

Inter Club 30 miles time trial – 24th June 2018

Promoted for and on behalf of Cycling Time Trials - Under its rules and regulations (approved by CTT London North District Committee; Bedfordshire Police notified)



Hosted by - Hitchin Nomads CC, for the 2018 Interclub Competition between CC Ashwell, Beds Road CC, Hitchin Nomads CC, Icknield RC and St Neots CC.

Headquarters - Southill Parish Hall, Stanford Road, Southill, SG18 9HX (to be vacated by midday)

Timekeepers – Frank Turner & Michael Webb

Event Secretary – Nick Morgan, 07423 618984. Be aware that mobile reception is poor around the course. I expect to ride as well and won't answer calls then, so find a marshal!

Parking - at HQ is very limited. Ride out or share transport if you can. DO NOT park on the course. N.B. The High Street through Southill, alongside the HQ, is part of the course - **IF YOU PARK HERE THEN YOU WILL BE DISQUALIFIED**. There is plenty of parking on the verge along Stanford Road but be respectful of residents. The (free) car park opposite the village school in the centre of the village is available for public use. Wherever you park, keep the noise to a minimum and absolutely **no use of turbos** please.

Signing on and numbers - will be available from 0700h. All riders must be on the start list below and there will be no on-the-day entries or substitutions. Please add your **emergency contact number** and **address** when you sign in (house number and postcode are sufficient). These details will be used solely for the Event and are required by CTT regulations. Any Junior riders should bring a signed parental consent form. Blanks will be available, in which case you just need to bring a parent. Tick the "Photos" box when signing in if you give consent for the Club to use any images of you in the Event Report, etc. Remember to give a smile or put your best race face on. N.B. Club has no control over what private individuals might post up on their social media of course!

£4.00 entry fee per rider - to cover CTT levy and event costs.

Results and Competition Scores - a Results Runner will bring times from Finish Line to HQ in batches of 20 or so. Please do not ask the Time Keepers for your result at the Finish Line as it will distract them. If you think your time has been recorded incorrectly then have a quiet word with the Results Board compiler at HQ and be patient, it will get sorted. Waving a Garmin angrily in the Crew's faces is very bad form. Inter Club Competition Scores, using the new system that gives a fairer recognition of the performances of Women and Men, will be published within a day or so.

IMPORTANT SAFETY NOTICE

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 standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard-Shell Helmets. It is recommended that a working rear light either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

Rider Behaviour

Safety – not your performance – is the first priority
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Please be aware that there has been occasional friction between some residents of Old Warden village and the cycling community. Riders are therefore reminded of CTT regulations, and that they “shall not act or behave in a manner such as to give offence to the public interest or such as to bring the sport into disrepute”. Competitors must observe the law and:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- (c) conform to all traffic signs, signals and direction indicators;
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.

