

Antelope Racing Team

Open 50km 3-up Team Time Trial

For and on behalf of Cycling Time Trials under their Rules and Regulations

Saturday 6 th June 2015 Start 14:00 Course: H50km/18 Chalgrove Circuit HQ: The Youth Wing of Chalgrove Village Hall from 1230 Timekeepers: Andrew Small, Marion Fountain & Brian Murphy.	Event Secretary Ralph Dadswell 25 Seward Road London W7 2JS
Scratch Prizes 1 st Team £105 2 nd Team £75 3 rd Team £45 1 st Team of Ladies £45	020 8840 1518 07769 314 329 ralph@dadswell.com

The Course

The course is based at Chalgrove, Oxfordshire, a few miles south of M40 (J6 or J8).

The course is two laps of a not-very-technical circuit.

A key point is that you've got to be able to **count to two**, because when you get to the end of your second lap, you need to turn left and sprint the last 800m to the finish. There will be signs out, but only you will know how many laps you've done.

Parking

With the modest number of entries this year, we should all be able to park in the car park at the HQ. Please drive and park considerately, and make sure you don't leave litter.

If more space is needed, parking is available in Chalgrove. We could also use the minor road south-east of the start point.

For full Course Details, Details of the HQ, and Details of getting to the Start
– please see later pages.

There will be a **Prize presentation** in the Village Hall, soon after the last team finishes. Please try to be there, and applaud the worthy prize-winners !

General Notes

- Numbers will be issued at the Event Headquarters (Youth Wing, Chalgrove Village Hall), and should be attached to your lower back or on your shorts. Please return your number afterwards, and exchange it for a FREE cup of tea.
- No vehicles other than that of the timekeeper are to be parked in the vicinity of the start or finish points.
- After finishing, riders must not stop, but should turn around and return to the Headquarters, or the alternative parking areas.

Special Notes about Team Time Trials

- Apologies for those of you who are old hands at this sort of thing, but
- When you're out on the road, you should ride in single file, except when you're changing your formation. In particular, when you have finished, please remain disciplined, as other teams will still be racing, and won't want you getting in their way.
- If you wish to feature in the official result for this race then you must start with three riders (whose names appear on this sheet for your team), **all three of you must complete the course**, and you must all pass the finish line clearly displaying your race numbers.
- Incomplete teams may start, and can receive a time, but this is "for general interest only".
- Teams who have nominated reserve riders may choose any three from the four riders listed. Teams using their reserve rider are still eligible for prizes. NB Reserves must wear the number of the rider who they are replacing.
- Official times are taken on the third rider to pass the finish, so try to stay together!

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active while the machine is in use.

Full Course Details

(OS Landranger 165)

OS Ref	Distance (km)	Description
SU 646 972	0.00	Start adjacent to the Hampden Monument in minor road 5 metres from Monument Road, north-east of Chalgrove, opposite a bench, approx 400 metres NE of junction with B480.
SU 643 968	0.40	Proceed in a SW direction to join B480 by turning left at junction.
SU 659 962	2.25	Follow B480 eastbound, to turn left at junction near Cutt Mill house.
SP 691 013	8.50	Take minor road in NE direction, over Clare Hill, to Tetsworth
SP 653 034	13.00	Turn left onto A40 westbound, to t-junction at Milton Common.
SU 604 987	20.20	Turn left onto A329 through Little Milton to roundabout at Stadhampton.
SU 643 968	24.75	Turn left at roundabout onto B480 to complete circuit at Chalgrove.
SU 659 962	26.60	Repeat circuit to Cutt Mill house,
SP 691 013	32.85	to Tetsworth,
SP 653 034	37.35	to Milton Common,
SU 604 987	44.55	to Stadhampton,
SU 643 968	49.10	to complete a second circuit and turn left into Monument Road.
SU 648 976	50.00	Continue for a further 900 metres to finish just short of the Tower Estate.

