

Reading CC Clive Pugh Memorial 25-Mile Time-Trial

&

2023 Inter Service Time Trial Championship



Promoted by Reading CC for and on behalf of Cycling Time Trials under its Rules and Regulations

<https://www.cyclingtimetrials.org.uk/articles/view/11>

Sunday 9th July 2023, event starts at 08:01

Thank you for entering the 2023 Clive Pugh Memorial 25-Mile Time-Trial incorporating the Inter Service time trial championship. Reading CC hopes to provide you with a friendly, competitive experience. Please follow the race protocols and respect the local residents and the guidance/decisions of the volunteer team at all times.

This is the start-sheet cover note only. Start times are available on the CTT website.

Event Headquarters: Theale Village Hall, Englefield Road, Theale, RG7 5AS. Sign on opens at 07:15

Distance from HQ to start: 3km

Parking Information: Theale Village Hall car park – there is a height barrier at the entrance of the car park which should be open after 07:15. You can also park on Englefield Road as there are no parking restrictions in place on Sundays.

Officials: Event organiser: Julia van Campen, jcvancampen@gmail.com, 07974 539527

Timekeepers: Christina Gustafson (Reading CC), Suzana Murdoch (Reading CC) & Philip Chapple (Reading CC)

Your result will be calculated from your scheduled start time and not adjusted for a late start. Should you miss your start time please report it immediately to the start timekeeper/assistant so that your late penalty is as accurate as possible.

Marshals: Members of Reading Cycling Club

Before heading to the start remember your: number, helmet and working front and rear light. Remember to return your number and sign out before leaving.

Competitors are requested not to warm up on the course after the first competitor has started.

If you DNS/DNF please make the event organiser/HQ volunteers know so that our course marshals are aware

Course Description and Details:

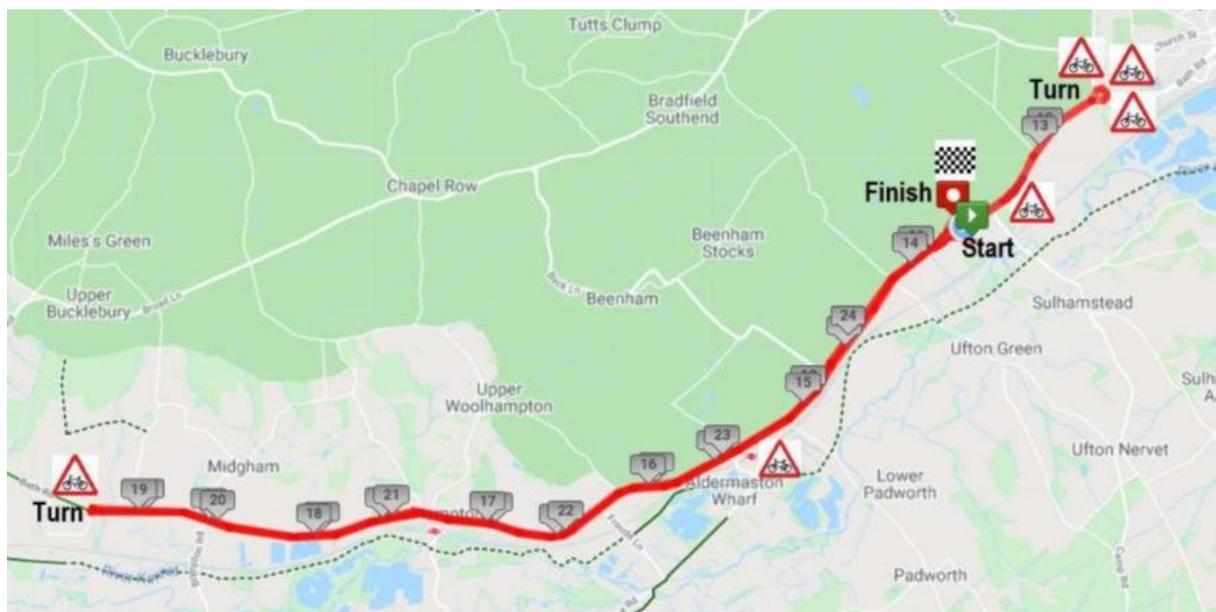
The event will be held on the H25/1A course.

