

# Reading Cycling Club

## 10-mile time-trial on the H10/1C Woolhampton-Theale course at 14:00 on Sunday 25 July 2021

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations  
In the interests of your own safety; Cycling Time Trials strongly advises you to wear a hard shell helmet  
that meets an internationally accepted safety standard (a "safe" helmet.)

CTT regulations require the compulsory use of helmets for the under 18's.

**This is the startsheet cover note only. Start times are available on the CTT website.**

<b>Event HQ</b>	<b>Woolhampton Village Hall Bath Road, Woolhampton, Reading RG7 5RG</b>
Parking	<p>Parking is available at Aldermaston C of E Primary School (Wasing Lane, Aldermaston, Reading RG7 4LX) around 2 miles from the start: <a href="https://goo.gl/maps/CaeWJ3FNwTXDv1Sz7">https://goo.gl/maps/CaeWJ3FNwTXDv1Sz7</a>.</p> <p>The new HQ, whilst being on the course and very close to the start/finish has very limited parking. There will be 4 bays as you enter on the left that are strictly for stopping to sign in/out and no cars are to be left here whilst racing. Further parking options are several large lay-bys (do not use the Bus Stops) located on the course. Riders will need to ride on the course to get to the start and back to the HQ once finished. Please keep riding on the course to a minimum and be considerate to other riders who have already started to race. Try not to arrive at the start point more than 6 minutes before your start time.</p> <p>Strictly NO TURNING in the road close to the start. All cars are parked strictly at owner's risk.</p>
Organiser:	Chris Goslar 1b Soane End RG4 8QW 07525 123 177 chris@goslar.co.uk
Timekeepers:	Christina Gustafson, Reading Cycling Club Philip Chapple, Reading Cycling Club
Covid restrictions	<ul style="list-style-type: none"><li>• If you feel at all unwell or are showing signs of Covid-19 DO NOT come to this event</li><li>• Please bring your own pen to sign on with and pins if you require them for your number</li><li>• Please wear a face covering at appropriate times.</li><li>• There will be toilet facilities but these are not to be used as changing rooms.</li><li>• Maintain social distancing at all times.</li></ul>

Sign-in / sign-out                      Signing On Opens at 12:15pm. Sign-on and start numbers at Event HQ. Allow 5 minutes from HQ to start.

Please note that all competitors are required to personally sign in when collecting their number and personally sign out when returning their number. Failure to do so will result in the competitor being recorded as DNF.

Event Specific Instructions                      Competitors are requested not to warm up on the course after the first rider has started. Rider's attention is drawn to the regulations that govern Time Trials and prohibits drafting (riding in company). You must have a working rear light affixed to your bike in order to start. The start marshals will be checking 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. Despite recent relaxation of Covid restrictions Reading CC will be not be providing a "pusher offer" and you will have to do a standing start on your own. Rolling starts will not be permitted.

Course                                      H10/1C  
<https://www.cyclingtimetrials.org.uk/course-details/h10-1c>  
The course is the new 10 mile A4 course (H10/1C), starting in Woolhampton heading east to Theale before returning to Woolhampton.

Prizes                                      Men                                      £30, £20, £10  
Women                                      £30, £20, £10  
Veteran male                                      £25, £15, £10  
Veteran female                                      £25, £15, £10  
Team of three                                      £10 x 3  
Road bike Men                                      £25, £15, £10  
Road bike Women                                      £25, £15, £10

One rider, one prize rule will apply

Road bike category rules

1. No aerobars, clip on aerobars or aero extensions can be used
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 (Giro Aerohead helmets, for example, are not permitted)

Prizes will be paid via bank transfer after the event. The event secretary will contact you after the event for bank details.

Course code: H10/1C

Title: Woolhampton-Theale

OS Maps: 174, 175

Course Length: 10 miles

Course description can be found here: [h10/1 RA | lwdc \(londonwestdc.co.uk\)](http://h10/1%20RA%20|%20lwdc%20(londonwestdc.co.uk)) as in the link you've included earlier. Here is a photo of it

No	Location	Appx Dist	Perceived Risk	Level	Action Required
1	Start	0	Traffic passing riders waiting to start	LOW	Place <b>warning sign</b> before start. All officials to wear <b>Hi-Viz upper garments</b> . <b>Riders to wear fluorescent numbers on their backs</b> . Riders attention to be raised to traffic movement at time of their start. Riders waiting to start must <b>keep off highway</b> .
2	Riding in Easterly direction		Glare from setting sun during morning events only	LOW	Be vigilant
3	Riding in Westerly direction		Glare from rising sun during evening events only	LOW	Be vigilant
4	Traffic Islands		Vehicles overtaking inappropriately	LOW	Be vigilant
5	Aldermaston RAB		Traffic from A340	LOW	Place <b>warning sign</b> on A340 approaching RAB
6	Pangbourne Lane RAB	4.5 miles	Traffic approaching RAB from A4, Pangbourne Lane(A340) and	LOW	Place <b>warning sign</b> on each through road (3 in total) approaching RAB
7	Aldermaston RAB		Traffic from A340	LOW	Place <b>warning sign</b> on A340 approaching RAB (as per 5)
8	Woolhampton		Light controlled pedestrian crossing	LOW	Be vigilant and obey lights
9	Finish		Traffic passing riders after finishing and approaching riders from behind as riders are turning right across dual carriageway.	LOW	All officials to wear <b>Hi-Viz upper garments</b> . <b>Riders to continue past finish without stopping</b> . A finish chequer board or flag is to be displayed at finish. It must be fixed to ensure it is not affected by passing traffic.
10	Wherever placing or removing signs		Danger from passing vehicles	Medium	Be very vigilant of traffic conditions It is strongly recommended that sign erectors to wear Hi-Viz upper garments complying with BS EN 1150, BS EN 471 or ISO EN 20471:2013

Side road junctions, the small junctions or entrances to farms/facilities (garages, cafes etc) that are not mentioned in this risk assessment have been considered, they are not considered significant to pose a risk and therefore have not been noted.

### Local Regulations

#### LWDC 2 – Restriction of Parking at the Start and Finish

No vehicles, with the exception of the Timekeepers' or Timekeepers' Assistant shall be parked in the vicinity of the Start or Finish points.

#### 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.