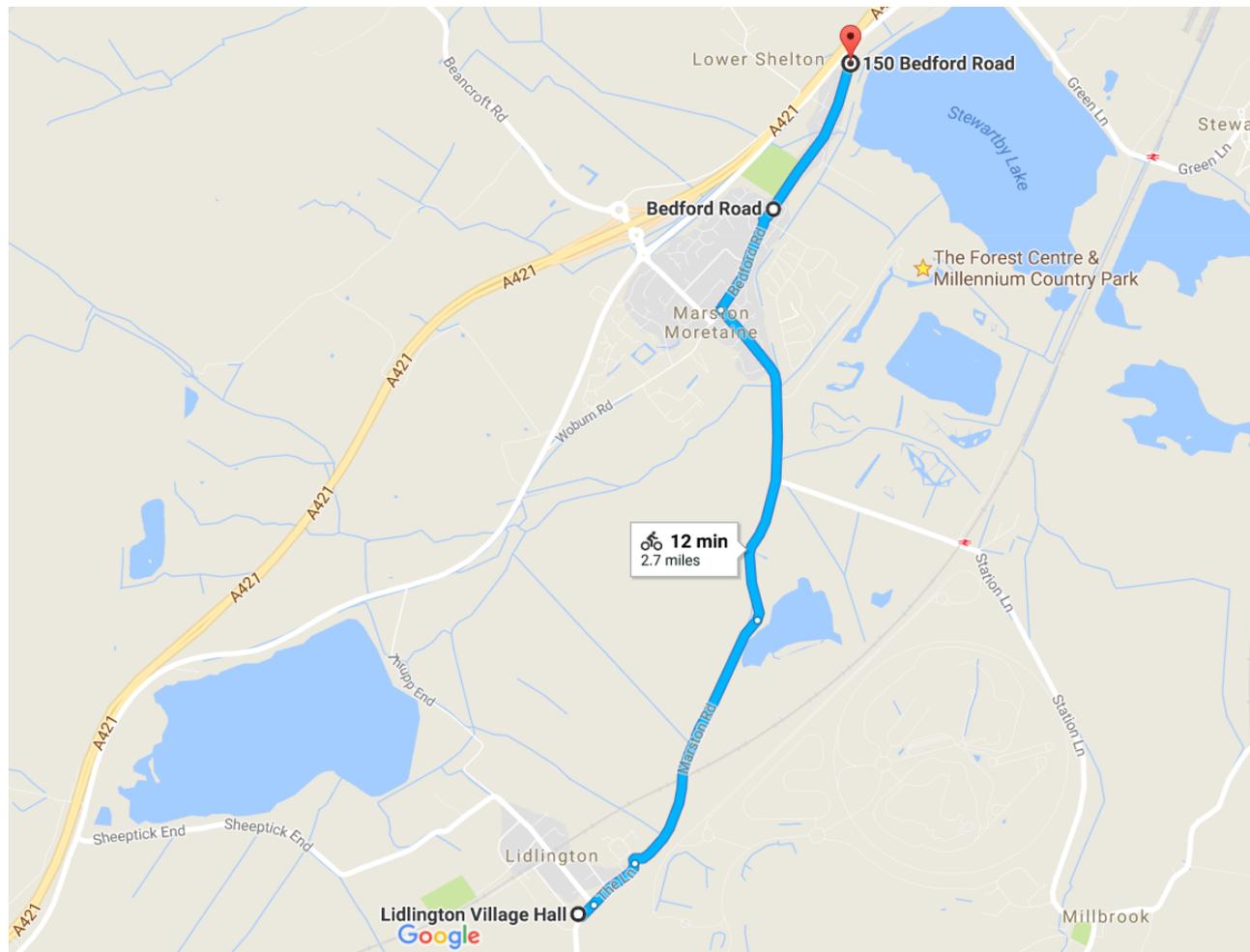
Arriving by Train: The event HQ is located in the centre of Lidlington, a 5 minute walk from Lidlington railway station. From the station head southeast on Church Street and turn right at the end onto the High Street. Lidlington Village Hall will be on your right, on the corner of Whitehall opposite the Green Man pub.

