

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



FIRST RIDER OFF AT 2PM. HQ OPENS AT 12:30 £12 ENTRY
LOCATED AT LIDLINGTON VILLAGE HALL, HIGH ST, LIDLINGTON MK43 ORT
ENTER AT WWW.CYCLINGTIMETRIALS.ORG.UK/RACE-DETAILS/18967 CLOSES 9 JULY

**Timekeepers: M Bannister
A Lacey**

Event Secretary: Aidan Farrow
3 Linkwood Walk
London
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07742056112
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Event Headquarters

Lidlington Village Hall, High St,
Lidlington MK43 ORT.

Sign on will open at 12:00. Bags and kit can be left at the event HQ at owners risk.

By train, services run to Flitwick, 5 miles south of Lidlington. If you are coming with a car, the HQ is 3 miles drive from junction 13 of the M1. Take the A507 east for 2 miles and turn left onto 'Bury Ware'. Limited parking is available at the Village Hall car park, which can be found on Whitehall behind The Green Man pub.

Course F15/10 [Brogborough, using old A421](#)

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 along old A421, straight on at Marston RAB, taking second exit, to:-

Turn at Fields Road Wootton RAB (5.44 mls). Retrace south along old A421, straight on at Marston RAB to:-

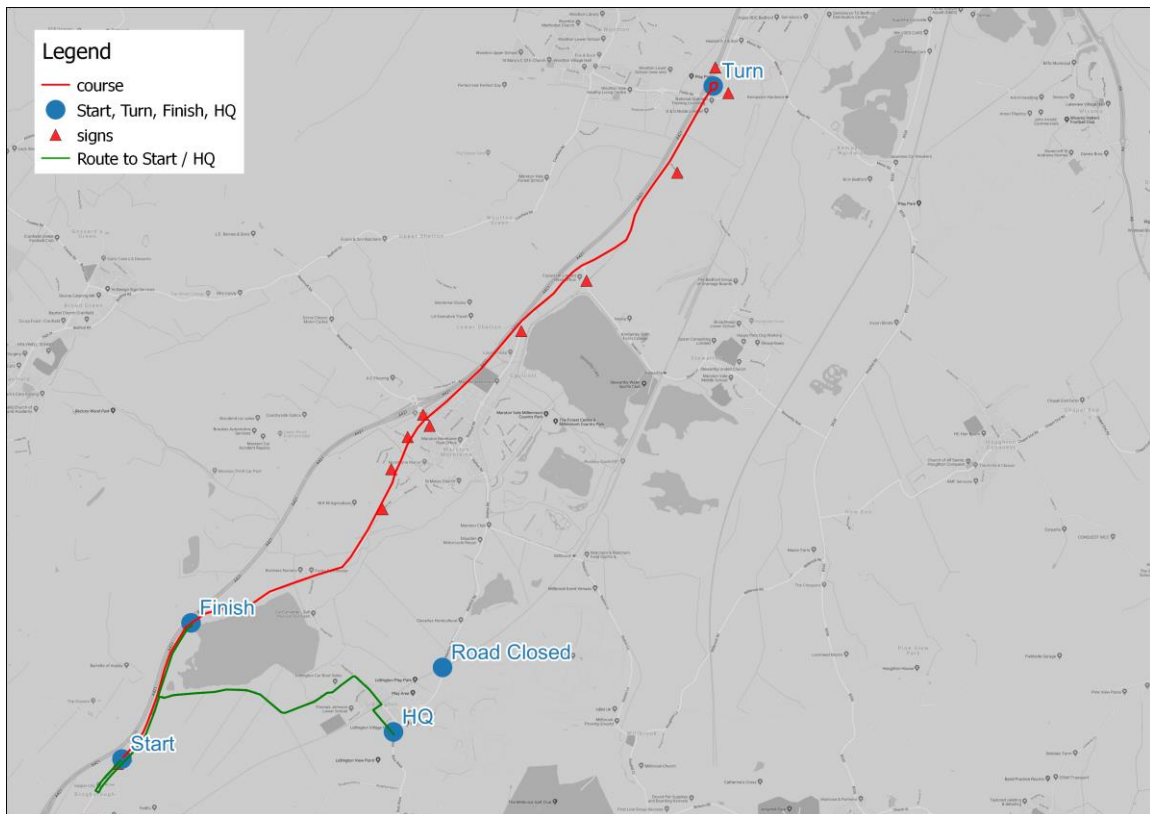
Finish (GR 972398) approx ¾ mile after side road to Lidlington, at second drain 28yds past start of Armco barrier.

The finish is between the entry gate and exit gate of Shanks landfill site, on far side of new A421 dual-carriageway.

Police area(s) Bedfordshire.

Local Regulations:

- No U turns should be made in sight of the start or finish areas.
- 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.
- In order to avoid milling about and congestion at the start riders should not go to the start more than 5 minutes before their due time. The timekeeper or other club official should ensure that riders do not congest or obstruct the lay-by for other users.



Course Information: F15/10

- Arrive at the event HQ with plenty of time to sign on and to ride to the start.
- The start is at the layby on Bedford Road, 300m north east of Brogborough. Allow 15 minutes to cycle to the start.
- To cycle to the start from the event HQ, follow the green route below. Take Station Road, and Sheeptick end to Bedford Road, turn left onto Bedford road and pass the start on your right. Turn carefully in Brogborough before returning to the start area. Do not turn across the road in the start area.
- The start assistant will call your number when you are the next rider to start.
- The course follows Bedford road, continue straight until the large roundabout with fields road, where marshals will direct you to turn and retrace the route.
- See: <https://www.cyclingtimetrials.org.uk/course-details/f15-10>

For your information and safety

- Safety not performance is your first priority.
- The wearing of a helmet is recommended.
- For visibility race numbers are printed on a bright, reflective background. The number must be placed on your shorts from the waistband downwards, and must not be covered by other clothing.
- We recommend that riders use lights, even during daytime.
- Any road junction or roundabout can constitute a hazard in a race – be aware.
- At roundabouts the traffic coming from the right has priority, give way.
- If you have an accident during a race, no matter how minor, you are required to report it to the Event Secretary as soon as possible.
- Observe the law and highway code at all times
- Avoid u-turns and dangerous manoeuvres before, during and after racing.
- Keep your head up at all times – look where you are going.

NOTE: Marston Road east of Lidlington will be closed during the event.

Juniors: The minimum age for competitors is 12 years. In accordance with Regulation 15 all junior competitors must wear protective hard shell helmets. Riders under 18 years must know the law and the Highway Code, and be competent to ride on public roads alone. A CTT permission form must be returned to the event HQ.