

# Antelope Racing Team

## Open 50km 3-up Team Time Trial

For and on behalf of Cycling Time Trials under their Rules and Regulations

<p>Saturday 6th May 2017 Start 14:00 Course: H50km/18 Chalgrove Circuit HQ: <b>The Youth Wing of Chalgrove Village Hall from 1230</b> Timekeepers: Andrew Small, Mick Fountain and Richard Wise.</p>	<p><b>Event Secretary</b> Ralph Dadswell 25 Seward Road London W7 2JS</p>
<p><b>Scratch Prizes</b></p> <p>1<sup>st</sup> Team <b>£120</b> 2<sup>nd</sup> Team <b>£90</b> 3<sup>rd</sup> Team <b>£60</b> 4<sup>th</sup> Team <b>£45</b></p> <p>1<sup>st</sup> Team of Ladies <b>£75</b></p>	<p>020 8840 1518 07769 314 329 ralph@dadswell.com</p>

### The Course

The course is based at Chalgrove, Oxfordshire, a few miles south of M40 (J6 or J8).

The course is two laps of a not-very-technical circuit.

A key point is that you've got to be able to **count to two**, because when you get to the end of your second lap, you need to turn left and sprint the last 800m to the finish. There will be signs out, but only you will know how many laps you've done.

### Parking

With the modest number of entries this year, we should all be able to park in the car park at the HQ. Please drive and park considerately, and make sure you don't leave litter.

If more space is needed, parking is available in Chalgrove. We could also use the minor road south-east of the start point.

**For full Course Details, Details of the HQ, and Details of getting to the Start**  
– please see later pages.

There will be a **Prize presentation** in the Village Hall, soon after the last team finishes. Please try to be there, and applaud the worthy prize-winners !

### General Notes

- Numbers will be issued at the Event Headquarters (Youth Wing, Chalgrove Village Hall), and should be attached to your lower back or on your shorts. Please return your number afterwards, exchange it for a FREE cup of tea, and be sure to Sign Out.
- No vehicles other than that of the timekeeper are to be parked in the vicinity of the start or finish points.
- After finishing, riders must not stop, but should turn around and return to the Headquarters, or the alternative parking areas.

## Special Notes about Team Time Trials

- Apologies for those of you who are old hands at this sort of thing, but .....
- When you're out on the road, you should ride in single file, except when you're changing your formation. In particular, when you have finished, please remain disciplined, as other teams will still be racing, and won't want you getting in their way.
- If you wish to feature in the official result for this race then you must start with three riders (whose names appear on this sheet for your team), **all three of you must complete the course**, and you must all pass the finish line clearly displaying your race numbers.
- Incomplete teams may start, and can receive a time, but this is for "general interest" only.
- Teams who have nominated reserve riders may choose any three from the four riders listed. Teams using their reserve rider are still eligible for prizes. NB Reserves must wear the number of the rider who they are replacing.
- Official times are taken on the third rider to pass the finish, so try to stay together!

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.

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.

## Full Course Details

(OS Landranger 165)

OS Ref	Distance (km)	Description
SU 646 972	0.00	Start adjacent to the Hampden Monument in minor road 5 metres from Monument Road, north-east of Chalgrove, opposite a bench, approx 400 metres NE of junction with B480.
SU 643 968	0.40	Proceed in a SW direction to join B480 by turning left at junction.
SU 659 962	2.25	Follow B480 eastbound, to turn left at junction near Cutt Mill house.
SP 691 013	8.50	Take minor road in NE direction, over Clare Hill, to Tetsworth
SP 653 034	13.00	Turn left onto A40 westbound, to t-junction at Milton Common.
SU 604 987	20.20	Turn left onto A329 through Little Milton to roundabout at Stadhampton.
SU 643 968	24.75	Turn left at roundabout onto B480 to complete circuit at Chalgrove.
SU 659 962	26.60	Repeat circuit to Cutt Mill house,
SP 691 013	32.85	to Tetsworth,
SP 653 034	37.35	to Milton Common,
SU 604 987	44.55	to Stadhampton,
SU 643 968	49.10	to complete a second circuit and turn left into Monument Road.
SU 648 976	50.00	Continue for a further 900 metres to finish just short of the Tower Estate.

View a map showing the area of the course at <http://tinyurl.com/d8eo7mv>

View a map showing the detail of Chalgrove at <http://tinyurl.com/bs43o4d>

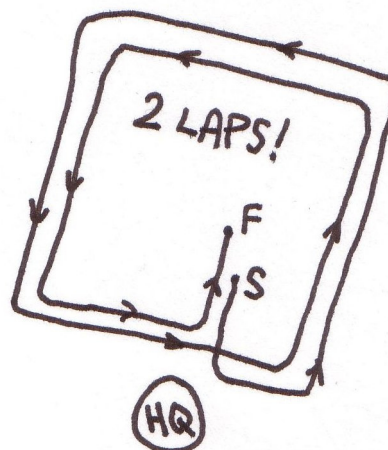
### The Course in simple terms :

This 50km TTT involves just over 2 laps of a circuit. The first 400 metres is a 'feeder' onto the circuit. After completing two full laps, you turn left back towards the start, and the final 900m is almost straight, taking you towards the end of a cul-de-sac.

