

WELWYN WHEELERS

OPEN 50 km HILLY TIME TRIAL

Promoted for and on behalf of Cycling Time Trials
Under their rules and regulations

02nd April 2021

EVENT HEADQUARTERS AND PARKING

Spoke Cycles CC, Ridge Farm, Rabley Heath, Hertfordshire, AL6 9UA just off the B656 between Welwyn and Hitchin

It is easier to approach Codicote by travelling along the B656 from Welwyn. From the A1(M), use junction 6. On the B656 from Welwyn turn right for sign posted for Rabley Heath just before reaching Codicote. Spoke Cycles CC is a short distance on the right. From Hitchin on the B656, pass through Codicote and turn left to Rabley Heath. Spoke Cycles CC is a short distance on the right. The link below provides a map showing the location of Spoke Cycles CC.

<https://www.spokecycles.cc/contact-us>

Numbers will be issued at the event headquarters, after each rider has signed for their number.

COURSE DETAILS

Course in detail:

Start in Whitwell Road, Codicote approximately 0.5 miles west of the B656. Turn left **(M)** on to the B656, ride along the B656 before turning left **(M)** on to the B651. Turn left in Whitwell **(M)** on to Codicote Road, riding through the start area back to Codicote, turning left **(M)** on the B656 to head to Hitchin. At the main roundabout in Hitchin, take the second left **(M)** on to the A602, and first left **(M)** into Willow Lane, riding to the A505. Turn left **(M)** on to the A505, then first left **(M)** to Great Offley and continue to the T- junction at Lilley Bottom. Turn left **(M)**, along the road heading towards Whitwell. Turn left **(M)** at Lodge Farm, then right **(M)** to Ley Green, right **(M)** through Kings Walden and left **(M)** at the crossroad upon meeting the Lilley Road. In Whitwell, turn right **(M)** on to the B651 to Kimpton, continuing to a T- junction in Kimpton. Turn left **(M)** on to the B652. Continue along the B652, climbing Heath Hill, then Heath Lane in Codicote to the finish opposite a bus stop at the junction of Heath Lane and Hill Road.

Continue riding after passing the finish line and at the T junction with the B656, turn right. Continue along Codicote High Street and as you leave Codicote, take the left turn to Rabley Heath. Follow the road to reach Spoke Cycles as sign posted.

START

In Whitwell Road, Codicote, approximately a mile and half from the headquarters. No cars are allowed near the start or finish areas except for those used by officials and helpers directly related to the event.

PRIZES

Prizes will be posted or hand delivered to the winners after the event. 1st £60, 2nd £50, 3rd £40, 4th £30, 5th £20, 6th £10.

First Lady £40, Second Lady £20, First Junior Male £30, First Junior Female £20

Fastest Veteran £30.

No rider may win more than one individual prize.

SAFETY

- 1/ IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters recommend wearing a HARD SHELL HELMET that meeting safety standards.
- 2/ You must have a working **red** rear light, either flashing or constant fitted to the machine in a position visible to following road users and is active whilst the machine is in use.
- 3/ No U-turns in the start or finish areas.
- 4/ Observers will be used during the event. Dangerous riding causes accidents and can jeopardise the sport.
- 5/ You must follow the designated routes to the start and after the finish.
- 6/ Marshals will be on the course, but the **onus** is on all riders to familiarise themselves with the course. Riding or driving around the course is recommended for any rider in doubt, and to do so before the event.

TIMEKEEPERS: Messrs. Gordon Hart and Vince Freeley

EVENT SECRETARY: Andrew Porter, 58 Halsey Drive, Hitchin, Hertfordshire SG4 9QR. Tel: 01462 420753

As this event is taking place under COVID 19 restrictions, the following must be applied: -

- a) Riders must have their own pens for signing on.
- b) Face masks must be worn when out in the open at the headquarters.
- c) Riders must supply their own safety pins for their number.
- d) Riders must collect their rider number, leave to sit in their car or to ride to the start.
- e) After finishing, return to the headquarters, sign out and leave.
- f) Results shall not be available at the headquarters. Results will be on the CTT Internet site.
- g) Prizes will not be presented at the headquarters. Prizes will be posted or hand delivered.
- h) Portable toilets at the headquarters are for all to use.
- i) Indoor catering will not be provided, but Spoke Cycles CC will have a catering van on site.
- j) Observe all COVID 19 instructions provided before, and during the event.

