



## Reading CC 50 Mile Time-Trial



**Sunday May 14 2023**

**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>

Racing starts at 08:01

Thank you for entering the 2023 50 Mile Time-Trial. 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.

### **Event Headquarters and sign on**

Woolhampton Village Hall, Bath Road, Woolhampton, RG7 5RE

Sign on opens at 07:00

Distance from HQ to start: 0.3 miles

### **Start Location**

To reach the start exit the event HQ and turn right. Proceed for approx. 0.3 miles through the village. The start is located in the layby on the left just beyond the petrol station.

### **Parking Information**

There is a small amount of parking available at the Event Headquarters. Further parking is available in the large Sunhill layby 0.5 miles east of the start.

<https://goo.gl/maps/h3UNi4d2JkT1iLU4A>

### **Officials**

Event organiser: Duncan Patterson, drpatterson@yahoo.com 07798 686901

Timekeeper(s): Christina Gustafson, Reading CC

Marshals: Members of Reading Cycling Club

*Your result will be calculated from your scheduled start time and not adjusted for a late start*

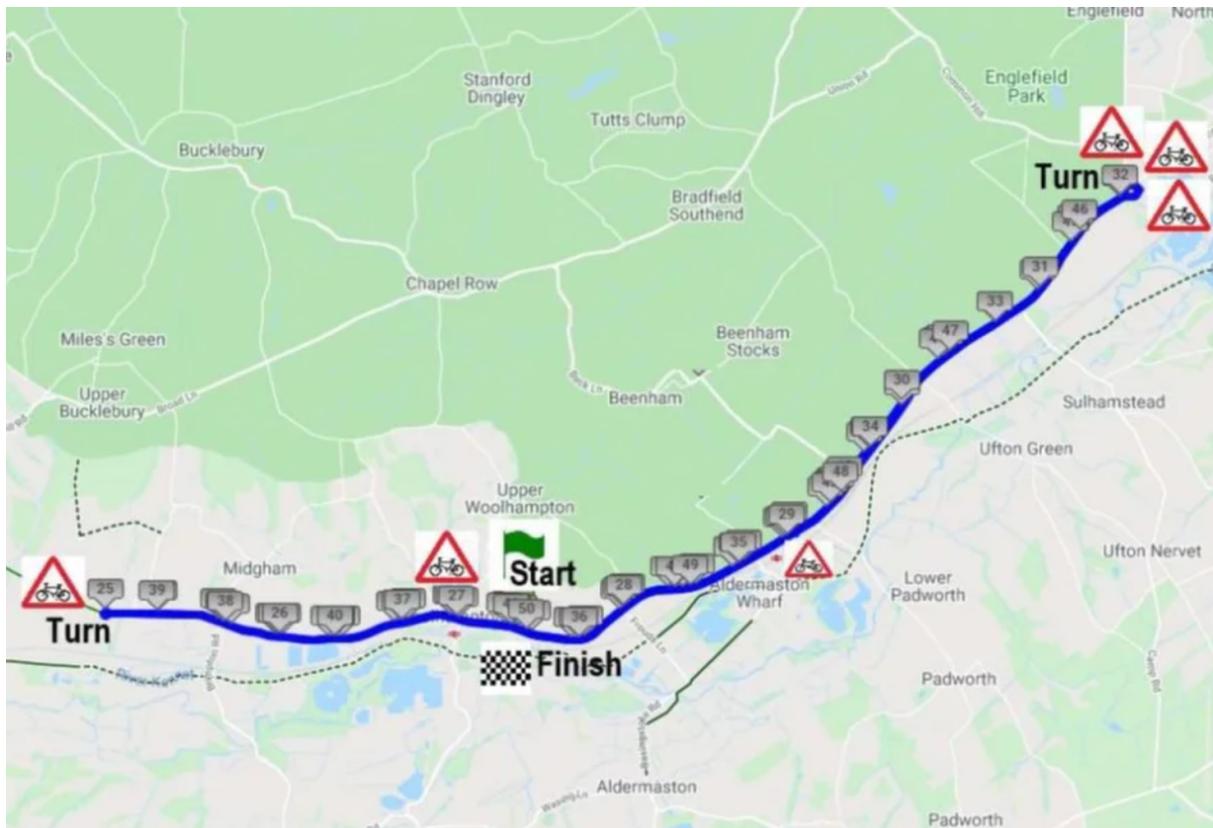
**Before heading to the start remember your: number, helmet and working front and rear light. Remember to return your number and sign out before leaving.**

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

## Course Description and Details

The event will be held on the H50/1B course.

