Bike Course Notes

Leave the transition area and carefully ride along the service road at the back of the leisure centre. There could be pedestrians, other cyclists and motor vehicles around. The service road leads to a T-junction where you will turn right heading towards the main Northampton Road roundabout. Watch out for traffic approaching from both directions.

As you reach the roundabout, follow the Highway Code and turn right heading along Northampton Road towards Great Oxendon. You will follow a steady climb for approximately 1.75 miles.

Just past the George Public House, Great Oxendon, you will take a left turn in the direction of Braybrooke. A further 2 mile climb takes you to a left turn towards the village of Braybrooke.

Turn left. This is a fast downhill stretch, with a blind turn. You must observe the 30mph limit as you approach the village. The village can be busy with parked cars, pedestrians and horses. You must observe the 30mph limit in the village. At the bottom of the village there is a 90^0 blind right turn in front of the village hall.

Carefully turn right followed almost immediately by further right and left turns taking you onto Harborough Road. This section starts at about the 5 mile marker.

This section is fast and slightly undulating and will allow you to carry speed for approximately 1.5 before you reach the approach road to the back of Market Harborough. The road takes a sharp sweep to the left. You must not be going too fast as you approach this section. The road then goes over a couple of speed bumps before re-joining Northampton Road.

This left turn onto Northampton Road can be busy. You must stay left. As you head back in the direction of the leisure centre, think about your road positioning and use the appropriate signals to inform traffic of your intentions.

At the leisure centre roundabout, Sprint distance athletes will continue straight ahead to complete a second lap. Try a Tri athletes and those finishing their second lap will turn right and head back towards transition.