View a map showing the area of the course at <http://tinyurl.com/d8eo7mv>

View a map showing the detail of Chalgrove at <http://tinyurl.com/bs43o4d>

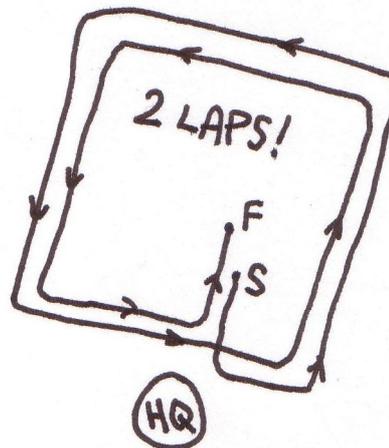
The Course in simple terms :

This 50km TTT involves just over 2 laps of a circuit. The first 400 metres is a 'feeder' onto the circuit. After completing two full laps, you turn left back towards the start, and the final 900m is almost straight, taking you towards the end of a cul-de-sac.

There will be marshals and signs around the course, but please remember that the onus is on you to follow the correct route.

In particular, when you've done the two laps, you must be sure to turn left. There will be signs, but no marshals, at the crossroads.

There is a bit of a hill after 3km (and 28km), but it's not too bad – you'll get over it.



Finding the HQ :

Chalgrove is near to the B480 about 10 miles SE of Oxford. We're in the "Youth Wing" of the Village Hall. The car park we need to use is accessed by a small road on the east side of The Crown pub (which is opposite The Red Lion) on the High Street. You can aim your Sat Nav at OX44 7TE, but once you're on the High Street, look out for The Crown and The Red Lion. The access road is quite small, down the left side of The Crown, next to an area of mown grass.

Parking

There is a car park at the HQ, but we don't have exclusive access to it.

If we fill the car park, then you can probably park in the High Street, but please try to be considerate.

Finding the Start : Leaving the car park at The Crown, turn right onto the High Street & follow the road round (it becomes Monument Road) to the junction with B480. Make a staggered crossing of the B480, right then left, still in Monument Road. You might like to remember this particular left turn into Monument Road, as you'll be doing it when you're in the last kilometre of the race. After about 400m in Monument Road, you'll reach the monument and the start point.

Getting back from the Finish : Once finished, turn around & retrace. Take care past the start point, up to the B480. As before, make a staggered crossing of the B480, and follow the road along & around to The Crown, where turn left to the car park.

No	Name	Club	Reserve	Start time
1	Steve Chiswell	VC 10		1403
2	Marc Harris	VC 10		
3	Barry Selzer	Thames Velo		
4	Matthew Thomas	Cowley Road Condors		1406
5	Jonny Revis			
6	Michael Devaney			
7	Jane Hunt (W)	High Wycombe CC		1409
8	Lisa Thomasson (W)			
9	Philippa Shubert (W)			
10	Andy Davies	High Wycombe CC		1412
11	Chris Ford			
12	Andy Gajraj			
13	Phil Brown	Twickenham CC		1415
14	Tom Babbington			
15	Dan Augello			
16	Christophe De Belder	Berkshire Tri Squad		1418
17	Ian Murray	VC 10		
18	David Holman	VC 10		
19	Crissy Harris (W)	Twickenham CC		1421
20	Susie Turnbull (W)			
21	Joanna Stead (W)			
22	Felix Young	University of Bath Cycling Club		1424
23	Callum Middleton			
24	Christopher Molloy			
25	Alasdair MacVarish	Thame CC		1427
26	John Marshall			
27	Ana Legin (W)			
28	Pete Smith	Team Jewson - MI Racing		1430
29	Tim Hastie	Team Jewson - MI Racing		
30	Rob Fletcher	Arbis-Colbert Cycles RT		
31	Cathy Wood (W)	Chelmer CC		1433
32	Jo Butcher (W)			
33	Anne Shuttleworth (W)			
34	Peter Oliver	Fairly United CT		1436
35	Eamonn Deeley			
36	Paul Granger			
37	Danny Bellion	Queen Towers CC		1439
38	Peter Stuart			
39	Chris Huey			
40	Duncan Gilbert	Chelmer CC		1442
41	Graham Painter			
42	Antony Stapleton			
43	Mike Logue	Fairly United CT		1445
44	Simon Drewitt			
45	Chris Edgington			
46	David Kingsbury	High Wycombe CC		1448
47	Stephen Morrell			
48	Steve Golla			
49	David Johnson	VC 10		1451
50	Creighton Varney			
51	Andy Wright			
52	Jason Gurney	Arbis-Colbert Cycles RT		1454
53	Justin Garon			
54	Simon Norman			