Arriving by Car: From junction 13 of the M1 follow the brown signs for Woburn Abbey, taking the right turn onto A507 Salford Road. After 2½ miles, turn left onto Bury Ware signposted for Lidlington and continue for 1 mile into the village. The Village Hall will be on your left, opposite the Green Man pub on the corner of Whitehall and High Street. Parking is available in the Village Hall car park. Please do not park in the pub car park or on the High Street, being considerate of local residents.



The Start

The start is at the north end of Bedford Road, 10 yards before the junction with the old A421, 0.8 miles north of Marston Moretaine, and approximately 2.7 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.



Directions to the Start

Leave the Village Hall and **turn left onto the High Street**, continuing for 500m. At the roundabout **take the second exit to onto Marston Road**.

Continue for approximately one mile into Marston Moretaine. At the end of the road, **turn right onto Bedford Road**.

After 300m, **continue straight on at the roundabout** on Bedford Road.

Continue on Bedford Road for a further 500m. The **start will be on your left**, 10 yards before the junction with the old A421

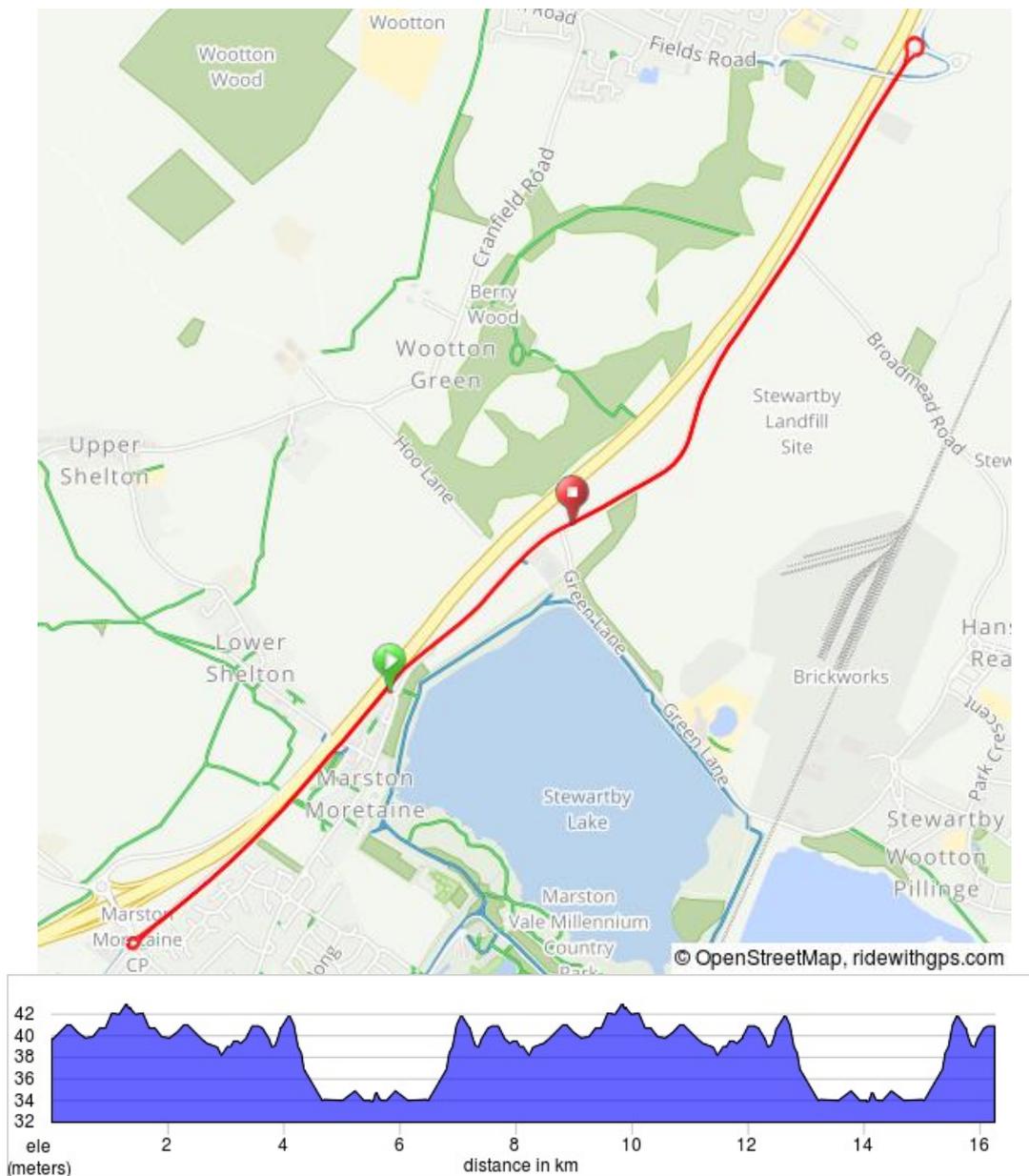
DO NOT TURN IN THE ROAD WITHIN SIGHT OF THE START OR FINISH.

