



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 3rd June 2023 2pm start

This event is a counter for the Spoco SE competition and a counter for the LNDC Millennium competition (9 of 9).

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 - £30
2nd - £20
3rd - £10
1st Vet 60+ - £10
1st Road Bike - £20

Women

1st - £30
2nd - £20
3rd - £10
1st Vet - £10
1st Road Bike - £20

1st Team of 3 - £10 each

1st Espoir - £10

1st Juvenile - £10

One rider One award except for team

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 the village and even less 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. **CAUTION POT HOLES ON THE COURSE** – There are a number of potholes highlighted in yellow paint from the turn into New Road to Wendy village – 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	Abigail	Coles	North Road CC	Female	Sen RB
3	2.03	Alice	Elwood	Islington Cycling Club	Female	Sen RB
4	2.04	Benjamin	Cousins	Verulam Really Moving	Male	Juv RB
5	2.05	Adrian	Gower	Hitchin Nomads CC	Male	Vet RB
6	2.06	Richard	Hutt	Hart RC	Male	Vet RB
7	2.07	Mark	Connelly	Essex Roads CC	Male	Sen RB
8	2.08	Davi	A. Braga	Verulam CC	Male	Sen RB
9	2.09	Charlie	Millbery	Finsbury Park CC	Male	Esp RB
10	2.10	John	Manlow	Ely & District CC/B&T Motor Repairs	Male	Vet RB
11	2.11	Duncan	Godfrey	Team Trident	Male	Vet RB
12	2.12	David	Ross	Elevate RT	Male	Sen RB
13	2.13	James	Foy	VELOSPORT CC	Male	Sen RB
14	2.14	Robin	Johnson	Brighton Mitre CC	Male	Vet TT
15	2.15	Jason	Stuart	CC Ashwell	Male	Vet TT
16	2.16	Roger	Porter	Verulam CC	Male	Vet TT
17	2.17	Richard	Moule	Bossard Wheelers	Male	Vet TT
18	2.18	Dominic	Bray	Finsbury Park CC	Male	Vet TT
19	2.19	Darren	Greene	Team Trident	Male	Vet TT
20	2.20	Cameron	Walker	Elevate RT	Male	Esp TT
21	2.21	Matthew	Wight	Verulam Really Moving	Male	Sen TT
22	2.22	Helen	Roby	RIDE REVOLUTION COACHING	Female	Vet TT
23	2.23	Andrew	Jarratt	Finchley RT	Male	Sen TT
24	2.24	Graham	Hurrell	Basildon CC	Male	Vet TT
25	2.25	Lee	Turner	Arctic Aircon RT	Male	Vet TT
26	2.26	Leigh	Smith	Equipe Velo	Male	Vet TT
27	2.27	Lauren	Creamer	Velo Fixers	Female	Sen TT
28	2.28	Anthony	Collier	Audax UK	Male	Sen TT
29	2.29	Thomas	Godfrey	Bedfordshire Roads CC	Male	Juv TT
30	2.30	Andrew	Turnock	Finsbury Park CC	Male	Vet TT
31	2.31	Mark	Halliday	North Bucks RC	Male	Vet TT
32	2.32	Michael	Martin	CC Ashwell	Male	Vet TT
33	2.33	Paul	King	Verulam CC	Male	Vet TT
34	2.34	Alex	Powell	Team Trident	Male	Sen TT
35	2.35	John	Jones	Verulam Really Moving	Male	Vet TT
36	2.36	Steve	Clarke	TMG Horizon Cycling Team	Male	Vet TT
37	2.37	Sean	McDougall	Icknield RC	Male	Vet TT
38	2.38	Adrian	Tovey	Maldon & District CC	Male	Vet TT
39	2.39	Andrew	Porter	Welwyn Wheelers	Male	Vet TT
40	2.40	Nicholas	Knight	Hart Performance Coaching	Male	Vet TT
41	2.41	Simon	Higgs	Essex Roads CC	Male	Vet TT
42	2.42	Peter	Redshaw	CC London	Male	Vet TT
43	2.43	Gregory	Smith	Finsbury Park CC	Male	Vet TT
44	2.44	Adrian	James	Verulam CC	Male	Vet TT
45	2.45	Sebastian	Harrison	Islington Cycling Club	Male	Vet TT
46	2.46	Sean	Bradley	Team Trident	Male	Sen TT
47	2.47	Ben	Lewis	Forest Side Riders	Male	Vet TT
48	2.48	Chris	Knight	Team Trident	Male	Vet TT
49	2.49	Chris	Symonds	North Road CC	Male	Vet TT
50	2.50	Rob	Walker	WardPerformanceUK.com	Male	Sen TT
51	2.51	Ian	Braybrook	Basildon CC	Male	Vet TT

