



# Open 10 mile Time Trial

## Course H10/3A

Saturday 17<sup>th</sup> September 2016 at 14:00

### Event Secretary

Adam Evans  
49 Huntingdon Gardens  
Newbury  
RG14 2RT  
Tel: 07900 904143

**IMPORTANT: THE EVENT HQ IS IN A DIFFERENT LOCATION FROM LAST YEAR. BOXFORD VILLAGE HALL IS APPROX 5½ MILES FROM THE START SO PLEASE ALLOW ENOUGH TIME TO REACH THE START.**

### Event Headquarters – Open from 12:45:

Boxford Village Hall, Lambourn Road, Boxford, Newbury, Berks. RG20 8DD

*Event headquarters OS map reference is SU422717 (OS Landranger 174, Newbury & Wantage)*

**Timekeeper:** Mrs Marion Fountain, Didcot Phoenix CC

**Assistant Timekeeper:** Mr David Canning, Newbury Road Club

*Promoted by the West London Cycling Association. This event is being run for and on behalf of Cycling Time Trials under their rules and regulations. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise that riders wear a HARD SHELL HELMET that meets an internationally accepted safety standard. Further details of these may be found in the CTT Handbook.*

### Important Notes:

- Riders must sign on and collect their number from HQ.
- This event may be subject to a Doping Control - It is your responsibility to check by returning to the HQ as soon as possible after you finish.
- Riders must not ride through the finish when not competing, riders doing so, risk disqualification.
- Please be considerate to others when parking your vehicle.
- Take care when entering the HQ car park as there is an overhead barrier.
- Please do **NOT** park on or near the course, especially the start (this is a private road) or in Shefford Woodlands. This will help Newbury RC maintain good relations with local landowners and residents, and will help us continue to use the course in future.

### Prizes (one prize per rider, except teams) – generously donated by Newbury RC

MEN: 1<sup>st</sup> prize £25, 2<sup>nd</sup> prize £15, 3<sup>rd</sup> prize £10

LADIES: 1<sup>st</sup> prize £25, 2<sup>nd</sup> prize £15

VETERANS ON STANDARD 1<sup>st</sup> prize £25 2<sup>nd</sup> prize £15 3<sup>rd</sup> prize £10

TEAM (of 3): 1<sup>st</sup> prize £15 (to each rider)

Members of WLCA-affiliated clubs also qualify for the "kilo" (see later) and medals

# Start Sheet

No	Name	Club	Type	Start Time	Kilo Entry
1		Not Used		14:01	
2		Not Used		14:02	
3		Not Used		14:03	
4		Not Used		14:04	
5	Edric Hobbs / Caroline Hobbs	Bike City T3	Tandem	14:05	
6		Not Used		14:06	
7		Not Used		14:07	
8	Michael Fountain	Didcot Phoenix CC	Cycle	14:08	✓
9	Robert Jolliffe	New Forest CC	Cycle	14:09	
10	Steve Mead	Didcot Phoenix CC	Cycle	14:10	
11	Alastair Jarman	Newbury RC	Cycle	14:11	✓
12	Peter Warwick	Didcot Phoenix CC	Cycle	14:12	✓
13	Nicholas Cosgreave	Farnborough & Camberley CC	Cycle	14:13	✓
14	Leslie Morris	VTTA (London & Home Counties)	Cycle	14:14	
15	Antony Bee	Wigmore CC	Cycle	14:15	
16	Ian Lakey	Newbury RC	Cycle	14:16	✓
17	Philip Strongman	Oxonian CC	Cycle	14:17	✓
18	Jonathan Gough	Old Portlians CC	Cycle	14:18	
19	Jan Farmer (W)	Serpentine Running Club	Cycle	14:19	
20	Howard Waller	Python RT	Cycle	14:20	
21	Gary Prosser	Newbury RC	Cycle	14:21	✓
22	Claire Kitching (W)	Newbury RC	Cycle	14:22	✓
23	David Hanbury	Saracen RC	Cycle	14:23	
24	Luke Woolfson	Islington Cycling Club	Cycle	14:24	
25	Stephen Ralston	London Dynamo	Cycle	14:25	✓
26	Cliff Voller	Newbury RC	Cycle	14:26	✓
27	Keith Revell	London Dynamo	Cycle	14:27	✓
28	Paul O'Driscoll	Team Swindon Cycles	Cycle	14:28	
29	Philip Burgin	Newbury RC	Cycle	14:29	✓
30	Rachael Elliot (W)	Newbury RC	Cycle	14:30	✓
31	Alan Allcock	Didcot Phoenix CC	Cycle	14:31	✓
32	Thomas Whatley	Paceline RT	Cycle	14:32	
33	Graham Morrison	Newbury RC	Cycle	14:33	✓
34	Bryan Telford	Team Swindon Cycles	Cycle	14:34	
35	Stuart Martingale	Sotonia CC	Cycle	14:35	
36	David Billings	Cycology Bikes	Cycle	14:36	
37	John Eames	Team Swift	Cycle	14:37	
38	Bob Brabbins	Victoria-Ciclos.com CC	Cycle	14:38	
39	Hilary Walker (W)	Serpentine Running Club	Cycle	14:39	
40	Ian Greenstreet	Newbury RC	Cycle	14:40	✓

