 ICKNIELD ROAD CLUB

 Sporting Course Time Trial

 CTT London North Millennium Series Event 3 of 9

 To be held on Sunday 10th April 2022

Distance 30Km (approx. 19.6miles)

**Event HQ -** Cheddington Village Hall LU7 0RU

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

**Official Start Sheet**

**Timekeepers** **Event Organiser**

Peter Tasker Icknield R.C. ` Martyn Anderson

Gordon Hart Icknield R.C. 26a Flitwick Road

 Maulden, Beds

 MK45 2BJ

 01525 404059 / 07912 686436

**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**

There is ample parking at the village hall with a 10-minute ride from Event H/Q to the Start.

The Village Hall will be open for toilet access and refreshments.

Sign-on will be inside the village hall – please remember to sign back in again after you’ve ridden.

Hand sanitiser will also be available – facemasks optional but please do not attend if you are showing Covid symptoms

Please don’t forget your helmet, rear & front lights - these are now mandatory for all CTT events.

Please refer to the course map attached to the CTT event details (do not use downloaded .gpx. or .tcx files).

**PLEASE DO NOT WEAR CLEATS INSIDE THE VILLAGE HALL AS THIS DAMAGES THE WOODEN FLOOR !!!**

 **INDIVIDUAL AWARDS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1st  | £25.00 | Fastest up to 29 | £10.00 |
| 2nd | £20.00 | Fastest 30 to 39 | £10.00 |
| 3rd | £15.00 | Fastest 40 to 49 | £10.00 |
| 1st Lady | £25.00 | Fastest 50 to 59 | £10.00 |
|  |  | Fastest Over 60 | £10.00 |

**TEAM AWARDS**

|  |  |
| --- | --- |
| Fastest Club Team of 3 | £10.00 each rider |

 **One rider one prize other than the Team award.**

**Award winners will be contacted after the event and monies transferred by BACS.**

**Any competitor under the age of 18 must wear a correctly sized and fitted helmet which must be of a hardshell construction and present a signed Parental Consent Form when signing on.**

**Road surfaces**

***Road surfaces of the Course are not too bad but don’t take risks - this particularly applies to the LEFT HAND TURN in Long Marston village cross roads where there are pot holes & gravel, and the ascent and descent of Mentmore Hill.***

***Please ensure you observe the Highway Code at all times when riding.***