

The Anthony Maynard Sportive 18 July 2010 – Rider Information

(Rev 5)

Introduction

This is a special event, held in memory of a good friend, organised by a team of volunteers from Reading CC with help from Anthony's friends and family. We hope you have a really enjoyable day!

Location

The start is at Theale Green School, Church Street, Theale RG7 5DA. Theale is five miles west of Reading, just off the A4 and M4 Junction 12. Grid Ref. 635 712. Direction signs will be in place (dark blue arrows on a yellow background). Theale also has a railway station on the Reading to Newbury line.

Parking

We have extended the onsite capacity for 2010 and have a dedicated car park team to direct you. Please take due notice of instructions from the car park marshals. Please do not park in the roads around the school as we do not want to inconvenience the local residents. If required, additional public car parking is available 0.5 mile from the school either at the far end of the High Street (50 vehicles free on Sunday) or turn right at the High Street and head for Theale Station car park (a small charge, 216 vehicles).

Registration and Start

The HQ opens at 06:45 and registration will take place between 07:00 and 08:00. Find the table in the School Hall which matches the first letter of your surname. You will be handed a pack containing this rider information, 110km & 195km route sheets and a waterproof carrier along with a handlebar number with cable ties for you to attach it to your bike. You will then be directed to the timing desk to collect your SPORTident timing device (SI-card).

If you have a medical condition, please write the details on the back of your handlebar number. Our emergency number is also printed on the back. Riders who have ordered a commemorative jersey should show their number at the collection point to receive their jersey. There will be food available at registration time (see below for details), so please consider supporting the event further by having a healthy breakfast with us.

There will be briefings at the start to cover signage, any route changes and safety information. Please listen carefully to your briefing and ensure that you follow the safety information. The start is from 08:00 to 09:15 with groups leaving at approximately 2 minute intervals.

Timing

There will be timing stations at the start and finish and at the second control on the long route. Make sure you dip your SI-Card into a timing station at each of these locations, or your ride time will not be recorded. After you have finished, please return your SI-Card to the timing desk in the HQ to have your time registered and to receive your certificate.

There will be a charge of £30 for any SI-cards that are not returned and you will not receive a ride time or certificate, so please make sure you return yours at the end of the event.

Route, Mechanicals and Gearing

Route signs will be put out on Saturday and checked again on Sunday before the start. It is not unknown for the odd sign to go missing, so if in doubt please refer to your route sheet. Every junction will be signposted. In a few places, we will also place a red sign down the "wrong" route, just in case anyone misses the main route sign.

There will be a van from our sponsor 'Cycle Zone' with spare tyres/tubes and limited tools on board for anyone unlucky enough to break down but we cannot guarantee that we will be able to get you back on the road again. Track pumps and some spare tubes/tyres will be available at the controls. We will also have motor cycles patrolling with spare tubes/etc. They will also keep an eye on the route signs.

A sag wagon will also sweep the route at the end of the day for anyone who feels they cannot reach the finish.

Although the route is generally not marshalled there will be a few marshals at some strategic points – please thank them as you pass.

While there are some long steady downland climbs and ascents there are also some sharp climbs up to 16% particularly on the last section which is covered by both long and short routes.

A compact chainset with a 25 or 27 rear sprocket should be fine for experienced sportive riders but we recommend lower gears for anyone not sure of their capabilities – you're never going to fail to finish by having too low a gear on board, but the converse is not true...

Controls and Feed Stations

There are three controls on the long route and two on the short route, all with food available.

1. at 41k (both routes, closes 11:45)
2. at 104k (long route only, closes 13:45)
3. at 156k (long route – not 152k as shown on the route sheet - closes 15:30) and 71k (short route, "closes" 14:00)
4. Finish, closes at 18:30 (catering closes at 17:30, HQ site closes and main gates locked at 19:30)

The locations are printed on the route card. Please note that the last control is at Acorn Ridge woodland burial ground where Anthony Maynard is laid to rest so please show extra respect here.

If you are not sure how long you'll take, please start your ride as soon as possible and let us know if you retire, so we don't have to wait for you.

Food

Start

At the start you will be able to buy a cup of tea, made in a pot, a freshly brewed cup of coffee, or a soft drink. Best of all - Porridge, made by our world champion porridge maker, the Porridge Lady.

Feed stations

Heading out on the ride at the feed stations you will find:

- Water – the best way to stay hydrated
- Fruit Cordials – a high sugar drink to give you a good energy kick, plus it is naturally rich in vitamins and salts
- Bananas to provide you with slower releasing energy and slices of orange to refresh
- Energy bars giving a good mixture of protein, fat and carbohydrate – grab one to see you through to the next feed station
- A selection of dried fruit – high in natural sugars and an excellent source of nutrients such as B vitamins, potassium and sodium
- A selection of nuts for a little extra protein, fat and carbohydrate
- There will also be a selection of savory snacks, including one that is currently on trial with many of the UK elite sports bodies, see if you can spot it (Clue: it is a little unusual)
- Lots of biscuits

Finish

There will be water and fruit cordial for you on the finish line. Back at HQ, homemade cakes, tea, coffee and soft drinks will be on sale. The whole event, including the catering, is run by volunteers and all proceeds raised will go to the sportive charities.

LATE FINISHERS PLEASE NOTE: The catering at the HQ will close at 17:30.

Conduct and Safety

This event is in memory of Anthony, and not a race. Please avoid doing anything that could spoil the event - be friendly and courteous to all those you meet on the ride (including car drivers, horse riders, pedestrians...) and act as an ambassador for the sportive.

We recommend that you wear a cycle safety helmet