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 Emergency

Note that roadworks on the southern section of the F15 prevent use of the full course. This modified course is two laps of the northern section and has been approved for use by CTT London North District Council.



- **START** at north end of Bedford Road, Marston Moretaine, 10 yards before junction with old A421.
- Proceed to junction, **turn left** onto old road and **continue to Marston RAB**, where:-
- **TURN** (0.7 miles) and **retrace past junction** with Bedford Road **to Fields Road RAB**, where:-
- **TURN** (3.3 miles) and **retrace to Marston RAB**, where:-
- **TURN** (6 miles) and **retrace past junction** with Bedford Road **to Fields Road RAB**, where:-
- **TURN** (8.7 miles) and retrace to:-
- **FINISH** on old A421, before junction with Green Lane, and approx 900 yards before start point.

On finishing the course **riders must not stop**, but continue riding to **take first left into Bedford Road** (past the start point) and make their way **back to the event HQ at Lidlington**. Please return your race numbers promptly and sign the **official signing-out sheet** at HQ before leaving.

Local Regulations:

- No U turns should be made in sight of the start or finish areas while riding on the public highway
- Competitors, their helpers and event officials must use the toilet facilities provided at event headquarters as required. Fields and hedgerows must NOT be used for toilet purposes. Failure to observe this regulation may result in disciplinary action against those concerned..
- 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 Cycling Club wishes you good luck and a safe ride.

