



Hitchin Nomads CC

F14/25 Open 25 Mile Time Trial

London Millennium Series (9of 9)

Saturday 20th May 2023

Promoted for and on behalf of Cycling Time Trials
under its rules and regulations

Event Secretary

Mr John Curtin
20 Highfield, Letchworth Herts SG6 3QD
Tel. 07475 739833

Event Headquarters

Wrestlingworth Memorial Hall, Church Lane, Wrestlingworth Sandy SG19 2EU

Signing on and numbers will be available from 1300h and please arrive a maximum of one hour prior to your start time. **Remember to sign back in when finished.** There is ample parking on the field just off Church Lane – which is a ONE-WAY Street. Please leave the parking in front of the Hall for the Event Crew. No parking is allowed anywhere on the course. Please drive dead slow within the parking area.

Chief Timekeeper: Tim Groves, Assistant Wally Groves

Course details F14/25

START: on the Wrestlingworth-Guilden Morden road approx 540 yds south of Wrestlingworth x-road and 460 yds north of Common Farm. Proceed south to Guilden Morden where turn LEFT (M) 1.95 miles (2nd circuit 13.73 miles) into New Road leading to Shingay cum Wendy and Wendy to T junction 6.34 miles (2nd circuit 18.12 miles) with A1198.

At junction bear LEFT (GREAT CAUTION) (M) to roundabout, where bear LEFT (M) onto B1042 to Tadlow and cross roads at Wreslingworth where bear LEFT (M) 11.48 miles (2nd circuit 23.26 miles) on unclassified road to Guilden Morden and pass start –
Repeat circuit and pass start again and in approx 1.5 miles to:

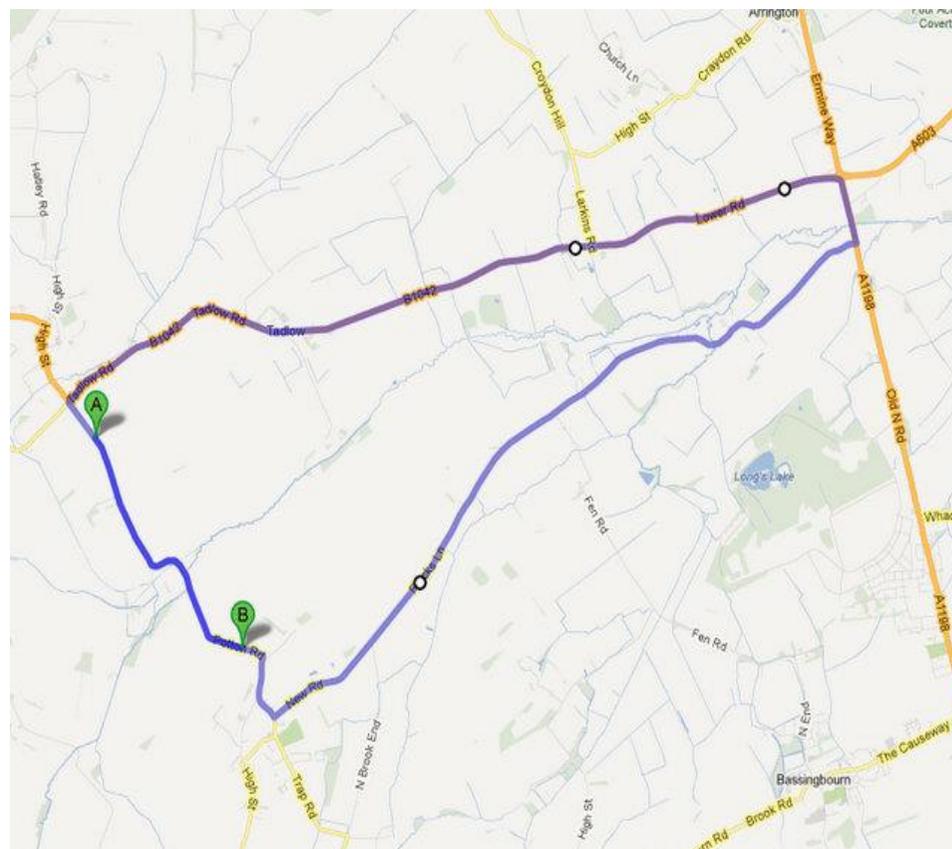
FINISH at south of farm entrance, 50 yds south of Water Hydrant sign and 72 yds north of Bend sign and 149 yds north of large 30 sign. (25 miles). (M) = Marshal

At various junctions around the course, you will be joining a road with traffic priority, therefore please take care and give way. You are reminded to ride on the left-hand

side of the road except for safe overtaking, in accordance with CTT Regulation 20. Please take special care of this at the Guilden Morden and Wrestlingworth junctions. Riders observed to be not complying with this regulation are subject to disqualification from the event. Marshals will be on the course giving directions. However, the onus is on you to negotiate the course correctly and safely.

