



LEIGHTON BUZZARD TRIATHLON CLUB

SWIM • BIKE • RUN

START SHEET

UNDER C.T.T. REGULATIONS

10 MILE OPEN TIME TRAIL

SUNDAY 15th APRIL 2018

COURSE F12/10

START TIME 10:00am

Event Secretary:

Brian Wright
15 Lindler Court
Leighton Buzzard
Bedfordshire
Bedfordshire
LU7 1TS

Tel - 07815 538 915

Time Keepers: Mr V Freeley, Finsbury Park CC. Amy Goldby, Leighton Buzzard Triathlon Club
Headquarters: Leighton Buzzard Tennis Club, Bell Close, Leighton Buzzard, Beds, LU7 1RX

AWARDS

Awards Men:

1st £25 Dorvic Cycle Vouchers
2nd £15 Dorvic Cycle Vouchers
3rd £10 Dorvic Cycle Vouchers

Vet/Junior Men:

1st £15 Dorvic Cycle Vouchers 2nd £10 Dorvic Cycle Vouchers

Awards Women

1st £25 Dorvic Cycle Vouchers
2nd £15 Dorvic Cycle Vouchers
3rd £10 Dorvic Cycle Vouchers

Awards Team

1st Team of three - £10 each

One Rider, one prize; except team award.



**BIB**

No.	Start Time	First Name	Last Name	Club
1	10:01:00	Bethany	Goodlad	Leighton Buzzard Triathlon Club
2	10:02:00	Harry	Kirby	Bicester Millennium CC
3	10:03:00	Keith	Richardson	Mildenhall CC
4	10:04:00	Neil	Warby	Leighton Buzzard Triathlon Club
5	10:05:00	Malcolm	Smith	Peterborough CC
6	10:06:00	Ian	Markham	Chronos RT
7	10:07:00	David	Lewis	VTTA (London & Home Counties)
8	10:08:00	Ian	Stevens	Ystwyth CC
9	10:09:00	Dave	Johnson	Bicester Millennium CC
10	10:10:00	Adam	Fisher	Cambridge CC
11	10:11:00	Alan	Crane	Chronos RT
12	10:12:00	Dave	Wentworth	Team Salesengine.co.uk
13	10:13:00	Tim	Webster	Northants Tri Club
14	10:14:00	Kirk	Wilde	Northants Tri Club
15	10:15:00	Barry	McDonald	3T-RACING
16	10:16:00	Kevin	Creese	Chronos RT
17	10:17:00	Kevin	Hurley	Newbury RC
18	10:18:00	Joanna	Spragg	Bossard Whs
19	10:19:00	Will	Jones	Metropolitan Police Cycle Club
20	10:20:00	Philip	Murrell	Finsbury Park CC
21	10:21:00	Richard	Moule	Bossard Whs
22	10:22:00	Ian	Baynes	TMG Horizon Cycling Team
23	10:23:00	Paul	Nicholls	Watford Velo Sport
24	10:24:00	simon	jones	CC London
25	10:25:00	Richard	Hutt	Harp RC
26	10:26:00	Sam	McDonald	St Neots CC
27	10:27:00	john	lamb	Leighton Buzzard Triathlon Club
28	10:28:00	Chris	Yoxall	Leighton Buzzard Triathlon Club
29	10:29:00	Gillian	Reynolds	Willesden CC
30	10:30:00	Gavin	Ashfield	Team Salesengine.co.uk
31	10:31:00	Nicholas	Candy	North Road CC
32	10:32:00	David	Marshall	Hemel Hempstead CC
33	10:33:00	Lez	Young (Tricycle)	Lincoln Wheelers CC
34	10:34:00	Alan	Harvey	Finsbury Park CC
35	10:35:00	Richard	Keeping	Full Gas Racing Team
36	10:36:00	Alan	Lang	Hartlepool CC
37	10:37:00	Nathan	Woodhouse	Leighton Buzzard Road Cycling Club
38	10:38:00	Steph	Russell	Team Bottrill / Vanguard
39	10:39:00	Karrie	Archer	Leighton Buzzard Triathlon Club
40	10:40:00	Mark	Ellis	Team Milton Keynes
41	10:41:00	Alistair	Sponsel	Leamington C & AC
42	10:42:00	Mick	Case	Bedfordshire Road RT
43	10:43:00	Ian	Aunger	Rockingham Forest Whs





