



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

START SHEET
For the
Bedfordshire Road Cycling Club
Open 10 mile Time Trial
Course F1B/10.
Sunday 9th. June 2019. First rider off at 7.15am

Event Secretary

Matt Donovan
C/O BRCC Clubhouse, Southill Road, Cardington, Bedfordshire, MK44 3SX
Tel: 07863 110799
Email: matt_donovan82@hotmail.com

Time Keepers

Michael Bannister/Mark Gray

Event HQ

Stuart Memorial Hall, Church Street, Tempsford, Sandy, SG19 2AW
(motor access is through the village, not directly from A1)
HQ opens at 6am

Directions to Start

Proceed South along Church Street until you reach the roundabout where you take the first exit to cross over the A1. At the roundabout at the far side of the flyover take the first exit again and continue north. The start will be on your offside well before you reach the Station Road junction. Allow at least 10 minutes to get to the start.

Course Details

START (GR163527) on B1043, approx. 300 yards north of Tempsford flyover, 195 yards north of lamp-post 21 and 5 yards north of the 7th drain north of lamp-post 21. [This is the 3rd drain south of gateway and 100 yards south of kerb start].

Proceed south, straight on at 1st mini-RAB to join A1 (care) and continue over Sandy RAB to:-

TURN (5.16 miles) at North Biggleswade RAB (Warden Lane), retrace A1 northbound, continue over Sandy RAB to:-

FINISH (GR163523) at clearway sign on **EXIT of Blunham Road to A1**, 200 yards before (i.e. south of) Tempsford flyover.

NOTE: RIDERS STAY ON THE A1 FOR THE FINISH FOR THIS COURSE.

In brief it is **very simple** – join the A1, go straight through the Sandy RAB, turn at the Biggleswade North (Sainsburys) RAB, through the Sandy RAB again and keep going to the Finish Line (and past it – go by the Hall and then use the foot path alongside the A1 to get back to the HQ).

The suggested route back to HQ is via a footpath, 300 yards after finish that leads onto Tempsford village road.

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL SAFETY HELMET that meets an internationally accepted safety standard. ALL juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet. Cycling Time Trials and the Event Promoters recommend the use of a **flashing red rear light whilst competing.**

Local Regulations and Instructions

- No U turns should be made in sight of the start or finish areas while riding on the public highway.
- No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points.
- Due to complaints from residents of Tempsford village, if you chose to park in Tempsford and not Blunham, you **MUST** park away from houses. No parking south of the Wheatsheaf public house.
- Absolutely no parking on any part of the course, at any time.
- **NO WARMING UP ON STATION ROAD**, Tempsford, 700 yards north of start point.

- You are reminded to ride on the Left Hand Side of the road except for safe overtaking, in accordance with CTT Regulation 20.
- Race numbers will be situated at the event HQ and must be signed for personally. You MUST sign back in within a reasonable time after finishing. NO SIGN – NO TIME!

Finish Timekeeper(s) - should park west of the clearway sign on the entry road from Blunham Lane to the A1, opposite the clearway finish sign on the A1, about 15 yards west of A1 carriageway.

Rider Prizes:

Male and Female

1st = £30

2nd = £20

3rd = £10

Fastest Team of Three Riders

1st = £30