NO	RIDER	CLUB	CAT.	START TIME
	TANDEMS			
2	Justine Hobbs	Team Trident	Female Veteran	8:02:00
2	Ian Hobbs	Team Trident	Male Veteran	8:02:00
	SOLOS			
6	Jojo Stephens-Smith	Hitchin Nomads CC	Female Veteran	8:06:00
7	Charlotte McLaughlin	TMG Horizon Cycling Team	Female Veteran	8:07:00
8	Calum Moir	Welwyn Whs	Male Junior	8:08:00
9	Peter Morgan	Finsbury Park CC	Male Veteran	8:09:00
10	Ryan Savage	Finchley RT	Male Senior	8:10:00
11	Spencer Stratford	Herts Rouleurs Racing Club	Male Veteran	8:11:00
12	Ross Thomson	Hitchin Nomads CC	Male Veteran	8:12:00
13	Keith Cockburn	Team Trident	Male Veteran	8:13:00
14	Craig Russell	Andover Wheelers	Male Veteran	8:14:00
15	Pepi Reeves	Herts Rouleurs Racing Club	Male Veteran	8:15:00
16	Christopher Stuart-Leach	Bedfordshire Road RT	Male Senior	8:16:00
17	Catherine Jones	Hitchin Nomads CC	Female Veteran	8:17:00
18	Michael Parker	TMG Horizon Cycling Team	Male Veteran	8:18:00
19	Howard Ashmore	Welwyn Whs	Male Veteran	8:19:00
20	John Curtin	Hitchin Nomads CC	Male Veteran	8:20:00
21	Robert Cunnane	Team Trident	Male Senior	8:21:00
22	Jamie Fox	Hitchin Nomads CC	Male Senior	8:22:00
23	Tony Shortland	Team Trident	Male Veteran	8:23:00
24	Sam Gilbert	Welwyn Whs	Male Juvenile	8:24:00
25	Peter Holden	Team Trident	Male Veteran	8:25:00
26	Tom Elwood	Team LDN	Male Senior	8:26:00
27	Mark Bicknell	CC Luton	Male Veteran	8:27:00
28	Patrick Allen	Hitchin Nomads CC	Male Senior	8:28:00
29	John Armstrong	Rapha Cycling Club	Male Veteran	8:29:00
30	Roger Taylor	Hitchin Nomads CC	Male Veteran	8:30:00
31	Peter Miller	Verulam CC	Male Veteran	8:31:00
32	Lucy Charles	Hoddesdon Tri Club	Female Senior	8:32:00
33	Philip Eaves	Berkhamsted Cycling Club	Male Veteran	8:33:00
34	Mark Lightfoot	Welwyn Whs	Male Juvenile	8:34:00
35	Robert Buky	CC Ashwell	Male Veteran	8:35:00
36	Alex Peeke	Welwyn Whs	Male Veteran	8:36:00
37	Anthony Morris	TMG Horizon Cycling Team	Male Veteran	8:37:00
38	Ben Lewis	Forest Side Riders	Male Veteran	8:38:00
39	Neill Hughes	Verulam CC	Male Veteran	8:39:00
40	David Scott	Welwyn Whs	Male Veteran	8:40:00
41	Karine Jones	Verulam Really Moving	Female Veteran	8:41:00
42	James Johnson	Welwyn Whs	Male Veteran	8:42:00
43	Sean McDougall	Icknield RC	Male Veteran	8:43:00
44	Lucy Neatham	Finsbury Park CC	Female Espoir	8:44:00
45	Sam Clarfield	Regents Park Rouleurs	Male Junior	8:45:00
46	Martin Smith	Team LDN	Male Senior	8:46:00