| Course H25/1A | | |
|----------------------|--|--------------|
| OS Ref | | Dist. |
| 620694 | Start on the A4, approximately 2.5 miles west of M4 junction 12, at the eastern end of a long lay-by on the South side of the road approximately 300 yards west of the junction of the Sulhamstead Road with the A4 (Spring Inn) adjacent to lamp post 47. | 0.000 |
| 603676 | Go west along the A4. Go straight across the roundabout at the junction with the A340 | 1.650 |
| 541668 | Continue through Woolhampton to the Kennet Park roundabout (Turn) | 5.650 |
| 632706 | Circle the roundabout and retrace along the A4 to go straight across the A4/A340 junction (care, traffic from the right) to a short dual carriageway and on to the large roundabout at the junction with the A340. (Pangbourne Lane) (Turn) | 12.500 |
| 603676 | Circle the roundabout and take the fifth exit to retrace along the A4 westwards, continue through the start point, go straight across the Aldermaston roundabout at the A4/A340 junction | 15.170 |
| 541668 | Continue westwards through Woolhampton to the Kennet Park roundabout (Turn) | 19.300 |
| 620694 | Circle the roundabout, and retrace along the A4 Eastbound through Woolhampton to go straight across the Aldermaston roundabout at the A4/A340 junction into the short dual carriageway. Continue past the dual carriageway to finish on the north side of the A4 immediately opposite the start and lamp post 47 | 620694 |
| 620694 | FINISH | 620694 |

Traffic Flows:

The A4 is a busy main road linking Reading and Newbury. It is mainly single carriageway with some sections of dual carriageway. Traffic can build up during rush hours. Traffic conditions for this course are considered to be within the CTT guidelines subject to restrictions.

Course Map:



Details of any hazards not listed in this rider manual will be displayed or advised at the signing on point. All competitors must take note of these details when they sign on.

The start is at the eastern end of a large layby. When waiting to ride please wait in the layby safely until your number is called. Do not line up along the road and aim not to arrive at the start too early.

Course and Rider Safety

The course is sign posted in key areas with large, event warning signs which inform other road users of the event.

The course is subject to routine traffic counts and only authorised by the London West District Council for use at times when traffic volumes are below a nationally agreed threshold.

Marshals will be present at the key areas on the course to provide visible cues to drivers that an event is taking place, to indicate directions to riders and to be present in the case of an incident. Marshals are not authorised to direct or regulate the traffic. It is the rider's responsibility for knowing the course and where to turn.

Riders are responsible for their own safety and are required to observe the law relating to road use.

There is a light controlled pedestrian crossing on the course in Woolhampton Village. The crossing is lightly used but riders must obey the lights and stop if required to do so. There will be a marshal at the crossing.

On the approach to the turn roundabouts riders should check behind them and take the appropriate line to circle the roundabout safely. Signal clearly to other road users the course you intend to take. Always give priority to traffic from your right when negotiating roundabouts. When riding through narrow sections with central refuges, riders should be aware of traffic approaching from behind.

Please ride head up at all times and be mindful of the road conditions. As with many roads, there are potholes and defects on the A4. The section between Aldermaston Wharf and Colthrop is fair to good with the roughest areas between Aldermaston Wharf and Theale.

After finishing, riders should proceed to the headquarters and NOT stop at the FINISH.

Course Records:

| Solo Male | Solo Female | Solo Male (Junior) | Solo Female (Junior) | Tandem |
|----------------|---------------|--------------------|----------------------|--------------------------|
| 00:50:06 | 00:57:30 | - | 1:04:10 | 00:51:55 |
| Richard Pywell | Lizi Duncombe | - | Bethany Spencer | R Elliott, I Greenstreet |
| 09-May-21 | 09-May-21 | - | 09-May-21 | 21-May-23 |

Results:

Results will be displayed at HQ as soon as possible after the event and will be available at the ResultSheet website by following the link

resultsheet.app/rsd/1688329786509x701230152638267400

or QR code below.



Please do not approach the finish timekeeper at any point for any reason.

Prize List:

| | 1st | 2nd | 3rd | | |
|---|----------------------|------------|------------|----------------------|----------------------|
| Women | £30 | £20 | £15 | | |
| Men | £30 | £20 | £15 | | |
| Road bike female | £30 | | | | |
| Road bike male | £30 | | | | |
| Teams | Small non-cash prize | | | Small non-cash prize | Small non-cash prize |
| Fastest Tandem | £30 | | | | |
| Junior Female | £10 | | | | |
| Junior Male | £10 | | | | |
| Vet 40-49 Female | £10 | | | | |
| Vet 40-49 Male | £10 | | | | |
| Vet 50-59 Female | £10 | | | | |
| Vet 50-59 Male | £10 | | | | |
| Vet 60-69 Female | £10 | | | | |
| Vet 60-69 Male | £10 | | | | |
| Vet 70+ Female | £10 | | | | |
| Vet 70+ Male | £10 | | | | |
| 13th Place | Small non-cash prize | | | | |
| Course Record Male/Female/Junior/ Tandem | £20 | | | | |

There will be refreshments available for all competitors on number return and a prize presentation at approximately 10:45 am.