OS Grid Ref	Description	Distance
SU578667	START in the middle of the long lay-by immediately east of the filling station in Woolhampton and 10 metres west of lamppost WN27. Exit the lay-by eastbound and join the A4. Continue on to the roundabout at the junction with the A340, Aldermaston Wharf.	0.000
SU603676	Go straight across the roundabout, (CARE: traffic crossing from right) Continue on the A4, past the dual carriageway section, to the large roundabout at the Theale junction with the A340.	1.700
SU632707	Circle the roundabout (1st Turn) leaving at the fifth exit and retrace on the A4 to the roundabout at the junction with the A340, Aldermaston Wharf.	4.500
SU603676	Go straight across, keeping to the right-hand lane at the roundabout and continue on the A4 through Woolhampton, passing the start point on the opposite side of the road. (CARE in village - pelican crossing) Continue to the Kennet Park roundabout at the junction with Gables Way.	7.300
SU541668	Circle the roundabout (2nd Turn) and retrace on the A4 to the start lay-by.	11.330
SU578667	Pass the start lay-by to COMPLETE THE FIRST CIRCUIT	13.670
	Proceed as follows to begin START OF SECOND CIRCUIT. Retrace on the A4 to the A340, Aldermaston Wharf roundabout. Go straight across on the A4 to the A340, Theale roundabout. (3rd Turn). Retrace on the A4 to the A340, Aldermaston Wharf roundabout, keeping to the right-hand lane at the roundabout. Keep on the A4 to the Kennet Park roundabout at the junction with Gables Way (4th turn). Circle the roundabout and take the 3rd exit to re-join the A4 eastwards to go past the start lay-by to COMPLETE THE SECOND CIRCUIT.	27.340
	Proceed as follows to begin START OF THIRD CIRCUIT. Retrace on the A4 to the A340, Aldermaston Wharf roundabout. Go straight across on the A4 to the A340, Theale roundabout. (5th Turn). Retrace on the A4 to the A340, Aldermaston Wharf roundabout, keeping to the right-hand lane at the roundabout. Keep on the A4 to the Kennet Park roundabout at the junction with Gables Way (6th turn). Circle the roundabout and take the 3rd exit to re-join the A4 eastwards to go past the start lay-by to COMPLETE THE THIRD CIRCUIT.	41.010
SU603676	Continue on the A4 to the A340, Aldermaston Wharf roundabout (CARE: traffic crossing from right). Continue on the A4 to the A340, Theale roundabout.	42.710
SU632707	Circle the roundabout (7th Turn) leaving at the fifth exit and retrace on the A4 to the roundabout at the junction with the A340	45.510
SU603676	At the A340, Aldermaston Wharf roundabout, go straight across, keeping to the right-hand lane at the roundabout and continue west on the A4.	48.300
SU578667	Continue on to a point on the A4 immediately opposite the start where FINISH	50.000



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 in a large layby, when waiting to ride please wait in the layby 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 authorized 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.**

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
1:43:41	1:56:43
Sebastian Dickson	Lizi Duncombe
16 May 2021	16 May 2021

## Results

Results will be available at HQ as soon as possible after the event. Please do not approach the finish timekeeper at any point for any reason.

The results will also be available at the ResultSheet website by following the link or QR code below.

<https://resultsheet.app/rsd/1683801806554x652513528469520400>



## Prizes

Prizes	1st	2nd	3rd
Men	£30	£20	£15
Women	£30	£20	£15
Men's Road Bike	£20		
Women's Road Bike	£20		
Fastest Tandem	£20		
Vet Mens 40-49	£10		
Vet Womens 40-49	£10		
Vet Mens 50-59	£10		
Vet Womens 50-59	£10		
Vet Mens 60-69	£10		
Vet Womens 60-69	£10		
Vet Mens 70+	£10		
Vet Womens 70+	£10		
Course Record	£10		

One prize per rider (prize of the highest value will be awarded)

For the course record there will be an extra prize for any rider setting a new course record.

There will be a brief prize presentation at 11:00AM. For other prizes please contact the event organiser.

## Refreshments

There will be refreshments available for all competitors on number return.

## 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. No aerobars, clip on aerobars or aero extensions can be used
2. Hands must be holding the handlebars at all times whilst racing (ie. not with forearms resting on the handlebar)
3. Wheels must have a minimum of 12 spokes each, and have a maximum rim depth of 50mm
4. Helmets must have no visor
5. Ears must not be covered by the helmet (e.g a Giro Aerohead helmet is not permitted)

### **IMPORTANT - NOTES TO COMPETITORS:**

#### **1. Protective Helmets and Junior Riders:**

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:

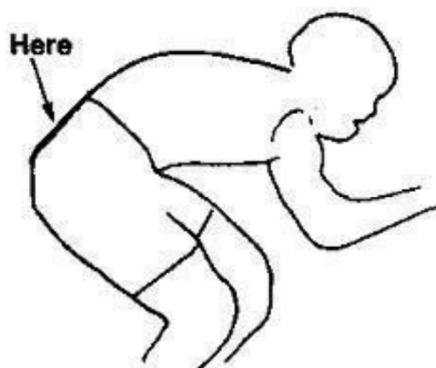
- (a) Select a Helmet that offers protection against head injury and does not restrict the rider's vision or hearing
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition

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.