47	Andrew Brown	Welwyn Whs	Male Veteran	8:47:00
48	Duncan Godfrey	Team Trident	Male Veteran	8:48:00
49	Rich Edwards	CC Luton	Male Veteran	8:49:00
50	Richard Thompson	Verulam CC	Male Veteran	8:50:00
51	Darren Farr	CC Luton	Male Veteran	8:51:00
52	Marc Diplock	Hitchin Nomads CC	Male Senior	8:52:00
53	Richard Davis	Verulam CC	Male Veteran	8:53:00
54	Simon Neatham	Finsbury Park CC	Male Veteran	8:54:00
55	John O'Gorman	Team Trident	Male Senior	8:55:00
56	William Smith	Verulam Really Moving	Male Junior	8:56:00
57	Jamie Dene	Finchley RT	Male Espoir	8:57:00
58	Ella Coleman	Liv AWOL	Female Junior	8:58:00
59	James Moss	Nuun-Sigma Sport-London RT	Male Senior	8:59:00
60	Daniel Ryan	North Road CC	Male Senior	9:00:00
61	Jamie Wimborne	Watford Velo Sport	Male Espoir	9:01:00
62	Simon Bowler	Berkhamsted Cycling Club	Male Veteran	9:02:00
63	Matt Price	Ickniel RC	Male Veteran	9:03:00
64	Adam Laycock	VTTA (East Anglia Group)	Male Veteran	9:04:00
65	Gregory Smith	Finsbury Park CC	Male Veteran	9:05:00
66	Nigel Stephens	Team Terminator	Male Veteran	9:06:00
67	Sebastian Harrison	Islington Cycling Club	Male Senior	9:07:00
68	Nicholas Coe	Verulam CC	Male Veteran	9:08:00
69	Gavin Rumbles	CC Luton	Male Veteran	9:09:00
70	Paskell Blackwell	Team Charles Barclay	Male Veteran	9:10:00
71	Andrew Turnock	Finsbury Park CC	Male Veteran	9:11:00
72	Michael Edmunds	Verulam Really Moving	Male Veteran	9:12:00
73	Jude Chamberlain	Team Jewson - MI Racing ~Poly Pipe~McCann	Male Junior	9:13:00
74	Rafael Hackenbroch	Regents Park Rouleurs	Male Espoir	9:14:00
75	Connie Hayes	Liv AWOL	Female Espoir	9:15:00
76	David Baker	Welwyn Whs	Male Veteran	9:16:00
77	Matt Pumo	Verulam Really Moving	Male Veteran	9:17:00
78	Richard Moule	Bossard Whs	Male Veteran	9:18:00
79	Elsbeth Grace	Cambridge University CC	Female Espoir	9:19:00
80	Nicholas Senechal	Hitchin Nomads CC	Male Veteran	9:20:00
81	Anton Blackie	Welwyn Whs	Male Senior	9:21:00
82	Isabel Ellis	Torelli	Female Espoir	9:22:00
83	John Jones	Verulam Really Moving	Male Veteran	9:23:00
84	Gary Lock	New Forest CC	Male Veteran	9:24:00
85	Paul Caton	Verulam Really Moving	Male Veteran	9:25:00
86	Reece Barclay	Team Charles Barclay	Male Senior	9:26:00
87	Kieron Lewis	CC Luton	Male Veteran	9:27:00
88	Sean Bradley	Team Trident	Male Senior	9:28:00
89	James McPherson	Hitchin Nomads CC	Male Veteran	9:29:00
90	Roy Chamberlain	Corley Cycles RC	Male Veteran	9:30:00
91	Dave Mitchinson	CC Ashwell	Male Veteran	9:31:00
92	Alan Crane	Chronos RT	Male Veteran	9:32:00

93	Adam Swan	CC Ashwell	Male Senior	9:33:00
94	Peter Richards	Icknield RC	Male Veteran	9:34:00
95	Sam Humpheson	Look Mum No Hands!	Male Veteran	9:35:00
96	Cai Davies	Bikestrong-KTM	Male Senior	9:36:00
97	Keith Stockwell	Welwyn Whs	Male Veteran	9:37:00
98	Robert Jones	Cardiff 100 Miles RCC	Male Veteran	9:38:00
99	Jake Crossley	Tofauti Everyone Active	Male Junior	9:39:00
100	Jack Fothergill	Team Jewson - MI Racing ~Poly Pipe~McCann	Male Junior	9:40:00
101	Oliver Mytton	Cambridge University CC	Male Veteran	9:41:00
102	Nick Morgan	Hitchin Nomads CC	Male Veteran	9:42:00
103	Andrew Hastings	Haste CC	Male Veteran	9:43:00
104	Euan Woodliffe	Welwyn Whs	Male Junior	9:44:00
105	Tim Davies	CC Luton	Male Veteran	9:45:00
106	Yaroslav Alekseyev	Regents Park Rouleurs	Male Senior	9:46:00
107	James Moss	North Road CC	Male Veteran	9:47:00
108	Euan Tebbutt	Cambridge University CC	Male Senior	9:48:00
109	David Fellows	Solihull CC	Male Senior	9:49:00
110	Thomas Weir	Hitchin Nomads CC	Male Senior	9:50:00
111	Alastair Luxford	Full Gas Racing Team	Male Senior	9:51:00
112	Jack Kellam	Cambridge University CC	Male Senior	9:52:00
113	James Hedley-Smith	Verulam CC	Male Senior	9:53:00
114	Sam Hucks	High Wycombe CC	Male Espoir	9:54:00
115	Jim Moffatt	CC Luton	Male Veteran	9:55:00
116	Michael Briars	Finsbury Park CC	Male Veteran	9:56:00
117	Henry Farrell	Full Gas Racing Team	Male Senior	9:57:00
118	Nicholas Candy	Finchley RT	Male Espoir	9:58:00
119	Ollie Hucks	NopinZ Motip Race Team	Male Senior	9:59:00
120	Adam Robertson	University of Bath Cycling Club	Male Espoir	10:00:00
121	Felix Barker	UpShift Nutrition Race Team	Male Senior	10:01:00
122	Joel Stewart	Team Ohten Aveas	Male Veteran	10:02:00
123	Jack Brown	UpShift Nutrition Race Team	Male Espoir	10:03:00
124	Sebastian Garry	NopinZ Motip Race Team	Male Espoir	10:04:00
125	Ashley Cox	Team Bottrill	Male Senior	10:05:00
126	Philip Coleman	Welwyn Whs	Male Veteran	RESERVE
127	Stanley Baker	Hitchin Nomads CC	Male Senior	RESERVE
128	Clay Davies	SPIRIT TIFOSI RT	Male Senior	RESERVE
129	Matthew Davey	Verulam Really Moving	Male Senior	RESERVE
130	Martyn Dunn	CC Luton	Male Veteran	RESERVE
131	Gordon Hobbs	Verulam CC	Male Veteran	RESERVE
132	Jonathan Brown	Total Tri Training	Male Senior	RESERVE
133	Paul Dyett	Bossard Whs	Male Veteran	RESERVE
134	Stephen Oliver	Hitchin Nomads CC	Male Veteran	RESERVE