# Course Information

**Code:** H10/3A

**Distance:** 10.0 miles

**Course Record:** 19m 34s, Michael Hutchinson at the 2009 CTT National 10-mile TT Championships.

## Start and Finish Points

**Start:** On the B4000 at the junction of The Long Yard, 1/2m east of Shefford Woodlands (British National Grid Ref: SU376726).

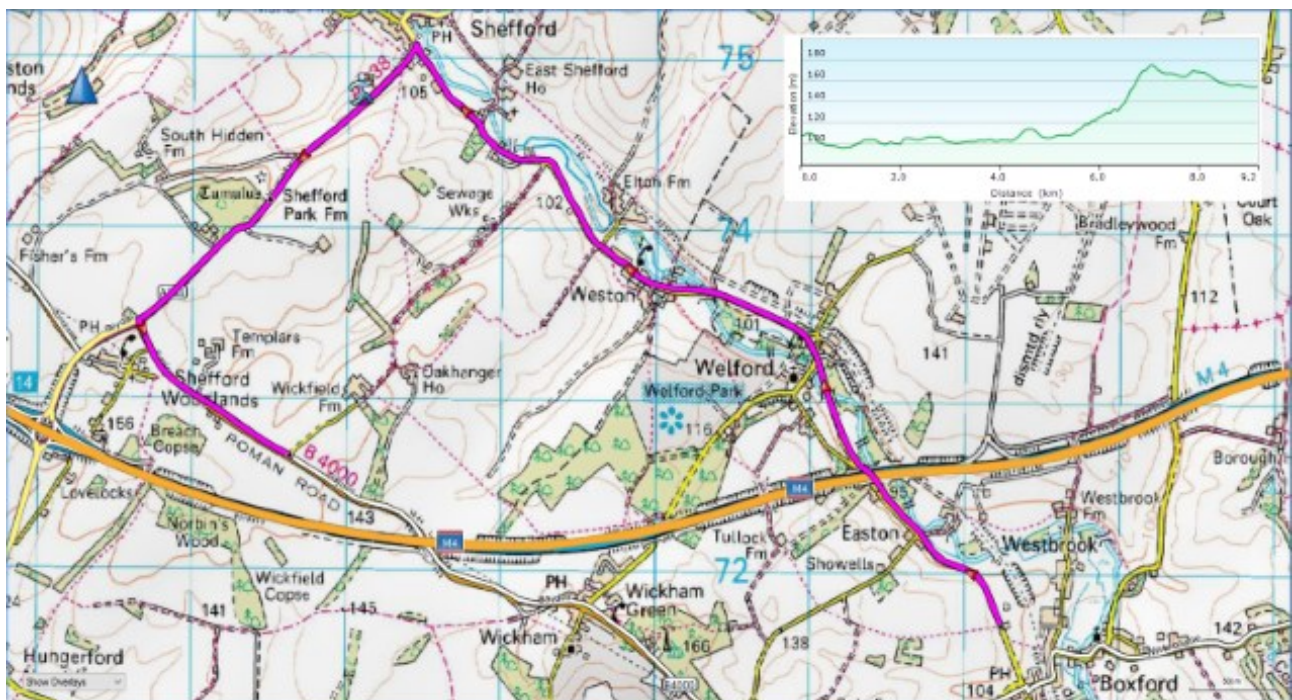
**Finish:** East edge of a field gateway, 452 yards east of the M4 bridge (British National Grid Ref: SU388719)

## Getting to the Start (5½ Miles)

Unfortunately, due to course restrictions the route to the start involves a lengthy commute via Great Shefford.

