

Berkhamsted Cycle Club Time Trial 2022



Start Sheet Under C.T.T. Regulations

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

Solo, Men's, Women's, and Vets Awards

Sunday September 25th, 2022. Start Time 9:00

Course F12B/10

Event Secretary: - Vince Brabazon - 07881 056845
Berkhamsted Cycle Club

Timekeepers: Starting - Simon Pearce. Finishing - Mike Bannister.

Headquarters: The Stag at Mentmore. The Green, Mentmore, LU7 0QF.

Awards Men –

1st £20 2nd £15 3rd £10

Vet £10

Vet is first vet not placed 1,2 or 3 overall.

Awards Women –

1st £20 2nd £15 3rd £10

Vet £10

Vet is first vet not placed 1,2 or 3 overall.

Awards Road Bike – (Awarded to the fastest riders NOT on a TT bike).

1st Male and Female Athlete Award - £15 each rider.

Prize Giving

The prize giving ceremony will be held at HQ (The Stag at Mentmore) at 10.45 am.

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.

YOU NEED A WORKING REAR LIGHT AFFIXED TO YOUR BIKE

There will be no entries on the TT Day. Start times as follows:

First Name	Last Name	Start Position	Start Time
Mike	Plowman	1	09:01
Ian	Taylor	2	09:02
Thomas	Welch	3	09:03
Chris	Skeith	4	09:04
Anne	Bennett	5	09:05
Damian	Kerr	6	09:06
Sheldon	King	7	09:07
William	Inglis	8	09:08
Stephen	Reeve	9	09:09
Stephen	Lee	10	09:10
Kevin	Perry	11	09:11
Rebecca	Hancock	12	09:12
Marcus	Elmidoro	13	09:13
Sarah	Brydon	14	09:14
Peter	White	15	09:15
Keith	Richardson	16	09:16
Gillian	Reynolds	17	09:17
Mark	Jervis	18	09:18
Brett	Bishop	19	09:19
Adam	Quilter	20	09:20
Finn	O'Brien	21	09:21
Desmond	Gayler	22	09:22
Alex	Carley	23	09:23
Nathanael	Thould	24	09:24
Philip	Skinner	25	09:25
Samuel	Tibu	26	09:26
Tim	Fowler	27	09:27
Brandon	Baldacci	28	09:28
Andrew	Cross	29	09:29
Joseph	O'Brien	30	09:30
Simon	Bowler	31	09:31
Alexander	Speirs	32	09:32
Matthew	Bond	33	09:33
John	Lacey	34	09:34
Michael	Parker	35	09:35
Jennifer	George	36	09:36
Mark	Wise	37	09:37
William	Smith	38	09:38
Adam	Robertson	39	09:39
Ryan	Witchell	40	09:40

**NO U TURNS WHATSOEVER ON TT COURSE IN SIGHT OF START | FINISH – PENALTY
DO 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.

1. No U turns should be made in sight of the start or finish areas while riding on the public highway.
2. 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.
3. 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.

YOU MUST HAVE A WORKING REAR RED LIGHT ATTACHED AND SWITCHED ON

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 1,200 yards past the start point.

RUNNERS ON ROAD WARNING

Leighton Buzzard Athletic Club are running a two-lap race with start time of 10:00. The TT course uses the same road from Mentmore down to the junction with Parkgate – highlighted in yellow on the route map above. The runners will be running up the hill from Parkgate to Mentmore which is the opposite direction to our TT racers. Given the TT start schedule from 9:00, the TT racers should pass the Mentmore to Parkgate leg before runners are on the course.

Signing on **IMPORTANT**

HQ will be held at The Stag at Mentmore <https://thestag.pub/>. The Stag will be providing hot and cold refreshments which can be purchased. This will be available from 8.00 am.

Start lists will be taped to the sign on table. **Bring your own safety pins. Please return race numbers back to the desk, sign out and place numbers in bucket provided.**

COVID 19

You may **ONLY** compete if you are in good health and not exhibiting symptoms of Covid 19 in the week prior and on the day of the race. You should not race if you have had advice from a medical professional advising you not to do so.

Specifically, for the Berkhamsted TT:

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms
- ARRIVE DRESSED TO RACE
- 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.
- Ideally all warm-ups should be done on the road.
- 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.**

RACE CHANGES

- Competitors **MUST NOT** leave any personal items with the timekeeper.
- Competitors must report **FIVE (5)** minutes before allocated start time.