



Norlond Time Trial Combine

Start Sheet

Under R.T.T.C. Regulations

10th Sept 2017

25m TT – F10/25

Start Time 08:00

Event Secretary:- Vince Freeley (Finsbury Park C.C.)
13 The Orchard
LONDON
N21 2DN Tele:- 020 8340 9780 mob 07970 462554

Timekeeper:- Mr V.Freeley

H.Q. Thundridge Village Hall
Cambridge Road,
Thundridge,
SG12 0TU

Awards.

Norlond Medals will be awarded.

1st, 2nd and 3rd fastest

1st, 2nd and 3rd Handicap [or best improvement]

Fastest Veteran

Fastest Veteran on Standard

Fastest Team of 3 riders from one club (1st claim only)

Norlond regulations require minimum of three women riders for medals to be available.

COURSE F10/25

START (GR357168) at North edge of first full height kerbstone at South edge of entrance to field gateway on East side of A1170 (old A10) just South of 'Sow and Pigs' public house and turning for Cold Christmas. Proceed South on A1170 and at first RAB take 1st exit to join slip road onto A10 Northbound. Continue to Puckeridge South RAB (junction with A120) where:-

TURN (4.5 miles) by taking 4th exit and retrace on A10 (Southbound).

Continue past exits for Ware (A1170), Ware (A602), Hertford (A414), Harlow (A414) and Hoddesdon (A1170) to leave A10 at slip road to Turnford elevated RAB and:-

TURN (16.8 miles) by taking 3rd exit to rejoin A10 (Northbound).

Retrace past exits for Hoddesdon (A1170), Harlow (A414), Hertford (A414) and Ware (A602) to leave A10 (24.8 miles) at slip road to Ware & Thundridge.

Take 1st exit at RAB to:-

FINISH (GR355162) on Southbound A1170 directly opposite lamp post 476.

Police Area(s) Hertfordshire

Vince Freeley, Event Secretary

Please read and observe the following.

District instructions.

- **LOCAL REGULATION No. 1**
No U turns should be made in sight of the start or finish areas while riding on the public highway.
- **LOCAL REGULATION No. 2**
Competitors, their helpers and event officials must use the toilet facilities provided at event headquarters as required. Fields and hedgerows must NOT be used for toilet purposes.
- **LOCAL REGULATION 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.

Use of Motor Vehicles. CTT Regulation 22(a)

A competitor shall not be preceded, accompanied, followed by or in any way receive assistance from a motorised vehicle or its occupants, except in events at distances of 100km or more to assist with a competitor's reasonable feeding and other requirements.

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.

Bib	Start	Name		Club	Gen	Cat	Current	H/c	V.std
6	08:06:00	Paul	Demicoli	Didcot Phoenix CC	M	Vet	00:56:12	10:28	01:08:39
7	08:07:00	Nick	Clarke	Lovelo Cinelli RT	M	Sen	00:58:07	12:15	
8	08:08:00	Peter	Walton	Hertfordshire Whs	M	Vet	01:01:38	15:32	
9	08:09:00	Anthony	Rumilla	London Phoenix CC	M	Sen	01:13:00	13:04	01:11:16
10	08:10:00	Ben	Stowe	Hemel Hempstead CC	M	Sen	00:51:51	6:24	
11	08:11:00	Daryl	Maffey	YH Training S/borough	M	Vet	00:56:52	11:05	
12	08:12:00	Gareth	Wignall	Hertfordshire Whs	M	Sen	00:59:20	13:23	01:06:00
13	08:13:00	fran	Heathcote	Lovelo Cinelli RT	Fem	Sen	none		
14	08:14:00	Cheryl	Smith	Finsbury Park CC	Fem	Vet	01:01:43	15:37	
15	08:15:00	Iain	Boardman	Dulwich Paragon CC	M	Vet	00:53:44	8:10	01:13:02
16	08:16:00	Richard	Hutt	Harp RC	M	Vet	00:55:37	9:55	01:06:51
17	08:17:00	Sam	Brown	Rapha Cycling Club	M	Sen	00:58:24	12:31	
18	08:18:00	Ewan	Crallan	Cycling Club Hackney	M	Sen	none		
19	08:19:00	David	Barry	Team Bottrill / HSS Hire	M	Vet	01:04:20	18:03	01:10:21
20	08:20:00	Gray	Turnock	Finsbury Park CC	M	Vet	00:50:37	5:15	01:13:10
21	08:21:00	Karl	Willis	Herts Rouleurs RC	M	Sen	00:55:01	9:21	
22	08:22:00	Chris	Wedge	Whitewebbs CC	M	Vet	00:56:41	10:55	
23	08:23:00	Fraser	Hillcoat	Welwyn Whs	M	Vet	01:00:27	14:26	01:07:03
24	08:24:00	Quentin	Baker	SW Rouleurs	M	Vet	01:00:29	14:28	01:06:51
25	08:25:00	Paul	French	Bedfordshire Road RT	M	Vet	00:52:48	7:17	
26	08:26:00	Julian	King	Welwyn Whs	M	Vet	00:55:04	9:24	
27	08:27:00	malcolm	davies	VC Elan - Harry Perry	M	Vet	00:55:04	9:24	01:07:38
28	08:28:00	Clive	Wellings	Hertfordshire Whs	M	Vet	00:57:07	11:19	01:06:26
29	08:29:00	Thomas	Carding	NLTCEMBC	M	Sen	00:57:55	12:04	
30	08:30:00	Marcus	Fink	Rapha Cycling Club	M	Vet	00:50:23	5:02	