

# The Finsbury Park



Formed 1883

# Cycling Club

## Start Sheet

## Under C.T.T. Regulations

### Men's Memorial Trophy and Womens Quaich Trophy - 50 miles Time Trial Solo and Team Awards

Sun 4th July 2021

Course F1B/50 (2008)

Start Time 07:30

Event Secretary:- Vince Freeley  
13 The Orchard  
LONDON  
N21 2DN

Tele:- 020 8340 9780  
Mob:- 07970 462554

Timekeepers:- Mr G.A.Hart, Icknield RC.  
Headquarters:- Stuart Memorial Hall, Tempsford, Beds. SG19 2AW

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#### **Awards Men**

1st £50 and Memorial Trophy (one year).  
2nd £30

#### **Awards - Women**

1st £50 and Quaich Trophy (one year).  
2nd £30

**Vet/Std      1st £15                      1<sup>st</sup> Team of 3, £10 each**

#### **Course F1B/50 - (2008)**

START on B1043, approx. 425 yards north of Tempsford flyover; 25 yards north of south end of kerb and 55 yards south of the south end of Armco barrier. (GR164526).

Proceed south, straight on at mini-roundabout to join A1 (CARE) and continue over Sandy, North Biggleswade (Warden Lane) and South Biggleswade RABs to:-  
LEAVE A1 (11.96 miles) by bearing left onto slip road at commencement of A1(M) approx. 2 miles north of Baldock. Take 3rd exit off RAB onto A507 to:-  
TURN (12.77 miles) at 1st RAB, Norton/Stotfold, retrace along A507 to A1 to:-  
TURN LEFT up slip road to rejoin A1 northbound carriageway. Retrace outward route over all junctions to Tempsford where:-  
TURN (25.26 miles) by turning left off the A1 at Tempsford Road and within 80yards turn right (CARE), at small RAB, cross the A1 overbridge, then right at mini-roundabout to re-join the A1 (care) southbound and continue over Sandy, North Biggleswade (Warden Lane) and South Biggleswade RABs to:-  
LEAVE A1 (36.98 miles) by bearing left onto slip road at commencement of A1(M) approx. 2 miles north of Baldock. Take 3rd exit off RAB onto A507 to:-  
TURN (37.79 miles) at 1st RAB Norton/Stotfold, retrace along A507 to A1 to:-  
TURN LEFT up slip road to rejoin A1 northbound carriageway. Retrace outward route over all junctions to:-

**FINISH by bearing left off the A1 at Tempsford Road** to finish at Clearway sign. (GR162522).

## Covid-19

Regrettably, no refreshments will be available, so ensure you bring your own if required. Fresh water can be obtained in the kitchen.

Please, no gathering in groups in the hall or outside in the car park. Leave the area as soon as possible after you finish your ride. Results will be posted to CTT website Sunday pm and riders advised accordingly.

Tempsford Memorial Hall has 'conditions of hire' relating to Covid-19, including:

- Use the hand sanitiser supplied when entering the hall and after using tissues. A QR code is posted at the hall entrance for those who use the track and trace app.
- You will make sure that everyone likely to attend your activity or event understands that they **MUST NOT DO SO** if they or anyone in their household has had COVID-19 symptoms in the last 48hr, and that if they develop symptoms within 10 days of visiting the premises, they **MUST** use the Test, Track and Trace system to alert others with whom they have been in contact. They **MUST** seek a Covid-19 antigen test. You **MUST** also contact our Bookings Secretary.
- You will ensure that all your attendees will wear face coverings for their entire stay at the Hall unless they have an exemption. The only other exceptions are for those attending exercise classes or when eating and drinking.
- You will ensure that no more than 25 (Main Hall) or 6 (Committee Room) people attend your activity/event, in order that social distancing can be maintained. You will ensure that everyone attending do so in groups of no more than 6 (unless they are a "qualifying" group) and that such groups do not mingle. You will ensure that social distancing of 2m between individuals is maintained by everyone attending as far as possible, including while waiting to enter the premises and, as far as possible, when using more confined areas, e.g. the entrance corridors next to the stage, where contact should be kept as brief as possible. You will make sure that no more than one person uses the toilets at one time.
- You will encourage users to bring their own drinks and food.
- In the event of someone becoming unwell with suspected Covid-19 symptoms while at the hall you should remove them to the designated safe area which is the Committee Room if the Main Hall is being used and vice versa.
- You will take particular care to ensure that social distancing is maintained for any persons aged 70 or over or likely to be clinically more vulnerable to COVID-19, including, for example, keeping a 2m distance around them when going in and out of rooms and ensuring they can access the toilets, kitchen or other confined areas without others being present. For most people, passing another person in a confined space is less risky, but for older and vulnerable people that should be avoided.

