



Open 50km Hilly Time Trial – 07th April 2023

Promoted for and on behalf of Cycling Time Trials Under their rules and regulations

Event Headquarters and Parking

Spoke Cycles CC, Ridge Farm, Rabley Heath, Hertfordshire, AL6 9UA
just off the B656 between Welwyn and Hitchin

It is easier to approach Codicote by travelling along the B656 from Welwyn. From the A1(M), use junction 6. On the B656 from Welwyn turn right for sign posted for Rabley Heath just before reaching Codicote. Spoke Cycles CC is a short distance on the right. From Hitchin on the B656, pass through Codicote and turn left to Rabley Heath. Spoke Cycles CC is a short distance on the right. The link below provides a map showing the location of Spoke Cycles CC.

<https://www.spokecycles.cc/contact-7>

Course Details

Start in Whitwell Road, Codicote approximately 0.5 miles west of the B656. Turn left **(M)** on to the B656, ride along the B656 before turning left **(M)** on to the B651. Turn left in Whitwell **(M)** on to Codicote Road, riding through the start area back to Codicote, turning left **(M)** on the B656 to head to Hitchin. At the main roundabout in Hitchin, take the second left **(M)** on to the A602, and first left **(M)** into Willow Lane, riding to the A505. Turn left **(M)** on to the A505, then first left **(M)** to Great Offley and continue to the T- junction at Lilley Bottom. Turn left **(M)**, along the road heading towards Whitwell. Turn left **(M)** at Lodge Farm, then right **(M)** to Ley Green, right **(M)** through Kings Walden and left **(M)** at the crossroad upon meeting the Lilley Road. In Whitwell, turn right **(M)** on to the B651 to Kimpton, continuing to a T- junction in Kimpton. Turn left **(M)** on to the B652. Continue along the B652, climbing Heath Hill, then Heath Lane in Codicote to the finish opposite a bus stop at the junction of Heath Lane and Hill Road.

Continue riding after passing the finish line and at the T-junction with the B656, turn right. Continue along Codicote High Street and as you leave Codicote, take the left turn to Rabley Heath. Follow the road to reach Spoke Cycles CC as sign posted.

Start

In Whitwell Road, Codicote, approximately a mile and half from the headquarters. No cars are allowed near the start or finish areas except for those used by officials and helpers directly related to the event.

Prizes

Prizes will be distributed by electronic transfer and will be as follows_

1st (Male) David Woodward Trophy and £30	1st (Female) John Handscomb Trophy and £30
2nd £20, 3rd £10. Veteran, £30. 1st on a road bike, £10. 1st Jun/Juv, £10	

No rider may win more than one individual prize.

Safety

1. CTT regulations require all riders to wear a **HARDSHELL HELMET** that meets safety standards.
2. You must have working **white** front and **red** rear lights either flashing or constant fitted to the machine in a position visible to all road users and active whilst the machine is in use.
3. No U-turns in the start or finish areas.
4. Observers will be used during the event. Dangerous riding causes accidents and can jeopardise the sport.
5. You must follow the designated routes to the start and after the finish.
6. Marshals will be on the course, but the **onus** is on all riders to familiarise themselves with the course. Riding or driving around the course is recommended for any rider in doubt, and to do so before the event.

Timekeepers

Messrs. Gordon Hart and Graham Potter

Event Secretary

Andrew Porter, 58 Halsey Drive, Hitchin, Hertfordshire SG4 9QR. Tel:01462 420753

Results shall be shown on a large LCD screen at the headquarters. Results will be on the CTT Internet site.

Portable toilets at the headquarters are for all to use.

For the latest COVID 19 requirements, please consult the CTT Internet site.