

# **Hemel Hempstead CC (London North Millennium 2 of 9)(90 Riders)**

**02/04/2023 08:00**

**F11/22**

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



## Headquarters

Event Headquarters:

The Red Lion Public House

Leighton Buzzard Rd Water End HP1 3BD

Signing on from 8:00am – N.B. no changing facilities at HQ – please arrive 'ready to race'

Please park (within the lines) in 'overflow' car park – HQ is approx. 1 mile from the start

## Route from HQ to start

Head North on B440 for 1 mile.

## Course details

Course F11/22

START at layby on B440 (was A4146) Dagnall Road (GR TL029117) opposite Gade Valley Cottages just North of Gt. Gaddesden Parish Hall

Head north on B440 to Dagnall RAB (3.7mls) where turn right onto B4506 Dunstable Road

Turn right – EXTREME CARE into B4540 (5.5mls) to climb 'Bison Hill' passing Whipsnade Zoo

At RAB (7.2mls) turn left onto B4541 to climb Dunstable Downs – FAST DESCENT FOLLOWS

At RAB junction (9.4mls) turn left onto B489 Tring Road/Icknield Way - CARE

Take care at pedestrian crossing immediately after junction - stop if necessary

Continue on B489 straight over RAB's at Eaton Bray (11.2mls) and Eddlesborough (12.4mls)

Turn left onto Beacon Road (13.9mls) CARE over cattle grids at bottom and top of climb

At Ringshall (16.5mls) turn left onto B4506 Ringshall Road - CARE – FAST DESCENT FOLLOWS

At Dagnall RAB (18mls) turn right onto B440 (was A4146) - CARE

Continue on B440 to FINISH at layby (TL025121) - 21.5mls

## Local regulations

Strictly no parking in Start or Finish lay-bys

Hemel Hempstead Cycling Club wishes you all a safe and successful ride

## Organiser contact details

John Lacey  
329 Chartridge Lane Chesham  
07771756876  
01494791908  
johnlacey@btinternet.com

## Time keepers/officials

Timekeeper: Annette Lacey (Hemel Hempstead CC)  
Organiser: John Lacey Tel. 07771 756876

## Course records

### Solo Male

00:50:01

Josh Crow-Stewart

24-Mar-19 | Hemel Hempstead CC (London North Millennium 2 of 8)(90 riders)

### Solo Female

00:57:17

Anna Henderson

25-Mar-18 | hemel hempstead cc (london north millennium 2 of 8)

### Solo Male (Junior)

1:00:36

Nathan Woodhouse

24-Mar-19 | Hemel Hempstead CC (London North Millennium 2 of 8)(90 riders)

### Solo Female (Junior)

1:02:27

Lauren Higham

24-Mar-19 | Hemel Hempstead CC (London North Millennium 2 of 8)(90 riders)

## Awards/prizes

tbc

## **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

## Hemel Hempstead CC (London North Millennium 2 of 9)(90 Riders)

Start Number	Start Time	Rider	Club	Gender	Category
29	08:29:00	Thomas Godfrey	Bedfordshire Road CC	male	Junior
30	08:30:00	Leon Atkins	Welwyn Whs	male	Youth
31	08:31:00	Nathanael Thould	Icknield RC	male	Junior
32	08:32:00	Mike Bridge	Verulam CC	male	Vet
33	08:33:00	Peter Redshaw	CC London	male	Vet
34	08:34:00	Matthew Wight	Verulam Really Moving	male	Senior
35	08:35:00	Richard Moule	Bossard Whs	male	Vet
36	08:36:00	Paul Caton	Verulam Really Moving	male	Vet
37	08:37:00	Desmond Gayler	Kenton RC	male	Vet
39	08:39:00	Maddy Pope	GreenlightPT	female	Senior
40	08:40:00	John Jones	Verulam Really Moving	male	Vet
41	08:41:00	Duncan Godfrey	Team Trident	male	Vet
42	08:42:00	Henrietta Broadway	CC London	female	Senior
43	08:43:00	Tom Newbery-Dunn	Total Tri Training	male	Senior
44	08:44:00	Karine Jones	Verulam Really Moving	female	Vet
45	08:45:00	Josh Crow-Stewart	05/03	male	Senior
46	08:46:00	Dermot Kealey	Finchley RT	male	Vet
47	08:47:00	Adrian James	Verulam CC	male	Vet
48	08:48:00	Chris Knight	Team Trident	male	Vet
49	08:49:00	David Relf	Team Trident	male	Vet
50	08:50:00	Luke Clarke	TMG Horizon Cycling Team	male	Senior
51	08:51:00	Nicholas Coe	Verulam Really Moving	male	Vet
52	08:52:00	Gregory Smith	Finsbury Park CC	male	Vet
53	08:53:00	Matthew Bond	Kenton RC	male	Senior
54	08:54:00	Henry Farrell	Full Gas Racing Team	male	Senior
55	08:55:00	Ross Clarke	TMG Horizon Cycling Team	male	Senior
56	08:56:00	Sean Bradley	Team Trident	male	Senior

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
57	08:57:00	Dominic Bray	Finsbury Park CC	male	Vet
58	08:58:00	Andrew Jarratt	Finchley RT	male	Senior
59	08:59:00	Richard Davis	Verulam CC	male	Vet
60	09:00:00	Rob Walker	WardPerformanceUK.com	male	Senior