



North Bucks Road Club

Premier Cycling Club for Milton Keynes & Surrounding Areas

Event Course Description & Risk Assessment

Course Name, Code & Distance:

Astwood – F5v/10 – 10 miles – Course variant with Astwood Start

Area:

Into and alongside the villages of Astwood and North Cranfield. Located to the north-east of Milton Keynes.

Topography:

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

Online Route Map:

<http://ridewithgps.com/routes/7794579>

Start Point:

Astwood High Street, just northwest of The Old Swan PH.

Route:

- From the start point, proceed northwest to the T junction with the A422, where turn left (CARE).
- 3.6 miles – Left turn off carriageway at Chicheley Road minor road, signposted towards Chicheley Hall and just prior to the large Chicheley roundabout and opposite a small row of terraced houses.
- Proceed to North Crawley.
- 5.4 miles – At the T-Junction in North Crawley, turn left and on to the High Street.
- 7.1 miles – Left turn off carriageway onto minor road sign-posted to Astwood.
- Proceed approximately 2.9 miles to the finish point at the top of the climb to Astwood.

Finish Point:

The finish point is at the top of the Astwood climb.

Car Parking:

Off road parking is available in a dead end lane near the junction with the A422 and Astwood High Street. This is the meeting point where riders sign on.

Related Info:

Please check the risk assessment prior to riding, especially if this is your first time on this course.

Event fees are available on the NBRC web site. NBRC members are charged a reduced fee to all NBRC events, information on membership is available through the web site or ask any NBRC member.

Risk Assessment

General 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.

A separate risk assessment document is available for this course.

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www.northbucksroadclub.org.uk for TT info email northbucksrc@outlook.com





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Riders under 18 must wear an approved cycling helmet. All other riders are encouraged to do as well.

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.

Riders should consider the use of lights to increase their visibility, especially in low light conditions and evening events held at the start and end of summer. (Don't forget you might be also cycling home.)

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.

Course Specific Considerations:

Please be mindful of riders when entering and exiting the Bike Bus by car.

Road surfaces are generally in good condition, however there are some notable potholes and rough tarmac in places.

Traffic levels will vary from low to high. Expect higher volumes of traffic on the A422.

Give way to oncoming cars from the right at both 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.

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