

The British Universities and Colleges Sport 10 Mile Time Trial Championships

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



OXFORD UNIVERSITY CYCLING CLUB

EST. 1873

- Date:** Saturday 6th April 2019
- Course:** H10/17R
- Start time:** First rider 14:01, HQ open from 12:30
- Headquarters:** Southmoor Village Hall, Draycott Road, Southmoor, OX13 5HX
- Event Secretary:** James King, james.king2@univ.ox.ac.uk, 07414831831
- Timekeepers:** Oli Wright & Howard Waller
- Prizes:** Medals for top three teams and individual riders
Men's teams composed of three riders
Women's teams composed of two riders

Rider Information

- Numbers will be at the headquarters and can be collected once signed-on.
- All riders must return their number and **sign out** after completing their ride. Failure to do so will result in a DNF being recorded.
- It is the responsibility of the rider to know the course.
- Riders must not stand in the road while waiting to start.
- “Competitors must ride entirely alone and unassisted and not ride in company or take shelter from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken” Cycling Time Trials Regulation No. 18.
- U-turns are not permitted within sight of the start or finish points, nor on the course.
- There are good, quiet roads for warming up near the headquarters. Do not warm up on the course once the event is in progress.
- Riders must not hassle the timekeepers: they will not give you your time, let you change start time, etc.
- In the interests of your own safety, Cycling Time Trials and Oxford University Cycling Club strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard. A rear light is also advised.
- Limited parking is available at the HQ
- Cleats must not be worn in the Village Hall
- BUCS Competitors must be able to provide, upon request, **valid Student ID cards**.

Course Map



Figure 1: <http://wdcriskassessments.co.uk/Courses/H10%2017R%20Kingston%20Bagpuize/H10%2017R%20course.pdf>

Strava Segment

<https://www.strava.com/segments/7186031>

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.

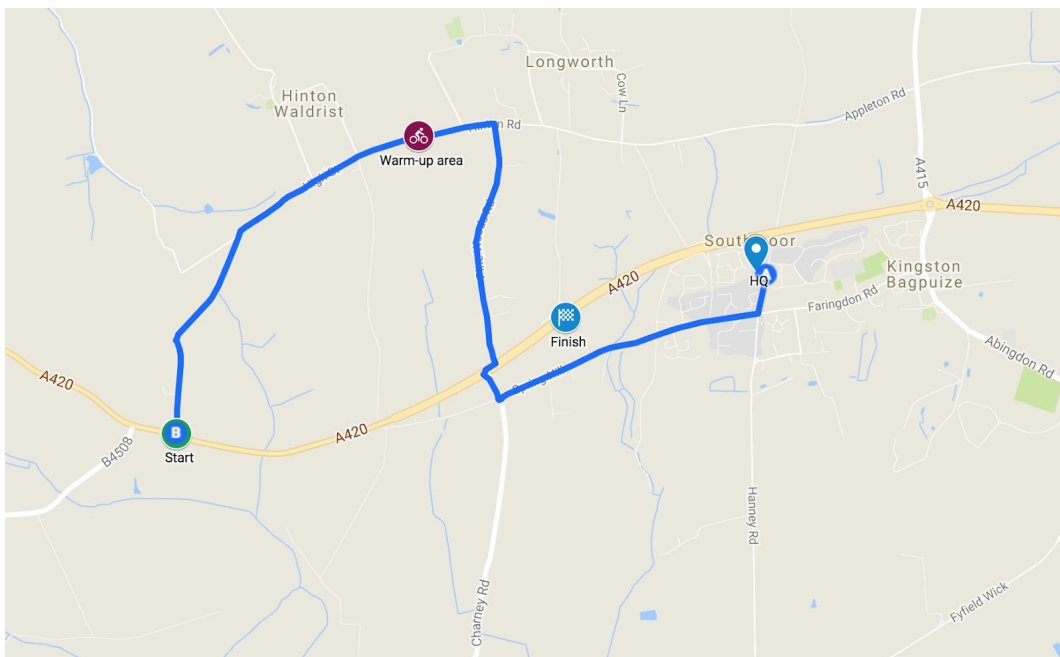
On approaching the Tubney Wood roundabout with the A338 look behind, signal and move into the outside lane (Care) to turn around the roundabout and take the third exit to return westwards on A420 (M, Check).

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.

Warming Up & Getting to the Start

The shortest distance from the HQ to the start is **3.3 miles** via Pine Woods Road/Hinton Road, or **2.1 miles** via the A420. **Leave at least 10-15 minutes:**



- From the hall, turn right onto Draycott Road, and then at the T-junction turn right again onto Faringdon road and continue for approximately 1 mile.
- At the roundabout turn right (3rd exit) towards the A420.
- EITHER cross the A420 diagonally to the right (*take care*) and then continue up Pine Woods Road to a T-junction with Hinton Road. Turn left and continue through the village of Hinton Waldrist until you reach the start at the T-junction with the A420.
- OR turn left onto the A420 and continue for approximately 1 mile to the start on the right.
- Returning from the finish take the first left after the finish layby, and immediately take the first exit to retrace your steps towards the HQ.

