

Berkhamsted Cycle Club Time Trial



BERKHAMSTED CYCLING CLUB

Start Sheet

Under C.T.T. Regulations

Men's & Women's Time 10 Mile Time Trial

Solo, Team, Men's, Women's, Vets & Junior Awards (Team's has to be members of same household)

Sunday September 27th, 2020 Start Time 9:00

Course F12B/10

Event Secretary: - Paul Gardner
Berkhamsted Cycle Club

Timekeepers: Annette Lacey and Assistant TBC
Headquarters: Tracy's Café Old Airfield Industrial Estate, Cheddington Lane, Long Marston, Tring
HP23 4QR

Due to Covid restrictions there will be NO medals awarded in 2020

Awards Men –

1st £20 2nd £15 3rd £10

Vet £10

Juvenile £10

Junior £10

Awards Women –

1st £20 2nd £15 3rd £10

Vet £10

Juvenile £10

Junior £10

Awards Road Bike – (Awarded to the fastest riders NOT on a TT bike)

1st Male and Female Athlete Award - £15 each rider

Awards Team – Medals PLUS

1st Team of three Women - £10 each (have to be same social bubble or household)

1st Team of three Men - £10 each (have to be same social bubble or household)

One rider, one prize; except team award

This is a "**Type A**" event and as such is open to registered riders and first claim members of CTT clubs, which you'll have named or have to name on entry to be accepted

Competitors in Type A events must be either:

(a) members of clubs directly affiliated to the Company* or of the Headquarters' Club; or

(b) schools' representatives when riding in Youth Championship events; or

(c) members of overseas clubs or trade teams affiliated through their National Governing Body or Federation to the Union Cycliste Internationale (U.C.I.).

Members of such clubs or trade teams may compete as a member of a national or regional representative team. All overseas riders must present their current racing licence or membership card to the designated official prior to starting. The minimum age for competitors when competing on a solo machine in events on the public highway is 12 years. *

YOU NEED A WORKING REAR LIGHT AFFIXED TO YOUR BIKE

To insert rider name and number start list

**NO U TURNS WHATSOEVER ON TT COURSE IN SIGHT OF START | FINISH – PENALTY DQ
NO WARMING UP WITHIN 1K OF START AND FINISH LINE**

Regulation 16. Competitors Clothing

1. 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
2. No competitor may carry advertising except as a member of a club that has paid the advertising fee
3. All riders must be wearing short or long sleeved cycling jerseys and skin suits; no triathlon or sleeveless tops allowed

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. Please do not park across driveways, or within 75m of road junctions, park with care
- 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.

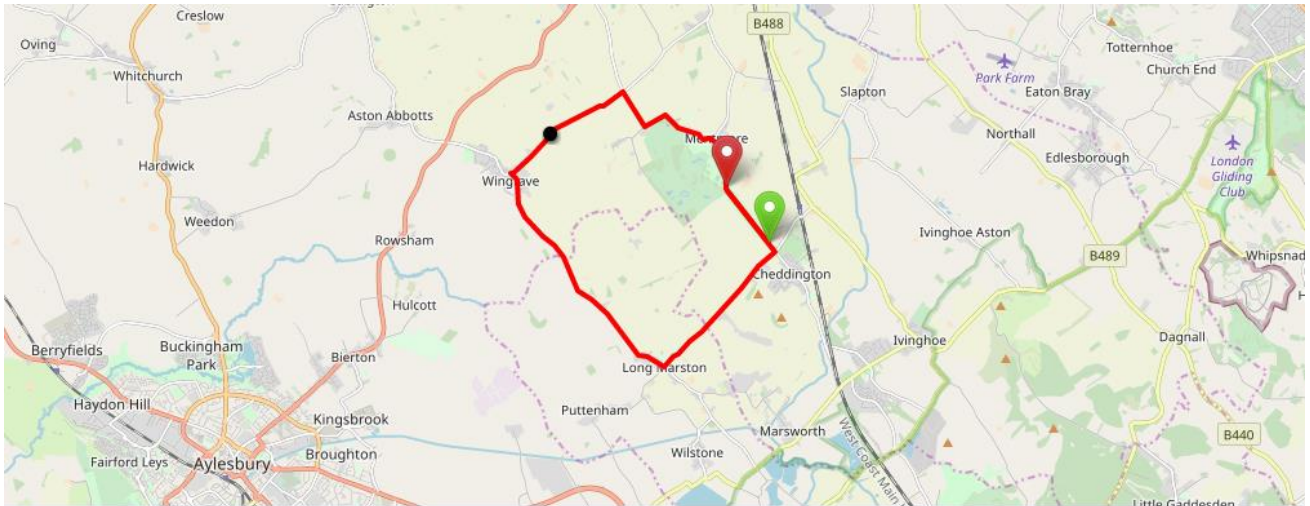
IN THE INTERESTS OF YOUR OWN SAFETY

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL helmet that meets an internationally accepted safety standard.
YOU MUST HAVE A WORKING REAR RED LIGHT ATTACHED AND SWITCHED ON

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.

