



ICKNIELD ROAD CLUB
Charity 10 Mile Time Trial
To be held on Saturday 4th September 2021



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

Official Start Sheet

Timekeepers

Gordon Hart - Icknield Road Club
Peter Tasker - Icknield Road Club

Event Organiser

Mr Matt Price
100 Coltsfoot Green
Luton, Bedfordshire
LU4 0XT
07866 495235
mattbombhead@me.com

START TIME 14.01 PM

Course F11/10

Course description.

START on southbound slip road to A41 on the Western Tring junction approx 40 yards from the start of the slip road. Proceed along A41 to come off at first slip road (Eastern Tring junction) to:-
TURN (approx 2.0 miles) by taking 4th exit out of RAB and under the A41, going around 2nd RAB to take 2nd exit back onto the A41 westbound and continue past all junctions to RAB at end of Aston Clinton by-pass to:-
TURN (7.87 miles) by taking 3rd exit out of RAB back along the by-pass, again ignoring College Road junction to:-
FINISH on Buckland slip road 9 yards south-east of manhole cover on grass verge, about 91 yards north-west of (i.e. before) separation of slip road and main carriageway, also about 460 yards north-west of the B489 over bridge.

Finishing riders MUST leave the main carriageway at the START of the exit slip road to B489. Failure to do so will be recorded as DNF and no time given – further information is given below.

Riders are reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REMEMBER: NO LIGHT – NO RIDE

All competitors under the age of 18 years and/or Junior must wear a properly affixed helmet which must be of a hard/soft shell construction and present a Parent Consent Form when signing in.

Event Headquarters

Ashton Clinton Junior School, Twitchell Ln, Aston Clinton, Aylesbury HP22 5JJ

Sign on is in the Church School building and will be open from 12.30pm

There is ample car parking in the School Car Park but if you have to park in adjacent roads please ensure you do not block entry to private houses.

Please DO NOT wear cycling shoes in the Main Hall so as not to damage the floor

Allow 15 minutes to ride from Event H/Q to the Start.

Sign On and collect your number in the Church School building and remember to Sign Back in when finished.

COVID-19 Mitigation

(based upon the CTT Risk Assessment):

- Only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID- 19 you must not attend. 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 (DNS) and leave immediately.

- Car Parking: Please park legally and respectfully and in such a way that social distancing can be observed. There should be sufficient parking within the school grounds, but if you must park on adjacent roads, please do not block residential driveways or access.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one-way system in place. Numbers are to be returned at sign out. Face coverings are advised to be worn when inside the building.
- Sanitiser gel will be available at the sign on area.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number. Sanitised reusable numbers will be provided.
- Please follow any special conditions that may be posted at sign on.
- Social distancing should be observed at all times, setting up the bike, signing on etc. **DO NOT** congregate outside the HQ before it opens.
- Roller or Turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained. We would prefer warming up on the road.
- At the start maintain a 2m gap between yourself and the other riders waiting to start and keep left it is a busy slip road leading to a Dual Carriageway! **DO NOT RIDE against the direction of traffic on the slip road or you will be disqualified and will not start the race.** Should you need to exit the slip road before you ride, you must walk along the hard shoulder, taking care to avoid other rider and
- Do not arrive at the start too early. No more than 3 riders are to be at the start at any one time. Wait on the flyover if necessary until just before your start time.
- The Timekeepers will be standing a safe distance away. Do not approach the timekeepers at the start or finish.
- There will be no 'pusher off' so you will need to start with one foot on the ground.
- Riders must not leave personal items with the timekeepers e.g. warm up tops or on the sign-on table.
- Once you have finished you should sign out, return your number, pack your bike away, and then leave the HQ/School.
- The result will be posted on the CTT website as soon as reasonably practical, if there are any queries contact me and I will investigate and amend the results accordingly, should that be necessary.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- For the Juniors/Juveniles that are racing – no more than 1 member of your household is requested to attend with them. The adult also needs to follow the guidelines stated in this briefing. They can assist with mechanicals and first aid issues. They cannot sign on/out for the rider
- **Use of Toilets at the HQ:** Face coverings are advised to be worn when inside the building. The Male and Female toilets are in use. Only one person is allowed in a toilet at a time. A maximum of 4 people is allowed waiting in the building. Reminder, the toilets or building are not to be used as a changing facility.

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

F11/10 Additional Course Information

This course often sees several riders with no finishing time (DNF) because they DO NOT follow the course and the specific finishing instructions, which are in place for the rider's safety, as cars can enter the slip-road early and at speed.

You are advised to fully study the illustrations & photos which follow:



Cars DO enter the slip road early, so beware!



The following two riders are demonstrating etiquette which WILL result in a DNF (no time issued)



By quirk of fate a previous event was recorded on Google Maps (satellite view), and if you look carefully you can see:

- The start timekeeper with riders ready to start.
- Riders on the course
- The finish time keepers and their cars
- The finish line can be seen!

- The big white fork arrows that you must remain to the left of at the entrance to the finish slip road.



Local Regulations

- **Local Regulation 1** – No U Turns should be made at any time while riding on the public highway.
- **Conduct in the Start Area** - DO NOT RIDE YOUR BIKE **UP** THE SLIP ROAD WHERE THE START IS LOCATED. Should you need to leave the Start Area prior to your start, you **MUST** walk your bicycle up the slip road. Any competitors observed riding up the slip road will be not be allowed to start and may face further sanctions.
- **Car Parking** - There must be no parking of motor vehicles on any part of the A41 apart from those of the officials. All parking must be in the HQ car park.
- **HQ to start route** Please note that the route from the HQ to the Start is a reasonably steep hill so allow at least 15 minutes to get to the start from the HQ. It does however provide a good warm-up!