

# Berkhamsted Cycle Club Time Trial



**BERKHAMSTED CYCLING CLUB**

## Start Sheet

## Under C.T.T. Regulations

Men's & Women's Time 10 Mile Time Trial

Solo, Team, Men's, Women's, Vets & Junior Awards

Sunday September 29<sup>th</sup>, 2019 Start Time 9:00

Course F12B/10

Event Secretary: - Paul Gardner  
Berkhamsted Cycle Club

Timekeepers: Annette Lacey and Assistant TBC  
Headquarters: Tracy's Café Old Airfield Industrial Estate, Cheddington Lane, Long Marston, Tring  
HP23 4QR

### **Awards Men – Medals PLUS**

1st £35      2nd £25      3rd £15

Vet £20

Juvenile £15

Junior £15

### **Awards Women – Medals PLUS**

1st £35      2nd £25      3rd £15

Vet £20

Juvenile £15

Junior £15

### **Awards Road Bike – (Awarded to the fastest riders NOT on a TT bike) Medals PLUS**

1st Male and Female Athlete Award - £20 each rider

### **Awards Team – Medals PLUS**

1st Team of three Women - £10 each

1st Team of three Men - £10 each

One rider, one prize; except team award

This is a **"Type A"** event and as such is open to registered riders and first claim members of CTT clubs, which you'll have named or have to name on entry to be accepted

Competitors in Type A events must be either:

(a) members of clubs directly affiliated to the Company\* or of the Headquarters' Club; or

(b) schools' representatives when riding in Youth Championship events; or

(c) members of overseas clubs or trade teams affiliated through their National Governing Body or Federation to the Union Cycliste Internationale (U.C.I.).

Members of such clubs or trade teams may compete as a member of a national or regional representative team. All overseas riders must present their current racing licence or membership card to the designated official prior to starting.

The minimum age for competitors when competing on a solo machine in events on the public highway is 12 years. \*

To insert rider name and number start list

**NO U TURNS WHATSOEVER ON TT COURSE IN SIGHT OF START | FINISH – PENALTY DQ  
NO WARMING UP WITHIN 1K OF START AND FINISH LINE**

**Regulation 16. Competitors Clothing**

1. 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
2. No competitor may carry advertising except as a member of a club that has paid the advertising fee
3. All riders must be wearing short or long sleeved cycling jerseys and skin suits; no triathlon or sleeveless tops allowed

**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.
- No.4. Please do not park across driveways, or within 75m of road junctions, park with care
- 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.**

**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.

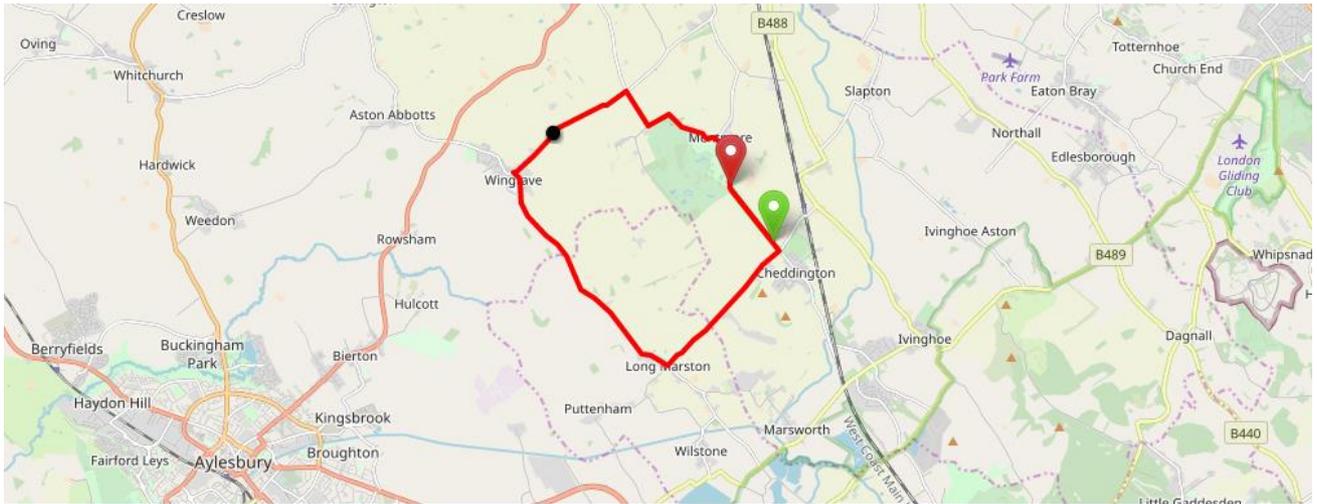
**This event may be subject to a doping control.**

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



Police Area(s) Buckinghamshire and Hertfordshire

LOCAL REGULATIONS No. 1, 3 and 4 apply

**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 1200 yards past the start point.