

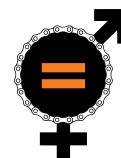
DIDCOT PHOENIX CC

DPCC Open 10 Mile Time Trial

Date:	15/08/2021
Entries Close:	03/08/2021 23:59
Start time:	07:30
Course:	H10/17r (Southmoor)
Enter TT bike competition:	https://www.cyclingtimetrials.org.uk/race-details/22537
Enter Road bike competition:	https://www.cyclingtimetrials.org.uk/race-details/22539
HQ Location:	Kingston Bagpuize with Southmoor Village Hall (OX13 5HX)
HQ opens:	06:30
Organisers:	Ant Atkin
Time Keepers:	Ron Smith, Howard Waller
Start Area Official:	TBD (volunteer here)
Finish Spotter:	TBD (volunteer here)
Sign On Officials:	Daniel Crossley
First Aiders:	Daniel Crossley
Marshalls:	TBD (volunteer here)
Contact:	07792710411 didcotphoenixccpresident@gmail.com

**IF YOU ARE NOT WELL OR ARE SHOWING SIGNS OF COVID-19 THEN
PLEASE DO NOT ATTEND THE EVENT.**

This event is run under [CTT regulations](#)
This event is a recipient of the [EPiC Kitemark](#) for equal prizes:



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DPCC Open 10 Mile Time Trial

Thank you for taking part in our 10 mile open time trial.

This event has been a staple of our club calendar in one form or another for decades. It originally was run on one of the country's fastest courses (the A34 of all roads!) and attracted the fastest riders from across the country in the sole pursuit of speed.

In recent years we have worked to move away from this narrow focus and broaden out the appeal for riders to emphasise the individual challenge, rather than absolute speed. To do this we have incorporated a road bike-only competition and run it as part of the Oxfordshire Road Race League. As a result, in the 2019 event we were able to field the biggest and most diverse field ever in our club's history.

This year we are continuing this work to make the event more accessible, building on the club's work in support of Reading CC's supremely successful 2020 National Hill Climb, the number of new riders involved in our Thursday time trials and the success of the 2021 Ben Owen Memorial Time Trial. This is a part of our club's commitment to addressing [diversity](#).

We know that 'Open' events can be intimidating to new riders and that this can lead people to think they're not fast enough, experienced enough or have all the right kit to take part. The following document provides a summary of the DPCC Open 10 Mile Time Trial event, how to enter, how we select riders, the event mechanics and course details. In this rider manual we've provided as much info to help you get a clear picture of what's involved and what to expect on race day.

If you have any questions or if anything is unclear please email us at didcotphoenix@gmail.com

Kind Regards,

Ant Atkin (DPCC President and Open 10 Mile TT Coordinator)

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1. How To Enter

To enter the DPCC Open 10 Mile Time Trial you need to:

- Be a member of a CTT affiliated club (cost of the club's membership fee),
- Be a registered rider with CTT (It's free!),
- And enter the event on the CTT website (entry cost)

The links to the enter the events are here

Enter TT bike competition: <https://www.cyclingtimetrials.org.uk/race-details/22537>

Enter Road bike competition: <https://www.cyclingtimetrials.org.uk/race-details/22539>

To register with CTT please [register here](#).

To check if your club is affiliated with CTT [check club affiliation here](#).

If you are not a member of an affiliated club please contact didcotphoenix@gmail.com and we will help you out.

Entries Close on 03/08/2021 at 23:59

2. Warm Up Events

If you wish to try out time trialling, fine tune your body/machine or just have a practice, there are three DPCC warm up races as part of our [normal calendar](#). This includes one on the same course as the open event itself (05/08/21).

Entries open 7 days before the event and non-members are very welcome.

Date	Course	Location	Distance	Start Time	Volunteer	Enter
29/07/21	CC118	Stadhampton	10	19:16	Volunteer	Enter Here
05/08/21	H10/17r	Southmoor	10	19:31	Volunteer	Enter Here
12/08/21	CC272	Abingdon	10	19:16	Volunteer	Enter Here

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3. Selection

Once entry has closed, we will review the entries and accept riders.

