

Aylesbury CC 10 mile Open Time Trial

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

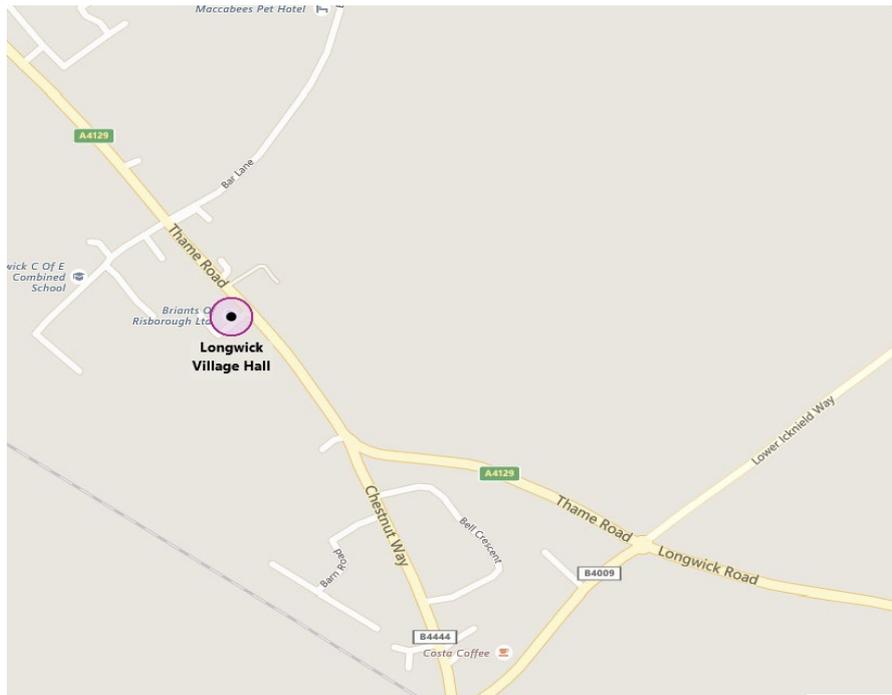
Event HQ - Longwick Village Hall, 5 Blenheim Close, Thame Road,

Princes Risborough, HP27 9SG

(Entrance opposite Village shop)

