

# 2020 RTTC NATIONAL HILL CLIMB CHAMPIONSHIP

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IRWIN MITCHELL  
SOLICITORS

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STREATLEY HILL, STREATLEY, BERKSHIRE RG8 9JJ



PROMOTED BY READING CC ON BEHALF OF  
THE LONDON WEST DISTRICT COMMITTEE



f NATIONALHILLCLIMB2020

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SUPPORTED BY DIDCOT PHOENIX CC

Thank you for entering the **2020 RTTC National Hill Climb Championship, sponsored by Irwin Mitchell Solicitors** and promoted by Reading CC on behalf of the London West District Council.

The 2020 National Hill Climb organising committee's aims included encouraging more women to the start line. In an effort to raise awareness of hill climbing and to celebrate participation and the achievements of women in this special event, race entry funding was sought, not so women get to ride for free, but to show that their participation is valued. We want women to come to an event and feel like they belong there as a massive, important part of the competition and importantly, to race as equals.

The efforts made were influenced by one of our committee's experience growing up as a woman in a male dominated sport. In her own words: "I learnt really quickly that I did not have the same access to opportunity as my male friends. I learnt quickly that coming 2<sup>nd</sup> or 3<sup>rd</sup> didn't put you on the podium and winning didn't mean you would always get a prize. I learnt quickly what it was like to be the 'token female' and how it felt to not be taken seriously. I knew it would never be a viable career path and even the top 1% in the world call it a full-time hobby. I also knew that even doing it for fun came with limited support and little empowerment from governing bodies and race organisers. What I never learnt was how to accept any of that. It's not about money, it's far deeper than that. This is about the equal and fair treatment of women and their access to the sport we all love."

The team's work has helped to get 142 women on our start list. This is more than double the number of female entrants to previous Nationals and thus our campaign was more of a success than we could ever have imagined. Together, we have shown that if women feel celebrated and valued by all, they will be well represented on that start line. We still have a long way to go before we reach 50/50, but if we all work together constructively to keep the momentum going and to ensure we keep taking big steps like this, change will continue to happen.

The committee would like to thank all the amazing people and companies that have shown us so much support and a big thank you to everyone, both men and women, for signing up to be a part of the 2020 National Hill Climb Championship. 2020 has been a tough, and at times, very dark year and so we are even more grateful that you join us in celebration of this event. We hope it will bring some positivity to these times, as well as provide role models, encourage and open doors for lots of women, to ensure that they have a more equal and accessible future in the sport.

By taking to the start line on the 25th of October in an event that has broken records for many, if not all field sizes, you are part of making history. This is a movement, not a moment and we are excited that all of you are involved in the start of something much bigger. The committee is proud to promote this event by celebrating women's cycle racing and hope others will take on the campaign.

We wish you the very best of luck, pedal hard.

Thank you,

**The National Hill Climb Organising Committee:**

Lauren Pestana (Women's Campaign Lead), Christina Gustafson (Race Director), Anthony Atkin (Chair), Philip Chapple, David Ivory, Gary Baker, Richard Warren, Trevor Warwick, Richard Gildea, James Scrivener, Glen Knight (LWDC Representative)

## Sponsors

Title Sponsor: Irwin Mitchell Solicitors



Women's Campaign Sponsors:



We thank these and several private donors for their contributions which have collectively sponsored over 90 female entries to this year's event (See Appendix F)

Suppliers:





