



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

START SHEET
For the
Bedfordshire Road Cycling Club
Open Charity 25 mile Time Trial
Course F1B/25.
Sunday 4th August 2019 07.00 hrs.

Event Secretary

Mick Case
C/O BRCC Clubhouse, Southill Road, Cardington, Bedfordshire MK44 3SX
Tel: 07910 143865
Email: mickcase265@gmail.com

Timekeepers

Michael Bannister/Mark Gray

Event HQ

Stuart Memorial Hall, Church Street, Tempsford, Sandy, SG19 2AW
(motor access is through the village, not directly from A1)
HQ opens at 6am

Directions to Start from HQ

Proceed South along Church Street until you reach the roundabout where you take the first exit to cross over the A1. At the roundabout at the far side of the flyover take the first exit again and continue north. The start will be on your offside before you reach the Station Road junction. Allow at least 10 minutes to get to the start.

Course Details

START (GR163538) on B1043, 250 yards south of Station Rd., Tempsford; 26yards south of lamp-post B9 and 38 yards north of 1st. drain south of lamp-post B9. Proceed south, straight on at 1st. RAB to join A1 (CARE) and continue over Sandy, North Biggleswade (Warden Lane) and South Biggleswade RABs to:- TURN (12.51 miles) by bearing left onto slip road at commencement of A1(M) approx. 2miles north of Baldock. Encircle RAB beneath motorway (junction with A507) and up slip road to re-join A1 northbound carriageway. Retrace outward route over all RABs to:- FINISH (GR162537) on A1, approx 500 yards north of Tempsford Village Hall and 200yards south of footbridge over A1, at the railings on south side of entry to Anglia Water building. Police Area(s) Bedfordshire

Return to HQ once finished

Once you cross the finish line you will see a footbridge crossing the A1 ahead of you. Continue until you pass under this bridge. Here you will find a Bus Stop layby outside The Anchor public house. Pull into this layby area and at the end of it the nearside kerb is lowered allowing you to pick up the cycle-path/footpath which returns in a Southerly direction back to Race HQ. Although the footpath runs along side the A1 there is eventually a metal railing and an Armco barrier between you and the carriageway so it is perfectly safe.

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard. ALL juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet. Cycling Time Trials and the Event Promoters recommend the use of a **flashing red rear light whilst competing.**

Local Regulations and Instructions

- 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.
- No.4. Due to complaints from residents of Tempsford village; you **MUST** park away from houses. No parking south of the Wheatsheaf public house.
- Absolutely no parking on any part of the course, at any time.
- **NO WARMING UP ON STATION ROAD, Tempsford, 700 yards north of start point.**
- You are reminded to ride on the Left Hand Side of the road except for safe overtaking, in accordance with CTT Regulation 20.
- Any infringement of these regulations / instructions will result in disciplinary action and probable disqualification.
 - Race numbers will be situated at the event HQ and must be signed for personally. You **MUST** sign back in within a reasonable time after finishing.

NO SIGN – NO TIME!

There are no prizes to be awarded for this event. Any surplus funds will be donated to the Sue Ryder St John's Hospice at Moggerhanger.

2	07:02:00	Jo	Mcdonnell	Bedfordshire Road CC
3	07:03:00	Trevor	Parrish	A5 Rangers CC
4	07:04:00	Nathan	Gallavan	Team Corley Cycles
5	07:05:00	Matt	Donovan	Bedfordshire Road RT
6	07:06:00	Norman	King	St Neots CC
7	07:07:00	Eddy	Clutton	Kettering CC
8	07:08:00	Lewis	Moran	Kettering CC
9	07:09:00	Chris	Bodell	Welwyn Whs
10	07:10:00	Adam	Fisher	Cambridge CC
11	07:11:00	Richard	Bland	Cleveland Wheelers CC
12	07:12:00	Steve	Mussett	Bedfordshire Road CC
13	07:13:00	Christine	Tovey	Icknield RC
14	07:14:00	Matt	Prince	Icknield RC
15	07:15:00	Steve	Kaye	Fenland Clarion CC

16	07:16:00	Judy	Reid	Icknield RC
17	07:17:00	David	Crane	Chronos RT
18	07:18:00	Charlie	Stockham	Kettering CC
19	07:19:00	Allison	Kaye	Verulam CC
20	07:20:00	Karl	Willis	Herts Rouleurs Racing Club
21	07:21:00	Su-anne	Bullock	Icknield RC
22	07:22:00	Deborah	Beare	Icknield RC
23	07:23:00	Terry	Hudson	Westerley Cycling Club
24	07:24:00	Becky	Slaymaker	Bedfordshire Road CC
25	07:25:00	Andy	Sharman	Team Bottrill Velo-One Cycling Team(Staples Vegetables/Neil Palmer Electrical)
26	07:26:00	Loz	Staples	
27	07:27:00	Gary	Patmore	Bedfordshire Road CC
28	07:28:00	Paul	Breeze	Peterborough CC
29	07:29:00	Ian	Stokes	45 RC
30	07:30:00	Martin	Reynolds	Cambridge CC
31	07:31:00	Dominic	Whitehead	St Ives CC
32	07:32:00	Matt	Price	Icknield RC
33	07:33:00	Adrian	Gower	Bedfordshire Road CC
34	07:34:00	Sean	Odonnell	CC London
35	07:35:00	Andy	Stuart	Velo Club St Raphael
36	07:36:00	Helen	Gravatt	CC Ashwell
37	07:37:00	David	Earl	trainSharp
38	07:38:00	Noel	Toone	Kettering CC
39	07:39:00	Martin	Atkinson	Peterborough CC
40	07:40:00	Luke	Clarke	TMG Horizon Cycling Team
41	07:41:00	Mark	Booth	Kettering CC
42	07:42:00	David	Creese	Chronos RT
43	07:43:00	Stan	Nwaka	Verulam Really Moving
44	07:44:00	Ed	Jarman	Brighton Excelsior CC
45	07:45:00	Nick	Morgan	Hitchin Nomads CC
46	07:46:00	Graham	Pepperdine	Verulam CC
47	07:47:00	Sue	Rust	Kettering CC
48	07:48:00	Jason	Davies	Royal Air Force Cycling Association
49	07:49:00	Richard	Moule	Bossard Whs
50	07:50:00	Leigh	Smith	JCA Equipe Velo
51	07:51:00	Michael	Cope	Kettering CC
52	07:52:00	Robert	Saunders	North Bucks RC
53	07:53:00	Richard	Hutt	Harp RC
54	07:54:00	Patrick	Ellerbeck	St Neots CC
55	07:55:00	Robert	Watson	Cambridge CC
56	07:56:00	William	Smith	CC Ashwell
57	07:57:00	Dave	Johnson	VC 10

58	07:58:00	Nick	Hickman	Team Salesengine.co.uk
59	07:59:00	Adrian	Cox	Team Milton Keynes
60	08:00:00	William	Wallace	CC London
61	08:01:00	Alan	Crane	Chronos RT
62	08:02:00	Jason	Stuart	Team Salesengine.co.uk
63	08:03:00	Steve	Clarke	TMG Horizon Cycling Team
64	08:04:00	Peter	Lloyd	N+1 - Lindfield Coffee Works
65	08:05:00	Matthew	Reader	Verulam CC
66	08:06:00	Mark	Greenhow	St Neots CC
67	08:07:00	Ken	Platts	Cambridge CC
68	08:08:00	Jon	Friend	Bedfordshire Road RT
69	08:09:00	Ian	Markham	Chronos RT
70	08:10:00	Ross	Clarke	TMG Horizon Cycling Team