Course F12b



Police Area(s) Buckinghamshire and Hertfordshire

LOCAL REGULATIONS No. 1, 3 and 4 apply

START north of Cheddington, some 100 yards north of double RAB junction of Long Marston Road and Station Road

Proceed northwest towards and through Mentmore for approx 2.9 miles to junction with Park Gate, where, **'GIVE WAY'** and:-

Turn Left onto Leighton Road, towards Wingrave, where at approx 4.5 miles, **'GIVE WAY'** and:-

Turn left onto Dark Lane and proceed past crossroads junction, Mill Lane/Moat Lane, onto Tring Road (becomes Station Road at approx 5.7 miles). Continue on Station Road to Long Marston where:-

Turn left on to Cheddington Lane, 7.4 miles, (adjacent to Queens Head PH). Continue on Cheddington Lane, becoming Long Marston Road, to RAB junction with Station Road, where **'CAUTION'**:-

Turn left to complete the circuit and:-

FINISH approx 1200 yards past the start point.

ADDITIONAL COVID 19 REGULATIONS

Time trialling inherently fits within a social distanced sport. The actual act of racing against the clock is an independent effort devoid of close contact.

As such the format of time trials does not need any form of adjustment to continue, and it is only the implementation of an event that needs consideration.

As race organisers please rest assured that we will be complying with government guidelines where applicable and CTT advice on running a safe as possible race for riders, organisers, officials and others attending.

You are responsible for maintaining social distance as per current guidelines and additionally following signage, official and Marshall instructions and guidance wherever possible, this is for your safety and ours. Please note that we are thankful for your participation in following the rules for this event and we expect your respect, courtesy and compliance with any arrangements communicated in this document or at the race venue, in the same way that you expect ours. The race organiser will endeavour to have all turns marshalled, however due to c19 some turns may rely on you knowing the route (your responsibility) and on the road signals (turn arrows) and signage.

Drafting IN the event is dealt with by CTT guidelines, but we will reiterate here that in respect of Covid 19 distancing these guidelines should be adhered to 100%

Drafting – Social Distancing.

- Drafting is detailed in CTT regulations:

If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind. You must set your own pace and not use another rider as a pace maker. The onus on avoiding company riding shall be on the rider overtaken.

Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by re-passing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.

This far exceeds that of 2m guidance (note this is not a legal requirement in England) and for assistance and the avoidance of doubt, when considering infractions of drafting (ensuring the RA is being adhered to is essential) it maybe helpful to use the triathlon drafting box:

Drafting Diagram

Diagram 1 Distance of drafting zone for ALL competitors

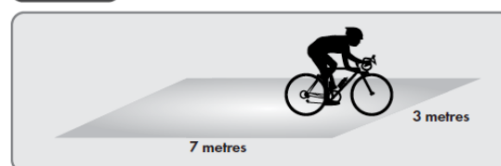
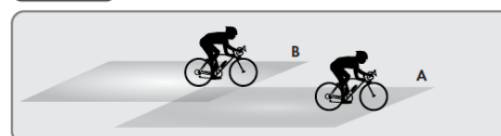


Diagram 2 Drafting



A has overtaken B and B is now drafting the lead cyclist A. B must drop out of A's draft zone before attempting to re-pass A. A must move to the Left Hand Side of the road when safe. B can only overtake A on A's Right Hand Side.

Signing on **IMPORTANT**

This will be self-serve. Start lists will be taped to the sign on table. **Bring your own safety pins** Signage and directions to do this will be at the venue. Please maintain social distancing with a MINIMUM of 1 metre and preferable 2 metres between riders queuing. **Bring your own pen We will NOT provide, no pen, no sign on, no race. Ensure you leave the sign on table a different way / direction to the one you came to it** There will be a column to indicate whether or not you are a high risk person for Covid 19 who has been shielding after advice from PHE or NHS. **Please return race numbers back to the desk, sign out WITH YOUR OWN PEN and place numbers in bucket provided**

You may ONLY compete if you are in good health and not exhibiting symptoms of Covid 19 in the week prior and on the day of the race. You should not race if you have had advice from a medical professional advising you not to do so.