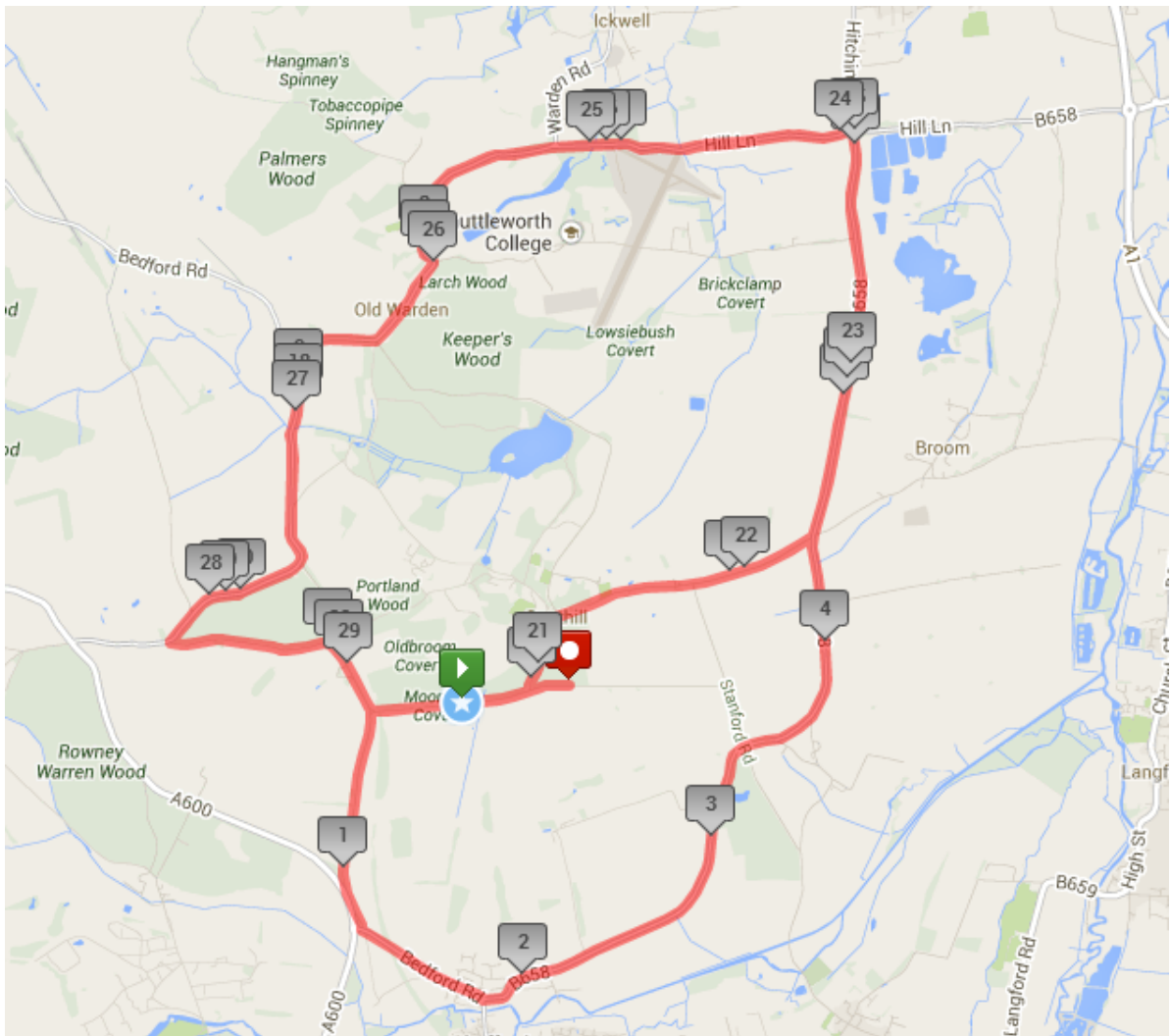
Course

Note that in some previous years the course has turned left after the disused railway bridge on the third lap, this was incorrect and the course should continue straight on at this point to the sharp left turn at North End Road as per the previous two laps. Riders familiar with the HNCC “Dave Gudgin 25” events, should take special note – the 30 course is not the same at this point. The course will be signed and some, but not all, turns will be marshalled. Competitors are reminded that is **your responsibility to navigate the course correctly**, and not that of the marshals or Event Secretary. See course map and description below, or find it on-line at <http://www.plotaroute.com/route/76637>

Hazards

The course uses roads that have the usual amount of pot holes, loose surface and rough sections. You will have a faster, less uncomfortable ride if you don't inflate your tyres to the max! It is hoped that the worst of the pot holes will be marked up. They have been reported to the Highways Department of Central Bedfordshire Council but are not expected to have been dealt with. Please take special care at these locations:

- Descent into Shefford shortly after the start – holes after the crest of the hill
- B658 into Shefford – holes and rough surface where the road enters the area with housing on either side
- B658 Shefford to Stanford – deep pot holes 0.4 miles before Green Man pub in Stanford
- B658 Broom Cross Roads – deep pot holes on the approach from Stanford (first lap only; when turning left at this junction on the approach from Southill on laps two and three there is much less of a problem)



START on south side of unclassified road Ireland-Southill at field boundary (GR 141413).

1. Proceed west to triangle where left and downhill to junction with A600 where left into Shefford and then left on to B658.
2. Follow through Broom cross roads (4.5m) to GM Growers Roundabout where left to Old Warden.
3. Continue through village, past Southill-Old Warden and Cardington junctions to disused railway bridge where continue on road to turn sharp left at Northwood End Road to Ireland, where left over hump back bridge.
4. Continue and take first left through Southill village to Broom cross roads where left onto B658.
5. Repeat circuit (steps, 3, 4 & 5) via Broom cross roads and continue to GM Growers Roundabout and left to Old Warden
6. Continue through village, past Southill-Old Warden and Cardington junctions to disused railway bridge where continue on road to turn sharp left at Northwood End Road to Ireland, where left over humpback bridge
7. Continue along road PAST Southill turn to **FINISH** at GR 147413

