

Start Sheet for the

Northampton & District Cycling Association

10 mile Time Trial (TT Series Event 1 of 8)

Saturday 23rd March 2024 starting at 2 pm

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

This event is a counting event for all categories of the N&DCA Time Trial Series Championships.

For the latest points tables visit the results website: <http://www.northamptondca.org.uk/>

Headquarters:

Husborne Crawley Reading Rooms, Turnpike Road, Husborne Crawley, Bedford, MK43 0XE (opposite The White Horse pub)

Facilities:

The HQ will be open from just after 12.30 pm for toilets and car parking. Parking is extremely restricted so please consider either car sharing to the HQ or cycling! **On the day the White Horse pub may be providing free car parking.**

Timekeepers: Gordon Hart and Debbie Knott

CTT Observer: Norman King

Start Line Official: (To 'manage' the start line and assist the start timekeeper): Norman King

Event Secretary: Ian Stokes, 32 Kippell Hill, Olney, Bucks, MK46 5ER. Tel 07748 786408

Prize Values	Handicap Prize
1st	£15
2nd	£12
3rd	£10
4th	£ 8
5th	£ 5

Please note that:

The handicap prize for this event is based on best improvement against predicted Spindata times. In the event of no Spindata prediction being generated which might be the case if not many events have been ridden recently, the time to beat will be the rider's PB for 10 miles as supplied by the CTT entry form data. To be eligible for this prize competitors must have a 10 mile best time to beat.

Spot prizes: A spot prize will be awarded to every 10th place finisher on actual time (regardless of machine type) ie 10th, 20th, 30th, 40th, 50th, 60th place etc.

Local Regulations:

NO U-TURNS are allowed within sight of either the start or the finishing points. Riders carrying out this dangerous manoeuvre are liable for DISQUALIFICATION from the event and further disciplinary action by the district committee.

Please also remember that there is a need for good behaviour and consideration towards other road users and local residents in order to avoid any complaints being received.

Numbers:

These will be available at the Event Headquarters, **not at the Start**. Each number will have pins in each corner, please remove and place in box if not needed because you are using a NoPinz pocket. Also only use the corner pin holes and do not make more holes if using pins. Please ensure that the body number is clearly visible from behind and fixed on the lower back.

Signing In/Out:

Please ensure that you sign the "Signing-On" Sheet when collecting your number and clearly call out your number when crossing the finish line. Please ensure you return your number to HQ and sign-out, using the "Signing-on/off" Sheet. Failure to do so could result in your exclusion from the Results.



FOUNDED 1935

PRESIDENT:
Sue Holliday

Road Bike category

For your ride in this event to be eligible for the season long Road Bike category it is assumed that your entry category covers the actual bike you are riding on the day. The start line assistant will check your bike meets the road bike criteria at the same time as checking lights. To be eligible your bike must not have "tri-bars" or equivalent, disc wheels, less than 12 spokes or other fairings. In event of a dispute regarding RB eligibility, the organisers decision is final.

Compulsory Front/Rear Lights and Helmets:

Regulation 14(i) requires all Competitors to have affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Regulation 14(j) requires all Competitors to have affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Regulation 15 requires that all Competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

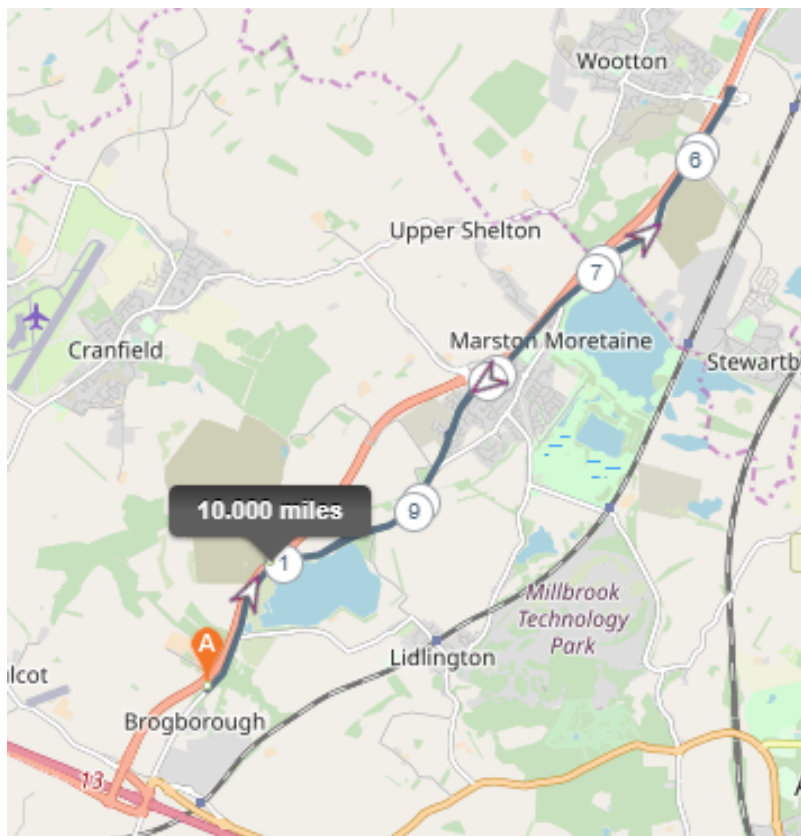
Failure of any of the above three points will render the competitor not being allowed to start the event.

