

# **London Phoenix CC (SPOCO SE)(London North Millennium 6 of 9)(entries close 24/04/2021)**

## **Dan Ward Memorial Time Trial 2021**

**01/05/2021 14:00**

**F7/10**

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



## **Headquarters**

Brickendon Liberty Parish Hall (Fanshaws Room), Brickendon Green, Herts SG13 8PG

Due to Covid 19 related restrictions, competitors may make use of the Headquarters for the purposes of using the toilet facilities, only. The Headquarters may not be used for any other purposes and in particular may not be used for changing in and out of kit.

Please note that there is no dedicated parking at the HQ, so if arriving by vehicle please consider whether you need to allow for additional time to find suitable parking.

## **Route from HQ to start**

Approx. 100m West of the HQ, on Brickendon Lane at 30mph sign.

## **Course details**

START on eastbound Brickendon Lane, at 30mph sign entering Brickendon Green. Proceed past The Farmers Boy ph and continue to the junction with B158 (2.7m), where LEFT (with care) and follow B158 (Lower Hartford Road) to junction with Robins Nest Hill (4.8m), where LEFT to Little Berkhamsted (5.9m). Turn LEFT at war memorial in Little Berkhamsted and follow road to junction with White Stubbs Lane (7.0m) where turn LEFT. After approx 400yds, fork LEFT onto Ashendene Road and continue to Bayford (8.5m) where turn RIGHT (extra care) on to Brickendon Lane; proceed past Bayford BR station to:- FINISH over the brow of the hill at 30mph sign (9.2m). Police Area(s) Hertfordshire

## **Local regulations**

**Please read the following, which has been implemented in accordance with CTT's Covid related guidance**

### **Competitors**

Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.

An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.

All warm-ups should be done on the road. Static warm-ups are prohibited.

### **Event HQ**

This should be used for use of the toilet facilities only. Competitors are advised to come "dressed to race".

Please do not congregate unnecessarily at the event HQ. Riders MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.

### **Signing on**

This will take place outside. Competitors to bring their own pen for this purpose.

### **At the start**

There will be no pusher off. Competitors to wait at the start with one foot on the ground and clip into the pedal once started. In other words, a standing start.

A maximum of 5 competitors will be permitted at the start. Competitors should be at the start 5 minutes prior to their allotted start time.

Please do not leave any personal possessions at the start/ with time keepers.

### **At the finish**

Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race, having signed out. Competitors should not congregate around or to ask questions from the finish timekeeper or any other official at the finish.

### **Signing out**

Competitors to use their own pen.

### **Return of numbers**

Paper numbers and pins will be provided at sign on. Following the event, competitors should not return their numbers but should dispose of them instead.

### **Result board**

There will be no result board. Results will be made available on the CTT website as soon as practicable after conclusion of the event.

### **Prize presentation**

This year, we will not be holding a prize presentation. All competitors are advised to make their way home promptly and not to congregate at the event HQ.

### **Wash your hands**

The World Health Organisation advises that all should wash their hands properly to avoid spread of coronavirus. WHO advise that one of the best and most basic protective measures that people can take against the coronavirus is to wash your hands frequently. On their website, WHO state: 'Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.'

### **The "1.5 metre rule"**

Please remember the government advice about the "1.5 metre rule". Keep your distance from others.

### **Please be vigilant**

Finally, please be vigilant.

### **Organiser contact details**

Andrew Price  
Flat 13 Heathview Court 20 Corringway London  
07889 991569

andyjprice@me.com

### **Time keepers/officials**

### **Course records**

### **Solo Male**

20:05

Oscar Nilsson-Julien

27-Apr-19 | London Phoenix CC (SPOCO SE)(London North Millennium 5 of 8)(entries close 19/04/19)

### **Solo Female**

24:15

Helen Boatman

05-May-18 | London Phoenix CC (SPOCO SE)(London North Millennium 5 of 8)