# 2020 RTTC National Hill Climb

## Championship sponsored by Irwin Mitchell

### Solicitors and promoted by Reading CC on behalf of the London West District Council.

<b>HQ Location:</b>	Hillfield Hook End Lane Field, Hook End Lane, RG9 9TA. Located 200m from the bottom of Hook End Lane and junction with A329. Postcode RG8 9TA.
<b>Date:</b>	25th October 2020
<b>Course:</b>	Streatley Hill - HCC005 (CLOSED ROAD)
<b>Registration opens:</b>	08:15
<b>Junior Races:</b>	10:00 - 11:00
<b>Men's Race:</b>	11:00 -13:30
<b>Women's Race:</b>	13:30 -14:30
<b>Race Director:</b>	Christina Gustafson (Reading Cycling Club)
<b>Email:</b>	<a href="mailto:nationalhillclimb2020@gmail.com">nationalhillclimb2020@gmail.com</a>
<b>Time Keepers:</b>	Donald Ashton, Ron Smith, Howard Waller, Glen Knight, Rachael Elliott, Lauren Pestana
<b>Event Team:</b>	Members of Reading CC, Didcot Phoenix CC and the Cycling Clubs of the London West District
<b>First Aiders:</b>	Volunteers from Reading CC and Didcot Phoenix CC
<b>Medical Services:</b>	Waterside Emergency Medical Services Ltd (WEMS Ltd)
<b>Photographers:</b>	<a href="#">Jelignite Photography</a>
<b>Art Work:</b>	<a href="#">@snewdesigns</a>
<b>Live Streaming:</b>	The event will be filmed live by Velo29, Live Event Stream funded by The Dream Bike Society and commentary by Carl Lawrenson
<b>Starting Equipment:</b>	Fox Frame inc.
<b>Chip Timing:</b>	Eventrex

# Important Safety Information

This event is run under CTT regulations and risk assessment which can be found here:

<https://www.cyclingtimetrials.org.uk>

<https://cyclingtimetrials.org.uk/documents/index/covid-19>

**GORING AND STREATLEY ARE SMALL VILLAGES AND IT IS VITAL TO THIS AND FUTURE EVENTS THAT THE ENVIRONMENT AND LOCALS ARE TREATED WITH RESPECT AND THE RISKS DUE TO COVID19 ARE MINIMISED**

The following key rules are essential for the smooth and safe running of the event:

1. Where lockdowns are in place that prevent the competitor traveling to the event the competitor should not start the event
2. If you are not well or showing signs of Covid-19 then please do not attend the event
3. Maintain social distancing at all times
4. No spectators are allowed on the Hill
5. Obey the traffic lights at the base of the hill and do not mount the pavement
6. All competitors must have a rear facing, red light fitted to their machine
7. All competitors must sign out at HQ after completing their race

Whilst we have many procedures outlined below we may have to make changes based on events on the day. These will be communicated fully where appropriate. You are expected to follow the guidance of the marshals.

The marshals will monitor all of these key safety information and riders must respect their directions. Riders failing to adhere to these instructions will be referred to CTT Officials (who will be attending the event) and risk disqualification.

The event will be filmed.

By taking part in this event you grant the event organisers full rights to use the images resulting from the photography/video filming, and any reproductions or adaptations of the images for fundraising, publicity or other purposes to help achieve the group's aims. This might include (but is not limited to), the right to use them in their printed and online publicity, social media, press releases and funding applications. If you do not wish to be photographed please inform an event organiser.

# Event Instructions

## 1. Event HQ

The Event HQ for this event is Hillfields Hook End Lane Field (RG8 9AT).

- From Junction 12 of the M4 follow signs to Pangbourne and Beale Park
- Take the A329 through Pangbourne (towards Wallingford)
- Pass Beale Park on the right, Basildon Park on the left and continue through Lower Basildon.
- Proceed past the petrol station and then the black and white houses on your left
- After 300 yards take the next turning left into Hook End Lane.
- The Race Base entrance is located on your right and will be signed

The field HQ has toilet facilities for competitors. There are no changing or refreshment facilities at this location. For a map of the site and course see Appendix B.