| No | Name     | Club       | Gend                          | Cat    | Vet.Std | Start         |
|----|----------|------------|-------------------------------|--------|---------|---------------|
| 31 | Liam     | Somerville | Bike Jockey CC                | Male   | Senior  | 07:31         |
| 32 | Edward   | Smith      | Kettering CC                  | Male   | Veteran | 2:22:20 07:32 |
| 33 | Simon    | Bowler     | Berkhamsted Cycling Club      | Male   | Veteran | 2:22:56 07:33 |
| 34 | John     | Howells    | Corinium Cycle Club           | Male   | Veteran | 2:44:13 07:34 |
| 35 | Luke     | Clarke     | TMG Horizon Cycling Team      | Male   | Senior  | 07:35         |
| 36 | Wolfgang | Emmerich   | London Phoenix CC             | Male   | Veteran | 2:21:12 07:36 |
| 37 | Ian      | Stokes     | Team Salesengine.co.uk        | Male   | Veteran | 2:24:54 07:37 |
| 38 | Karina   | Kaufmann   | CC London                     | Female | Veteran | 2:27:12 07:38 |
| 39 | Graham   | Laming     | Bedfordshire Road CC          | Male   | Veteran | 2:23:34 07:39 |
| 40 | Leon     | Marshall   | Royal Navy & Royal Marines CA | Male   | Veteran | 2:14:56 07:40 |
| 41 | Peter    | Richards   | Icknield RC                   | Male   | Veteran | 2:22:20 07:41 |
| 42 | Ben      | Houston    | East Grinstead CC             | Male   | Veteran | 2:16:06 07:42 |
| 43 | Ingrid   | Salisbury  | Mercedes AMG Petronas CC      | Female | Senior  | 07:43         |
| 44 | Paul     | Tunnell    | Addiscombe CC                 | Male   | Veteran | 2:24:13 07:44 |
| 45 | Nick     | Cave       | Team Lutterworth Cycle Centre | Male   | Veteran | 2:21:12 07:45 |
| 46 | Adam     | Laycock    | VTTA (East Anglia Group)      | Male   | Veteran | 2:20:39 07:46 |
| 47 | Timothy  | Walton     | Team Bottrill                 | Male   | Senior  | 07:47         |
| 48 | Stefan   | Hurst      | Ronde Cycling Club            | Male   | Senior  | 07:48         |
| 49 | David    | Morgan     | Icknield RC                   | Male   | Veteran | 2:16:30 07:49 |
| 50 | Ross     | Clarke     | TMG Horizon Cycling Team      | Male   | Senior  | 07:50         |
| 51 | Simon    | Hanrahan   | Precision Race Team           | Male   | Veteran | 2:16:06 07:51 |
| 52 | Matt     | Price      | Icknield RC                   | Male   | Veteran | 2:15:19 07:52 |
| 53 | Peter    | Anstey     | Welwyn Whs                    | Male   | Veteran | 2:26:20 07:53 |
| 54 | Martin   | Webb       | Icknield RC                   | Male   | Veteran | 2:27:54 07:54 |
| 55 | Daniel   | Ryan       | North Road CC                 | Male   | Senior  | 07:55         |
| 56 | Andrew   | Halliday   | Westerley Cycling Club        | Male   | Veteran | 2:18:13 07:56 |
| 57 | Matt     | Donovan    | Bedfordshire Road RT          | Male   | Senior  | 07:57         |
| 58 | Richard  | Tully      | Elite Cycling                 | Male   | Veteran | 2:16:06 07:58 |
| 59 | Neil     | White      | Ambion Racing Team            | Male   | Veteran | 2:20:08 07:59 |
| 60 | Ashley   | Cox        | Team Bottrill                 | Male   | Senior  | 08:00         |
| 61 | Grant    | Orsborn    | Bedfordshire Road RT          | Male   | Veteran | 2:24:13 08:01 |

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Cash awards will be paid via BACS; winners will be asked to provide bank account details for rapid payment.

**NO WARMING UP ON STATION ROAD**, Tempsford, 700 yards north of start point.

**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.

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.
- 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.

**CTT Regulation 14 (i)**

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**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.

**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.