Based on previous experience we expect that any rider who enters will receive a place. However if the event is oversubscribed, the criteria for accepting riders is as follows:

1. The event has a capacity of 120 riders
2. 60 spaces are reserved for female riders and 60 reserved for male riders
3. All juvenile (U16), junior (U18) and espoir (U21) riders who enter will be accepted
4. Riders are accepted in the order of their previous fastest times as specified on their CTT profile, fastest first. If the rider has not completed an open event before they can supply supporting info in their entry form to allow the organisers to inform selection (e.g. a triathlon or CTT type 'B' event)
5. If the event is oversubscribed the road bike competition will be prioritised over the time trial competition and/or we will apply to the London West District Council to increase the capacity of the event.

Riders will receive a confirmation email after the event entry has closed to inform them if they have been accepted.

The start sheet will be published and circulated in the week running up to the event.

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6. Competition Format

The DPCC Open 10 mile time trial is primarily a solo event where individual riders complete the course as fast as they are able.

Solo Competition Rules

The times for the road bike and time trial bikes will be ranked separately. Placings and rankings for both male and female riders will be generated. Prizes are awarded equally across both events and between genders in accordance with the [EPIc Kitemark](#).

Road Bike			
1st Woman	£25	1st Man	£25
2nd Woman	£15	2nd Man	£15
3rd Woman	£10	3rd Man	£10

TT Bike			
1st Woman	£25	1st Man	£25
2nd Woman	£15	2nd Man	£15
3rd Woman	£10	3rd Man	£10

Additional prizes: fastest female and male junior (£25 each), fastest female and male veteran on standard (£25 each).

Road Bike Rules

The road-bike only event is being run with under "[Aerocoach](#)" road bike rules, 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)

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3. Wheels must have a minimum of 12 spokes each, and have a maximum rim depth of 90mm
4. Helmets must have no visor
5. Ears must not be covered by the helmet (e.g a Giro Aerohead helmet is not permitted)

The start team will check that your kit fits with these rules. Riders whose equipment does not comply will be permitted to race and a time will be recorded, but their result won't count in the team competition.

6. Covid-19

Please help us make this as safe an event as possible. Riders are strongly advised to wear a facemask around the HQ and sanitise their hands when signing in and out.

7. Event HQ

The HQ is at Kingston Bagpuize with Southmoor Village Hall (OX13 5HX). It has parking and toilet facilities.

8. Sign-On

When you arrive at the HQ you can sign in and pick up your race number. You are strongly advised to wear a facemask and sanitize your hands when attending the HQ.

Please make sure your bike has a working rear light fitted to it and that your race number is displayed clearly on your lower back. This event also requires riders to have sleeves that are at least mid upper arm length (i.e. not trisuit-type clothing). The numbers are disposable and you can keep them. If you have any questions about the event please ask the team and they will be happy to help.

9. Pre Race

The start is a three-mile ride from the HQ and can be reached using the following route. Please allow at least 15 minutes to get to the start, taking care when crossing the A420.

Riders can warm up on the minor road leading to the start but not on the course.

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Route from HQ to Start of H10/17r (3 miles)



<https://www.strava.com/routes/2852838698697276114>

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10. Race Protocol

Please arrive at the start line five minutes before your start time.

The start team will check that riders a) have their number attached and, b) have a working rear light. **If either of these are missing you will not be permitted to race.** The team will also check if the road bike criteria are met.

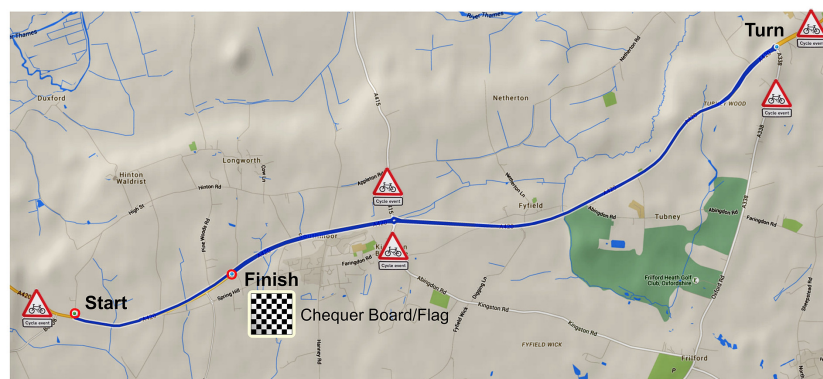
Riders are set off at one minute intervals. When it is your turn, the start team will call you to the line.

