

Rocco 25 Mile Open TT



19th September 2021

Promoted by London Phoenix

on behalf of

VTTA London & Home Counties



The Rocco Memorial 25 Mile Open TT

19th September, Start Time: 08:30am

Course: H25/2

Race Director: Wolfgang Emmerich (London Phoenix and L&HC)
Tel: 07887 930345
Email: we@acm.org

Timekeepers: Glen Knight (Newbury Velo and L&HC) and
Howard Waller (Python RT)

Marshalling: London Phoenix and
VTTA London and Home Counties

First Aiders: Wolfgang Emmerich
Daniel Wolman

Race Head Quarters: Liston Hall, Chapel St, Marlow, Bucks SL7 1DD

Registration opens: 07:15am

In the interest of your own safety, Cycling Time Trials and the Event Promoters strongly advise you to wear a **HARD SHELL SAFETY HELMET** that meets an internationally accepted safety standard. **ALL juniors and/or riders under the age of 19 years are required to wear a suitably approved helmet.**

Riders are reminded that no competitor shall be allowed to start an event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

Whilst we have many procedures outlined below, we may have to make changes based on events on the day. These will be communicated fully where appropriate. You are expected to follow the guidance of the marshals.

This event is run under CTT regulations which can be found here:

<https://www.cyclingtimetrials.org.uk/>

1. Race HQ

We have rented Liston Hall from the Marlow Community Association as Race HQ for this event. Sign-on will be in the Thames Room. There will be toilet facilities available. These are not to be used as changing facilities. Due to COVID restrictions there will be no changing facilities. Please wear a face covering while inside the Race HQ. You are asked to not urinate in the carpark or grounds or change in full view of any of the residents.

We are very lucky to have this facility, so please do not give them reason to not allow us to use it in the future. All future references to "HQ" in this document are referring to this facility.

Turbo trainer/roller warm up are permitted at HQ but only directly behind/in front of your parked vehicle. You are encouraged to warm up on the road to ensure you are not gathering with other riders. Riders not following guidelines or instructions from officials will not be permitted to race and will be reported to CTT.

Please allow at least 15-20 minutes to get to the start from the HQ. To get to the start you need to ride up the A404 and around the roundabout at the top of the hill. The start is in the first layby coming back down towards Marlow.

2. Sign-On and Sign Off

Riders not signing on 20 minutes before their start time will be recorded as DNS. If you will not be attending, then please let us know by messaging the organiser on 07887930345 and your entry will be marked as DNS(A).

We will ask you to respect the social distancing rules and maintain 2m distance between people in all directions at all times. This is to ensure we can successfully run this event and others in the future and that the event promoters are not being challenged in social media. We are all in this together so please respect the volunteer team and their decisions. Riders not adhering to the restrictions in place will not be permitted to race, will be reported to CTT and might refused entry to future events.

We will be using disposable numbers that do not need to be returned. **However, riders are required to sign-off at the Race HQ. Failure to do so will result in disqualification.**

3. Course Description

Start on the A404 approximately 0.4 mile south of Handy Cross RAB, in the first lay-by on the east side of the road, at a point at the southern end of the pathway, where the width of the lay-by starts to decrease, directly opposite a drain. Go south, going straight across at the A308/A404 RAB to the junction with the A4, where take the left-hand slip road to the Maidenhead Thicket RAB. Take third exit to join the A4 towards Reading. Go straight ahead at Maidenhead Business Park RAB and keep straight-ahead at the Burchetts Green mini-RAB. Go straight through Knowl Hill and Hare Hatch to the A321 Twyford RAB where go straight across and, taking care at the pedestrian lights at Charvil, continue to the Sonning Junction RAB. Circle the RAB and retrace, taking care at the pedestrian lights at Charvil to go straight across at the A321 Twyford RAB and through Hare Hatch and Knowl Hill to the mini-RAB at the Burchetts Green mini RAB, where bear right still on the A4 to the Maidenhead Business

Park RAB Go straight on to the Maidenhead Thicket RAB. Bear left down slip road to join A423/A404 to the A308 RAB where take second exit on A404 to a point 17 yards past the centre of a foot bridge over the road, and 32 yards short of lamp post No 14 where finish.

4. Local Regulations

District Regulations that apply to H25/2 (Handy Cross)

Riders should not cross the dual carriageway near the start.

District Regulations applicable to all events Restriction of Parking at the Start and Finish

LWDC 4 No vehicles, except those of the timekeepers', shall be parked at the start or finish.

Reporting of breaches of Local Regulations

LWDC 5 All breaches of Local Regulations shall be reported in writing to the London West District Secretary.

5. Race Results

Race results will be displayed at HQ on a big screen. We will also have a live results service running on a Twitter feed which you can follow or by scanning the QR code at HQ when you return your number. These results will be provisional until verified by the official timekeepers.

6. Prizes (one prize per person, with the exception of the team prize)

VTTA members: 1st on Standard: Gold Medal and hold ROCCO Trophy for 1 year
2nd on Standard: Silver Medal, 3rd on Standard: Bronze Medal

Teams: 1st club team on Standard: Gold Medals

Solo male: Fastest: £25, 2nd fastest, £15, 3rd fastest: £10

Solo female: Fastest: £25, 2nd fastest, £15, 3rd fastest: £10

Prizes will be presented at the London and Home Counties Prize Giving Luncheon in October.