

# **London Phoenix CC (Tandems)(fee per rider)(entries close 24/04/2021)**

## **Dan Ward Memorial Time Trial**

**01/05/2021 14:00**

**F7/10**

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



## **Headquarters**

Brickendon Liberty Parish Hall (Fanshaws Room), Brickendon Green, Herts SG13 8PG

Due to Covid 19 related restrictions, competitors may make use of the Headquarters for the purposes of using the toilet facilities, only. The Headquarters may not be used for any other purposes and in particular may not be used for changing in and out of kit.

## **Route from HQ to start**

Approx. 100m West of the HQ, on Brickendon Lane at 30mph sign.

## **Course details**

START on eastbound Brickendon Lane, at 30mph sign entering Brickendon Green. Proceed past The Farmers Boy ph and continue to the junction with B158 (2.7m), where LEFT (with care) and follow B158 (Lower Hartford Road) to junction with Robins Nest Hill (4.8m), where LEFT to Little Berkhamsted (5.9m). Turn LEFT at war memorial in Little Berkhamsted and follow road to junction with White Stubbs Lane (7.0m) where turn LEFT. After approx 400yds, fork LEFT onto Ashdene Road and continue to Bayford (8.5m) where turn RIGHT (extra care) on to Brickendon Lane; proceed past Bayford BR station to:- FINISH over the brow of the hill at 30mph sign (9.2m). Police Area(s) Hertfordshire

## **Local regulations**

**Please read the following, which has been implemented in accordance with CTT's Covid related guidance**

### **Competitors**

Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.

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.

All warm-ups should be done on the road. Static warm-ups are prohibited.

### **Event HQ**

This should be used for use of the toilet facilities only. Competitors are advised to come "dressed to race".

Please do not congregate unnecessarily at the event HQ. Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.

### **Signing on**

This will take place outside. Competitors to bring their own pen for this purpose.

### **At the start**

There will be no pusher off. Competitors to wait at the start with one foot on the ground and clip into the pedal once started. In other words, a standing start.

A maximum of 5 competitors will be permitted at the start. Competitors should be at the start 5 minutes prior to their allotted start time.

Please do not leave any personal possessions at the start/ with time keepers.

### **At the finish**

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. Competitors should not congregate around or to ask questions from the finish timekeeper or any other official at the finish.

### **Signing out**

Competitors to use their own pen.

### **Return of numbers**

Paper numbers and pins will be provided at sign on. Following the event, competitors should not return their numbers but should dispose of them instead.

### **Result board**

There will be no result board. Results will be made available on the CTT website as soon as practicable after conclusion of the event.

### **Prize presentation**

This year, we will not be holding a prize presentation. All competitors are advised to make their way home promptly and not to congregate at the event HQ.

### **Wash your hands**

The World Health Organisation advises that all should wash their hands properly to avoid spread of coronavirus. WHO advise that one of the best and most basic protective measures that people can take against the coronavirus is to wash your hands frequently. On their website, WHO state: 'Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.'

### **The "1.5 metre rule"**

Please remember the government advice about the "1.5 metre rule". Keep your distance from others.

### **Please be vigilant**

Finally, please be vigilant.

### **Organiser contact details**

Andrew Price  
Flat 13 Heathview Court 20 Corringway London  
07889 991569

andyjprice@me.com

### **Time keepers/officials**

### **Course records**

### **Solo Male**

20:05

Oscar Nilsson-Julien

27-Apr-19 | London Phoenix CC (SPOCO SE)(London North Millennium 5 of 8)(entries close 19/04/19)

### **Solo Female**

24:15

Helen Boatman

05-May-18 | London Phoenix CC (SPOCO SE)(London North Millennium 5 of 8)

### **Solo Male (Junior)**

20:05

Oscar Nilsson-Julien

27-Apr-19 | London Phoenix CC (SPOCO SE)(London North Millennium 5 of 8)(entries close 19/04/19)

### **Tandem**

24:53

David Shannon, Richard May

27-Apr-19 | London Phoenix CC (Tandems)(fee per rider)(entries close 19/04/19)

### **Team TT**

42:19

Sean Meager, Toby Hunt

10-Mar-18 | CC London (2up TTT) (Two laps)(Fee per rider)

## **Awards/prizes**

### **NOTES TO COMPETITORS:**

#### 17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. 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 that you comply. If required you must report to Doping Control after finishing without delay.

# Startsheet

## London Phoenix CC (Tandems)(fee per rider)(entries close 24/04/2021)

Start Number	Start Time	Rider	Club	Gender	Category
87	15:27:00	Joe Noar	London Phoenix CC	male	Vet
87	15:27:00	Sara Portnoy	London Phoenix CC	female	Vet