



# High Wycombe Cycling Club



## Open 25 Mile Time Trial

**Sunday 23rd May 2021 on the Course H25/2**  
(For and on behalf of Cycling Time Trials under their Rules and Regulations)



### Event Headquarters:

The Garden Room, Liston Hall, Chapel Street, Marlow, SL7 1DD  
Event HQ opens at 6:00am

#### Time Keepers:

Donald Ashton Farnborough & Camberley CC  
Howard Waller

#### Event Organiser:

Ben Nichol  
17 Elderdene, Chinnor,  
Oxfordshire, OX39 4EH  
01844 354113/ 07711964460  
benjaminnichol2@gmail.com

## Prize List

	Men	Women	Vets on Std.	1st Team of 3 (per rider)	2nd Team of 3 (per rider)	3rdTeam of 3 (per rider)
1st	£40	£40	£40	£30	£25	£20
2nd	£35	£35	£35			
3rd	£30	£30	£30			
4th	£25	£25	£25			

The fastest rider will receive and hold the magnificent Wilkinson Sword Trophy for 1 year. There are many legendary time triallists who have won this trophy including Eddie Adkins, Stuart Dangerfield, Chris Boardman and Michael Hutchinson.

**Have a good ride, stay safe, and remember - head up at all times!!**



## Course details

**H25/2 - A404 Marlow**

**HQ: The Garden Room, Liston Hall, Chapel Street, Marlow, SL7 1DD**

**Course Map: <https://www.londonwestdc.co.uk/h25-2>**

### Course Description:

1. Start on the A404 approximately 0.4 mile south of Handy Cross RAB, in the first lay-by on the east side of the road, at a point at the southern end of the pathway, where the width of the lay-by Starts to decrease, directly opposite a drain.
2. Go south, going straight across at the A308/A404 RAB to the junction with the A4, where take the left hand slip road to the Maidenhead Thicket RAB. Take third exit to join the A4 towards Reading.
3. Go straight ahead at Maidenhead Business Park RAB and keep straight-ahead at the Burchetts Green mini-RAB. Go straight through Knowl Hill and Hare Hatch to the A321 Twyford RAB where go straight across and, taking care at the pedestrian lights at Charvil, continue to the Sonning Junction RAB.
4. Circle the RAB and retrace, taking care at the pedestrian lights at Charvil to go straight across at the A321 Twyford RAB and through Hare Hatch and Knowl Hill to the mini-RAB at the Burchetts Green mini RAB, where bear right still on the A4 to the Maidenhead Business Park RAB Go straight on to the Maidenhead Thicket RAB.
5. Bear left down slip road to join A423/A404 to the A308 RAB where take second exit on A404 to a point 17 yards past the centre of a foot bridge over the road, and 32 yards short of lamp post No 14 where finish.

**On finishing, riders MUST NOT stop on the A404 but immediately take the slip road leading up to the A4155, and to race HQ.**

**Have a good ride, stay safe, and remember - head up at all times!!**

## **VERY IMPORTANT INFORMATION REGARDING THE COURSE & HQ**

1. All riders are expected to know the course, they should not rely upon marshals
2. Please ensure you have a working red rear light or you will not be allowed to start the event in accordance with CTT Regulations.
3. We are using disposable race numbers for this event. We do not need your number back but you must sign back in at HQ after the event. You will be disqualified if you do not.
4. Take care when approaching the Bisham Roundabout (from both directions), it can be very busy, and visibility is limited until you are at the roundabout.
5. Please note the position of the slip road leading up to the turn at the Maidenhead Thicket Roundabout (Intersection with the A4). This is the **second** slip road after the Bisham Roundabout.
6. **Do not stop at the Finish Point, immediately take the slip road back to A4155/Race HQ**
7. Car parking - Please use the Liston Road Public Car Park next to the HQ.
8. Toilets but no showers are available at the HQ.
9. Refreshments will be available at the HQ. Covid-19 restrictions (see next page) must be observed at all times while using the HQ
10. London West DC Regulations:
  - i. LWDC Reg. 4: No vehicles except those of the Timekeepers shall be parked at the start or finish.
  - ii. LWDC Reg. 7: Noisy Turbo Trainers are not to be used at morning events within 100 yards of Residential accommodation .

### **Getting to the Start**

Turn right out of Liston Road onto the A4155 heading east. Take the next turn on the left (Wycombe Road) and follow uphill through Marlow Bottom to Handy Cross roundabout. Follow signs at the roundabout for the A404 to Marlow. Once on the A404, the start is from the first layby on the left.

It is 3.3 miles from the HQ to the start so please allow plenty of time.

### **Getting back to HQ**

Once you have finished the race, take the slip road immediately off the A404 onto the A4155. Follow the A4155 back into Marlow and turn left into Liston Road for the HQ.

## Covid-19 Precautions

1. We are sure that all riders are aware of ongoing Government measures to control Covid-19. Please do not attend the event in any capacity if you are displaying any Covid-19 symptoms or have been asked to self-isolate.
2. Please follow directions of club officials at the HQ at all times.
3. You must wear a mask at all times while inside the Liston Hall premises.
4. Hand sanitiser will be provided at sign on. You are advised to bring your own pen.
5. Race numbers are disposable and should not be returned. We are supplying new safety pins for the event for competitors who need them.
6. We will be limiting the numbers allowed into the Garden Room. On signing on, you will be asked to scan a Track and Trace QR Code. If there is an outbreak linked to the event, you will be contacted by the organiser.
7. We are supplying refreshments but these cannot be consumed inside.
8. Results will be displayed on the High Wycombe CC Facebook page <https://www.facebook.com/highwycombecc> as soon as possible after the event. Prize winners will be contacted by our Treasurer and paid electronically after the event.
9. Please avoid congregating in the car park as this is also used by members of the public. We encourage warming up on the road rather than in the car park.

**High Wycombe Cycling Club would like to thank our club sponsors for their support.**

**verco.**

**SPORTSCOVER**  
D I R E C T



**Croudace**   
HOMES.CO.UK

**srs** joinery