The start time keeper will count you down to zero when you can start your race and complete the 10 mile course as quickly as you are able.

As you cross the finish line the timekeeper will record your time. If you remember, please shout your number as you cross the line.

11. H10/17r (Southmoor) Course Detail

The H10/17r is an out-and-back course on the A420 in Oxfordshire. The course is a mixture of single and wide dual-carriageway A road with a large roundabout in the middle of both outward and return legs, with a roundabout at the turn. The course is rolling in nature with a good road surface, there are no technical corners to negotiate.



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Course Description

Start at the corner of the lane from Hinton Waldrist, about 5 yards south of the “Give Way” signs and in line with the north edge of a metal manhole cover in the centre of the lane. Bear left along the slip road to join the A420 eastbound. (Great care when joining A420 and give way to traffic from the right. Proceed eastwards along A420 onto the dual carriageway by-pass and continue to the roundabout with the A415, (Care of traffic crossing on A415) Take the second exit to continue straight on along A420 towards the next dual carriageway section in Tubney Wood On approaching the Tubney Wood roundabout with the A338 look behind, signal and move into the outside lane (Care) to turn around the roundabout and take the third exit to return westwards on A420 (M, Check). Continue to the Kingston Bagpuize by-pass and on to the roundabout with the A415 (Care of crossing traffic) and take the second exit to remain on the A420 Finish, still on the A420 dual carriageway by-pass, beside the first drain in the lay-by, 29 yards west of and beyond the large sign at the extreme eastern end for the crossroads to Charney Basset and Longworth, 70 yards east of the footpath steps in the middle of the lay-by and 537 yards short of the crossroads.

Strava Segment

https://www.strava.com/segments/h10-17r-better-gps-7186031?utm_campaign=segment_share&utm_content=7186031&utm_medium=widget&utm_source=www.didcotphoenix.co.uk

London West District Council course Map, description and risk assessment

<https://www.londonwestdc.co.uk/h10-17r>
<https://www.londonwestdc.co.uk/h10-17rra>

Forecast race conditions

<https://mywindsock.com/segment/7186031/#forecast=1629009000>

Course Safety

The course is sign posted with large, event warning signs which inform other road users of the event as they join the course from A420 and the major side roads.

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.

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Marshalls 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. Marshalls are not authorised to direct or regulate the traffic.

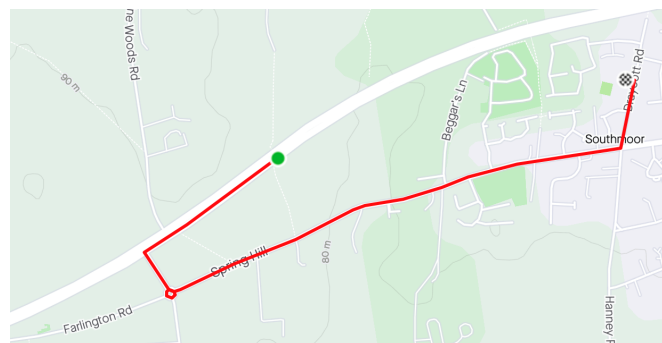
Riders are responsible for their own safety and are required to observe the law relating to road use.

12. Post Race

Once you have passed the finish line please clear the finish area quickly and return to the HQ area taking care not to distract the timekeepers or impede others in their race.

The route back to the HQ is as follows and is approximately 1 mile.

Route from H10/17r finish to HQ



<https://www.strava.com/routes/2852840071132001306>

ALL Riders must sign out at the HQ after they have completed their ride. Failure to do so will result in a disqualification.