**Important: Riders must not pass through the finish on their way to the start. Please use the route shown on the map below. Riders observed to be in breach of this risk disqualification.**

Exit the village hall and turn right toward Easton and Great Shefford and proceed North West until reaching a T junction (3¼ miles). Turn left at the junction and head up the hill for 1½ miles. Turn left onto B4000 and continue a further ¾ mile to the start. Total distance is just over 5½ miles and the gradient is rolling with an uphill from Great Shefford to the B4000.





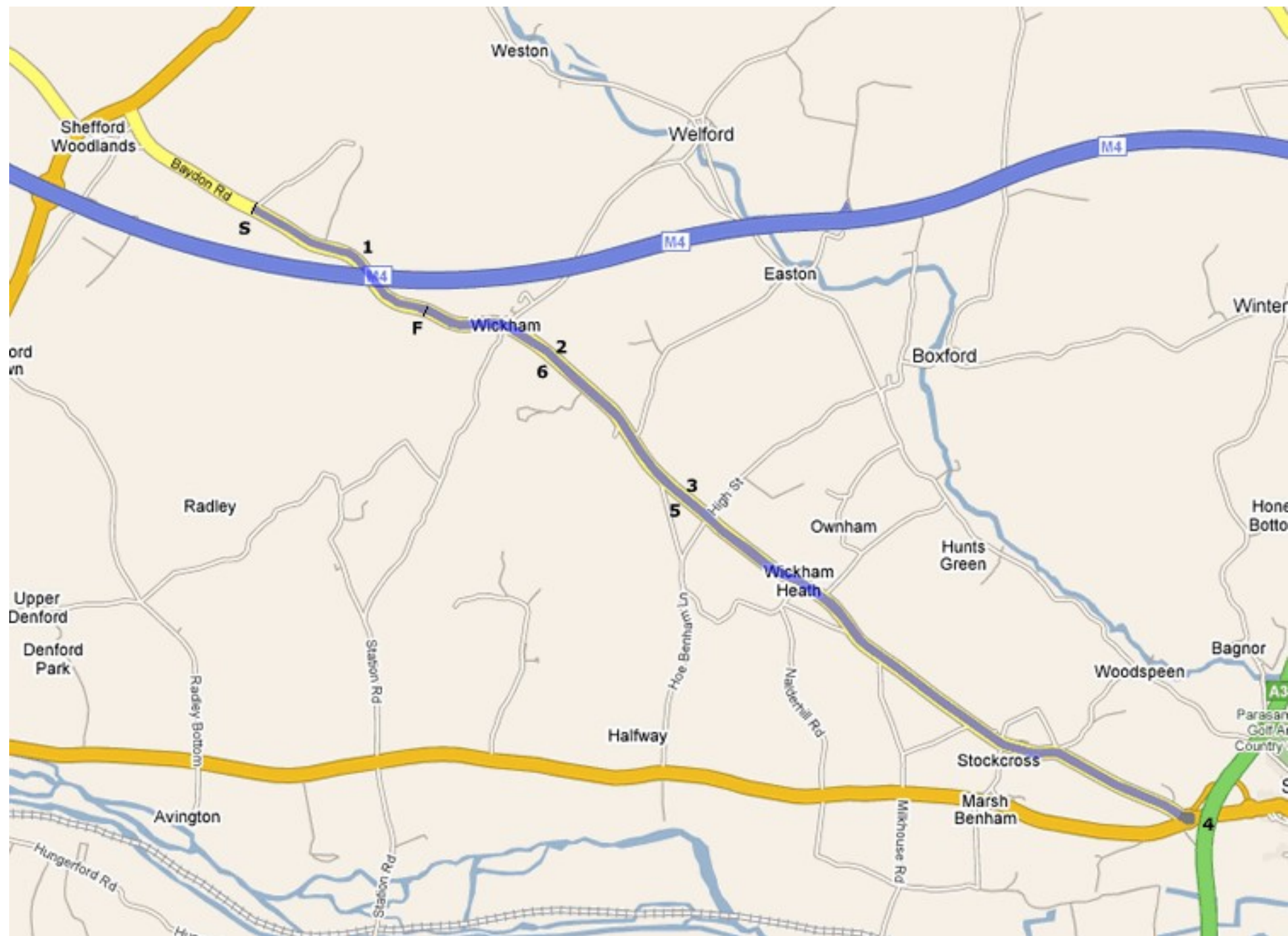
## Getting back to the HQ (3 miles)