Doping Control:

This event may be subject to Doping Control. As soon as you have finished you should return to HQ as it is your responsibility to check if you are required for a Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the Result Board. 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.

Ride to the Start Point:

From the Race HQ follow Mill Road and then Station Road back towards the motorway and underbridge. At the junction with the A507 turn left at the roundabout and continue until you reach traffic lights. At that junction turn right and follow the Bedford Road through the outskirts of Brogborough to the top of the hill, where the course starts. Please use the same route to return. It is highly recommended that you DO NOT travel to and from the course via M1 junction 13.



COURSE IDENTIFICATION: COURSE NUMBER F15/10

START (GR 966387) on old A421 at layby, on top of Hill, 0.4 mile north of Brogborough. At point 15½ flat kerbs south of the north end of the raised kerb stones. Proceed north along old A421, straight on at Marston RAB, taking second exit, to:- TURN at Fields Road Wootton RAB (5.44 mls). Retrace south along old A421, straight on at Marston RAB to:- FINISH (GR 972398) approx. ¾ mile after side road to Lidlington, at second drain 28yds past start of Armco barrier. The finish is between the entry gate and exit gate of Shanks landfill site, on far side of new A421 dual carriageway. Police area(s) Bedfordshire.

N.B. There is a traffic-lighted pedestrian crossing passed at ~2.7 miles and ~8.2 miles. An observer may be present, and any competitor seen to be not stopping on a red light will be disqualified and reported to London North District Committee.

Course map: www.plotaroute.com/route/1025191

COURSE NOTES:

The only motor vehicles associated with the Event allowed near Start or Finish will be those of the Timekeepers

If passing any Horse Riders, please give due consideration and plenty of space.

Please refrain from warming up on the course after the event has started, as this causes extra work for the timekeepers.

Please keep well into the side, while waiting to start.

You must observe the Highway Code and comply with traffic law and regulations. You must also ride in a manner that is safe for yourselves and all others, and must rely on your own ability and judgement in dealing with hazards, though every effort has been made to marshal the course and the position of 'Event Aware' signs, so as to minimise the risk, as required by the Course 'Risk Assessment'. The onus is still on you the rider, so familiarise yourself with the course details.

Competitors:

(A) = Association Club

Categories: S = Senior/Open F = Female J = Junior/ Juvenile

Masters Open: A = 50-54, B = 55-59, C = 60-64, D = 65-69, E = 70-74, F = 75 plus

Masters Female: A = 40-44, B = 45-49, C = 50-54, D = 55-59, E = 60-64, F = 65 plus

***NB Masters age category is age on day of first N&DCA event ridden this year.**

Juniors/Juveniles:

For the 2024 season there are no separate juvenile or junior sections, only a single U19 category, i.e. Those Competitors aged under 18 or have their 18th birthday during 2024

Result Sheet app:

Subject to availability of sufficiently tech savvy volunteers, we will be trialling the Result Sheet application which will enable you to track times live via the application on your phone if you scan the printed QR code at the Race HQ. Alternatively you can also view the results on screen at the HQ whilst enjoying tea and homemade cakes and some lively banter.

Season long competition prizes:

Please note that the actual value of the cash prizes awarded for performance in the various categories will be published after the last event of the season when the total prize fund is known as determined by the surplus generated by the event entry fee income.

Trophies:

Trophies and end of season competition prizes will be awarded at the annual Prize Award Lunch (usually held in January). NB Separate event prizes will be awarded after the last event in the series, not after each event.

The Association's 12-hour trophies will be awarded to members of Association Clubs for their performances in any open 12-hour event held under CTT Rules & Regulations. The Association's Long Distance BAR will be awarded to the highest placed rider of an Association Club in the National BBAR. Qualifying events are marked B in the CTT Handbook

For more information on the season long competitions and N&DCA trophies, including past winners, please refer to our website:

www.northamptondca.org.uk

Good luck and trust you all have a good and trouble free ride.

