



## Reading CC 10-Mile Time-Trial



**Sunday 24<sup>th</sup> July, 2022**

**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 24<sup>th</sup> July, 2022, starting at 08:01

Thank you for entering the 2022 Reading CC 10-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.

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

Event Headquarters: Woolhampton Village Hall, Bath Road, Woolhampton, RG7 5RG.

Sign on opens at 07:15

Distance from HQ to start: 0.3 miles

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: Chris Goslar, 07525 123 177, [chris@goslar.co.uk](mailto:chris@goslar.co.uk)

Timekeepers: Christina Gustafson (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**
- **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 H10/1C course.

Start at the East end of the long layby immediately East of the Petrol Filling Station in the middle of Woolhampton, 5 metres east of lamp post WN27. SU578667 Exit the layby and head East along the A4.

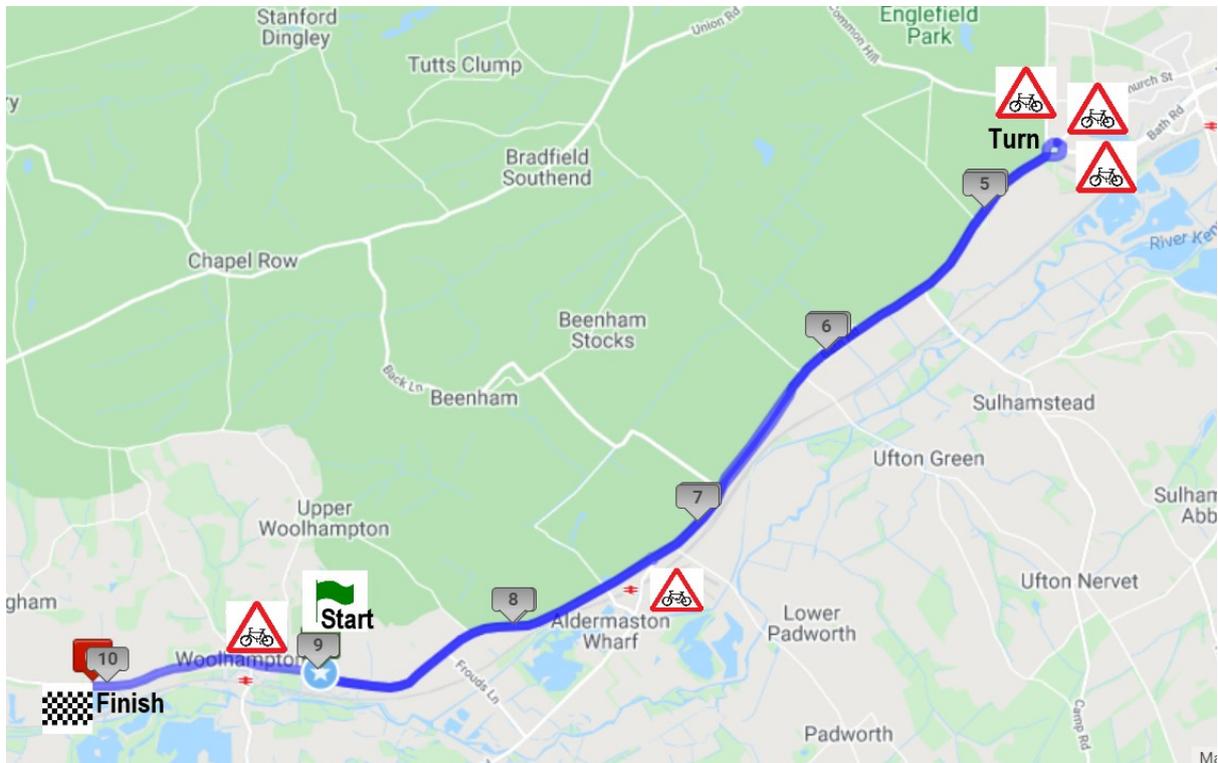
Go straight across the roundabout at the junction with the A340 1.7 miles SU603676 (care, traffic from the right) to a short dual carriageway.

Continue past the dual carriageway to the large roundabout at Theale, junction of A4 and A340, 4.5 miles, SU632707. Circle the roundabout and retrace along the A4 to go straight across the A4/A340 junction/roundabout.

Continue on through Woolhampton on A4 passing the start and exit the village (CARE; light controlled pedestrian crossing).

Finish on the south side of the A4 at a bus stop 75 metres west of the gated entrance Midgham Park (on the north side of the A4) at the drain grating in the centre of the bus stop pull in. 10.08 miles SU561666

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 in a large layby after the BP garage. 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.

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:**

<b>Solo Male</b>	<b>Solo Female</b>	<b>Solo Male (Junior)</b>	<b>Solo Female (Junior)</b>	<b>Tandem</b>
00:19:46	00:22:29	-	00:26:11	-
Matthew Coulson	Miriam Jessett	-	Sophie Quay-Clark	-
25-Jul-21	25-Jul-21	-	25-Jul-21	-

**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 [HERE](#) or QR code below.



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

**Prize List:**

	<b>1st</b>	<b>2nd</b>	<b>3rd</b>
<b>Men</b>	£30	£20	£15
<b>Women</b>	£30	£20	£15
<b>Male Road Bike</b>	£20	£10	
<b>Female Road Bike</b>	£20	£10	
<b>Team</b>	Small non cash prize	Small non cash prize	Small non cash prize
<b>Fastest Tandem</b>	£20		
<b>Junior Male</b>	£10		
<b>Junior Female</b>	£10		
<b>Vet 40-49 Male</b>	£10		
<b>Vet 40-49 Female</b>	£10		
<b>Vet 50-59 Male</b>	£10		
<b>Vet 50-59 Female</b>	£10		
<b>Vet 60-69 Male</b>	£10		
<b>Vet 60-69 Female</b>	£10		
<b>Vet 70+ Male</b>	£10		
<b>Vet 70+ Female</b>	£10		
<b>13<sup>th</sup> Place</b>	Small non cash prize		
<b>Course Record Male/Female</b>	£20		

One prize per rider with exception of course record (prize of the highest value will be awarded)

There will be refreshments available for all competitors on number return and a brief prize presentation at approximately 09:45

The team prize 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. 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 90mm
4. Helmets must have no visor
5. Ears must not be covered by the helmet

## **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:

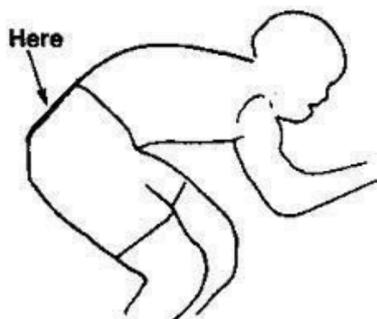
- (a) Select a Helmet that offers protection against head injury and does not restrict the rider's vision or hearing
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition

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.