

Oxford City Road Club

The Leiden Plaque

25 mile time trial

5 August 2012



Organiser:
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Timekeeper:
Simon Baker—Oxford City RC

Run for and behalf of Cycling Time Trials under their Rules and Regulations

Course: H25/17 Time of Start 08.01

Head Quarters: Cumnor Old School, High St, Cumnor, OX2 9PE

Course Details: H25/17

O.S. Ref	Description	Distance
465036	Start on the corner of the westbound slip road leading from the B4017 near Cumnor to the A420, five yards east and before lamp post number four and the 'Give Way' signs	0
463034	Go down the slip road to join the A420 westbound (care of fast traffic from the right—warning sign)	
451007	Continue to the A338 roundabout and take the second exit to continue along the A420. (Sign M1)	2.276
407986	Continue to the large roundabout on the Kingston Bagpuise by-pass. Take the second exit to continue straight on along the A420 (Sign, M2 and M3)	5.417
300953	Turn around the A420-A417 Stanford road roundabout at the top of the hill before Faringdon and take the third exit to return eastwards on the A420. (Care) (Check, Sign M4, M5)	13.015
407986	Continue to the Kingston Bagpuise roundabout	13.221
407986	Continue to the Kingston Bagpuise roundabout and take the second exit to go straight on along the Kingston Bagpuise by-pass. (M6, M7)	20.564
451007	Go straight on along A420 at the A338 roundabout on the next stretch of dual carriageway in Tubney Wood (Sign)	23.719
462022	Take the first exit to continue on A420 to finish near the top of Bessels Leigh hill about 363 yards east of the bus stop lay-by at the bottom and four yards east of and beyond the road sign 'Oxford A420, Cumnor 1½ Miles', four yards west of a drain and almost opposite the centre of the upper of two roads on the west leading to Wootton	25

To the start from the HQ

The start is 1km from the HQ, around the Cumnor one-way system and south down the B4017 to Wootton.

To the HQ from the finish

After the finish continue on the A420 to the first slip road signposted to Abingdon and Farmoor B4017. Turn off here for Cumnor and the HQ.

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 the internationally accepted safety standard.

Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.

Footnote:

Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from another rider or vehicles.

If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind.

You must set your own pace and not use another rider as a pacemaker.

The onus on avoiding company riding shall be on the rider overtaken.

Nor is it in the spirit of the sport, caught riders should not disturb the performance of the rider catching them by re-passing and/or riding closely behind them, except when they can sustain that move.

This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.

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The winning team of four will be decided from their lowest aggregate time after handicaps have been taken into account. Any four riders from the competing clubs to count.