Ian Stokes – Event Secretary

	Pos	Name	Name	Club	(A)	O/F	Cat	R
1		Trevor	Parrish	A5 Rangers CC	(A)	O	F	
2		Stephen	Taylor	Team Milton Keynes		O	D	
3		Peter	Neal	Bedfordshire Road CC	(A)	O	B	
4		David	Cook	Bedfordshire Road CC	(A)	O	D	R
5		Ian	Scott	VTTA (Notts & E.Mids)		O	B	
6		Eamonn	Sheridan	Warwickshire Road Club		O	E	R
7		Tom	Walton	Islington Cycling Club		O		R
8		Charlotte	Dadd	Melton Olympic CC		F	A	
9		Lynne	Scofield	Rockingham Forest Wheelers	(A)	F	A	R
10		Nick	Hickman	Bedfordshire Road CC	(A)	O	B	
11		Robin	Prior	Southgate CC		O	B	
12		Harriet	Orridge	Bicester Millennium CC		F	C	
13		Zoe	Shepherd	Team Enable - M.I. Racing		F	A	
14		Peter	Walton	Hertfordshire Whs		O	D	
15		Noel	Toone	Kettering CC	(A)	O	C	R
16		Paul	Beattie	Royal Air Force Cycling Association		O		R
17		Trevor	Watson	Bossard Whs		O	C	R
18		Steven	Brierley	VéloElite RC		O		R
19		Stephanie	Cousins	QN Racing	(A)	F	D	
20		Hilary	Briggs	Serpentine Running Club		F	E	
21		Hayley	Moore	Ilkeston Cycle Club		F		
22		John	Orridge	VTTA (London & Home Counties)		O	A	
23		Sarah	Kelman	St Ives CC		F	C	
24		Pete	Trotman	A5 Rangers CC	(A)	O	E	
25		Steve	Skelhon	Fenland Clarion CC	(A)	O	C	
26		Deborah	Sheridan	...a3crg		F	F	
27		Matthew	Rowe	Hitchin Nomads CC		O		
28		Mike	Deely	Rockingham Forest Wheelers	(A)	O	A	
29		Patrick	Ellerbeck	St Neots CC	(A)	O	D	
30		Philip	Merritt	Fenland Clarion CC	(A)	O	C	
31		Trevor	Hook	Team Milton Keynes		O	D	
32		Maria	Cayford	Kettering CC	(A)	F		
33		Paul	Williamson	St Neots CC	(A)	O	A	
34		Joy	Payne	VTTA (London & Home Counties)		F	F	
35		Anthony	Newland	Bossard Whs		O	B	
36		Matthew	Cook	Bedfordshire Road RT	(A)	O	A	
37		John	Beckett	Rugby Velo	(A)	O	B	
38		Philip	Skinner	Welwyn Whs		O	B	
39		John	Curtin	Hitchin Nomads CC		O	D	
40		Mick	Stevens	Melton Olympic CC		O	E	
41		Neil	Barford	45 RC	(A)	O	B	
42		Adrian	McHale	Peterborough CC	(A)	O		
43		Sam	Harding	Rugby Velo	(A)	O		

44	Jack	Eastman-Nye	George Fox Cycling Solutions	(A)	O		
45	Diana	Egerton-Warburton	Team Enable - M.I. Racing		F	B	
46	Simon	Hunt	VéloElite RC		O	A	
47	Roger	Porter	Verulam CC		O	F	
48	Chris	Cummings	Fenland Clarion CC	(A)	O		
49	Mark	Tomlinson	Peterborough CC	(A)	O		
50	David	Bennett	Ratae RC		O	A	
51	Ashley	Roue	Mapperley CC		O	A	
52	Richard	Golding	Equipe Velo		O	B	
53	Adam	Wells	Rockingham Forest Wheelers	(A)	O		
54	Simon	Pitchford	Fenland Clarion CC	(A)	O	B	
55	Jamie	Murray	Peterborough CC	(A)	O		
56	Ben	Farrer	Bedfordshire Road CC	(A)	O		
57	Ian	Woodcock	Bedfordshire Road RT	(A)	O		
58	Philip	Wilkinson	Rockingham Forest Wheelers	(A)	O	A	
59	Robert	Barker	Kettering CC	(A)	O	A	
60	Martin	Fisher	Melton Olympic CC		O		
61	Shaun	Jarvis	St Neots CC	(A)	O		
62	Alex	Pickering	Elysium Kalas Race Team		O		
63	Ian	Aunger	Fenland Clarion CC	(A)	O	C	
64	Kevin	Hobbs	Peterborough CC	(A)	O	A	
65	Matthew	Reader	Verulam CC		O	A	
66	Luke	Clarke	TMG Horizon Cycling Team		O		
67	Jack	Patmore	George Fox Cycling Solutions	(A)	O		
68	Daniel	Chambers	Bicester Millennium CC		O		
69	George	Fox	George Fox Cycling Solutions	(A)	O		R
70	Paul	Pardoe	Peterborough CC	(A)	O		