



Finsbury Park Cycling Club

presents

The Finsbury Park CC Spoco 25 Mile Time Trial

'For and on behalf of Cycling Time Trials under their Rules & Regulations'

Saturday 1st June 2024 2pm start

This race is a counter for the LNDC Millennium competition (4 of 8) & BBAR

Event Headquarters

Steeple Morden Village Hall
29 Hay Street
Steeple Morden
Herts
SG8 0PD

Event Secretary

Neal Marrin
Neal127@btinternet.com
Tel: 07802 834700

Time Keepers

Gordon Hart
Vince Freeley

Awards

Men

1st - £15
2nd - £10
3rd - £5
1st Road Bike - £5

Women

1st - £15
2nd - £10
3rd - £5
1st Road Bike - £5

One rider One award

HQ car parking is available but it is a public car park and not owned by the village hall, if you can ride out please do so. There is next to no parking in Guilden Morden, if you are parking in the village be considerate to local residents. Please **read** the riders notes below.

The latest CTT Covid-19 Risk Assessment can be found here:

<https://cyclingtimetrials.org.uk/documents/index/covid-19>

Rider's Notes

1. The threat of Covid-19 and the risk of infection does still remain. If you are feeling unwell or showing signs of Covid-19 then please do not attend any CTT event.
2. There are changing facilities at the HQ and toilets. Refreshments will be offered based on donations (cash only)
3. Signing on will be in the HQ hall from 1pm
4. Warm-up on the road, the start is approximately 3 miles from the HQ so allow 15 minutes to get to the start – **no** parking anywhere on the course except for timekeepers at the start and finish areas.
5. Competitors upon finishing should not stop at the finish and proceed to the HQ, return their number and must sign out. Failure to do so will result in a DNF.
6. Provisional results will be shown at the HQ, no prizes will be presented at the HQ and will be sent via bank transfer or a posted cheque
7. All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard, see CTT Regulations/15 Protective Helmets for more details.
8. A working red rear light and a white front light either flashing or constant must be fitted to the machine in a position visible to road users and is active whilst the machine is in use.
9. No U turns to be performed within sight of the START or FINISH. Performing this dangerous manoeuvre may result in disqualification and disciplinary action.
10. Whilst marshals are present on the course, the onus is on all riders to familiarize themselves with the course.
11. Keep your head up at all times! **CAUTION** at T junction with A1198; metal drain lid at the junction

Course F14/25 - Guilden Morden circuit

START: GR263466, on the Wrestlingworth-Guilden Morden road approx. 540 yards south of Wrestlingworth crossroads and 460 yards 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 **LEFT** (**CAUTION**) (M) to roundabout, where **LEFT** (M) onto B1042 to Tadlow and cross roads at Wrestlingworth where **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** GR277448, south of farm entrance, 50 yards south of Water Hydrant sign, 72 yards north of Bend sign and 149 yards north of large 30 sign

Rider list below, see page 4 for circuit and HQ maps...

No.	Start Time	First Name	Last Name	Club	Gender	Category
1	2.01	Brenda	Bozwood Davies	Team Trident	Female	Vet RB
2	2.02	Judy	Brown	Newmarket Cycling & Triathlon Clu	Female	Vet RB
3	2.03	Benjamin	Cousins	Verulam Really Moving	Male	Youth RB
4	2.04	Tom	Walton	Islington Cycling Club	Male	Senior RB
5	2.05	Richard	Hutt	Harp RC	Male	Vet RB
6	2.06	Peter	Walton	Hertfordshire Wheelers	Male	Vet TT
7	2.07	Robert	Bumstead	CC Ashwell	Male	Vet TT
8	2.08	Paul	Gribbon	Southend Wheelers	Male	Vet TT
9	2.09	David	George	Total Tri Training	Male	Senior TT
10	2.10	Michael	Martin	CC Ashwell	Male	Vet TT
11	2.11	Richard	Moule	Bossard Wheelers	Male	Vet TT
12	2.12	Kathryn	Smith	Sleaford Wheelers Cycling Club	Female	Vet TT
13	2.13	Robert	Gilmour	Hounslow & District Wheelers	Male	Vet TT
14	2.14	Nicholas	Coe	Verulam Really Moving	Male	Vet TT
15	2.15	John	Jones	Verulam Really Moving	Male	Vet TT
16	2.16	Rachel	Dumbrell	CC London	Female	Senior TT
17	2.17	David	Smith	Sleaford Wheelers Cycling Club	Male	Vet TT
18	2.18	Duncan	Godfrey	Team Trident	Male	Vet TT
19	2.19	Tim	Fowler	VTTA (London & Home Counties)	Male	Vet TT
20	2.20	Luke	Clarke	TMG Horizon Cycling Team	Male	Senior TT
21	2.21	Paul	King	Verulam CC	Male	Vet TT
22	2.22	Lee	Turner	VeloRefined Rule 5	Male	Vet TT
23	2.23	David	Smith	VC de Londres	Male	Vet TT
24	2.24	Jason	Lee	Team Milton Keynes	Male	Vet TT
25	2.25	Stefan	Gloyn	Army Cycling	Male	Senior TT

