



ICKNIELD ROAD CLUB

Sporting Course Time Trial
To be held on Sunday 11th April 2021
Distance 30Km (approx. 19.6miles)



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

Official Start Sheet

CTT London North Millennium Series Event 4 of 8

Timekeepers

Annette Lacey Hemel Hempstead CC
Gordon Hart Icknield R.C.

Event Organiser

Martyn Anderson
26a Flitwick Road
Maulden, Beds
MK45 2BJ

START TIME 9.01 AM

01525404059 / 07912686436

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

Event Headquarters - Cheddington Village Hall LU7 0RU

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 only – please be advised there will be no refreshments.
Sign on will be outside the Village Hall – please remember to sign back in again after you've ridden.
Please don't forget your rear lights – this was a new CTT mandatory requirement from 2019.

IMPORTANT - PLEASE REFER TO ADDITIONAL COVID REQUIREMENTS FROM THE CTT ON PAGE 2.

AWARDS

1 st	£30.00	Fastest up to 29	£15.00
2 nd	£25.00	Fastest 30 to 39	£15.00
3 rd	£20.00	Fastest 40 to 49	£15.00
4 th	£15.00	Fastest 50 to 59	£15.00
1 st Lady	£30.00	Fastest Over 60	£15.00

Team

Fastest Club Team of 3	£15.00 each rider
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**One rider one prize other than the Team award.
Awards will be posted out to winners after the event.**

Any competitor under the age of 18 must wear a correctly sized and fitted helmet which must be of a hard shell 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.

CTT COVID 19 SPECIFIC REQUIREMENTS.

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- Ideally all warm-ups should be done on the road, although at the discretion of the organiser static warm-ups can be permitted if strict social distancing can be maintained.
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors MUST NOT leave any personal items with the time keeper.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.
- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.