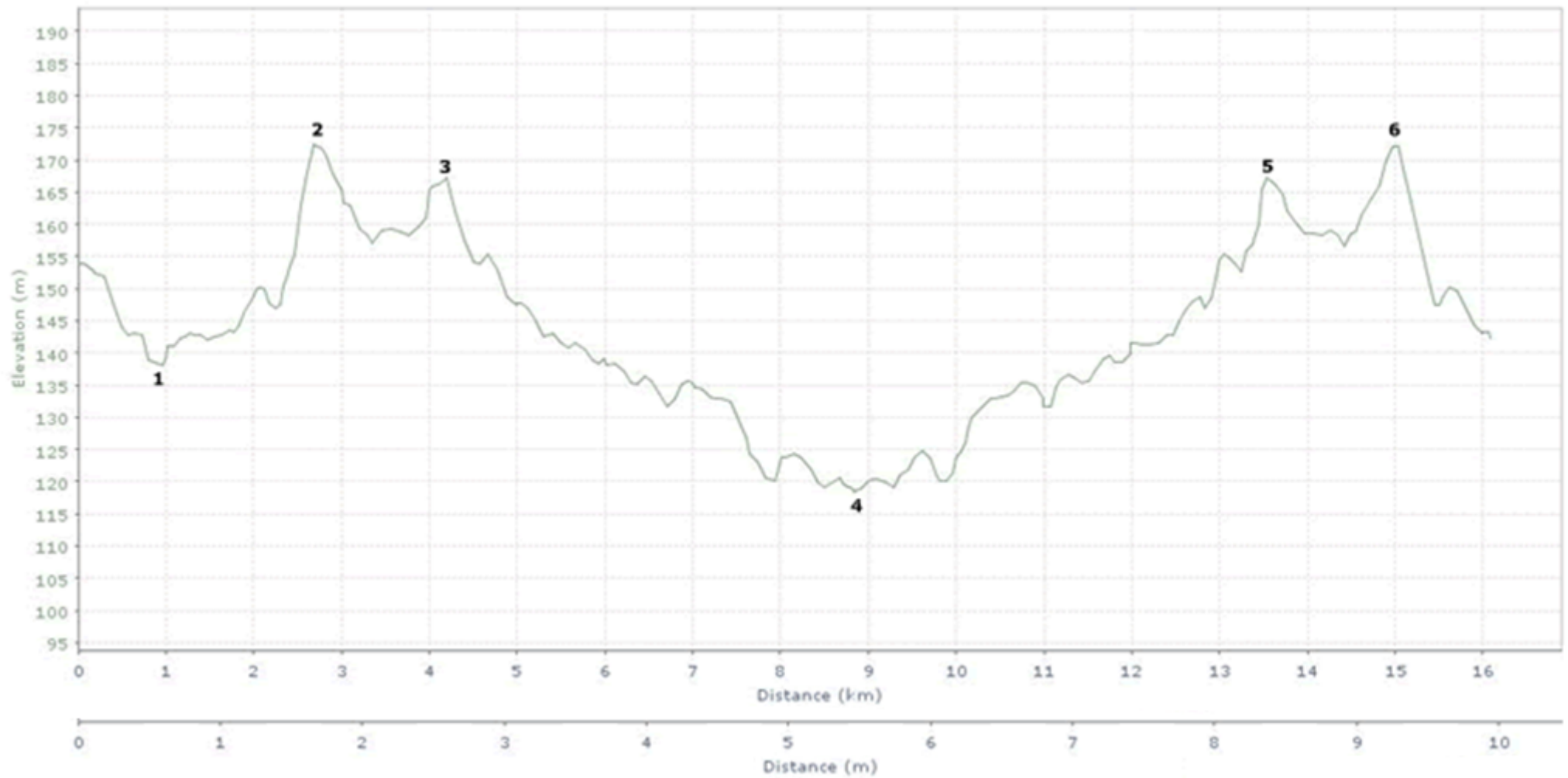
From the finish, turn where safe to do so and return along the B4000 towards Wickham (½ mile) **taking great care not to impede other competitors**. Turn left at Wickham towards Welford and continue straight on until reaching the church at Welford (1¼ miles). Turn right immediately before the church and continue to the junction with the main road (½ mile). Turn right and continue to the HQ, which will be on the left (¾ mile).