08th August 2021 at 10.00am

HCC202a (Longwick) Course



HQ Open for sign on from 8.30am

Event Secretary - Bryce Taylor, 36 Creslow Way, Stone Aylesbury, Bucks, HP17 8YW

Phone - 07889 326010

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Prizes

Road Bike Event

1st (Men) £15 1st (Women) £15 1st (Vet) £15

TT Bike Event

1st (Men) £20 2nd (Men) £10

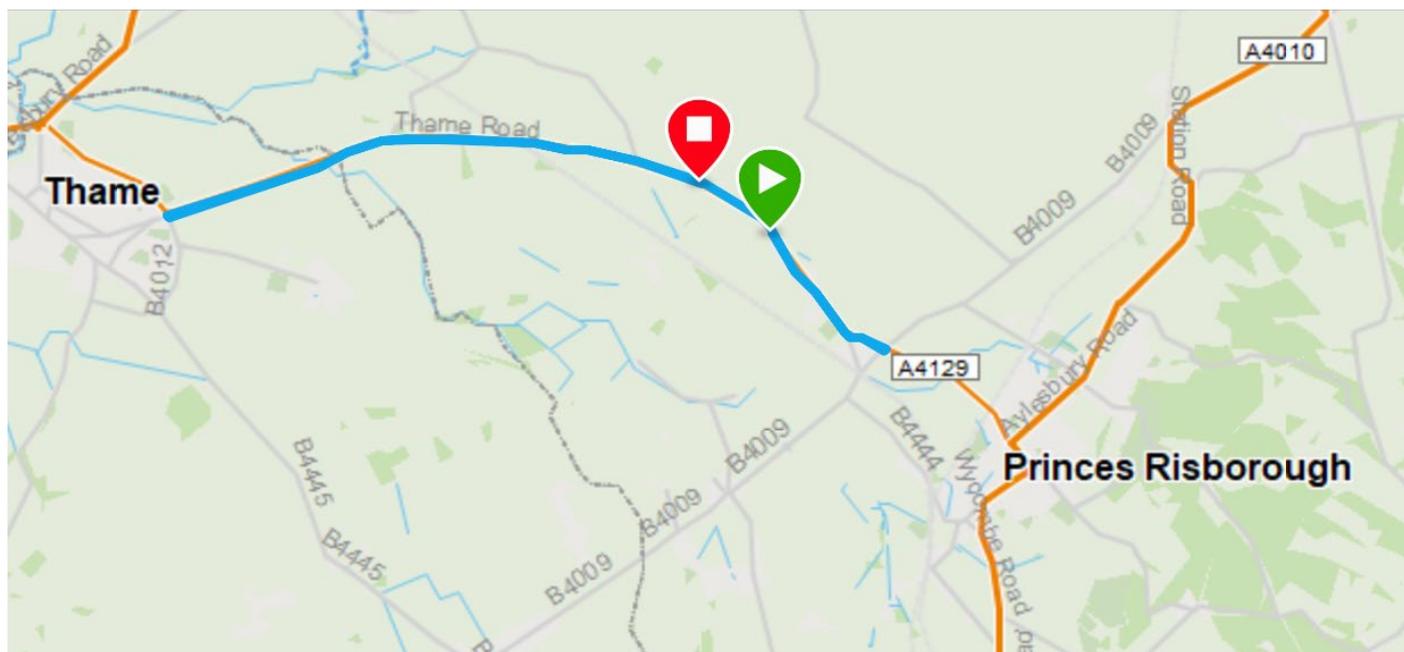
1st (Women) £20 2nd (Women) £10

Fastest Vet (on Standard) £20

We have aimed to keep entry fees low, though CTT levy has increased to £5.00 per rider. Consequently after expenses, funds for prizes are limited. Thank you for your understanding.

HCC202a Course Description

Start in the apex of Longwick layby at the eastern entrance, and approximately 127 yards before the Dept of Transport 30 mph de-restriction signs at the entrance to Longwick village. Proceed through Longwick village, over the pedestrian crossing to the "Sportsman" roundabout (M1) with the B4009 1.10 miles. Turn around the roundabout and take the 4th exit still on the A4129 and retrace through Longwick Village. Continue on the A4129 past the start point 2.2 miles. Continue on the A4129 through Kingsey village to the roundabout junction with the Thame ring road (A4129) and the B4012 (M2). 6.35 miles. Turn around the roundabout and take the 4th exit (ignoring a track into the Thame Show ground) to retrace on the A4129. Proceed via Kingsey village to finish at a point by the grass verge 32 yards short of telegraph pole number DP651 which is on the opposite side of the A4129, and 32 yards after the Department of Transport 'cross roads' signs positioned on both sides of the A4129. 10 miles.



General Event Information & Covid-19 precautions

Park in the Village Hall Car Park where there is adequate parking. There is limited additional parking in the lay-by north of the village of Longwick. This is the start lay-by so avoid parking near the south exit onto Thame Road where the race starts.

There are toilet facilities at HQ. Please use these and do not urinate elsewhere.

If you wish to warm up on the road, please be aware the course passes the entrance to HQ in both directions. We suggest you turn left then right at Bar Lane in 200yds. This will access minor local roads where you can warm up. Take care not to interfere with competing riders.

To reach the start, turn left onto the A4129, ride to the lay-by north of Longwick village, 0.7ml approx. Please take care not to interfere with riders already on the course. Enter the lay-by at the far end.

The course is very straightforward, staying on the A4129 with 360° turn at roundabouts at 1.1ml and 6.3ml. There will be marshalls at both roundabouts.

After passing through Kingsey the road descends and the surface deteriorates for a short distance (in both directions, 4.8ml and 7.3ml) so please take care on this section.

There is a light controlled pedestrian crossing in Longwick Village. There will be a marshal present try to dissuade pedestrians from using the crossing, until any oncoming rider has passed. However if the crossing is used you must stop on the red light, as you will be disqualified if you fail to do so.

In the interests of your own safety, Cycling Time Trials strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard and to have a rear light intermittently flashing.

NOTE - The return route to HQ passes the start point so earlier riders will encounter racers waiting to start. Please wait until the next rider has started and ride behind them until you reach the right turn into HQ.

COVID-19 PRECAUTIONS

Although there are no longer any legal restrictions, CTT recommend continuing care to reduce the onward transmission of Covid-19.

The HQ building has a large covered terrace so unless weather conditions are particularly adverse, sign-in, results board and prize-giving will be outdoors. If we need to be indoors we will ensure good ventilation.

Toilets will be available inside the building. There will also be refreshments available inside HQ. Please use reasonable care to safely distance from other individuals when indoors. Face coverings are not mandatory but please consider the concerns of others.

Sanitiser will be available at sign-on and on entering the HQ building.

CTT also make the following recommendations –

- i. If you are unwell with any symptoms which could be suggestive of Covid, do not attend the event. The same applies if anyone in your family have symptoms.
- ii. All competitors are encouraged to take a lateral flow test (LFT) before the event, if positive do not attend the event. Spectators are similarly encouraged to take a LFT.
- iii. When warming up, if you have an unusually elevated heart rate in relation to exercise, this may suggest asymptomatic illness so you should withdraw and DNS.
- iv. At the start area, maintain a safe distance from the rider in front.