Results will be made available online (link to follow)

Start Sheet

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Number	Start Time	Road Bike/ TT Bike	Name	Club	Gender	Age Group
1	8:31	RB	Hannah Makins	Mickey Cranks Cycling Club	Female	Veteran
2	8:32	RB	Bonnie Lynn	Abingdon Race Team	Female	Junior
3	8:33	RB	Gina Brown	Redhill CC	Female	Veteran
4	8:34	RB	Georgia Fife-Wright	Didcot Phoenix CC	Female	Senior
5	8:35	RB	Celia Brown	Gorilla Coffee Cycling Club	Female	Veteran
6	8:36	RB	David Adcock	Cowley Road Condors CC	Male	Veteran
7	8:37	RB	Shane Turner	Vector Cycling Race Team	Male	Veteran
8	8:38	RB	Darren Burbury	Cowley Road Condors CC	Male	Senior
9	8:39	RB	Leigh Blackford	Vector Cycling Race Team	Male	Senior
10	8:40	RB	Michael Robson	Vector Cycling Race Team	Male	Veteran
11	8:41	RB	Rich Mallett	Didcot Phoenix CC	Male	Senior
12	8:42	RB	Benjamin Bussmann	Cowley Road Condors CC	Male	Senior
13	8:43	RB	Crispin Doyle	Montezuma's Race Team	Male	Veteran
14	8:44	RB	Peter Fifield	Cowley Road Condors CC	Male	Senior
21	8:51	TT	Samantha Messenger	Bicester Millennium CC	Female	Veteran
22	8:52	TT	Arja Scarsbrook	Team Echelon	Female	Veteran
23	8:53	TT	Susan Oldham	Bicester Millennium CC	Female	Veteran
24	8:54	TT	Jo Wilkie	Ride 24/7	Female	Veteran
25	8:55	TT	Aimee Jones	Cowley Road Condors CC	Female	Senior
26	8:56	TT	Brian Lewis	Bicester Millennium CC	Male	Veteran
27	8:58	TT	Peter White	VC 10	Male	Veteran
28	8:57	TT	Lee Harris	Bicester Millennium CC	Male	Veteran
29	8:59	TT	Michael Gillett	Banbury Star Cyclists' Club	Male	Senior
30	9:00	TT	Oliver Ashley	Vector Cycling Race Team	Male	Senior
31	9:01	TT	Philip Strongman	Oxonian CC	Male	Veteran
32	9:02	TT	James Hunt	Oxonian CC	Male	Veteran
33	9:03	TT	Wei Yau	Newbury RC	Male	Veteran
34	9:04	TT	Steven Buckley	Ride 24/7	Male	Veteran
35	9:05	TT	Ian Radburn	Oxonian CC	Male	Veteran
36	9:06	TT	Sam Boulton	Didcot Phoenix CC	Male	Veteran

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37	9:07	TT	Mark Boyles	Banbury Star Cyclists' Club	Male	Veteran
38	9:08	TT	Gavin Mitchell	Twickenham CC	Male	Senior
39	9:09	TT	Josh Lovell	Banbury Star Cyclists' Club	Male	Senior
40	9:10	TT	Lee Beckford	Reading CC	Male	Senior
41	9:11	TT	Jack Smy	Army Cycling	Male	Senior
42	9:12	TT	Mark Smith	Swindon Road Club	Male	Senior
43	9:13	TT	Stuart Martingale	Sotonia CC	Male	Veteran
44	9:14	TT	Massimiliano Radi	Team Bottrill	Male	Veteran
45	9:15	TT	Martin Attwood	Cowley Road Condors CC	Male	Senior
46	9:16	TT	William Grainger	Andover Wheelers	Male	Veteran
47	9:17	TT	Simon Bull	Banbury Star Cyclists' Club	Male	Veteran
48	9:18	TT	Dave May	Bicester Millennium CC	Male	Veteran
49	9:20	TT	Matt Fisher	Newbury Velo	Male	Veteran
50	9:19	TT	Michael Bennett	Bicester Millennium CC	Male	Veteran
51	9:21	TT	David Holland	Cowley Road Condors CC	Male	Senior
52	9:22	TT	Robert West	AeroCoach	Male	Veteran
53	9:23	TT	Sam Harding	Hub Velo	Male	Senior
54	9:24	TT	James Pittard	Didcot Phoenix CC	Male	Espoir
55	9:25	TT	John Mulvey	UpShift Nutrition Race Team	Male	Senior