

Start Sheet for the

# Northampton & District Cycling Association

## 15 mile Time Trial (TT Series Event 5 of 8)

**Saturday 10<sup>th</sup> June 2023 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 and is organised on behalf of the N & DCA by Peterborough Cycling Club and its Members.)

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

### Headquarters:

**Sawtry Womens Institute Hall, Gidding Road, Sawtry PE28 5TS**

### Facilities:

The HQ will be open from just after 12.30 pm for toilets and car parking. Parking is towards the rear of the building, in the large gravel car park.

**Timekeepers:** Sharon Fensom & Jon Thorne

**CTT Observer:** Kevin Hobbs

**Start Line Official:** (To 'manage' the start line and assist the start timekeeper): Dave Yarham

**Event Organiser:** Kevin Hobbs, 7 Cross Road, Whittlesey, PE7 1LX. Mob.07795057858

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.

### 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. 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.

### Road Bike category

For your ride in this event to be eligible for the season long Road Bike category please indicate this on the signing on sheet by **ticking the appropriate box or writing RB next to your name**. 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.



FOUNDED 1935

PRESIDENT:  
Sue Holliday

## 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.

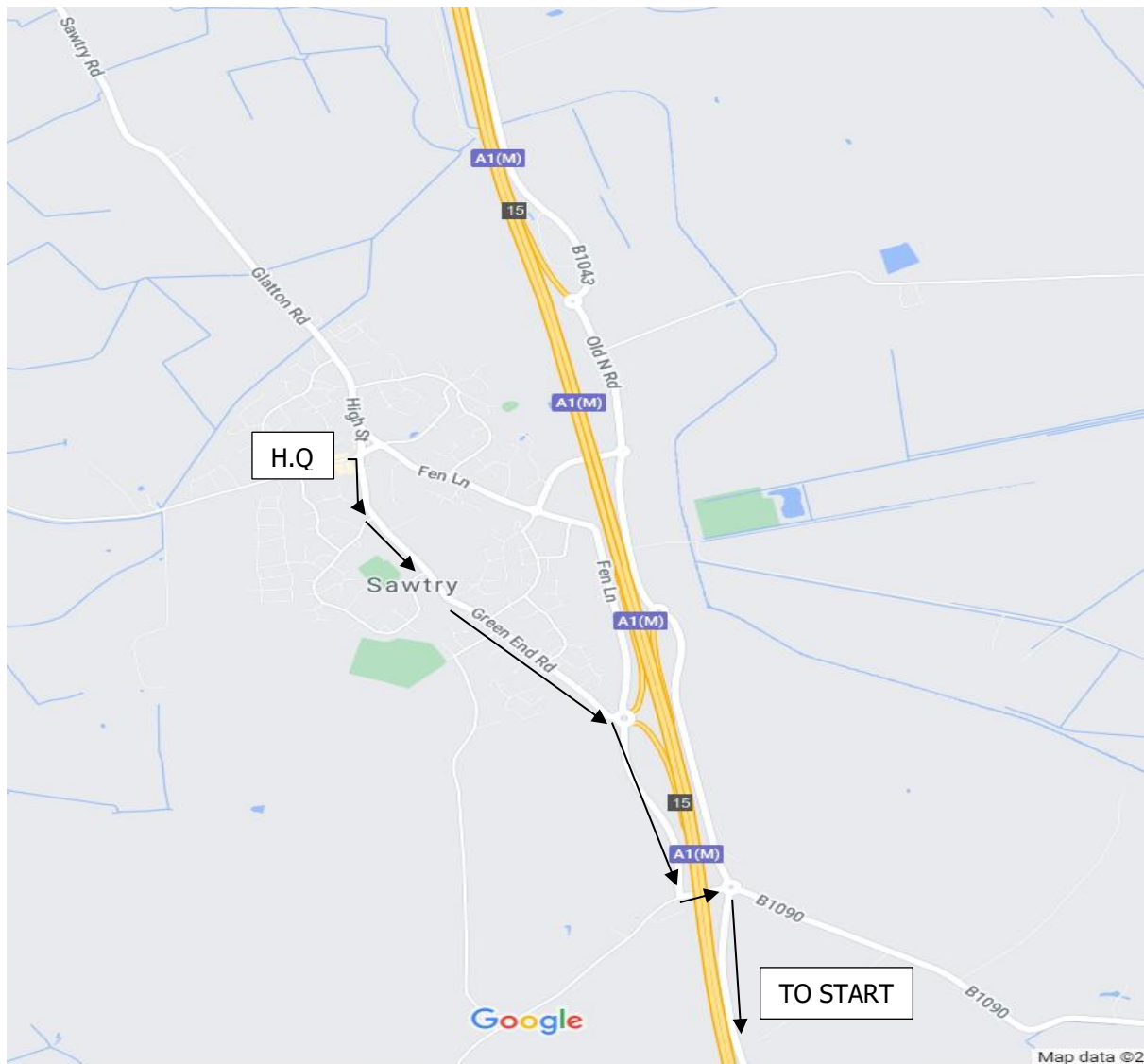
Failure of any of the above three points will render the competitor not being allowed to start the event.