Start Sheet

Bib	Name	Club	Start
Solo			
1	Stephen de Souza	Islington Cycling Club	14:01
2	Paul Woodham	Bossard Whs	14:02
3	John McCormack	Islington Cycling Club	14:03
4	John Davidson	Welland Valley CC	14:04
5	Dave Johnson	VC 10	14:05
6	Hazar Emre Tez	Islington Cycling Club	14:06
7	Colin Crocker	Sotonia CC	14:07
8	Grant Warwick	Lutterworth Cycle Centre Racing Team	14:08
9	Finlay Crowther	Islington Cycling Club	14:09
10	Ross Freeman	Harlow CC	14:10
11	Adam Quilter	Aylesbury CC	14:11
12	Hans Nilsson	London Phoenix CC	14:12
13	Paul Willis	CC London	14:13
14	Jonathan Fluxman	Islington Cycling Club	14:14
15	Richard Price	London Phoenix CC	14:15
16	David Marshall	Hemel Hempstead CC	14:16
17	Phil Sanders	VC de Londres	14:17
18	Chris Summers	Sotonia CC	14:18
19	Graham Carson	Islington Cycling Club	14:19
20	Neil Holden	Lutterworth Cycle Centre Racing Team	14:20
21	Ian Fensom	Fenland Road Club	14:21
22	John Bourton	Bicester Millennium CC	14:22
23	Helen Frater (W)	Islington Cycling Club	14:23
24	Francine Hill (W)	CC London	14:24
25	Darren Powell	TMG Horizon Cycling Team	14:25
26	Jennifer Millmore (W)	Islington Cycling Club	14:26
27	Robin Prior	Southgate CC	14:27
28	Vivienne Tomlin (W)	CC London	14:28
29	Stephanie Cousins (W)	North Bucks RC	14:29
30	Robert Willcocks	Royal Air Force Cycling Association	14:30
31	Richard Oakes	Rapha Cycling Club	14:31
32	Mandy Bunn (W)	CC Sudbury	14:32
33	Anneke Prins (W)	Welwyn Whs	14:33
34	Orla Shields (W)	Islington Cycling Club	14:34
35	James Vaughan	JCA Equipe Velo	14:35
36	Andrew Bright	Chronos RT	14:36
37	Zoe Adams (W)	Hemel Hempstead CC	14:37
38	Mareike Suesse (W)	CC London	14:38
39	Gillian Morgan (W)	Westerley Cycling Club	14:39
40	Karl Willis	Herts Rouleurs Racing Club	14:40
41	Daniel Homer	London Phoenix CC	14:41
42	Ian Stokes	45 RC	14:42

Bib	Name	Club	Start
43	Katharine Hibbert (W)	Islington Cycling Club	14:43
44	John Frydman	Leamington C & AC	14:44
45	James Barlow	Didcot Phoenix CC	14:45
46	Lee Thomas	Team Bottrill / HSS Hire	14:46
47	Dorian Jawoszek	CC Islington	14:47
48	Merv Player	Hertfordshire Whs	14:48
49	Caine MacNeil	Islington Cycling Club	14:49
50	Andy Whale	Verulam Really Moving	14:50
51	Mark Wise	Team Jewson - MI Racing ~Poly Pipe~McCann	14:51
52	Bryce Taylor	Aylesbury CC	14:52
53	Joe Richardson	VTTA (London & Home Counties)	14:53
54	Oliver Charles	Islington Cycling Club	14:54
55	Greg Brookes	Lutterworth Cycle Centre Racing Team	14:55
56	Simon Fitzhugh	45 RC	14:56
57	Jacob Storey	Islington Cycling Club	14:57
58	Robert Clifford	Velo Club Walcot	14:58
59	Fred Browning	Wyre Forest Cycle Racing Club	14:59
60	David Kiernan	Lutterworth Cycle Centre Racing Team	15:00
61	Carl Adams	Team Bottrill / HSS Hire	15:01
62	Tom Marsh	Loughborough Students Cycling Club	15:02
63	Dan Charleston	High Wycombe CC	15:03
64	Rob Valdes	Islington Cycling Club	15:04
65	Ian Markham	Chronos RT	15:05
66	Toby Collis	CC London	15:06
67	Alex Elferink	East London Velo	15:07
68	Will Cross	Islington Cycling Club	15:08
69	Stu Levene	Whitewebbs CC	15:09
70	Stuart Travis	Team Bottrill / HSS Hire	15:10
71	Roger Porter	Verulam CC	15:11
72	John Iszatt	Team Vision Racing - Silverhook	15:12
73	Tom Barnett	Kingston Wheelers CC	15:13
74	Antoine Magaud	Islington Cycling Club	15:14
75	Thomas Weir	Hitchin Nomads CC	15:15
76	Alan Crane	Chronos RT	15:16
77	Ev Sekkides	CC London	15:17
78	Timothy Perry	Icknield RC	15:18
79	Robert O'Rourke	Islington Cycling Club	15:19
80	Matt Sinclair	Lutterworth Cycle Centre Racing Team	15:20
Tandem			
101	Nikki Hunt (W) Brian Foran	VTTA (London & Home Counties) Lampard RC	15:21
102	Steve Walker Christine Walker (W)	Leamington C & AC Leamington C & AC	15:22