**Are pleased to promote a 10 Mile Open Time Trial Charity event , on Saturday 21st April 2018, using the F15/10 course**

**For and on behalf of the Cycling Time Trials under their rules and regulations.**

**Event Secretary:** Richard Moule, 59 Old Farm, Pitstone, Leighton Buzzard, Beds, LU7 9RD Tel: 01296 662657 Mob: 07903534933

**HQ:** Marston Social Club, Station Road, Marston Moretaine, MK42 0PW ( which will be open from 1 pm ).

**Timekeepers:** Mrs Annette Lacey ( Hemel Hempstead cc ) & Mr Tony Farmborough (North Bucks Road Club )

**We will be making a donation to Prostrate Cancer Uk from the surplus made from this event, in memory of Sam Williamson ( Hemel Hempstead cc ) who sadly passed away earlier this year. RIP Sam**

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| **Course** | Start (GR 966387) on old A421 at layby, on top of Hill, 0.4 mile north of Brogborough. At point 15½ flat kerbs south of the north end of the raised kerb stones. Proceed North East along old A421, straight on at (new) RAB and through (new) pedestrian crossing and Marston RAB, taking second exit, to :- Turn at Fields Road Wootton RAB (5.44 miles). Retrace south along old A421, straight on at Marston RAB and through (new) pedestrian crossing and (new) RAB to: Finish (GR 972398) approximately ¾ mile after side road to Lidlington, at second drain 28yds past start of Armco barrier.  You must obey the pedestrian lights on both outward and homeward legs. A marshal will be observing and any rider seen not doing so will be Dq’d and reported to the LNDC.  To get back to the HQ turn left after the finish into Sheeptick lane and follow through into Lidlington. Turn left at the T-junction and stay on this road for 2 miles to take you back to the HQ on your right. |
| Parking | There is plenty of parking in the field at the HQ. |
| Numbers | Will be issued when signing on at the HQ. Please return for a free tea or coffee. Please remember to sign back out when you have finished. |
| Start | Please see map and notes overleaf **(make sure you allow enough time to get to the start!!).** Local Regulation No. 3 - No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points. |
|  | Please avoid warming up on the course when the event has started. There is a route to the start that avoids the need to be on the course. |
|  | No U – turns within sight of the time keeper, it may lead to disqualification |
|  | In the interests of your own safety, CTT and the event promoters strongly advise you to wear a hard-shell helmet that meets an internationally accepted safety standard. In accordance with regulation 15 all junior riders must wear hard-shell helmets.  It is recommended that a working rear light (either flashing or constant) is fitted to the machine in a position visible to other road users and is active while the machine is in use.  Any riders seen riding dangerously will be reported to the Event Secretary and thence the District Secretary for further action.  **Keep your heads up and have a safe ride! Please do not congregate at the junction of the lane leading to Lidlington!**  LOCAL REGULATION No. 2 Competitors, their helpers and event officials must use the toilet facilities provided at event headquarters as required. Fields and hedgerows must NOT be used for toilet purposes. Failure to observe this regulation may result in disciplinary action against those concerned. |

**HQ details & route to the start**

The HQ is Marston Social Club, Station Road, Marston Moretaine, MK42 0PW.

Please allow yourself plenty of time to ride the 3 or so miles to the start as there are two level crossings on the way so you don’t want to get caught out! The map below shows the route to follow to avoid having to ride along the course on the way to the start. Please ensure you turn left out of the HQ.