## Details

OS Ref	Description	Distance
SU376726	<b>START</b> at junction of The Long Yard and B4000, ½ mile east of Shefford Woodlands.	0.000
	<b>PROCEED</b> south-eastwards on the B4000 over the M4 bridge through Wickham village (Care) climb Wickham Hill (Note 1 in 12 gradient) and straight ahead past the Boxford crossroads (Care), through Wickham Heath and Stockcross village (Care of parked cars and the pinch point at the far end) to the large roundabout at the junction with the A4 & A34 slip road.	5.400
SU448680	<b>TURN</b> by entering the roundabout, (Great Care to give way to traffic from the right on the A4). Circle past the first 3 exits (Signposted A34 North, Newbury and Hungerford respectively) and take the 4th exit back onto the B4000.	
SU388719	<b>RETURN</b> straight along the B4000 through Stockcross village (Again Care at the pinch point and of parked cars), Wickham Heath and straight on past the Boxford crossroads (Care). Descend Wickham Hill and pass straight on through Wickham village (Care), still on the B4000 to a point marked on the kerb at the field entrance, 475yds short of the M4 bridge where <b>FINISH</b> .	10.000





Elevation (m)	
Start	154
Finish	142
Minimum	118
Maximum	172

Elevation Change		Total (m)
Total Elevation		310
Elevation Gain		149
Elevation Loss		161
Nett Elevation Change		-12

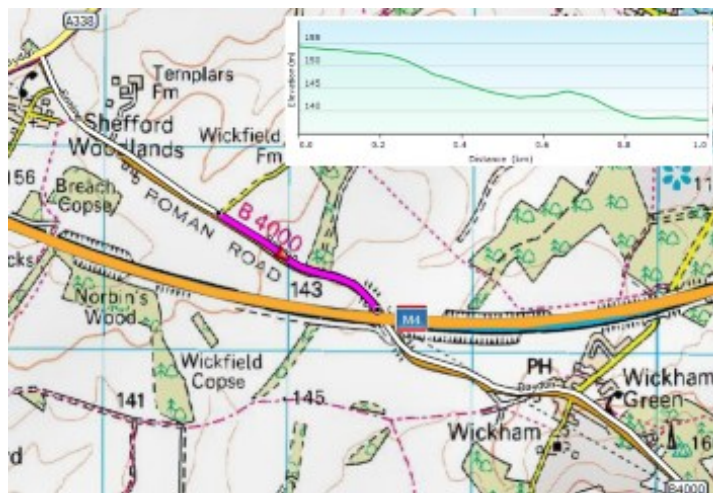
Grade	Ave (%)	Max (%)
Overall Grade	-0.1	--
Ascent Grade	2.0	8.4
Descent Grade	-1.8	-8.3

Distance Data	Total (km)	Total (mile)	% of Total
Distance	16.09	10	100
Ascent	2.78	1.73	17.3
Descent	2.91	1.82	18.1
Flat	10.40	6.46	64.6



## WLCA “Kilo”

In addition to the Open Time Trial, riders who are members of clubs affiliated to West London Cycling Association (WLCA) will be automatically entered into the kilo (as shown on the start sheet). The winner will be the fastest rider over the first kilometre of the course. A separate time keeper will be present for this event and will be located at the end of the kilometre, which is just before the motorway bridge. The course is predominantly downhill, which should make for some fast times.



## Berkshire County Show – Advice for Avoiding Traffic Delays

The Berkshire County Show is taking place at Chieveley (near Newbury) on Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> September. Traffic in the vicinity of the Showground, which is adjacent to the A34 near junction 13 of the M4, is likely to be very heavy and significant delays are likely.

The M4 motorway itself is unlikely to be affected, but the A34 northbound and southbound near the M4 will be busy. If you are intending to use the A34 from the south, you are advised to use the leave the A34 at the A4 junction. If you are coming from the north, it may be better to use the A338 via Wantage and Great Shefford.