



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

Bedfordshire Road Cycling Club (BRCC) - Open 25 mile Time Trial
Course: F1b/25

Sunday 31st July 2022 - 06.30 hrs

All proceeds will go to the following charity - *Sue Ryder St John's Hospice, Moggerhanger*

Event HQ: Stuart Memorial Hall Car Park, Church Street, Tempsford, Sandy, SG19 2AW.
Car park will be open from 6:00am.

This event will adhere to the new CTT rules and regulations regarding COVID19.
For the latest rules and risk assessments please visit the CTT website.

Please read and adhere to the following points:

- This event will be run from the **car park** of the Stuart Memorial Hall in Tempsford.
- There are toilet facilities in the Village Hall.
- Rider Numbers will be provided but if you wish you may use your own.
- Pens, pins and sanitiser gel will be provided.
- You must sign out when returning your number. Failure to do so will result in disqualification.
- There will be no pusher-off.
- All riders must have a working front and rear (red) light. No light, no ride, no exception.
- All riders must wear a cycling helmet.
- Refreshments will be provided.
- All results will be posted on the CTT website following the event.
- Do not approach or distract the time-keeper for your time.

Event Headquarters and Sign On

Stuart Memorial Hall, Church Street, Tempsford, Sandy, SG19 2AW
(motor access is from street through the village, not directly from A1)

- The Hall will be open from 06:00
- Sign on & numbers will be available outside the front of the Hall from 06:10
- No shoe plates are to be worn within the hall
- Junior competitors must present a completed Parental Consent Form at sign on (or bring a parent to fill one in).

Local Regulations and Instructions

- No U turns to be made in sight of start or finish whilst on the road or anywhere on the A1.
- 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.
- No parking south of the Wheatsheaf Pub
- Due to complaints from residents you **MUST** park away from houses.
- Absolutely no parking on any part of the course, at any time.
- **NO WARMING UP ON STATION ROAD**, Tempsford, 700 yards north of start point.
- You are reminded to ride on the Left Hand Side of the road except for safe overtaking, in accordance with CTT Regulation 20.
- Any infringement of these regulations / instructions could result in disqualification.

IMPORTANT SAFETY NOTICE

- In accordance with Cycling Time Trials regulations, **ALL competitors must wear Protective Hard-Shell Helmets** that meets an internationally accepted standard.
- All riders must have a working front and rear (red) light switched on at or before the start.
No light, no ride, no exception.

Course details F1B/25 -

- The course will not be signed
- There are Event Warning Signs to alert other road users, as required by the Course Risk Assessment on the route and marshals at the various roundabouts.
- Riders are expected **to negotiate the course correctly and safely.**

Directions to the start-line:

- Follow Church Street away from HQ and ride out of the village up the hill.
- Take the first left at the round-about and cross over the A1.
- Take the first left at the next round-about and continue alongside the A1.
- Continue on this road for approximately a mile and the start is on the right-hand side.
- Give yourself 10-15 mins to reach the start from HQ.

Route: <https://www.cyclingtimetrials.org.uk/race-details/23639>

In brief it is **very simple** – join the A1, go straight on at 3x RAB , (Sandy, North & South Biggleswade) and TURN (12.51 miles) at commencement of A1(M) approx. 2miles north of Baldock by taking the off slip road, go around RAB and re-join A1 North at 4th exit.

Retrace outward route over all 3x RABs and keep going to the Finish Line 500 yards north of the Hall.

- **START** On the B1043, (GR GR163538)
Approx 250 yards south of Station Rd., Tempsford;
26 yards south of lamp-post B9 & 38 yards north of 1st. drain south of lamp-post B9
- **PROCEED** South, straight on at 1st mini-RAB to join A1 (TAKE CARE)
- **CONTINUE** Over SANDY, North Biggleswade (Warden) & South Biggleswade RABs
- **TURN** (12.51 miles) at commencement of A1(M) approx. 2miles north of Baldock.
Taking slip road, go around RAB, taking 4th exit / slip road to re-join A1 North
- **RETRACE** A1 Northbound, continue over 3x RAB - Continue to Finish.
- **FINISH** On A1, approx 500 yards north of Tempsford Village Hall and
200 yards south of footbridge over A1,
at railings on south side of entry to Anglia Water building.

RIDERS STAY ON THE A1 FOR THE FINISH FOR THIS COURSE.

Directions from the finish line:

- After passing the finish line on the A1
- Pull off safely at the layby just past the pedestrian fly-over by the Anchor Hotel
- Ride back along the pathway which will lead you back to the car park at HQ.

If you are unable to attend then please do let me know

Have a good race and stay safe

Ian McDonnell

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