The Clive Pugh Memorial Trophy will be presented to the fastest female and male riders and returned to Reading CC following the prize presentation.

The team prizes will be awarded to the fastest 3 riders from the same team with the lowest aggregate time.

Road Bike Rules

To be eligible for a prize in the road-bike category event please make sure your equipment complies with the following points:

1. The road bike can possess drop or straight handlebars
2. No tri-bars, clip-on bars or Spinacci bars are allowed
3. No disc wheels
4. Both front & rear wheels must have at least 12 spokes each
5. The maximum rim depth allowed is 90mm

IMPORTANT – NOTES TO COMPETITORS:

1. Protective Helmets

All competitors must wear a properly affixed helmet which must be of hard / soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider (or parent or guardian if the rider is under 18 years of age) to:

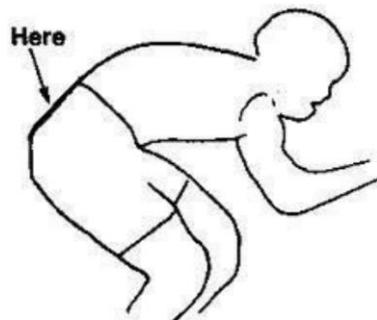
- (a) Select a Helmet that offers protection against head injury and does not restrict the rider's vision or hearing
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition

Competitors **under the age of 18 years** may only compete with the written consent of their parent or guardian given on the form(s) currently prescribed by the National Committee

Parental Consent Form: <https://www.cyclingtimetrials.org.uk/documents/index/guardians>

2. Numbers and Lights:

NUMBERS MUST BE FIXED BELOW WAIST



NO TIME MAY BE RECORDED IF NUMBER IS NOT CORRECTLY POSITIONED

CTT REGULATION: ALL RIDERS MUST START WITH BOTH A WORKING FRONT AND REAR LIGHT ATTACHED TO THEIR MACHINE

3. Signing-on Sheet and Signing-out Sheet:

- (a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number
- (b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must
 - (i) return their race number(s); and
 - (ii) sign the official signing-out sheet. A rider who fails to sign the official signing-out sheet shall be recorded as DNF

Local Regulations – London West DC:

Restriction of Parking at the Start and Finish

LWDC 2 - No vehicles, except those of the timekeeper(s) and other event officials, shall be parked in the vicinity of the start or finish points.

Use of Turbo Trainers

LWDC 3 – Noisy Turbo Trainers are not to be used at morning events within 100 yards of residential accommodation

Prohibition of U-turns

LWDC 8 – Prohibition of U-Turns U-Turns are not permitted within sight of the Start or Finish points, nor on the course. Offenders will be liable to disqualification and will be reported to the District Committee. This may lead to disciplinary action being taken against the rider.

We look forward to welcoming you – have a fast, safe ride.

Please find the rider list/start sheet below

| Bib | Start time | Name | Surname | club |
|-----|------------|----------|----------------|-------------------------------------|
| 1 | 08:01:00 | Jack | Baldie | Avid Sport |
| 2 | 08:02:00 | Edd | Charlton-Weedy | Army Cycling |
| 3 | 08:03:00 | Philip | Burgin | Newbury Velo |
| 4 | 08:04:00 | Sarah | Toms | Royal Air Force Cycling Association |
| 5 | 08:05:00 | Rachel | Green | Cheltenham & County Cycling Club |
| 6 | 08:06:00 | Stu | Carver | North Hampshire RC |
| 7 | 08:07:00 | Jonathan | Whittaker | Army Cycling |
| 8 | 08:08:00 | Mike | Firth | Corinium Cycle Club |
| 9 | 08:09:00 | Gemma | Simister | Army Cycling |
| 10 | 08:10:00 | Bruce | McMichael | Hounslow & District Whs |
| 11 | 08:11:00 | Nat | Orpen-Palmer | Dulwich Paragon CC |
| 12 | 08:12:00 | Peter | Woodburn | London Dynamo |
| 13 | 08:13:00 | Darren | Wrintmore | Westbury Wheelers |
| 14 | 08:14:00 | James | Davies | Royal Air Force Cycling Association |
| 15 | 08:15:00 | Claire | Weston | Royal Air Force Cycling Association |
| 16 | 08:16:00 | Tom | Crisford | G.S. Henley |
| 17 | 08:17:00 | Sue | McFarlane | Army Cycling |
| 18 | 08:18:00 | Jack | Thompson | Reading CC |
| 19 | 08:19:00 | Caroline | Nottage | Army Cycling |
| 20 | 08:20:00 | Colin | Paton | Army Cycling |
| 21 | 08:21:00 | Peter | Iffland | Chippenham & District Wheelers |
| 22 | 08:22:00 | Cameron | Leslie | Royal Air Force Cycling Association |
| 23 | 08:23:00 | Laura | Sheppard | Royal Air Force Cycling Association |
| 24 | 08:24:00 | Chanel | Mason | Army Cycling |
| 25 | 08:25:00 | Jonathan | Cockburn | Bicester Millennium CC |
| 26 | 08:26:00 | Philip | Porteous | High Wycombe CC |
| 27 | 08:27:00 | Chris | Murray | Army Cycling |
| 28 | 08:28:00 | Tim | Fowler | PSSA Cycling Club |

