

Start Sheet for the

# Northampton & District Cycling Association GHS South East Midland Regional Qualifiers.

## 10-mile Time Trial (TT Series Event 5 of 8)

### also incorporating National Clarion Championship

## Saturday 6<sup>th</sup> July 2019 starting at 2 pm

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

This is a counting event for all categories of the time trial series championships.



FOUNDED 1935

PRESIDENT:  
Trevor Randall

For up to date N&DCA news including the latest points tables visit our website

<http://www.northamptondca.org.uk>

**Headquarters:** Sawtry Village Hall, The Old School House, 37 Green End Road, Sawtry, Huntingdon PE28 5UY.

**Facilities:** The HQ will be open from 12.45 pm. Signing-on and number collection will be at the HQ. Light refreshments will be on sale. A free cup of tea/coffee will be available for all marshals and helpers, for competitors a free tea/coffee on return of your race number.

**Parking:** There is ample parking at the HQ.

**Timekeepers:** Richard Daniells

**Event Secretary:** Steve Clarke, 67 Hall Lane, Werrington, Peterborough PE4 6RA Tel: 07951 666331

#### CATEGORIES

(A) = Association Club    Categories: S = Senior    W = Woman    Jun = Junior    Juv = Juvenile  
X = Masters (born 1959-1968)    Y = Masters (born 1949-1958)    Z = Masters (born 1948 or earlier)

Prize Values	Fastest	Lady	Junior / Juvenile	Masters X (born 1959-1968)	Masters Y (born 1949-1958)	Masters Z (born 1948 or earlier)	Team of 3
1 <sup>st</sup>	£15	£9	£9	£9	£9	£9	£18
2 <sup>nd</sup>	£12	£7	£7	£7	£7	£7	£15
3 <sup>rd</sup>	£10	£6	£6	£6	£6	£6	-
4 <sup>th</sup>	£9	-	-	-	-	-	-
5 <sup>th</sup>	£8	-	-	-	-	-	-
6 <sup>th</sup>	£7	-	-	-	-	-	-

**Local Regulations:** Any rider performing a "U" turn within sight of the start or finish may be disqualified. Riders carrying out this dangerous manoeuvre are liable for DISQUALIFICATION from the event and further disciplinary action by the district committee.

**Cambridgeshire Police** stress that all competitors are made aware of the need for good behaviour and consideration towards other road users and local residents in order to avoid any complaints being received.

**National Committee Recommendations:** IN THE INTERESTS OF YOUR OWN SAFETY Hard shell helmets are recommended (Compulsory for under 18 year olds). 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 standard. It is recommended that a working REAR LIGHT either flashing or constant, is fitted to the machine in a position visible to following road users and is active while the machine is in use.

\*\*\*\*\* **ALLOW 10 MINUTES TO RIDE TO START (1.7 miles approx)**\*\*\*\*\*

**Course Details: N1/10 (10.0 miles) Course Record: Alex Dowsett 19-24**

**START** On B1043 Sawtry opposite 3<sup>rd</sup> electricity pole south of bungalow, 900 yards south of Stanch Hill roundabout.

**PROCEED** Northwards on B1043 to Stanch Hill roundabout (0.510 miles) where

**STRAIGHT ON** To St Andrews bridge roundabout (0.944 miles), where

**STRAIGHT ON** To Sawtry North roundabout (1.339 miles), where

**STRAIGHT ON** To Stilton roundabout (5.195 miles), where

**TURN** And retrace (5.237 miles) on B1043 south to Sawtry North roundabout (9.065 miles), where

**STRAIGHT ON** To St Andrews bridge roundabout, where

**STRAIGHT ON** To stanch Hill roundabout, where

**STRAIGHT ON** To:-

**FINISH** On B1043, approx.200 yards south of Stanch Hill roundabout opposite the first field entrance (10 miles)

**SAFETY WARNING: When travelling north from St. Andrews Bridge Roundabout you will approach the Sawtry North Roundabout downhill and will need to continue around the island further than is usual, so give yourself plenty of road space and adjust your speed so you can negotiate the roundabout safely.**