

North Bucks Road Club

Premier Cycling Club for Milton Keynes & Surrounding Areas



Event Course Description

Course Name, Code & Distance:

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

Area: Into and alongside the villages of Astwood, Chicheley and North Crawley. 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: <https://ridewithgps.com/routes/44868491>

Meeting Point: <https://w3w.co/divorcing.throwaway.rush>

Start Point:

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

Route:

- **Start** - Astwood High Street, just northwest of The Old Swan PH.
- 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. To
- **Finish** at the top of the Astwood climb.

For the 20 mile variant use two laps of this course.

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.

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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.

All riders must wear an approved cycling helmet. Riders must have front and rear lights fitted to their machine.

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.

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 and other road users when in the vicinity of the meeting point and start area

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 moderate. Expect higher volumes of traffic on the A422.

Give way to oncoming cars from the right at the 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.

miles	Course Description	Identified hazard	Level of Risk (H/M/L)	Rider action	Official action
0.00	Start in Astwood NW of Old Swan PH	Poor road surfaces Astwood High Street	L	Care and attention	Start officials to watch for cars entering PH car park. Signs to be used.
0.1	Turn left to proceed west on the A244.	Give Way. Oncoming traffic from the right. Joining road (Newton Blossomville), traffic island immediately after joining A422.	M	Riders should use caution when joining the A422. In particular, give way to vehicles	Signage on A422 before junction

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				approaching from the right.	
		Lay by on eastbound carriageway	L	Rider caution	
		Lay by on eastbound carriageway	L	Rider caution	
2		Junction to N. Crawley, L. Crawley (Gog Lane)	L	n/a	Signage
		Lay by on westbound carriageway	L	Rider caution	
3.4	Turn left onto unclassified road signposted to N. Crawley	Enter Chicheley. Lay by on eastbound carriageway. Sharp corner	L L	Rider caution Rider caution	Signage
5		Road joins (Gog Lane)	L		
5.4	Turn left at T-junction, proceed through North Crawley village		L	Give way to oncoming traffic from right.	Signage
		Road junction to Broadmead	-		
		Road Junction, dead end road to East End	-		
		Left bend	L	Rider caution	
		Road junction, Cranfield University	-	Rider caution	Signage
8.7	Turn left into unclassified road signposted Astwood		L	Rider caution	Signage

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10.0	FINISH at top of climb into Astwood	
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Risk Assessment Reviews

Date	Comments	Author
30/10/23	Reviewed and updated by RDCS with consideration of speed limits. No 20mph limits are present on this course.	RDCS

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