



ICKNIELD ROAD CLUB



Sporting Course Time Trial
To be held on Sunday 5th April 2020
Distance 30Km (approx. 19.6miles)

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

Official Start Sheet

CTT London North Millennium Series Event 3 of 8

Timekeepers

Annette Lacey Hemel Hempstead CC
Peter Tasker Icknield R.C.

Event Organiser

Martyn Anderson
26a Flitwick Road
Maulden, Beds
MK45 2BJ
01525404059 / 07912686436

START TIME 9.01 AM

Course F12/30Km (2017)

START at gateway (GR912000) on road called Cheddington Lane approx 0.6miles from Cheddington Cross Roads; proceed north east to Cheddington Cross Roads, **TURN LEFT** at the double roundabout (CARE) (M) and straight on through Mentmore Park, uphill to village then downhill to Mentmore Cross Roads (GR890206), **TURN LEFT** (M) on the Leighton Road to Wingrave Pond (GR869191) **TURN LEFT** (M) continue on unclassified road to Long Marston (GR898157) cross roads, **TURN LEFT** (M) (**GREAT CARE**) continue on unclassified road named Cheddington Lane through Start area to Cheddington Cross Roads **TURN LEFT** to **FINISH** (GR914184) at gateway approx 0.4 miles from Cheddington Cross roads.

THIS CIRCUIT TO BE COVERED TWICE

Event Headquarters

Cheddington Village Hall LU7 0RU

There is ample car parking; we are using the Main Hall. This will be open from 8am.

Please DO NOT wear cycling shoes in the Main Hall so as not to damage the floor

Allow about 15minutes to ride from Event H/Q to the Start.

Sign On and collect your number in Hall and remember to Sign Back in when finished.

This is a new CTT Requirement to sign back in when finished

AWARDS

1 st	£30.00	Fastest up to 29	£20.00
2 nd	£25.00	Fastest 30 to 39	£20.00
3 rd	£20.00	Fastest 40 to 49	£20.00
4 th	£15.00	Fastest 50 to 59	£20.00
1 st Woman	£20.00	Fastest Over 60	£20.00

Team

Fastest Club Team of 3	£20.00 each rider
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One rider one prize other than Team award

All competitors under the age of 18years and or Junior must wear a properly affixed helmet which must be of a hard/soft shell construction and give a Parent Consent Form when signing in.

Road surfaces

In general the road surfaces of the Course are not too bad but don't take risks at some of the corners, this applies to the LEFT HAND TURN at Long Marston where there are pot holes & gravel

Take care.