### **Solo Male (Junior)**

20:05

Oscar Nilsson-Julien

27-Apr-19 | London Phoenix CC (SPOCO SE)(London North Millennium 5 of 8)(entries close 19/04/19)

### **Tandem**

24:53

David Shannon, Richard May

27-Apr-19 | London Phoenix CC (Tandems)(fee per rider)(entries close 19/04/19)

### **Team TT**

42:19

Sean Meager, Toby Hunt

10-Mar-18 | CC London (2up TTT) (Two laps)(Fee per rider)

### **Awards/prizes**

As we are not able to have a prize giving, this year, we have decided instead to award cash prizes to the fastest three competitors in the female category and the fastest three competitors in the male category, as follows:

1st - £30

2nd - £20

3rd - £12

There will also be a cash prize of £30 for the fastest female Veteran and the same for the fastest male Veteran.

The fastest veteran (in each gender category) will **not** be eligible for the positional cash prizes for the fastest three competitors in the female/male categories (as detailed above). However, any such cash prize that would have been awarded to the fastest female or male Veteran had they been eligible for the same **will not** be reallocated to the next fastest rider in

the relevant gender category but will go unawarded.

For example, if the fastest Veteran in the male gender category is also the second fastest male overall, then he will be awarded £30 as fastest male Veteran but he will not also be awarded a positional cash prize as second fastest male overall. The fastest male overall will receive a positional cash prize of £30 and the third fastest male overall will receive a positional cash prize of £12. The positional cash prize of £20 for second fastest male overall will not be awarded.

Similarly, if the fastest Veteran in the female gender category is also the fastest female overall, then she will be awarded £30 as fastest female Veteran but she will not also be awarded a positional cash prize as fastest female overall. The second fastest female overall will receive a positional cash prize of £20 and the third fastest female overall will receive a positional cash prize of £12. The positional cash prize of £30 for fastest female overall will not be awarded.

Please note that prizes will not be awarded on the day. We will instead contact the winning competitors as soon as reasonably practicable following the event to make the awards.

## **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

## London Phoenix CC (SPOCO SE)(London North Millennium 6 of 9)(entries close 24/04/2021)

Start Number	Start Time	Rider	Club	Gender	Category
1	14:01:00	Hans Nilsson	London Phoenix CC		
2	14:02:00	Louise Moriarty	Look Mum No Hands!		
3	14:03:00	David Lovell	Forest Side Riders		
4	14:04:00	Francesca Cox	London Fields Triathlon Club		
5	14:05:00	Duncan Gilbert	North Essex Velo		
6	14:06:00	Jeremy Greenwood	Finsbury Park CC		
7	14:07:00	Chris Debonnaire	London Fields Triathlon Club		
8	14:08:00	Tom Rogers	CC London		
9	14:09:00	Brenda Bozwood Davies	Team Trident		
10	14:10:00	Michael Parker	TMG Horizon Cycling Team		
11	14:11:00	Adam Swan	CC Ashwell		
12	14:12:00	Peter Redshaw	CC London		
13	14:13:00	Simon Thwaite	London Fields Triathlon Club		
14	14:14:00	Hayley Rigby	Giant Camden Team Liv		
15	14:15:00	Wolfgang Emmerich	London Phoenix CC		
16	14:16:00	Caleb Kennedy	London Fields Triathlon Club		
17	14:17:00	Roger Maidment	Forest Side Riders		
18	14:18:00	Terry Cakebread	Finsbury Park CC		
19	14:19:00	Dean McShane	Team Trident		
20	14:20:00	Murat Ozdenya	Team Vision Racing - Silverhook		
21	14:21:00	Ben Lewis	Forest Side Riders		
22	14:22:00	William Morgan	trainSharp Development Team		
23	14:23:00	Charlotte Bell	London Fields Triathlon Club		
24	14:24:00	Simon Broadway	Islington Cycling Club		
25	14:25:00	Tim Davies	CC Luton		

