**Berkhamsted Cycling Club**

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

**Sun 30th September 2018 Course F12B/10 Start Time 09:00**

Event Secretary:- Graham Earl

Berkhamsted Cycling Club Telephone: 07719122583

Timekeepers:- Mr Tony Farmborough, North Bucks RC

Mr Vince Freeley, Finsbury Park CC

Headquarters:- Jackie's Cafe Diner,

Old Airfield Industrial Estate,

Cheddington Lane,

Long Marston, nr. Tring, Herts,

HP23 4QR.

**Awards - Men**

1st: Medal and cash prize (£20)

2nd: Medal and cash prize (£15)

3rd: Medal and cash prize (£10)

1st Veteran: Medal

1st "Athlete" (standard road bike, no aero helmet or skin suit): Medal

**Awards - Women**

1st: Medal and cash prize (£20)

2nd: Medal and cash prize (£15)

3rd: Medal and cash prize (£10)

1st Veteran: Medal

1st "Athlete" (standard road bike, no aero helmet or skin suit): Medal

**Awards - Team**

1st Men's Team of three - Individual Medals and Team Shield

1st Women's Team of three - Individual Medals and Team Shield

Graham Earl.

**Regulation 16. Competitors Clothing.**

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.

No competitor may carry advertising except as a member of a club that has paid the advertising fee.

**Local Regulations.**

No.1. No U turns should be made in sight of the start or finish areas while riding on the public highway.

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.

* 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.  
  **A £10 charge will be made for any bib number not returned to HQ**

**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.

Flashing rear lights are growing in popularity and may contribute to rider safety.

**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 F12b/10**

**Start** north of Cheddington, some 100 yards north of double RAB junction of Long Marston Road and Station Road. 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 1000 yards past the start point.

Police force area/s Herts and Cambs.

Riders MUST NOT STOP at the finish.

Continue until a safe place is found to stop and turn round no U turns in the road. Retrace past the finish (no stopping) and return to HQ.