



ICKNIELD ROAD CLUB

20 Mile Time Trial

To be held on Sunday 21st April 2024



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

Official Start Sheet

Timekeepers

Martyn Anderson – Icknield Road Club
Gordon Hart – Icknield Road Club

Event Organiser

Pat Lindsay
20 Great Linns
Marston Moretaine
MK43 ODD
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Event Headquarters

Bike Bus, Horse Shoe Farm, Astwood Rd, Bourne End, Cranfield, MK43 0AU

<https://what3words.com/brink.superhero.issues>

Sign On and collect your number in the gazebo at HQ and remember to Sign Out when finished

First Rider Start Time 09:01am

Start Point

Turn right from HQ and continue for approx. 2.1 miles to Astwood High Street, and the start point is just northwest of The Old Swan Public House

Area

Into and alongside the villages of Astwood, Chicheley and North Crawley. Located to the northeast of Milton Keynes

Topography

Undulating with two short, steep hills approaching North Crawley and Astwood. Max 4.6% incline

F5/20 course description

- **Start** – Astwood High Street, just northwest of The Old Swan Public House
- 0.1 miles – **Left turn** at the 'T' junction onto the A422
- 3.5 miles – **Left turn** off the carriageway sign-posted towards Chicheley Hall just short of the large Chicheley roundabout and opposite a small row of terraced houses
- Proceed and follow the road to North Crawley
- 5.4 miles – **Left turn** at the 'T' Junction in North Crawley and continue on to the High Street
- 7.3 miles – **Left turn** off the carriageway onto the minor road sign-posted to Astwood

- Proceed to the finish point at the top of the climb to Astwood
- **Finish** at the top of the Astwood climb

PLEASE NOTE: To ensure the 20 mile variant, this TT will be two laps of the course

Course Information

- Please be mindful of riders and other road users when in the vicinity of the meeting point and start area
- Road surfaces are generally in good condition, however there are some notable potholes and rough tarmac in place – take note of two areas in particular (**as you leave North Crawley c5.7 miles and as you then enter Central Bedfordshire just before the 7.3 miles left hand turn**)
- Traffic levels will vary from low to moderate. Expect higher volumes of traffic on the A422
- Give way to oncoming cars from the right at the T-Junctions in Astwood and in North Crawley. Any sited marshals do not have powers to slow or stop traffic
- There are various side roads, farm entrances and lay-bys along the route, please be mindful of these
- Left turn off the A422 on to the Chicheley Road is a sharp turn, rider caution is advised
- Take caution when passed the finish line for other cyclists, horses, spectators and cars

Other Course Considerations

- Our time trials and cycling events are held on open roads and as such, the rules of the road **MUST** be obeyed by all riders at all times
- All riders must wear an approved cycling helmet. Riders must have front and rear lights fitted to their machine
- We encourage riders to ensure they have fully checked their bike to ensure it is road worthy. Prior to your start time it is advisable to quickly re-check; brakes, chain, pedals, gear shifting and tyre pressure
- Riders should ensure they are familiar with the course, turn points and the start and finish point to avoid confusion and irregular movements whilst on the carriageways
- When riders are passing another competitor (or road user), please pass considerately and at a safe distance
- Remember to check for cars making the same overtaking manoeuvre
- All riders should clear the finish line promptly and take extreme care if turning in the road
- Consider your competitors when warming up. Keep the course free once the first rider has started

Competitors under the age of 18 years

MUST present a Parent Consent Form when signing in

Awards

There are no Awards in this event as all proceeds after CTT Levy and other expenses are donated to a local Charity which is selected by the Icknield Road Club Committee

REMEMBER: NO LIGHTS– NO RIDE