Start Number	Start Time	Rider	Club	Gender	Category
26	14:26:00	Simon Goodwin	London Phoenix CC		
27	14:27:00	Philip Murrell	Finsbury Park CC		
28	14:28:00	Robert Cunnane	Team Trident		
29	14:29:00	Georgina Spenceley	Total Tri Training		
30	14:30:00	Keith Dorling	Team Bottrill		
31	14:31:00	Matthew Stevens	London Fields Triathlon Club		
32	14:32:00	John Hamer	Vive Le Velo		
33	14:33:00	Keith Cockburn	Team Trident		
34	14:34:00	Christopher John Stevens	Finsbury Park CC		
35	14:35:00	Richard Hutt	Harp RC		
36	14:36:00	David Shannon	Islington Cycling Club		
37	14:37:00	Ross Jarvis	London Fields Triathlon Club		
38	14:38:00	Andrew Porter	Welwyn Whs		
39	14:39:00	Maria David	Serpentine Running Club		
40	14:40:00	Matthew Saunders	Team Vision Racing - Silverhook		
41	14:41:00	Chris Xenos	London Fields Triathlon Club		
42	14:42:00	Simon Humphris	London Phoenix CC		
43	14:43:00	Nikola Peric	Clapham Chasers		
44	14:44:00	Tom Roffey	London Fields Triathlon Club		
45	14:45:00	Martin Smith	Hutchinson - Brother UK		
46	14:46:00	Gregory Smith	Finsbury Park CC		
47	14:47:00	Andrew Jarratt	Southgate CC		
48	14:48:00	William Burton	Cambridge CC		
49	14:49:00	Henry Yp Ho	London Fields Triathlon Club		
50	14:50:00	Michael Schofield	Bishop's Stortford CC		
51	14:51:00	Matt Pumo	Verulam Really Moving		
52	14:52:00	Nick Brackenbury	London Fields Triathlon Club		
53	14:53:00	Alex Peeke	Welwyn Whs		
54	14:54:00	Lucy Neatham	Finsbury Park CC		
55	14:55:00	Anton Blackie	Welwyn Whs		
56	14:56:00	Michael Russell	Team Trident		
57	14:57:00	Greg Divall	London Fields Triathlon Club		



Start Number	Start Time	Rider	Club	Gender	Category
58	14:58:00	Marcus Shields	Ayr Roads CC		
59	14:59:00	Kris Pringle	Audax UK		
60	15:00:00	Aaron Freeman	Richardsons-Trek RT		
61	15:01:00	Sam Humpheson	Look Mum No Hands!		
62	15:02:00	Simon Neatham	Finsbury Park CC		
63	15:03:00	Tom Cawson	Islington Cycling Club		
64	15:04:00	Jon Hockley	London Fields Triathlon Club		
65	15:05:00	James Moss	North Road CC		
66	15:06:00	Duncan Godfrey	Team Trident		
67	15:07:00	Anthony Collier	Audax UK		
68	15:08:00	Gary Freer	Team Trident		
69	15:09:00	Eleanor Wiseman	London Fields Triathlon Club		
70	15:10:00	Adam Robertson	University of Bath Cycling Club		
71	15:11:00	John Jones	Verulam Really Moving		
72	15:12:00	Henry Taysom	LFGSS CC		
73	15:13:00	Peter Morgan	Finsbury Park CC		
74	15:14:00	Matthew Webber	Forest Side Riders		
75	15:15:00	Nigel Stephens	Team Terminator		
76	15:16:00	Matt Price	Icknield RC		
77	15:17:00	Peter Anstey	Welwyn Whs		
78	15:18:00	Peter Kun	London Fields Triathlon Club		
79	15:19:00	Michele Padovan	Mark White Coaching RT		
80	15:20:00	Andrew Hastings	Haste CC		
81	15:21:00	Hugh Smith	Woolwich CC		
82	15:22:00	Paul Caton	Verulam Really Moving		
83	15:23:00	Anthony Whale	Harlow CC		
84	15:24:00	Peter Holden	Team Trident		
85	15:25:00	Richard O'Rourke	Team Vision Racing - Silverhook		