Welwyn Wheelers are happy to announce that the Open Hilly 50km TT will take place on Good Friday 2 April 2021.

CTT Rules apply as usual (including the compulsory rear light – a recent new Rule – don't forget!).

For all persons attending the event (riders and accompanying persons), please observe the following, which are in accordance with the current CTT risk assessment (Covid-19 RA).

General Guidance

Anyone who is feeling ill in ANY way and especially if they or family members have any symptom, MUST NOT attend the event.

Anyone in a category defined by the UK government as clinically vulnerable to coronavirus/COVID-19 (having a current PHE/NHS letter instructing them to shield) is requested not to attend the event.

Anyone in a current age banding that government advice suggests should limit social contact, and who has not been vaccinated, is discouraged from attending the event.

Ride individually, avoid all riding in groups before or after in the event.

Travel to the Event

Preferably, cycle to and from the event. If possible do not bring accompanying persons to the event. Where this is impossible limit accompanying persons to one (i.e. a driver in same household). We discourage accompanying persons from spectating the event.

HQ and Parking

There is Parking at the Event HQ (Spoke Cycles CC), which is in the grassed area on the left on leaving the road to enter the site. In the unlikely event that the HQ Car Park is full, park elsewhere but not in Codicote village, and ride in to HQ.

Wear mask on arrival and at all times whilst at HQ, outside vehicle. Maintain social distancing whilst unpacking bike. There is NO changing available. Toilet facilities (Portaloos) are available but do not use for changing. Maintain social distancing whilst queueing for sign-on or toilets. The Café building at Spoke Cycles is not open to riders and please do not enter the building. No refreshments will be provided by organisers. Spoke Cycles will be open but are restricted under current regulations to only provide take-away refreshments. There will be a COVID Marshal at the HQ, please follow their instructions. No warming up in Carpark or otherwise at HQ. No warming-up on stationary bikes, turbos or rollers at the HQ nor at any point on the course nor in Codicote village.

Sign-on (& Sign-out)

Sign-on will be in a Gazebo outside the Spoke CC Café building. Hand sanitiser will be available there, please use before sign-on (and sign-out); no pens or safety pins provided so please bring your own. Collect number and attach to jersey (jerseys rather than skinsuits are recommended) - make sure your number is visible. Number is disposable. Maintain social distancing whilst queueing for sign-on desk. Proceed to warm-up on road and to Start.

At the Start

There will be no Pusher. Timekeeper will be adjacent to start and will be in a car and will indicate count-down to start time by hand-signals. Before your start-time please queue in number order maintaining social distance of >2m from other persons, including other riders. Do not arrive at start more than 10 min prior to your start time. Do not leave any personal possessions with the timekeeper - no clothing (e.g. warm-up tops) will be returned to HQ by marshals or timekeepers. Follow instructions of Start Marshal.

After finishing

Finish Timekeeper will be in a car. After passing finish, continue towards Codicote, please do not U-turn or approach the timekeeper. Follow instructions of Finish Marshal.

Proceed to HQ, don't forget to sign-out (same process as sign-on). Leave promptly without congregating.

There will be no Results board; preliminary Results will be posted on Social Media & Internet once available after the event (FaceBook pages and Website). There will be no Prize presentation. Please take your number home for disposal.

Welwyn Wheelers are especially thankful to Spoke Cycles CC, who stepped in to offer premises for HQ when our usual location at the John Clements Centre was unable to offer hire.

A final note: We expect this to be the first event to take place after relaxation of UK Government restrictions on 29 March. As such, we will be subject to scrutiny from CTT, local council, Police, NHS, and the general public. It is important that we are seen to be minimising risk of COVID-19 transmission as much as possible. That is why these guidelines are more restrictive than general advice from UK Government (for example around group riding).