#	Rider	M/W	Club	Start Time
1	Catherine Jones	W	Hitchin Nomads CC	08:01
2	Dave Newell	M	Icknield RC	08:02
3	Dave Crane	M	Beds Road CC	08:03
4	Debbie Newell	W	Icknield RC	08:04
5	Miriam Taylor	W	Beds Road CC	08:05
6	Abid Hussein	M	Icknield RC	08:06
7	Dave Wilson	M	St Neots CC	08:07
8	Judy Reid	W	Icknield RC	08:08
9	Jon Clark	M	Beds Road CC	08:09
10	Daniel Duggan	M	Icknield RC	08:10
11	Phil Berton	M	Beds Road CC	08:11
12	Nigel Wilson	M	Hitchin Nomads CC	08:12
13	James Davies	M	CC Ashwell	08:13
14	Andrew Hardy	M	Hitchin Nomads CC	08:14
15	David Cook	M	Beds Road CC	08:15
16	David Morgan	M	Icknield RC	08:16
17	Nigel Tooke	M	Hitchin Nomads CC	08:17
18	Martin Webb	M	Icknield RC	08:18
19	Pat Ellerbeck	M	St Neots CC	08:19
20	Mick Hodson	M	Beds Road CC	08:20
21	Stephen Oliver	M	Hitchin Nomads CC	08:21
22	Peter Richards	M	Icknield RC	08:22
23	Paul Wright	M	Hitchin Nomads CC	08:23
24	Tim Perry	M	Icknield RC	08:24
25	Matt Donavan	M	Beds Road CC	08:25
26	Andy Ward	M	Icknield RC	08:26
27	Helen Riley	W	Hitchin Nomads CC	08:27
28	Peter McIntyre	M	Icknield RC	08:28
29	Chris Corney	M	Hitchin Nomads CC	08:29
30	Patrick Smith	M	Beds Road CC	08:30
31	Deborah Beare	W	Icknield RC	08:31
32	David Summerell	M	Hitchin Nomads CC	08:32
33	Sharon Davey	W	Icknield RC	08:33

#	Rider	M/W	Club	Start Time
34	Steve Smith	M	Hitchin Nomads CC	08:34
35	Ian Woodcock	M	Beds Road CC	08:35
36	Christine Tovey	W	Icknield RC	08:36
37	Martin Scott	M	Hitchin Nomads CC	08:37
38	Chris Northwood	M	Icknield RC	08:38
39	James Dow	M	CC Ashwell	08:39
40	Jon Friend	M	Beds Road CC	08:40
41	Stephen Morales	M	Icknield RC	08:41
42	Christopher Wilson	M	Beds Road CC	08:42
43	Tony Baines	M	Icknield RC	08:43
44	Norman King	M	St Neots CC	08:44
45	Peter Gell	M	Beds Road CC	08:45
46	Matt Prince	M	Icknield RC	08:46
47	Simon Murphy	M	St Neots CC	08:47
48	Chris Priestly	M	Beds Road CC	08:48
49	David Leech	M	St Neots CC	08:49
50	Andrew Knight	M	Beds Road CC	08:50
51	Dave Richards	M	St Neots CC	08:51
52	Julie Pritchett	W	Beds Road CC	08:52
53	Stephen Lyons	M	St Neots CC	08:53
54	Mike Moralee	M	Hitchin Nomads CC	08:54
55	Matt Cook	M	Beds Road CC	08:55
56	Simon Richardson	M	St Neots CC	08:56
57	Mark Gray	M	Beds Road CC	08:57
58	Chris Green	M	St Neots CC	08:58
59	Gary Rudd	M	Beds Road CC	08:59
60	Andy Nunn	M	CC Ashwell	09:00
61	Ella Ruggles	W	Hitchin Nomads CC	09:01
62	Chris Martell	M	Beds Road CC	09:02
63	Scott Horwood	M	Hitchin Nomads CC	09:03
64	Mark Finn	M	Beds Road CC	09:04
65	Gareth Davies	M	Hitchin Nomads CC	09:05
66	Tracey Williams	W	Icknield RC	09:06
67	Robert Bumstead	M	CC Ashwell	09:07
68	Mark Desborough	M	Hitchin Nomads CC	09:08

#	Rider	M/W	Club	Start Time
69	Mark Young	M	Beds Road CC	09:09
70	Sam Hayes	M	Hitchin Nomads CC	09:10
71	Suzanne Bullock	W	Icknield RC	09:11
72	Cathy Jonson	W	Beds Road CC	09:12
73	Richard Pratt	M	Icknield RC	09:13
74	Nick Hickman	M	Hitchin Nomads CC	09:14
75	Chris Potter	M	CC Ashwell	09:15
76	Nicholas Beardow	M	Beds Road CC	09:16
77	Brian Ruggles	M	Hitchin Nomads CC	09:17
78	James Mckenzie	M	CC Ashwell	09:18
79	Simon Elkington	M	St Neots CC	09:19
80	Steve Miles	M	CC Ashwell	09:20
81	Martin Beare	M	Icknield RC	09:21
82	Gill Fullen	W	Beds Road CC	09:22
83	Roger Taylor	M	Hitchin Nomads CC	09:23
84	Martyn Anderson	M	Icknield RC	09:24
85	Jason Stuart	M	CC Ashwell	09:25
86	Mark Greenhow	M	St Neots CC	09:26
87	Paul Vaulks	M	Icknield RC	09:27
88	Graham Wesson	M	St Neots CC	09:28
89	Nick Morgan	M	Hitchin Nomads CC	09:29