## 2. Parking

Parking is available at the HQ. The entrance to the field will be controlled by marshals and cars must give way to cyclists. Riders must dismount to enter the field. There is no hard standing parking available. PLEASE DO NOT arrive before the earliest arrival time listed in Appendix A. **Do not park at the base of the hill, in Streatley or Goring Village or at the top of the hill**

## 3. Sign-On

Sign on will be conducted at a gazebo at the HQ. See Appendix A for your race number. At sign on you will:

- Wear a face covering
- Have your temperature checked by the sign-on official
- Sign in using your own pen
- Collect your numbers (back, left arm and right arm)
- Collect your timing chip

**No safety pins will be provided, if you need them, please bring your own.**

## 4. Fitting Timing Chip

This event is being timed by Eventrex Event Services using chip timing and the results confirmed by timekeepers. All competitors must fit the timing chip to their machines. See Appendix C for instructions on fitting the timing chip.

## 6. Pre-Race Protocol

Riders may warm up on Hook End Lane and in a socially distanced manner on turbos in the field event car park. **Riders may not warm up on Streatley Hill or on the roads leading from the hill.**

Distance from HQ to start location via busy single carriageway A road: 2.4km (1.5 miles)

<https://ridewithgps.com/routes/34342877>

Please only arrive at the start area a maximum of 4 minutes before your time listed in Appendix A.

The timekeepers and their assistants will be wearing face coverings and will be checking that riders a) have their number attached and, b) have a working rear light. If either of these are missing you will not be permitted to race. Riders will manage their own start, no assistance will be provided from the marshals. A stand will be available for riders to hold on to if they wish to start the race clipped into their pedals; it is to be used for balance only. This stand will be sanitised between use by a dedicated marshal (See Appendix D).

## 7. Course Detail

### 7.1. Road Closure

This year's event is being run on a closed road. Streatley Hill will be closed from 09:00-15:30. No competitors or spectators are allowed on the course during the period of the road closure unless competing. The organisers would like to thank West Berkshire Council and Road Traffic Solutions Ltd for their support in arranging the road closure.

### 7.2. Course Description

Streatley hill is well known to cyclists in the area. After standing at the Bull Pub cross roads waiting for the lights to change it rises out of Streatley through a wooded tunnel. Steadily at first it sneaks up the hillside before taking a slight turn and starting to bite. At about half way through you trick yourself into thinking you're nearly done, before more road and more hill present themselves. As you near the top the trees open slightly and you finally drag yourself to the finish...all to the complete bafflement of the golfers crossing the road to get to the next tee.

Former National Hill Climb Champion, Tejvan Pettinger provides a racer's eye breakdown on the hill here: <https://cyclinguphill.com/100-climbs/streatley-hill/>

1. 589808 Start in Streatley on B4009 just west of the traffic lights at the junction with A329 at TP52 8 yards west of the exit from The Coombe where the pavement ends and 24 yards before the 30 mph de-restriction signs. 0.000

2. 583806 Climb up the hill for 837 yards to Finish at the top at TP DP39 just past a gravel track on the left and a car park on the right. 0.475

Strava Segment: <https://www.strava.com/segments/streatley-hill-hcc005-tt-course-729782>

Course Description: <https://www.londonwestdc.co.uk/hhc005>

Course Risk assessment: <https://www.londonwestdc.co.uk/hhc005ra>

### 7.3. Course Records:

Solo Male	02:12.94	Cameron Biddle	26-Sep-2020
Solo Female	02:54.41	Bithja Jones	26-Sep-2020
Solo Male (Junior)	02:36.34	William Smith	26-Sep-2020
Solo Female (Junior)	03:48.94	Hope Inglis	26-Sep-2020

## 8. Post-Race Protocol

On finishing:

- Follow the directions which will take you past the Golf Club crossing where you may recover.  
**Do not approach the finish timekeeper at any point for any reason.**
- Return to HQ using the route back via narrow country lane, taking care on the descent and slowing before the sharp bend in Stichen's Green. Beware of poor road surface in places.  
Route back to HQ from finish: 3.9km (2.4 miles) <https://ridewithgps.com/routes/34342913>
- Sign out at HQ using your own pen, ensuring you remove and return your timing chip and collect your goodie bag, then leave the event.

