



ICKNIELD ROAD CLUB

Sporting Course Time Trial

CTT London North Millennium Series Event 4 of 9

To be held on Sunday 16th April 2023

Distance 30Km (approx. 19.6miles)

Event HQ - Mentmore Village Hall, The Green, Mentmore, LU7 0QF



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

Official Start Sheet

Timekeepers

Gordon Hart Icknield R.C.

Event Organiser

Matt Price
100 Coltsfoot Green
Luton, Bedfordshire
LU4 0XT
07866 495235

START TIME 08:31 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 (CARE on 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 (9.3miles/ 15km) repeat circuit once (18.6miles/ 30.1km) then proceed to Cheddington Cross Roads (CARE) **TURN LEFT** to **FINISH** (GR914184) at gateway approx 0.4 miles (0.64km) from Cheddington Cross roads.

CIRCUIT TO BE COVERED TWICE

There is limited parking at the village hall so please park CONSIDERATLY along The Green or Aylesbury Road. Limited changing facilities and toilets can be found in the village hall/ HQ.

HQ to start is 2.1 miles (assuming direction of travel opposite to Course direction)

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

Post ride 'nutrition can be pre-booked at The Stag (cyclist friendly pub next door to the HQ - <https://thestag.pub/food/>)

Sign-on will be inside the village hall – please remember to sign back in again after you've ridden. As per CTT Regulations, any riders who do not sign in WILL be recorded as DNF.

Helmet, rear & front lights are mandatory for all CTT events. No helmet or light = no start.

The course will be signed and marshalled, but please ensure you are familiar with the course. GPX Route available at <https://ridewithgps.com/routes/35588787>

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

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.