



LEIGHTON BUZZARD TRIATHLON CLUB

SWIM • BIKE • RUN

START SHEET

UNDER C.T.T. REGULATIONS

10 MILE OPEN TIME TRAIL

SUNDAY 14th APRIL 2019

COURSE F12/10

START TIME 08:00am

Event Secretary:

Brian Wright
15 Lindler Court
Leighton Buzzard
Bedfordshire
Bedfordshire
LU7 1TS

Tel - 07815 538 915

Time Keepers:

Mr M Banister, Amy Goldby, Leighton Buzzard Triathlon Club

Headquarters:

Leighton Buzzard Tennis Club, Bell Close, Leighton Buzzard, Beds, LU7 1RX

AWARDS

Awards Men:

1st £25 Dorvic Cycle Vouchers
2nd £15 Dorvic Cycle Vouchers
3rd £10 Dorvic Cycle Vouchers

Vet/Junior Men:

1st £15 Dorvic Cycle Vouchers 2nd £10 Dorvic Cycle Vouchers

Awards Women

1st £25 Dorvic Cycle Vouchers
2nd £15 Dorvic Cycle Vouchers
3rd £10 Dorvic Cycle Vouchers

Awards Team

1st Team of three - £10 each

One Rider, one prize; except team award.





| BIB | | | | | |
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| No. | Start Time | First Name | Last Name | Club | |
| 1 | 08:01 | Martin | Perry | Leighton Buzzard Triathlon Club | |
| 2 | 08:02 | Olivier | Garrigue | Leighton Buzzard Road Cycling Club | |
| 3 | 08:03 | Denese | Hallahan | Wisbech Whs | |
| 4 | 08:04 | Gillian | Reynolds | Willesden CC | |
| 5 | 08:05 | David | Morgan | Icknield RC | |
| 6 | 08:06 | Sam | Morris | Islington Cycling Club | |
| 7 | 08:07 | Tony | Flynn | Westerley Cycling Club | |
| 8 | 08:08 | Anthony | Newland | Bossard Whs | |
| 9 | 08:09 | Nathan | Woodhouse | Leighton Buzzard Road Cycling Club | |
| 10 | 08:10 | Tom | Simpson | TMG Horizon Cycling Team | |
| 11 | 08:11 | Debbie | Knott | Team Velovelocity | |
| 12 | 08:12 | David | Hatfield-shaw | Leighton Buzzard Triathlon Club | |
| 13 | 08:13 | Andrew | Porter | Welwyn Whs | |
| 14 | 08:14 | Andrew | Pryke | Leighton Buzzard Triathlon Club | |
| 15 | 08:15 | Matt | Price | Icknield RC | |
| 16 | 08:16 | Jon | Moon | Leighton Buzzard Triathlon Club | |
| 17 | 08:17 | Joe | Graystone | Cowley Road Condors CC | |
| 18 | 08:18 | Ady | Dench | Team Sheffield | |
| 19 | 08:19 | Tony | Ball | Team Swift | |
| 20 | 08:20 | Jonathan | Williams | Amersham Road Cycling Club | |
| 21 | 08:21 | Alan | Harvey | Finsbury Park CC | |
| 22 | 08:22 | Claire | Amos | Leighton Buzzard Triathlon Club | |
| 23 | 08:23 | Paul | Wright | Hitchin Nomads CC | |
| 24 | 08:24 | Helene | Wight | QN Racing | |
| 25 | 08:25 | Paul | Woodham | Bossard Whs | |
| 26 | 08:26 | Chris | Bodell | Welwyn Whs | |
| 27 | 08:27 | Nick | Hickman | Team Salesengine.co.uk | |
| 28 | 08:28 | Peter | Lloyd | N+1 - Lindfield Coffee Works | |
| 29 | 08:29 | Andy | Sharman | Baines Racing | |
| 30 | 08:30 | Karl | Willis | Herts Rouleurs Racing Club | |
| 31 | 08:31 | Katie | Ferguson | Leighton Buzzard Triathlon Club | |
| 32 | 08:32 | Stephanie | Cousins | Team Milton Keynes | |
| 33 | 08:33 | Thomas | Coombes | Tri London | |
| 34 | 08:34 | Trevor | Watson | Bossard Whs | |
| 35 | 08:35 | Clive | Faine | Team Milton Keynes | |
| 36 | 08:36 | Tom | Cosgrove | VTTA (London & Home Counties) | |
| 37 | 08:37 | James | Moss | North Road CC | |
| 38 | 08:38 | Paul | Sexton | CC Breckland | |
| 39 | 08:39 | Richard | Hutt | Harp RC | |
| 40 | 08:40 | Max | Sahota | Team Bottrill | |
| 41 | 08:41 | Karrie | Archer | Leighton Buzzard Triathlon Club | |
| 42 | 08:42 | Martin | Webb | Icknield RC | |
| 43 | 08:43 | Andrew | Grant | Chelmer CC | |





