

# **NORTH HAMPSHIRE ROAD CLUB.**

## **North Hampshire Road Club 10 Miles Time Trial.**

For and on behalf of Cycling Time Trials under its rules and regulations.

**Sunday 30<sup>th</sup> July 2023**

**Time of Start 8:30**

**Event Secretary: Ben Goold**  
**83 Huntsmoor Road**  
**Tadley**  
**RG26 4BU**  
**07464613272**

**Please use my mobile number on the day**  
**Email- ben\_goold@live.com**

**Timekeepers: Patrick Smith**  
**Donald Ashton**

**Event Headquarters: Woolhampton Village Hall,**  
**Bath Rd, Woolhampton, Reading RG7 5RE**  
**Open from 7:00**

### **IMPORTANT NOTES**

- Please **respect** the volunteers from NHRC and the timekeepers who are giving up their time to help out.
- Please sign on and collect your numbers from the headquarters.
- Position your main number so that it is visible from the rear when in the racing position.
- This event **may be subject to a Doping Control** - It is your responsibility to check by returning to the HQ and signing in as soon as possible after you finish.
- **No cleats or bikes in in the hall.**
- Please allow at least 10 minutes to get to the start.
- The start is on the opposite side of the carriageway from the HQ. Riders should only use designated crossing points and must not climb over the central reservation. Anyone seen doing so will be disqualified from the event.
- **Head-down riding kills** – if dangerous riding is witnessed it will be investigated and reported.
- No vehicles, except those of the timekeepers, shall be parked at the start or finish

**Attention all competitors.**

**Prizes will be presented on the day straight after the completion of the event.**

## **Please hang around and sample our cakes and clap and cheer the winners of the days race.**

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.

- If you feel at all unwell or are showing signs of Covid 19 DO NOT come to this event
  - **Please check that you have your number attached.**
  - **Have a working front and rear light.**
  - **Are wearing a helmet.**

**If Any of these are missing, you will not be permitted to race.**

### **Prize List.**

Men	Women	Vets on Std
1st £15	1st £15	1st £15
2nd £10		2nd £10
3rd £5		3rd £5

## Car Parking

Car parking is available at the HQ

## DISTRICT REGULATIONS

No vehicles, except those of the timekeepers', shall be parked at the start or finish.

Riders must not cross the central reservation unless using one of the specific breaks in the reservation for that purpose All breaches of Local Regulations shall be reported in writing to the London West District Secretary.

**IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters require you to wear a HARD-SHELL HELMET that meets an internationally accepted safety standard. It is also compulsory that WORKING FRONT & REAR LIGHTS, either flashing or constant, are fitted to the machine in a position visible to following road users and are active while the machine is in use at all times.**

## COURSE H10/1C Aldermaston

OS Ref		Distance
578667	Start at the East end of the long layby immediately East of the Petrol Filling Station in the middle of Woolhampton, 5 metres east of lamp post WN27. Exit the layby and head East along the A4.	0.000
603676	Go straight across the roundabout at the junction (with care, traffic from the right) to a short dual carriageway. Continue past the dual carriageway to the large roundabout at Theale, junction of A4 and A340	1.7 miles
632707	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).	4.5 miles,
561666	Finish on the south side of the A4 at a bus stop 75 metres west of the gated entrance Midgham Park (on the north side of the A4) at the drain grating in the centre of the bus stop pull in.	10.08 miles