



<http://www.cc-london.com>

25 mile Individual Time Trial

Sunday 21st August 2016 starting at 7am

This event is being held for and on behalf of Cycling Time Trials under their Rules & Regulations.

Headquarters:

Wodson Field Pavillion
Cold Christmas Ln
Thundridge
Ware
SG12 0SJ

The HQ is 100 metres from the start.

Facilities:

Headquarters will be open from 6:00am. Signing on and number collection will be at the race HQ. Refreshments will be on sale. Free tea/coffee for riders on return of number.

Parking:

There is free car parking at the race HQ.

Timekeepers:

Vince Freeley and Ian Watson

Event secretary:

Paul Willis, 58 Brackenbury Road, London, N2 0ST
Mobile: 07957 362 214

Prizes:

1st place	£25
2nd place	£20
3rd place	£15

Notes

- 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
- 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
- Numbers are available at the Headquarters. You must sign the signing-on sheet when collecting your number.
- Prize presentations at the HQ.

- Local regulation no. 1 - No U turns should be made in sight of the start or finish areas while riding on the public highway.
- Local Regulation No. 2 - 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.
- Local regulation 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
- There is ample parking at the event HQ. Please use the parking area at the HQ (not on the approach road)
- We are pleased to welcome some riders who appear to be new to time-trialing. This link to the CTT website contains some useful guidance. <https://www.cyclingtimetrials.org.uk/articles/view/9>

Course description: F10/25

START (GR TL357168) at North edge of first full height kerbstone at South edge of entrance to field gateway on East side of A1170 (old A10) just South of 'Sow and Pigs' public house and turning for Cold Christmas. Proceed South on A1170 and at first RAB take 1st exit to join slip road onto A10 Northbound. Continue to Puckeridge South RAB (junction with A120) where:-

TURN (4.5 miles) by taking 4th exit and retrace on A10 (Southbound). Continue past exits for Ware (A1170), Ware (A602), Hertford (A414), Harlow (A414) and Hoddesdon (A1170) to leave A10 at slip road to Turnford elevated RAB and:-

TURN (16.8 miles) by taking 3rd exit to rejoin A10 (Northbound). Retrace past exits for Hoddesdon (A1170), Harlow (A414), Hertford (A414) and Ware (A602) to leave A10 (24.8 miles) at slip road to Ware & Thundridge. Take 1st exit at RAB to:-

FINISH (GR TL355162) on Southbound A1170 directly opposite lamp post 476.

Full map of the course is here <https://www.cyclingtimetrials.org.uk/race-details/12457>



Bib	Start Time	Firstname	Lastname	Club
1	07:01:00	Julius	Reeves	CC London
2	07:02:00	William	Bourne	Dulwich Paragon CC
3	07:03:00	Trevor	Roberts	Wolsey RC
4	07:04:00	David	Patch	CC London
5	07:05:00	Adrian	Taverna	St Neots CC
6	07:06:00	Simon	Gent	Royal Air Force Cycling Association
7	07:07:00	Andrew	Knight	Team Bottrill
8	07:08:00	Nigel	Swift	Verulam CC
9	07:09:00	Firmin	Moriarty	Addiscombe CC
10	07:10:00	Kevin	Haynes	Finsbury Park CC
11	07:11:00	Bryn	Davies	Oxford University CC
12	07:12:00	Jesper	Lycke	Islington Cycling Club
13	07:13:00	Panos	Kakoullis	East London Triathletes
14	07:14:00	Gary	Boyd	Hub Velo
15	07:15:00	Kristian	Woolf	Bush Healthcare CRT
16	07:16:00	Joe	Simons	Brixton Cycles Club
17	07:17:00	James	Cornell	Hitchin Nomads CC
18	07:18:00	Michael	Russell	Team Trident
19	07:19:00	Nick	Marks	CC London
20	07:20:00	Alastair	Luxford	Endeavour RT
21	07:21:00	Alan	Crane	Chronos RT
22	07:22:00	Thomas	Fairley	CC London
23	07:23:00	Mark	Harris	Team Trident
24	07:24:00	Jim	Higson	CC London
25	07:25:00	Ian	Markham	Chronos RT
26	07:26:00	Dan	Young	Alltrax
27	07:27:00	John	Sellars	London Phoenix CC
28	07:28:00	Graham	Ricketts	Verulam CC
29	07:29:00	Jamie	Dean	Southgate CC
30	07:30:00	Gavin	Lewis	North Road CC
31	07:31:00	Michael	Parker	TMG Horizon Cycling Team

Bib	Start Time	Firstname	Lastname	Club
32	07:32:00	Josh	Roberts	Zappi's Cyling Club
33	07:33:00	Christopher	Kakoullis	East London Triathletes
34	07:34:00	Hazel	Davies (W)	Verulam CC
35	07:35:00	Jack	Steven	East London Velo
36	07:36:00	Chris	Symonds	North Road CC
37	07:37:00	Cody	Nelson	Bedfordshire Road CC
38	07:38:00	Henry	Taysom	LFGSS CC
39	07:39:00	Paula	Robinson (W)	VTTA (London & Home Counties)
40	07:40:00	Paul	Callinan	London Dynamo
41	07:41:00	Karl	Willis	Herts Rouleurs Racing Club
42	07:42:00	Benjamin	Pritchard	CC London
43	07:43:00	Dominic	Whitehead	St Ives CC
44	07:44:00	Paul	Breeze	Peterborough CC
45	07:45:00	Iain	Boardman	Dulwich Paragon CC
46	07:46:00	Thomas	Doran	Hemel Hempstead CC
47	07:47:00	Julian	Birch	Redbridge CC
48	07:48:00	Kamran	Ezel	Southgate CC
49	07:49:00	Daniel	Diaz	CC London
50	07:50:00	Luke	Clarke	TMG Horizon Cycling Team
51	07:51:00	Richard	Hutt	Harp RC
52	07:52:00	Andrew	Ames	Southgate CC
53	07:53:00	Richard	Bennett	Newbury RC
54	07:54:00	Jim	Stevenson	CC London
55	07:55:00	Steve	Clarke	TMG Horizon Cycling Team
56	07:56:00	Christopher	Wedge	Whitewebbs CC
57	07:57:00	Peter	Anstey	Welwyn Whs
58	07:58:00	Adrian	Lamb	Southgate CC
59	07:59:00	Duncan	Godfrey	Team Trident