



Maidenhead & District Cycling Club
www.maidenheadcc.org.uk

Hilly 30 Time Trial

5th March 2023

Promoted for and on behalf of Cycling Time Trials
under their Rules & Regulations

Event Secretary

Andrew Payne
43 Birdwood Road
Maidenhead
SL6 5AP
07782-311-830

Timekeeper

Andrew Small

Headquarters

Frieth Village Hall
RG9 6PR

Course Records

Men : Ollie Hucks (2022) 1:02:37

Women : Kate Allan (2022) 1:09:19

Prize List

Fastest Overall

First £15, Second £10
Third £5

Fastest Lady

First £15, Second £10
Third £5

Fastest 2-up £10

Fastest Espoir/Junior/Juvenile

First £15

New Course Record

Men, Women £15

Fastest Road Bike

First £10

IMPORTANT - PLEASE READ

It is now mandatory to have a working FRONT & REAR light fitted to your bike. Without lights you will not be allowed to start.

It is also mandatory to wear a HELMET. Without this you will not be allowed to start.

Please note that all riders must sign out at the end of the event as well as at the start. Failure to do so will result in a DNF.

Refreshments will be available on the day.

Road and Time Trial Categories

Solo riders are entered into either the Road Bike or Time Trial Bike category, as indicated in the start list below.

A rider can change category on the day by informing one of the race officials at sign-on.

The Road Bike category is governed by the following rules:

No aerobars, clip on aerobars or aero extensions can be used

Hands must be holding the handlebars at all times whilst racing (i.e. not with forearms resting on the handlebar)

Wheels must have a minimum of 12 spokes each, and have a maximum rim depth of 90mm

Helmets must have no visor

Ears must not be covered by the helmet (Giro Aerohead helmets, for example, are not permitted).