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| 44 | 08:44 | Helen | Roby | Spirit Bikes CC |
| 45 | 08:45 | John | Lamb | Leighton Buzzard Triathlon Club |
| 46 | 08:46 | Katja | Rietdorf | Born to Bike - Bridgtown Cycles |
| 47 | 08:47 | Richard | Moule | Bossard Whs |
| 48 | 08:48 | Chris | Green | CES Sport |
| 49 | 08:49 | Geoff | Perry | Born to Bike - Bridgtown Cycles |
| 50 | 08:50 | Mark | Ellis | Team Milton Keynes |
| 51 | 08:51 | Dave | Johnson | VC 10 |
| 52 | 08:52 | Ed | Morton | Leighton Buzzard Triathlon Club |
| 53 | 08:53 | Joanna | Spragg | Bossard Whs |
| 54 | 08:54 | Kevin | Hurley | Newbury RC |
| 55 | 08:55 | Richard | Pratt | Icknield RC |
| 56 | 08:56 | Neil | Warby | Leighton Buzzard Triathlon Club |
| 57 | 08:57 | Alan | Crane | Chronos RT |
| 58 | 08:58 | Lee | Thomas | CES Sport |
| 59 | 08:59 | Matthew | Durdy | Richmond CC |
| 60 | 09:00 | Luke | Clarke | TMG Horizon Cycling Team |
| 61 | 09:01 | John | Nye | Leighton Buzzard Triathlon Club |
| 62 | 09:02 | Toby | Maloy | Team Signum |
| 63 | 09:03 | Keith | Richardson | Icknield RC |
| 64 | 09:04 | Paul | Breeze | Peterborough CC |
| 65 | 09:05 | Greg | Gosling | Team Milton Keynes |
| 66 | 09:06 | Ian | Markham | Chronos RT |
| 67 | 09:07 | Gary | Patmore | Bedfordshire Road CC |
| 68 | 09:08 | Michael | Cope | Kettering CC |
| 69 | 09:09 | Abid | Hussain | Icknield RC |
| 70 | 09:10 | John | Wingfield | Team Signum |
| 71 | 09:11 | Nick | Clarke | Arctic Tacx RT |
| 72 | 09:12 | Chris | Taylor | Leighton Buzzard Triathlon Club |
| 73 | 09:13 | Anthony | Harriss | MERCEDES AMG PETRONAS CC |
| 74 | 09:14 | Gavin | Ashfield | Team Salesengine.co.uk |
| 75 | 09:15 | Ian | Aunger | Fenland Clarion CC |
| 76 | 09:16 | Adrian | Briers | Chronos RT |
| 77 | 09:17 | Dave | Walden | Berkhamsted Cycling Club |
| 78 | 09:18 | Miles | Walker | Leighton Buzzard Road Cycling Club |





NO WARMING UP ON COURSE.

The Grovebury Road approaching to the race start has a number of potholes so please be cautious if you are considering using for warm up.

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 disciplinary action and probable disqualification.
- 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 new regulation. Flashing rear lights are growing in popularity and may contribute to rider safety.

| IN THE INTERESTS OF YOUR OWN SAFETY |
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| Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL helmet that meets an internationally accepted safety standard. |
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Flashing rear lights may contribute to rider safety.

| This event may be subject to a doping control. |
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| 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. |
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Course F12/10 (Amended Feb 2018)

START GR919236 on A4146, about 180yds east of Grovebury Road RAB, (A4012), 98yds east of lamppost 46, opposite a RAB sign on the other side of the road. Proceed eastwards along A4146, straight on at Billington RAB/B440 (then route becomes A505) to RAB junction with Watling Street, A505:-

TURN (5.2 miles) by taking 3rd. exit out of RAB and retrace westwards along A505, straight on at Billington RAB to:-

FINISH, about 110yds east (before) bridge over the A4146, (GR923236) some 665yds east of the start.

Police Area(s): Bedfordshire

LOCAL REGULATIONS No.1 and 3 apply.

The start from Race HQ – Leighton Buzzard Tennis Court:

Turn right (south) out of Race HQ to mini roundabout taking 2nd exit onto Grovebury Road. Follow road right and Southwest through zebra crossing. Proceed southwest down Grovebury Road over mini roundabout (2nd Exit) to roundabout Junction of the A4146 and Grovebury Road. Start approximately 180 yds east of Roundabout.

