

Whitewebbs Cycling Club

10 mile Time Trial for the Fred Meekcoms Memorial Trophy

Course :- F20/10

Saturday 26th June 2021

Headquarters & Toilet Facilities Only - Please use them

Great Amwell Parish Hall

Hillside Lane, Amwell, Hertfordshire SG12 9SH

Event Secretary :-
David Solomon
12 Chestnut Court
Newport Saffron Walden,
Essex CB11 3QJ

Tel. 01799 540072
On the day mobile
07817 248301

Timekeepers :-
Mike Bannister
Beds RC
&
Frank Turner
Hitchin Nomads

PRIZES

1st £30

2nd £20

3rd £15

1st Team £30

1st Lady £12 Fastest Veteran £12

Please Note: Only one prize per rider except for team prize

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

Course Details

Riders numbers will be available at the HQ

*Please **Sign On** when collecting your number*

New CTT Regulation

ALL RIDERS MUST SIGN OFF AT THE END OF THE EVENT

COURSE F20/10 - 10 MILES

Please note that it is approximately 2½ miles from the HQ to the start.

Start (GR 358126) on A10 southbound carriageway at southern end of lay-by approximately half a mile south of Rush Green elevated roundabout (junction of A10 and A414) at 6th cats eye north of post marked 51/28. Proceed south past exits for A414 Harlow and A1170 Hoddesdon, to:-

Turn (4.8 miles) at Turnford elevated roundabout. (signposted Broxbourne, Wormley, Turnford A1170). Take second exit onto slip road to join A10 northbound. Continue north on A10 past exits for A1170 Hoddesdon and A414 Harlow, to:-

Finish at first cat's-eye south of northern end of island in lay-by, approx. half a mile south of Rush Green elevated roundabout.

N.B. On finishing riders must not stop, but continue riding to take first exit (A414) to Rush Green elevated RAB and make their way back to the event HQ.

Local Regulation: Please note that there must be no parking of motor vehicles in the vicinity of the start and finish points apart from that of the timekeepers' or other event officials.

In order to avoid milling about and congestion at the start riders should not go to the start more than 5 minutes before their due time. The timekeeper or other club official should ensure that riders do not congest or obstruct the lay-by for other users.

There will be marshals on the course but the onus of keeping to the course is on the rider.

Local Regulation No. 3

No cars other than those of the timekeepers and other event officials are to be parked in the vicinity of the start or finish points.

NOTES :

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. Competitors under the age of 18 years **MUST** wear such a helmet.

It is recommended that a rear light, either flashing or constant, is fitted to the machine and is active whilst the machine is in use.

Please read these Covid-19 related guidelines:

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- All warm-ups should be done on the road. Static warm-ups are prohibited.
- Riders **MUST NOT** gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors on finishing **MUST NOT** stop at the finish and **MUST NOT** loiter at the HQ/car park and **MUST** pack away and leave immediately upon completion of the race.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.
- There will be no "Pusher Off" for this event. A competitor **MUST** start with one foot on the ground.
- There will be no changing facilities at the HQ
- Toilets will be available on a "one in, one out" basis
- Signing on/out will be outside – please bring your own pen
- There will not be a results board on the day. Results will be sent out by email
- Please avoid socialising in the car park