

The Finsbury Park



Formed 1883

Cycling Club

Start Sheet

Under C.T.T. Regulations

**Men's Memorial Trophy and Womens Quaich Trophy - 50 miles Time Trial
Solo and Team Awards**

Sun 4th July 2021

Course F1B/50 (2008)

Start Time 07:30

Event Secretary:- Vince Freeley
13 The Orchard
LONDON
N21 2DN

Tele:- 020 8340 9780
Mob:- 07970 462554

Timekeepers:- Mr G.A.Hart, Icknield RC.
Headquarters:- Stuart Memorial Hall, Tempsford, Beds. SG19 2AW

Awards Men

1st £50 and Memorial Trophy (one year).
2nd £30

Awards - Women

1st £50 and Quaich Trophy (one year).
2nd £30

Vet/Std 1st £15 1st Team of 3, £10 each

Course F1B/50 - (2008)

START on B1043, approx. 425 yards north of Tempsford flyover; 25 yards north of south end of kerb and 55 yards south of the south end of Armco barrier. (GR164526).

Proceed south, straight on at mini-roundabout to join A1 (CARE) and continue over Sandy, North Biggleswade (Warden Lane) and South Biggleswade RABs to:-
LEAVE A1 (11.96 miles) by bearing left onto slip road at commencement of A1(M) approx. 2 miles north of Baldock. Take 3rd exit off RAB onto A507 to:-
TURN (12.77 miles) at 1st RAB, Norton/Stotfold, retrace along A507 to A1 to:-
TURN LEFT up slip road to rejoin A1 northbound carriageway. Retrace outward route over all junctions to Tempsford where:-
TURN (25.26 miles) by turning left off the A1 at Tempsford Road and within 80yards turn right (CARE), at small RAB, cross the A1 overbridge, then right at mini-roundabout to re-join the A1 (care) southbound and continue over Sandy, North Biggleswade (Warden Lane) and South Biggleswade RABs to:-
LEAVE A1 (36.98 miles) by bearing left onto slip road at commencement of A1(M) approx. 2 miles north of Baldock. Take 3rd exit off RAB onto A507 to:-
TURN (37.79 miles) at 1st RAB Norton/Stotfold, retrace along A507 to A1 to:-
TURN LEFT up slip road to rejoin A1 northbound carriageway. Retrace outward route over all junctions to:-

FINISH by bearing left off the A1 at Tempsford Road to finish at Clearway sign. (GR162522).

Covid-19

Regrettably, no refreshments will be available, so ensure you bring your own if required. Fresh water can be obtained in the kitchen.

Please, no gathering in groups in the hall or outside in the car park. Leave the area as soon as possible after you finish your ride. Results will be posted to CTT website Sunday pm and riders advised accordingly.

Tempsford Memorial Hall has 'conditions of hire' relating to Covid-19, including:

- Use the hand sanitiser supplied when entering the hall and after using tissues. A QR code is posted at the hall entrance for those who use the track and trace app.
- You will make sure that everyone likely to attend your activity or event understands that they **MUST NOT DO SO** if they or anyone in their household has had COVID-19 symptoms in the last 48hr, and that if they develop symptoms within 10 days of visiting the premises, they **MUST** use the Test, Track and Trace system to alert others with whom they have been in contact. They **MUST** seek a Covid-19 antigen test. You **MUST** also contact our Bookings Secretary.
- You will ensure that all your attendees will wear face coverings for their entire stay at the Hall unless they have an exemption. The only other exceptions are for those attending exercise classes or when eating and drinking.
- You will ensure that no more than 25 (Main Hall) or 6 (Committee Room) people attend your activity/event, in order that social distancing can be maintained. You will ensure that everyone attending do so in groups of no more than 6 (unless they are a "qualifying" group) and that such groups do not mingle. You will ensure that social distancing of 2m between individuals is maintained by everyone attending as far as possible, including while waiting to enter the premises and, as far as possible, when using more confined areas, e.g. the entrance corridors next to the stage, where contact should be kept as brief as possible. You will make sure that no more than one person uses the toilets at one time.
- You will encourage users to bring their own drinks and food.
- In the event of someone becoming unwell with suspected Covid-19 symptoms while at the hall you should remove them to the designated safe area which is the Committee Room if the Main Hall is being used and vice versa.
- You will take particular care to ensure that social distancing is maintained for any persons aged 70 or over or likely to be clinically more vulnerable to COVID-19, including, for example, keeping a 2m distance around them when going in and out of rooms and ensuring they can access the toilets, kitchen or other confined areas without others being present. For most people, passing another person in a confined space is less risky, but for older and vulnerable people that should be avoided.