| | | | | |
|----|----------|-----------|------------------|--|
| 29 | 08:29:00 | Alan | Cridland | Army Cycling |
| 30 | 08:30:00 | Rich | Meadows | Royal Air Force Cycling Association |
| 31 | 08:31:00 | Neil | Ashcroft | Didcot Phoenix CC |
| 32 | 08:32:00 | Adam | Thompson | BPC Race Team |
| 33 | 08:33:00 | Gareth | Daniels | Icknield RC |
| 34 | 08:34:00 | Ian | Swinscoe | Moonglu CC |
| 35 | 08:35:00 | William | Lewis | Royal Air Force Cycling Association |
| 36 | 08:36:00 | Stuart | McPhail | Royal Navy & Royal Marines CA |
| 37 | 08:37:00 | Maxwell | Randles-Hall | Royal Navy & Royal Marines CA |
| 38 | 08:38:00 | Craig | Morris | Royal Navy & Royal Marines CA |
| 39 | 08:39:00 | Simon | Barbour | AS Test Team |
| 40 | 08:40:00 | Tom | Quinlan | FTP (Fulfil The Potential) Race Team |
| 41 | 08:41:00 | Dan | Whitehouse-Smith | VØRANJE |
| 42 | 08:42:00 | Scott | Hill | Royal Air Force Cycling Association |
| 43 | 08:43:00 | Stephen | Swindley | Royal Navy & Royal Marines CA |
| 44 | 08:44:00 | Adam | Colvin | Army Cycling |
| 45 | 08:45:00 | George | Westall | Royal Air Force Cycling Association |
| 46 | 08:46:00 | Chris | Booth | Army Cycling |
| 47 | 08:47:00 | Howard | Waller | Python RT |
| 48 | 08:48:00 | Edward | Calow | Royal Air Force Cycling Association |
| 49 | 08:49:00 | Michael | Barnes | Royal Air Force Cycling Association |
| 50 | 08:50:00 | Basel | Razouk | Torvelo Racing |
| 51 | 08:51:00 | Jeremy | Redford | Army Cycling |
| 52 | 08:52:00 | Matthew | Coulson | Oxford University CC |
| 53 | 08:53:00 | Daniel | Watts | Royal Air Force Cycling Association |
| 54 | 08:54:00 | Sam | Wordley | Royal Navy & Royal Marines CA |
| 55 | 08:55:00 | Alexander | Fortune | Army Cycling |
| 56 | 08:56:00 | Gavin | MacDougall | Royal Navy & Royal Marines CA |
| 57 | 08:57:00 | Johnathon | Dorward | Army Cycling |
| 58 | 08:58:00 | Adam | Baker | Royal Air Force Cycling Association |
| 59 | 08:59:00 | Stefan | Gloyn | Army Cycling |
| 60 | 09:00:00 | Nicolas | Stagg | Hounslow & District Whs |
| 62 | 09:02:00 | Luca | Morrone | Onyx RT |
| 64 | 09:04:00 | Robert | Willcocks | Royal Air Force Cycling Association |
| 66 | 09:06:00 | Joshua | Clark | Royal Navy & Royal Marines CA |
| 68 | 09:08:00 | Tom | Scorer | Royal Navy & Royal Marines CA |
| 70 | 09:10:00 | Rachael | Elliot | Newbury Velo |
| | 09:10:00 | Ian | Greenstreet | Newbury Velo |
| 72 | 09:12:00 | Steven | Baldie | Royal Navy & Royal Marines CA |