## 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.

## Riding to the Start:

From the Race HQ to left and after 50 yards turn right onto Green End Road, follow this until it reaches the A1 Roundabout and take the 3<sup>rd</sup> exit onto Toll Bar Way, follow this until the T Junction, then turn left and pass over the A1, at the next RaB take the 3<sup>rd</sup> exit onto the B1043 South (You are now on the course) up the Stangate Hill to the Start at the Flyover at Alconbury Hill...Around 4 miles ( 25 mins )



## COURSE IDENTIFICATION: COURSE NUMBER N1/15

START On B1043 near the Wheatsheaf Flyover opposite lamp post no1 on east side of road approx 330 yds North of Monk Wood Junction B1090 PROCEED On B1043 North to Sawtry Toll Bridge Roundabout (2.30miles) where STRAIGHT ON 2nd exit stanch Hill Roundabout (3.01miles) where STRAIGHT ON 2nd exit to St. Andrews Bridge Roundabout (3.45miles) where STRAIGHT ON 2nd exit to Sawtry North Roundabout (3.85miles) where (See SAFETY WARNING BELOW) STRAIGHT ON 2nd exit to Stilton Roundabout (7.73miles) where TURN and retrace on B1043

south to Sawtry North Roundabout (11.58miles) where STRAIGHT ON 1st exit to St. Andrews Bridge Roundabout (11.97miles) where STRAIGHT ON 1st exit to Stanch Hill Roundabout (12.35miles) where STRAIGHT ON 1st exit to Sawtry Toll Bridge Roundabout (13.14miles) where STRAIGHT ON 2nd exit on B1043 to FINISH On B1043 in line with 4 manhole covers in grass verge with blue hydrant, approximately 50 yards short of gateway to Amey Cespa Waste Management Centre. (15 miles)

**SAFETY WARNING:** When travelling north from St. Andrews Bridge Roundabout you will approach the Sawtry North Roundabout downhill and will need to continue around the island further than is usual, so give yourself plenty of road space and adjust your speed so you can negotiate the roundabout safely.

**COURSE NOTES :-** The only motor vehicles associated with the Event allowed near Start or Finish will be those of the Timekeepers. Please take extreme care when passing through villages re Parked Cars, Bends and Pedestrians. Including going to and returning from the start and finish.

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, near the kerb. 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.

The course has a number of Roundabouts, please take care on the approach and give way to traffic if required, marshals cannot stop vehicles for you.

Some patchy and broken tarmac is evident on the course especially around the Roundabouts, this can safely be avoided if riding carefully looking up the road.

If blustery take care of side winds on the fast downhill section in the first mile, ride within your limits.

## Competitors:

(A) = Association Club

Categories: S = Senior W = Woman J = Junior/ Juvenile  
Masters Men: A = 50-54, B = 55-59, C = 60-64, D = 65-69, E = 70-74, F = 75 plus  
Masters Women: 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 2023 season there are no separate juvenile or junior sections, only a single U19 category, i.e. Those Competitors aged under 18 or have their 18<sup>th</sup> birthday during 2022

### 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](http://www.northamptondca.org.uk)