

# Reading Cycling Club

Open 50-mile time-trial on course H50/1b  
Woolhampton course at 8am on Sunday 16th May 2021

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

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

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)

**Organiser:** James Churchard  
226 Upper Woodcote Road  
Caversham  
Reading  
RG4 7JN  
07976 612339, jimbo.churchard@gmail.com

**Timekeeper:** Christina Gustafson

**Event HQ** Woolhampton Village Hall, Bath Road, Woolhampton  
Berkshire RG7 5RG. Open from 06:30

**Course** H50/1b This is a new course that now turns at the Kennet Park Roundabout, not the Thatcham Pipers Way Roundabout. Link here: (please ignore that the Londonwestdc website is still referring to it as both H50/1a and H50/1b)

**Prizes** <https://www.londonwestdc.co.uk/h50-1a>  
<https://www.londonwestdc.co.uk/h50-1ara>

Overall	£50, £30, £20
Veterans (standard)	£50, £30, £20
Female	£50, £30, £20
Team of 3	£30
Road bike Overall	£20
Road bike Female	£20

One rider, One prize rule applies

## **Attn. all competitors**

**Please note that for all competitors are required personally to sign the signing out sheet when returning their number. Failure to do will result in the competitor being recorded as DNF.**

## **COVID-19 Guidelines**

- If you feel at all unwell or are showing signs of Covid 19 DO NOT come to this event**
- Please bring your own pen to sign on with, and pins if you require them for your number**
- Please wear a face covering at appropriate times.**
- There will be toilet facilities but these are not to be used as**

**changing rooms.**

- **Please maintain social distancing at all times.**
- **Having finished your race, you will be expected to return your number, sign out and then leave.**
- **These restrictions are not there to make it difficult for either you or the volunteers. They are there to minimise the risk of spreading COVID-19 virus.**
- **Thank you for your co-operation**

**Startsheet cover note only. Start times available on CTT website.**

**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. There will be no “pusher offer” and you will have to do a standing start on your own. Rolling starts will not be permitted.**

**HQ Parking – the usual HQ used for Reading CC events is unavailable this year as it is a school. The new HQ, whilst being on the course and very close to the start/finish has limited parking and will not cater for the 100+ riders signed up. 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. There is further parking available at the Rowbarge Pub RG7 5SH – they have kindly offered use of their overflow car park only (until 12pm when they open), this is located at the back of the main car park – please do not use the main car park and be considerate with any noise kept to a minimum. 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. Strictly NO TURNING in the road close to the start. For competitors parking at the Rowbarge or warming up on the roads South of the A4 (North of the A4 is not recommended as the only options are some steep climbs), please be aware that there is level crossing next to the pub that could need extra time to allow to get to the start.**

## **Local Regulations**

### **LWDC 1 – Breaches of Local Regulations**

**All breaches of Local Regulations shall be reported in writing to the District Secretary.**

### **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 3 – Use of Turbo-Trainers**

**Noisy Turbo Trainers are not to be used at morning events within 100 yards of residential accommodation.**

### **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.**

#### **Additional Notes**

**Please note: there are pedestrian controlled traffic lights installed in Woolhampton. A marshal/observer will be positioned at these lights. Failure to obey the lights will result in disqualification.**

#### **Road Bike Category Rules:**

- 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 (Giro Aerohead helmets are not permitted)**

**RIDE SAFE, RIDE STRONG!**