44	10:44:00	Mark	Walker	Leighton Buzzard Road Cycling Club
45	10:45:00	Anthony	Smith	Team Milton Keynes
46	10:46:00	Andrew	Grant	Chelmer CC
47	10:47:00	Greg	Gosling	Team Milton Keynes
48	10:48:00	D	Frydman	Leamington C & AC
49	10:49:00	Marc	Smith	Rapha Cycling Club
50	10:50:00	James	Richardson	North Bucks RC
51	10:51:00	Daniel	Homer	London Phoenix CC
52	10:52:00	Oren	Peleg	Regents Park Rouleurs
53	10:53:00	Helen	Roby	Spirit Bikes CC
54	10:54:00	Michael	Banks	Leighton Buzzard Triathlon Club
55	10:55:00	Abid	Hussain	Icknield RC
56	10:56:00	Ady	Dench	Triathlon Coaching U.K.
57	10:57:00	Marcin	Basinski	Northants Tri Club
58	10:58:00	Jamie	Parsonage	Evolution Triathlon Club
59	10:59:00	Dan	Morgan	Leighton Buzzard Triathlon Club
60	11:00:00	Chris	Manko	Team Milton Keynes
61	11:01:00	Michael	Cope	Kettering CC
62	11:02:00	Rad	Hart-George	Bicester Millennium CC
63	11:03:00	Matt	Price	Icknield RC
64	11:04:00	Jon	Moon	Leighton Buzzard Triathlon Club
65	11:05:00	Grant	Orsborn	Bedfordshire Road CC
66	11:06:00	John	Wingfield	Team Milton Keynes
67	11:07:00	Paul	Woodham	Bossard Whs
68	11:08:00	Helen	Frater	Islington Cycling Club
69	11:09:00	Andrew	Payne	Maidenhead & District CC
70	11:10:00	David	Woodhouse	AS Test Team
71	11:11:00	Toby	Maloy	Team Milton Keynes
72	11:12:00	Wendy	Gooding	Team Bottrill / Vanguard
73	11:13:00	Chris	Penn	Leighton Buzzard Triathlon Club
74	11:14:00	THOMAS	EVANS	Welland Valley CC
75	11:15:00	matthew	saunders	Team Vision Racing - Silverhook
76	11:16:00	John	McCormack	Islington Cycling Club
77	11:17:00	Tim	Fowler	PSSA Cycling Club





NO WARMING UP ON COURSE.

The Grovebury Road approaching to the race start has a number of potholes so please be cautious if you are considering using for warm up.

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.

- Absolutely no parking on any part of the course, at any time.
- Any infringement of these instructions/regulations will result in disciplinary action and probable disqualification.
- 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 new regulation. Flashing rear lights are growing in popularity and may contribute to rider safety.

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.

Flashing rear lights may contribute to rider safety.

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 F12/10 (Amended Feb 2018)

START GR919236 on A4146, about 180yds east of Grovebury Road RAB, (A4012), 98yds east of lamppost 46, opposite a RAB sign on the other side of the road. Proceed eastwards along A4146, straight on at Billington RAB/B440 (then route becomes A505) to RAB junction with Watling Street, A505:-

TURN (5.2 miles) by taking 3rd. exit out of RAB and retrace westwards along A505, straight on at Billington RAB to:-

FINISH, about 110yds east (before) bridge over the A4146, (GR923236) some 665yds east of the start.

Police Area(s): Bedfordshire

LOCAL REGULATIONS No.1 and 3 apply.

The start from Race HQ – Leighton Buzzard Tennis Court:

Turn right (south) out of Race HQ to mini roundabout taking 2nd exit onto Grovebury Road. Follow road right and Southwest through zebra crossing. Proceed southwest down Grovebury Road over mini roundabout (2nd Exit) to roundabout Junction of the A4146 and Grovebury Road. Start approximately 180 yds east of Roundabout.