Specifically for the Berkhamsted TT:

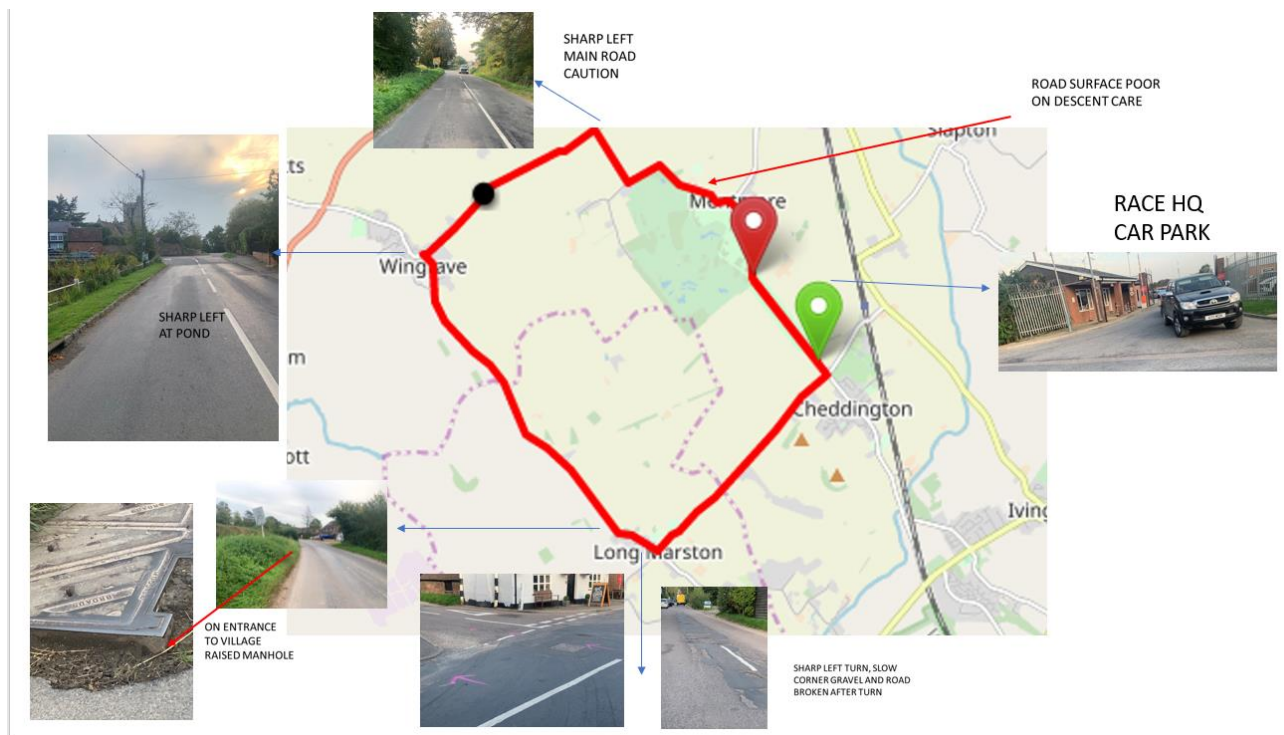
- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms
- ARRIVE DRESSED TO RACE
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup
- Ideally all warm-ups should be done on the road. NO warm ups on static rollers or turbos allowed anywhere at the race HQ and venue
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race. Results and cash disbursements will be sent to recipients bank accounts by direct transfer. There are no exceptions
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. **Please telephone the organiser if you have failed to finish the event**
- Please attend wherever possible ON YOUR OWN as we are not encouraging supporters. Given the measures spectators and supporters will not be able to stand on vantage points that are highly likely to be staffed by Marshalls and or will not be able to congregate around the race HQ or car park, therefore remaining in the car is the only likely option

RACE CHANGES

- There will be NO pusher off, ALL COMPETITORS must star with one foot on the ground
- Competitors MUST NOT leave any personal items with the time keeper
- Competitors must report FIVE (5) minutes before allocated start time – there will be 5 boxes at the start and competitors must station in that box moving up as each rider at the front starts.
- **No more than 5 waiting competitors will be allowed in the start queue. If you are late, then we cannot accommodate** you as social distancing will be compromised
- Count down to start *may* be via a 3,2,1 signal through a car window at the start, or via a visual and or verbal signal of the starter 5-10 metres away at race organisers discretion

RISK UPDATE 16/09

In addition there is also pipe laying work at Wingrave, that we are told will be complete by race date. Any changes will be communicated to you at sign on.



Course Records

Solo Male

22:08

Nick Clarke

29-Sep-19 | Berkhamsted CC

Solo Female

24:48

Helen McKay

30-Sep-18 | Berkhamsted CC

Solo Male (Junior)

24:06

Harry Kirby

29-Sep-19 | Berkhamsted CC

Solo Female (Junior)

25:40

Sophie Lewis

29-Sep-19 | Berkhamsted CC