Road Safety

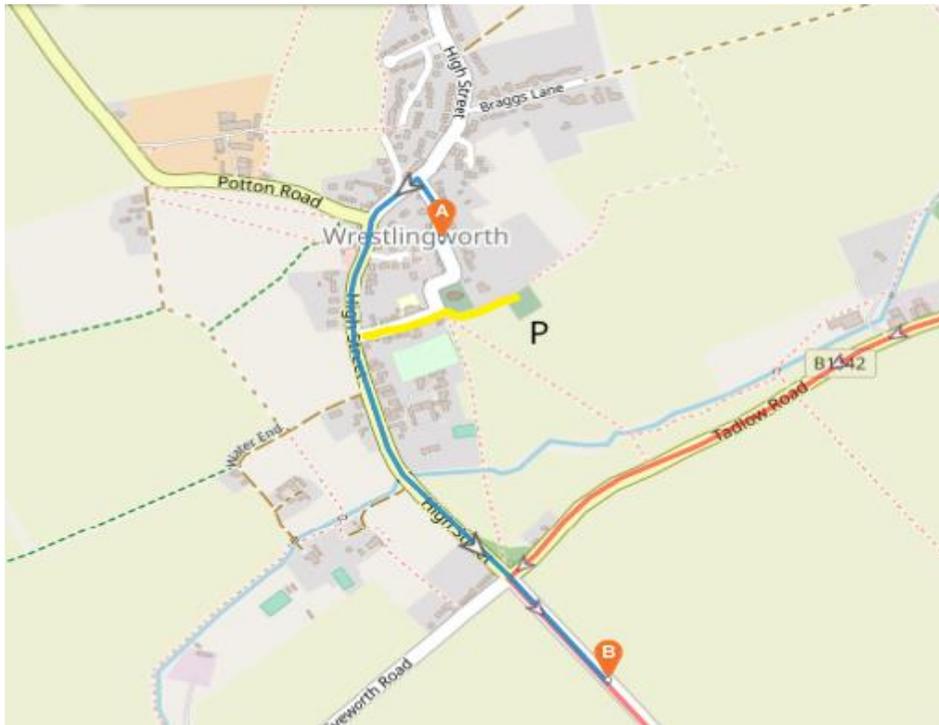
There are some very poor road surfaces and potholes on the road between Guilden Morden and the junction with the A1198. These include the marshalled left turn at Guilden Morden, potholes in the road through and beyond Wendy and the marshalled junction with the A1198. All the hazards can be seen and avoided – most being off the racing line - but you must **RIDE WITH CARE**. We will highlight the hazards with paint and roadside signs where possible. A PDF document of the highlighting the worst ones will be on display at the sign-on desk.



A denotes approximate start location, B denotes approximate finish location after lap 2

Event HQ and Parking

Wrestlingworth Memorial Hall, Church Lane, Wrestlingworth Sandy SG19 2EU



The HQ – marked 'A' - is along Church Lane which is a ONE-WAY Street with generous parking in the nearby field – marked 'P' on the map with the yellow route. It is before the HQ on the ONE-WAY system which is only 300m from the field. The brown line is the nearby F14 course.

Parking at the HQ is only for the event crew and emergency vehicles and there is strictly no parking in the narrow ONE-WAY Church Lane.

The distance to the start from the HQ – marked P – is only 0.7mi following the ONE-WAY system and approx. 10 mins away.

We hope to use ResultSheet to display the results – Link

<https://resultsheet.app/rsd/1683831604413x990846388285210600>

New and Recent Regulations

- All competitors must wear a HARD-SHELL Helmet that meets an international standard.
- FRONT & REAR LIGHTS – All competitors must have affixed a working white light and to the rear a working red light – both of which can be either flashing or constant in a position that is visible to other road users. NO LIGHTS = NO RIDE.
- You must SIGN IN and SIGN OUT.
- The winners will be announced but prizes will be paid by bank transfer.
- Do not ride if you do not feel 100% as there is still COVID about.

Other Regulations

- Take care through the villages and look out for other road users.
- NO U-turns should be made in sight of the start or finish areas.
- Competitors, supporters and officials must use the toilet facilities at the HQ.
- NO cars – other than that of the timekeepers and officials must be parked in the vicinity of the start or finish areas.
- DO not park in the narrow ONE-WAY Lane the HQ is in but the nearby field provided. Parking at the HQ is for officials, the support crew & emergency vehicles only.

Categories of Machines

TT machines and Road bikes will be in separate categories and all road bikes must comply with the new CTT Regs: No tri or clip on bars; wheels must have at least 12 spokes & max depth of 90mm & no disc wheels. Handlebars or brake hoods should be used & no 'puppy paws' grip. The regs do not cover any aspect of dress.

Prizes - one rider, one prize rule applies

- Equal Prizes for Male & Females on TT Bikes: 1st = £30 2nd = £25 3rd = £20
- Prizes for Road Bikes for Male & Female: 1st = £30 each
- 1st Team of three riders = £25 each
- 1st Vet = £30
- 1st Vet on Standard = £30

Be Safe & Have a Good Ride!