

If you feel unwell OR are subject to local lockdown restrictions then please do not race



Promoted for and on behalf of Cycling Time Trials (CTT) under their Rules and Regulations

Bedfordshire Road Cycling Club (BRCC) - Open 10 mile Time Trial
Course: F1b/10

Sunday 6th June 2021 - 07.00 hrs

Event HQ: Stuart Memorial Hall Car Park, Church Street, Tempsford, Sandy, SG19 2AW.
Car park will be open from 6:00am.

This event will adhere to the new CTT rules and regulations regarding COVID19.
For the latest rules and risk assessments please visit the CTT website.

Please read and adhere to the following points:

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- This event will be run from the **car park** of the Stuart Memorial Hall in Tempsford.
- There are toilet facilities in the Village Hall.
- Do not congregate in groups and keep a social distance of at least 2m where possible.
- Race numbers will have been cleaned prior to the event and will be handed out individually. Do not pick up your number yourself. Return numbers to the bucket provided after the event.
- We encourage you to bring your own pen to sign in/out and to use your own pins if possible, however pens, pins and sanitiser gel will be provided.
- Please adhere to the social distancing rules when queuing for the toilet and when signing in/out.
- No Static warmups (turbo/rollers).
- You must sign out when returning your number. Failure to do so will result in disqualification.
- No more than 3 riders at the start line at any one time.
- There will be no pusher-off.
- All riders must have a working rear red light. No light, no ride, no exception.
- No refreshments will be provided and there will be no results board.
- All results will be posted on the CTT website following the event.
- Do not approach or distract the time-keeper for your time.

We appreciate that some of these rules are an inconvenience, but they must be followed so we can continue to race during these difficult times.

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Event Headquarters and Sign On

Stuart Memorial Hall, Church Street, Tempsford, Sandy, SG19 2AW
(motor access is from street through the village, not directly from A1)

- The Hall will be open from 06:00 – for toilet facilities only
- Sign on & numbers will be available outside the front of the Hall from 06:00
- No shoe plates are to be worn within the hall
- Junior competitors must present a completed Parental Consent Form at sign on (or bring a parent to fill one in).

Local Regulations and Instructions

- No U turns to be made in sight of start or finish whilst on the road or anywhere on the A1.
- 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.
- No parking south of the Wheatsheaf Pub
- Due to complaints from residents you **MUST** park away from houses.
- 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 could result in disqualification.

IMPORTANT SAFETY NOTICE

- In the interests of your own safety, Cycling Time Trials and the event promoter strongly advise you to wear a hard-shell Helmet that meets an internationally accepted standard.
- In accordance with Regulation 15 - **ALL JUNIOR competitors must wear Protective Hard-Shell Helmets.**
- All riders must start with a working rear light either flashing or constant.

Course details F1B/10 -

- The course will not be signed
- There are Event Warning Signs to alert other road users, as required by the Course Risk Assessment on the route and marshals at the various roundabouts.
- Riders are expected **to negotiate the course correctly and safely.**

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Directions to the start-line:

- Follow Church Street away from HQ and ride out of the village up the hill.
- Take the first left at the round-about and cross over the A1.
- Take the first left at the next round-about and continue alongside the A1.
- Continue on this road for approximately a mile and the start is on the right-hand side.
- Give yourself 10-15 mins to reach the start from HQ.

Route: <https://www.cyclingtimetrials.org.uk/race-details/21710>

In brief it is **very simple** – join the A1, go straight through the Sandy RAB, turn at the Biggleswade North (Sainsburys) RAB, retracing the route through the Sandy RAB again and keep going to the Finish Line (and past it – go by the Hall and then use the foot path alongside the A1 to get back to the HQ).

- **START** on the B1043, (GR 163527)
 Approx. 300 yards North of TEMPSFORD flyover
 195 yards North of lamp-post 21
 5 yards North of the 7th drain north of lamp-post 21
- **PROCEED** South, straight on at 1st mini-RAB to join A1 (TAKE CARE)
- **CONTINUE** Over SANDY RAB – continue to...
- **TURN** (5.16 miles) at NORTH BIGGLESWADE RAB (Warden Lane),
- **RETRACE** A1 Northbound, continue over SANDY RAB - Continue to..
- **FINISH** at Clearway sign on A1 at Blunham Road
 200 yards before (South of) TEMPSFORD Flyover, (GR 163523)

RIDERS STAY ON THE A1 FOR THE FINISH FOR THIS COURSE.

Directions from the finish line:

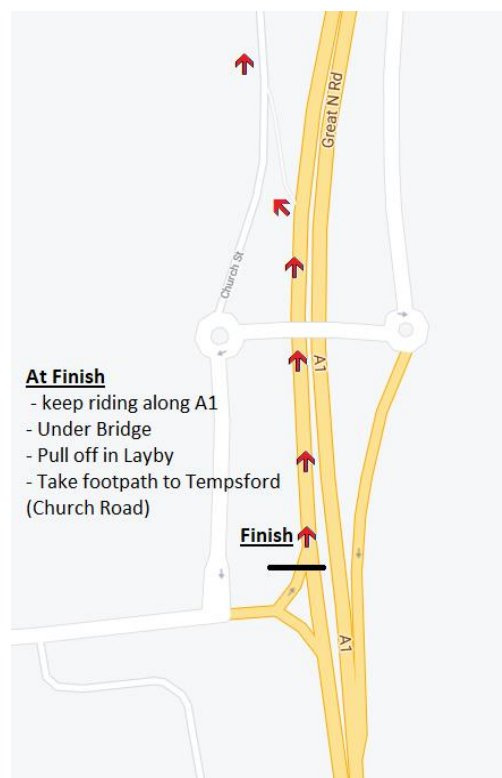
- After passing the finish line on the A1
- Pull off the A1 safely at the layby just past the bridge
- Ride back along the pathway
- This will lead you back to the car park at HQ.

If you are unable to attend then please do let me know

Have a good race and stay safe

Ian McDonnell

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