### Arctic Aircon Racing Team

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### 10 miles road bike only time trial

### Course H10/1c

Event to be held on Sunday 27th February

Start time 1pm

HQ – Padworth Village Hall (just off A4 and about 2 miles from the start

Numbers and signing-on will be at the event HQ. Please remember to sign-out afterwards as per CTT regulations.

Timekeepers

Bob Lyle/Howard Waller

Notes

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

Course details

Stat at the East end of the long layby immediately East of the Petrol Filing Station in the middle of Woolhampton, 5 meters east of lamp post WN27. Exit the layby and head East along the A4. Go straight across the roundabout at the junction with the A340 at 1.7 miles (care, traffic from right) to a short dual carriageway. Continue past the dual carriageway to the large roundabout at Theale, junction of A4 and A340 at 4.5 miles.

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 meters west of the gated entrance Midgeham Park (on the north side of A4) at the drain grating in the centre of the bus stop pull in (10.08 miles)

Event Rules

I’m not particularly keen on too many event rules, so, as the whole concept of a ‘road bike’ tt is to get away from having tri bars, we have just 3 rules:

1. No tri bars allowed
2. No adopting an ‘invisible’ tri bar position by leaning your arms the centre of your bars with arms outstretched
3. Must have drop handlebars

**My word...**

In my option Time trials have changed considerably over the past 10 years. The introduction of tri bars in the early 1990’s saw the average race speed increase overnight, but, these tribars were a comparatively cheap component addition, and would have been about £50 to purchase new.

Since aero testing became widespread, and riders tribar positions have, in some cases, become more extreme, we have had another large increase in average speed.

The combination of tri bars and aero technology for testing positions, has moved the goalposts of the sport.

Personally, I like the purity of a road bike only time trial. Whilst some road bikes and equipment might be more expensive and aero than others, the gains are all marginal on a road bike. The choice of a road bike racing position is limited to drops, hoods, and hands holding centre of bars.

It’s so less complicated and, for many riders, a refreshing change, and a new challenge, with the potential for new PBs (road bike PBs 😊).

This is the first of three such events I am running this year.

Early season event on 27th February

Mid-season event on 1st June

Late-season even on 11th September

I am hoping riders will enter the series of events and see improvements in their times as we move through the season. I’m certainly hoping to see my own times get slightly quicker.

Any profits from the series of events I intend to give to my local school, towards their mental health programme. Covid has impacted all of us in some way, so it is nice to give something back, however small.

I look forward to seeing each of you next weekend, when hopefully the weather will be a lot kinder than it has been over the past few days.

Take care.

*Stewart*