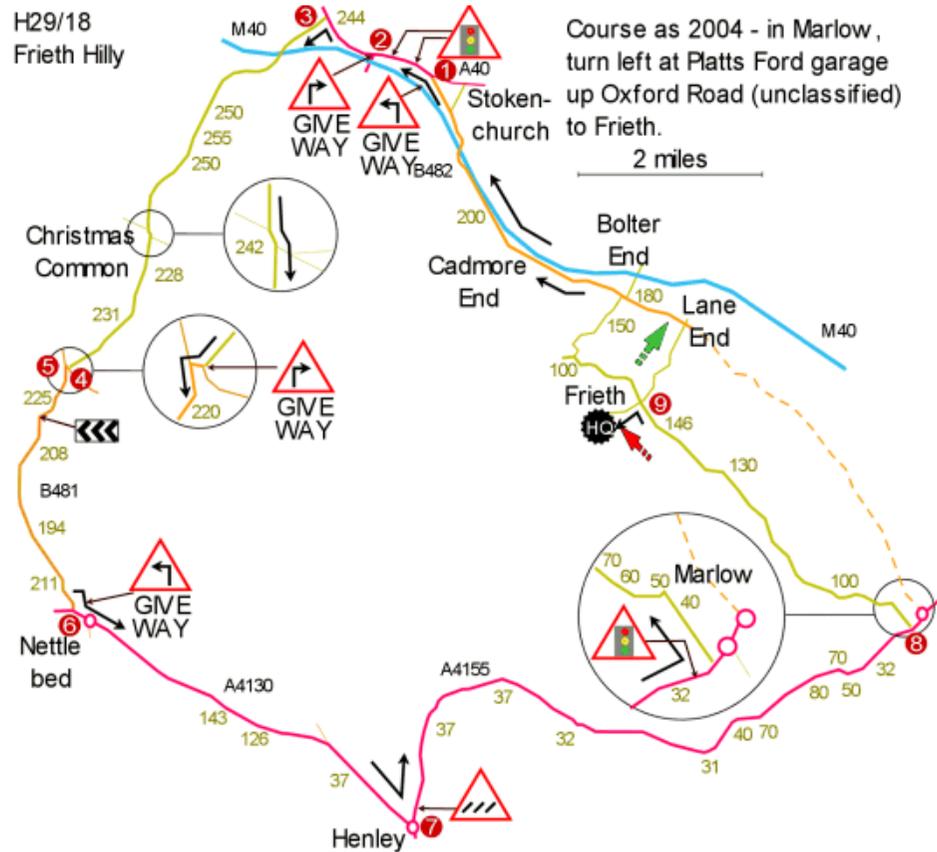
2-Up Start Order

No	Name	Club	Start Time
1	Larry Wiltshire	Chichester City Riders	09:01
	James Smee	Chichester City Riders	

Solo Start Order

No.	Name	Club	Category	Start Time
5	Rhiannon Northeast	Maidenhead & District CC	TT	09:05
6	Simon Barbour	AS Test Team	TT	09:06
7	Ruth Whiddett	Woking Cycling Club	Road	09:07
8	Alexander Ballinger	George Fox Cycling Solutions	Road	09:08
9	Amy Sole	Full Moo Cycling	TT	09:09
10	Jon Heaney	Maidenhead & District CC	TT	09:10
11	Sean O'Mahony	High Wycombe CC	Road	09:11
12	Peter Whitfield	Oxonian CC	Road	09:12
13	Peter Oliver	ZeroBC Race Team	TT	09:13
14	Charlotte Hodgkins-Byrne	Team BoomPods	TT	09:14
15	Drew Sheffield	FTP (Fulfil The Potential) Race Team	Road	09:15
16	Thurstan Bannister	Oxonian CC	TT	09:16
17	Dave Vernon	Maidenhead & District CC	TT	09:17
18	Kate Allan	Team Bottrill	TT	09:18
19	Oliver Teenan	Bournemouth Jubilee Whs	TT	09:19
20	Ben Payne	Maidenhead & District CC	TT	09:20
21	Michelle McGuinness	Didcot Phoenix CC	TT	09:21
22	Beth Thompson	Cowley Road Condors CC	TT	09:22
23	Theo Tadros	trainSharp	TT	09:23
24	Crispin Knill	Maidenhead & District CC	TT	09:24
25	Ben Richardson	Beaconsfield Cycling Club	Road	09:25
26	Andrew Payne	Maidenhead & District CC	TT	09:26
27	Tim Fowler	PSSA Cycling Club	TT	09:27
28	Ollie Hucks	Saint Piran	Road	09:28

Course Details



Location of Sign-on and Numbers

Competitors must sign on and collect their numbers from the Frieth Village Hall from 07:30 AM onwards.

Restriction of Parking at Start and Finish

No vehicles, except those of the timekeepers to be parked at the start or finish.

Emergency Phone Number

Phone Paul Richardson on 07703-405-101 if you need assistance during the event.

Courtesy to Residents

To ensure our continued support for this venue please do not use turbo trainers that are likely to disturb residents. Please show courtesy to pedestrians and other road users while cycling and driving.

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OS Ref.	Description	Dist
806918	START on B482 approx 200 yards past the Cadmore End side of the Frieth crossroads in lay-by of Culver Graphics opposite lamp post no. 4.	0
	Proceed north to the junction with A40 at Stokenchurch. (M1)	4
	Turn left & continue to the junction with M40(J5). Turn right just before bridge over M40 (M2) onto old A40.	4.5
	Proceed to junction with minor road to Christmas Common. (M3)	5
	Turn left & continue through Christmas Common to junction with B480. (M4)	8.5
	Turn right and immediately left (M5) onto the B481. Proceed via Cookley Green to Nettlebed. (M6)	12.7
	Turn left onto A4130. Straight on at roundabout to junction with the A4155 at Henley. (M7)	18
	Turn left & continue through Medmenham to Marlow. (M8)	25
	At Ford garage turn left up Oxford Road and continue uphill to Frieth crossroads. (M9)	29
	Turn left to FINISH near Frieth Village Hall.	29.50