There will be marshals and signs around the course, but please remember that the onus is on you to follow the correct route.

In particular, when you've done the two laps, you must be sure to turn left. There will be signs, but no marshals, at the crossroads.

There is a bit of a hill after 3km (and 28km), but it's not too bad – you'll get over it.



**Finding the HQ :**

Chalgrove is near to the B480 about 10 miles SE of Oxford. We're in the "Youth Wing" of the Village Hall. The car park we need to use is accessed by a small road on the east side of The Crown pub (which is opposite The Red Lion) on the High Street. You can aim your Sat Nav at OX44 7TE, but once you're on the High Street, look out for The Crown and The Red Lion. The access road is quite small, down the left side of The Crown, next to an area of mown grass.

**Parking**

There is a car park at the HQ, but we don't have exclusive access to it.

If we fill the car park, then you can probably park in the High Street, but please try to be considerate.

**Finding the Start :** Leaving the car park at The Crown, turn right onto the High Street & follow the road round (it becomes Monument Road) to the junction with B480. Make a staggered crossing of the B480, right then left, still in Monument Road. You might like to remember this particular left turn into Monument Road, as you'll be doing it when you're in the last kilometre of the race. After about 400m in Monument Road, you'll reach the monument and the start point.

**Getting back from the Finish :** Once finished, turn around & retrace. Take care past the start point, up to the B480. As before, make a staggered crossing of the B480, and follow the road along & around to The Crown, where turn left to the car park.

No	Name	Club	Reserve	Start time
1	Sherinne Birnie (W)	Thame CC	Sue Greenleaves (W)	1403
2	Morag Boydon (W)			
3	Andrea Fawell (W)			
4	Toby Ingham	High Wycombe CC		1406
5	Malcolm Martin			
6	Spencer Hillier			
7	Jamie Strachan	Thame CC		1409
8	James Frew			
9	Dan Faller			
10	Jane Hunt (W)	High Wycombe CC		1412
11	Jo Gundle (W)	High Wycombe CC		
12	Caroline Goodman (W)	Thame CC		
13	Paul Cope	High Wycombe CC		1415
14	Andy Davies			
15	Bobby Mcglue			
16	Jennifer Lake (W)	Lovelo Squadra Donne		1418
17	Amy Shilladay (W)	Lovelo Squadra Donne		
18	Bethany Harrison (W)	Lovelo Cinelli RT		
19	Paul Demicoli	Didcot Phoenix CC		1421
20	Simon Kelly			
21	Simon Evans			
22	Martin Fisher	High Wycombe CC		1424
23	Dominic Brooke-Read			
24	Andy Woodstock			
25	Melinda Atkinson (W)	Lovelo Cinelli RT		1427
26	Charlotte Verrinder (W)			
27	Samantha Fawcett (W)			
28	James Fox	VC Venta	Jamie Franklin	1430
29	William Fleming			
30	Nick Tarmey			
31	Phil Wakefield	Thame CC		1433
32	Charlie Anderson			
33	Gary Rees			
34	Tim Beaven	Bicester Millennium CC		1436
35	Michael Bennett			
36	Andy Court			

37	Neil Johnson			
38	Andy Bennett	Fairly United Cycling Team		1439
39	Ben Walker			
40	Kevin Chandler			
41	Matt Ward	Watford Velo Sport		1442
42	Jamie Wimborne			
43	Ollie Hucks			
44	Steve James	High Wycombe CC		1445
45	Lee Goward			
46	Chris Edginton			
47	Mike Logue	Fairly United Cycling Team		1448
48	Simon Drewett			
49	Tim Cooke	Sotonia CC		
50	Tony Maschio	VC Venta		1451
51	James Peckham	Sotonia CC		
52	Harri James			
53	Martin Stanley	Didcot Phoenix CC		1454
54	Richard Gildea			
55	Liam Somerville			
56	Faye Faber (W)	Bike Jockey CC		1457
57	Darren Cole			
58	Robert Fletcher	TMG Horizon		
59	Steve Golla	High Wycombe CC		1500
60	Pete Smith	Team Jewson		
61	Andrew Pickett			
62	Anthony Turner	Mickey Cranks CC	Matt Hermon	1503
63	Paul Renshaw			
64	Pablo Marcos Pazos			
65	Andy Gajraj	High Wycombe CC		1506
66	Jason Harris			
67	Pete Oliver			
68	Mark Cox	Fairly United Cycling Team		1509
69	Eamonn Deeley			
70	Ian Marshall	Bicester Millennium CC		
71	David Johnson	VC10	Alastair Merrill	1512
72	Harry Kirby (Jun)	VC10		
73	Charlie Tanfield			
74	Jacob Tipper	Brother NRG DriverPlan	Simon Wilson	1515
75	Dan Bigham			
76	Lucy Austin (W)	Didcot Phoenix CC		
77	Karla Boddy (W)	Corley Cycles		1518
78	Suzy Robinson (W)	VC10		
79	Antony Stapleton			
80	David Harding	Chelmer CC		1521
81	Peter Harding			