Risk Assessment

<http://lwdcriskassessments.co.uk/Courses/H10%2017R%20Kingston%20Bagpuize/H10%2017R%20LWDC%20RA.pdf>

Local Regulations applicable to this event:

LWDC 1: Reporting of breaches of Local Regulations

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

LWDC 2: Parking Restrictions

No vehicles, except those of the timekeeper (s) and other event officials, shall be parked in the vicinity of the start and finish points.

Number	Start Time	University	First Name	Surname	Gender
1	14:01	Oxford University	Joanneke	Jansen	F
2	14:02	De Montfort University	Jan	Laming	M
3	14:03	University of Sheffield	Hannah	Larbalestier	F
4	14:04	Cardiff University	Kate	Mingay	F
5	14:05	University of York	Ben	Hardy	M
6	14:06	University of Sussex	Patrick	Brown	M
7	14:07	King's College London	Charlotte	Burford	F
8	14:08	University of Sheffield	Isabella	Torrie	F
9	14:09	Durham University	Steven	Parsonage	M
10	14:10	Oxford University	Matthew	Kerin	M
11	14:11	University of Cambridge	Tom	Adams	M
12	14:12	University of Derby	Zac	Herrod	M
13	14:13	University of Cambridge	Anne-Marie	Bowring	F
14	14:14	Loughborough University	Mary	Lack	F
15	14:15	University of Sheffield	Max	McMurdo	M
16	14:16	University of the West of England	Adam	Whittaker	M
17	14:17	Oxford University	Rebecca	Kearney	F
18	14:18	University of Bristol	Hollie	Hindley	F
19	14:19	University of Sheffield	Sarah	Higginson	F
20	14:20	University of Cambridge	Rob	Walker	M
21	14:21	University of Sheffield	Eugene	Cross	M
22	14:22	University of Bath	Michael	Beech	M
23	14:23	University of Bristol	Rosie	Lyon-Smith	F
24	14:24	Oxford University	Lydia	Drabkin-Reiter	F
25	14:25	University of Southampton	Rhys	Thomas	M
26	14:26	University of Bath	George	Creasey	M
27	14:27	University of Edinburgh	Sandy	Waller	M
28	14:28	Kingston University	Josh	Southern	M
29	14:29	University of Sheffield	Anna	Brittain	F
30	14:30	University of Cambridge	Toby	Cowell	M
31	14:31	Bangor University	Owen	Lewis	M
32	14:32	University of Southampton	James	Richards	M
33	14:33	University of York	James	McCall	M
34	14:34	Oxford University	Lizzie	Sandham	F
35	14:35	Newcastle University	Tom	Hutchinson	M
36	14:36	University of Southampton	Chris	Tomsett	M
37	14:37	Oxford University	Patrick	Hegarty-Morrish	M
38	14:38	University of the West of England	Morgan	Tame	M
39	14:39	University of Nottingham	Ellie	Armstrong	F
40	14:40	Oxford University	Alexander	Bradley	M
41	14:41	University of Cambridge	Jack	Kellam	M
42	14:42	Loughborough University	Charlotte	Chapman	F

43	14:43	University of Bristol	Rebekah	Nash	F
44	14:44	University of Bath	Charlotte	Williams	F
45	14:45	University of Bristol	Ted	Cross	M
46	14:46	Brunel University	Max	Hill	M
47	14:47	Coventry University	Jake	Dooley	M
48	14:48	University of Derby	Jade	Mobbs	F
49	14:49	Loughborough University	Millie	Cass	F
50	14:50	University of Nottingham	Alex	Pritchard	M
51	14:51	University of Bristol	Oliver	Beresford	M
52	14:52	University of Birmingham	Madeleine	Gammons	F
53	14:53	University of Southampton	Sien	Van Der Plank	F
54	14:54	Oxford University	Cyndi	Goh	F
55	14:55	University of Bristol	Jonathan	Shubert	M
56	14:56	Nottingham Trent University	Harry	Yates	M
57	14:57	University of Warwick	Veno	Mramor	M
58	14:58	Oxford University	Mat	Veal	M
59	14:59	University of Sheffield	Jayati	Hine	F
60	15:00	University of Nottingham	Oliver	Hucks	M
61	15:01	Durham University	Jack	Crook	M
62	15:02	Leeds Beckett University	Tom	Linton-Neal	M
63	15:03	University of Cambridge	Flora	Harpley Green	F
64	15:04	Cardiff University	Grace	Kinnel	F
65	15:05	University of Sheffield	Joe	Evans	M
66	15:06	University of Cambridge	Toby	Antippas	M
67	15:07	Aston University	Lydia	Watts	F
68	15:08	University of Edinburgh	Skye	Davidson	F
69	15:09	University of Nottingham	Rosie	Wallace	F
70	15:10	University of Cambridge	Jack	Brown	M
71	15:11	University of Birmingham	Tiago	Fougo	M
72	15:12	Sheffield Hallam University	Alex	Raynard	M
73	15:13	University of Stirling	Daisy	Barnes	F
74	15:14	University of Leicester	Susil	Pallikadavath	M
75	15:15	Loughborough University	Adrian	Lane	M
76	15:16	University of Winchester	Jack	Martin	M
77	15:17	University of East Anglia	Tommy	Payne	M
78	15:18	Cardiff University	Georgina	Covell	F
79	15:19	Oxford University	Immy	Vorley	F
80	15:20	University of Birmingham	Molly	Patch	F
81	15:21	Loughborough University	Phillip	Maddocks	M
82	15:22	University of Warwick	Charlie	Godfrey	M
83	15:23	University of Hull	Tom	Eckford-Sealy	M
84	15:24	Oxford Brookes University	Philippa	shubert	F
85	15:25	Loughborough University	Peter	Hitt	M