No	Name	Club	Gend	Cat	Vet.Std	Start	
31	Liam	Somerville	Bike Jockey CC	Male	Senior		07:31
32	Edward	Smith	Kettering CC	Male	Veteran	2:22:20	07:32
33	Simon	Bowler	Berkhamsted Cycling Club	Male	Veteran	2:22:56	07:33
34	John	Howells	Corinium Cycle Club	Male	Veteran	2:44:13	07:34
35	Luke	Clarke	TMG Horizon Cycling Team	Male	Senior		07:35
36	Wolfgang	Emmerich	London Phoenix CC	Male	Veteran	2:21:12	07:36
37	Ian	Stokes	Team Salesengine.co.uk	Male	Veteran	2:24:54	07:37
38	Karina	Kaufmann	CC London	Female	Veteran	2:27:12	07:38
39	Graham	Laming	Bedfordshire Road CC	Male	Veteran	2:23:34	07:39
40	Leon	Marshall	Royal Navy & Royal Marines CA	Male	Veteran	2:14:56	07:40
41	Peter	Richards	Icknield RC	Male	Veteran	2:22:20	07:41
42	Ben	Houston	East Grinstead CC	Male	Veteran	2:16:06	07:42
43	Ingrid	Salisbury	Mercedes AMG Petronas CC	Female	Senior		07:43
44	Paul	Tunnell	Addiscombe CC	Male	Veteran	2:24:13	07:44
45	Nick	Cave	Team Lutterworth Cycle Centre	Male	Veteran	2:21:12	07:45
46	Adam	Laycock	VTTA (East Anglia Group)	Male	Veteran	2:20:39	07:46
47	Timothy	Walton	Team Bottrill	Male	Senior		07:47
48	Stefan	Hurst	Ronde Cycling Club	Male	Senior		07:48
49	David	Morgan	Icknield RC	Male	Veteran	2:16:30	07:49
50	Ross	Clarke	TMG Horizon Cycling Team	Male	Senior		07:50
51	Simon	Hanrahan	Precision Race Team	Male	Veteran	2:16:06	07:51
52	Matt	Price	Icknield RC	Male	Veteran	2:15:19	07:52
53	Peter	Anstey	Welwyn Whs	Male	Veteran	2:26:20	07:53
54	Martin	Webb	Icknield RC	Male	Veteran	2:27:54	07:54
55	Daniel	Ryan	North Road CC	Male	Senior		07:55
56	Andrew	Halliday	Westerley Cycling Club	Male	Veteran	2:18:13	07:56
57	Matt	Donovan	Bedfordshire Road RT	Male	Senior		07:57
58	Richard	Tully	Elite Cycling	Male	Veteran	2:16:06	07:58
59	Neil	White	Ambion Racing Team	Male	Veteran	2:20:08	07:59
60	Ashley	Cox	Team Bottrill	Male	Senior		08:00
61	Grant	Orsborn	Bedfordshire Road RT	Male	Veteran	2:24:13	08:01

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Cash awards will be paid via BACS; winners will be asked to provide bank account details for rapid payment.

NO WARMING UP ON STATION ROAD, Tempsford, 700 yards north of start point.

Regulation 16. Competitors Clothing.

All riders are reminded of the requirement to pin your number below the waist in a position so as to be clearly visible from behind. This enables the number checkers to ensure your finish time is correctly recorded.

No competitor may carry advertising except as a member of a club that has paid the advertising fee.

Local Regulations.

No.1. No U turns should be made in sight of the start or finish areas while riding on the public highway.

No.3. 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.

No.4. Due to complaints from residents of Tempsford village; 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.
- Any infringement of these instructions/regulations will result in disqualification and possibly further disciplinary action.
- Please collect race numbers in person at the H.Q. and sign the required form.
- Return to HQ after your ride and 'SIGN OUT' as per regulation.

CTT Regulation 14 (i)

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has 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.

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 safety standard.

This event may be subject to a doping control.

As soon as you have finished, you should return to event HQ as it is your responsibility to check if you are required for Doping Control.

If your number is displayed, you should report, immediately, to Doping Control, which will be nearby.

REMEMBER, it is up to you to check and ensure you comply.