86	15:26	University of Cambridge	Craig	Rogers	M
87	15:27	University of the West of England	Thomas	Russell	M
88	15:28	University of Bath	Emily	Slavin	F
89	15:29	University of Nottingham	Harriet	Swindells	F
90	15:30	University of Bath	Daniel	Martin	M
91	15:31	Oxford University	Angus	Fisk	M
92	15:32	University of East Anglia	Cindy	Berry	F
93	15:33	University of Liverpool	Cath	Aitchinson	F
94	15:34	University of Sheffield	Emma	Clarke	F
95	15:35	Oxford Brookes University	Sam	Allen	M
96	15:36	University of Derby	Edward	O'Connell	M
97	15:37	Oxford University	Daniel	Nash	M
98	15:38	University of Bath	Emma	Naylor	F
99	15:39	Loughborough University	Caitlin	Sweet	F
100	15:40	University of Gloucestershire	Andy	Turner	M
101	15:41	Loughborough University	Sam	Morris	M
102	15:42	University of Hull	Adam	Colbert	M
103	15:43	University of Bristol	Charlotte	Davies	F
104	15:44	Loughborough University	Millie	Noble	F
105	15:45	University of Sheffield	Nic	Clayton	M
106	15:46	Cardiff University	Rhys	Pilley	M
107	15:47	Oxford Brookes University	Laura	Pittard	F
108	15:48	University of Birmingham	Mattie	Park	M
109	15:49	University of Leicester	Samuel	Astell	M
110	15:50	University of Edinburgh	Adam	Wild	M
111	15:51	Brunel University	Sam	Harding	M
112	15:52	Cardiff University	Freddie	Purcell	M
113	15:53	University of Nottingham	Matilda	Gurney	F
114	15:54	Durham University	James	Molony	M
115	15:55	Loughborough University	Alex	Clay	F
116	15:56	University of Birmingham	Louise	Scupham	F
117	15:57	University of Cambridge	Ffion	James	F
118	15:58	Oxford University	Harvey	Weinberger	M
119	15:59	Oxford Brookes University	Jasper	Howe	M
120	16:00	University of Cambridge	Sebastian	Dickson	M
121	16:01	University of Bristol	Jamie	Atkins	M
122	16:02	Sheffield Hallam University	Thomas	Booth	M
123	16:03	Cardiff University	Charlotte	Jennings	F
124	16:04	Coventry University	Anastasia	Bowler	F
125	16:05	University of Nottingham	Joe	Perkins	M
126	16:06	Oxford Brookes University	Ollie	Withers	M
127	16:07	University of Bath	Kate	Baker	F
128	16:08	King's College London	Katie	Prior	F

129	16:09	Coventry University	Peter	Richardson	M
130	16:10	Brunel University	James	Hayden	M
131	16:11	Cardiff University	David	Middleton	M
132	16:12	Leeds Beckett University	Christian	Brown	M
133	16:13	Cardiff University	Charlotte	Brass	F
134	16:14	King's College London	Harry	Hazeldean	M
135	16:15	Leeds Beckett University	Hayden	Allen	M
136	16:16	Oxford University	Vincenzo	Pratley	M
137	16:17	University of Cambridge	Carrie	Bedingfield	F
138	16:18	Cardiff University	Amy	O'Hare	F
139	16:19	Durham University	Theo	Obholzer	M
140	16:20	University of Cambridge	John	Mulvey	M
141	16:21	Loughborough University	Francesca	Hall	F
142	16:22	University of Leicester	Ed	Cooney	M
143	16:23	Oxford University	Rebecca	te Water Naude	F
144	16:24	Loughborough University	Marinus	Petersen	M
145	16:25	University of Bristol	Hugh	Brashaw	M
146	16:26	University of Birmingham	Hannah	Payton	F
147	16:27	Oxford University	Will	Allen	M
148	16:28	University of Hull	Tom	Walters	M
149	16:29	Coventry University	Sam	Swan	M
150	16:30	University of Derby	Will	Perrett	M

This event may be subject to a Doping Control

It is your responsibility to check

As soon as you have finished you should return to the event HQ as **it is your responsibility to check** if you are required for Doping Control

Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board

If your number is displayed you should report immediately to Doping Control which will be nearby

**Remember, it is up to you to check and ensure that
you comply**

If required you must report to Doping Control after finishing without delay