**Failure to sign out will result in disqualification.**

## 9. Race Results

Provisional race results will be available here: <https://my.raceresult.com/157271/results>. The chip-timing results will be verified by the timekeepers.

## 10. Refreshments

There will be no refreshments served by the event organising team before or after this event.

## 11. Junior Riders

Under 18 will require a parental consent form which can be found on the CTT website. Please submit this to the HQ at sign on or email to [nationalhillclimb2020@gmail.com](mailto:nationalhillclimb2020@gmail.com)

It is advised that parents or over 18s from the same household or "bubble" chaperone the rider by bike from the HQ to the start. Their chaperone will be allowed to walk straight up the hill with their bike to collect their rider and return via the route defined in Section 8.



## 13. Summary

In these unusual circumstances we find ourselves having to change the way we run events. We would like to thank Newbury Velo who have put a lot of work in as a team to produce the original guidance documents that these are based on to make sure we are able to follow the government guidelines, the CTT guidance and make sure that the risk to you, us and the general public of transmitting or catching COVID-19 are kept to an absolute minimum. These restrictions are not here to make life difficult for you or the volunteer team, they are here for the above reasons but also to ensure that we are allowed to run these events. Anyone acting against this guidance will be reported to the CTT.

Let's have a great ride. **Thank you for your support!**

## Appendix A: Rider List

The organisers would like to thank Nick Wild (Spindata) and Olivia Bentley (Team LDN - Brother UK) for their invaluable input in preparing the startsheet.

<b>Junior Races:</b>	10:00 - 11:00
<b>Men's Race:</b>	11:00 -13:30
<b>Women's Race:</b>	13:30 -14:30

Junior Men

<https://www.cyclingtimetrials.org.uk/race.../21367...>

Junior Women

<https://www.cyclingtimetrials.org.uk/race.../21368...>

Men

<https://www.cyclingtimetrials.org.uk/race.../20826...>

Women

<https://www.cyclingtimetrials.org.uk/race.../21366...>

## Appendix B: Site Map



## Appendix C: How to Fit an Active Timing Chip



### How to fit an active timing chip for Road Racing



You will collect these bits from registration when you sign on (1 x RaceResult Pro Active timing chip, 1 x rubber pad and 2 x zip ties).

**The chip is to be fitted at approximately 100mm (4 inches) up from the wheel axel on the right hand (drive side of your bike) fork leg**

(if your quick release is on the same side please ensure that you can close it securely, slide the timing chip up slightly if required)



Thread both zip ties through the lugs with the tie over the sticker

Wrap the rubber strip around your right hand fork leg and overlap if required, then use the zip ties to gently hold the chip and rubber strip in place, once you are happy with the timing chip position tighten to ties so that they bite into the rubber strip and fix the chip in place.



Examples of fitted timing chips on wide 'aero' forks and standard diameter bolt thru forks



Please note that it is your responsibility to ensure that the timing chip is securely fitted to your bike and Eventrex UK are not liable for any damage to you or your bike should you not do so.

You are also responsible for the return of your timing chip, at the end of your race please ensure it is returned to either a member of the timing team or organising team, if your timing chip is not returned it is possible that you will be charged £60 for it's replacement.



## Appendix D: Starting Frame (aka Fox Frame)





## Appendix E: Useful Links

CTT Event Risk Assessment: <https://www.cyclingtimetrials.org.uk>

CTT Covid Risk Assessment: <https://cyclingtimetrials.org.uk/documents/index/covid-19>

Strava Segment: <https://www.strava.com/segments/streatley-hill-hcc005-tt-course-729782>

Course Description: <https://www.londonwestdc.co.uk/hhc005>

Course Risk assessment: <https://www.londonwestdc.co.uk/hhc005ra>

Route to start: <https://ridewithgps.com/routes/34342877>

Route from finish to HQ: <https://ridewithgps.com/routes/34342913>

Race Results: <https://my.raceresult.com/157271/results>

Parental Consent Form: <https://www.cyclingtimetrials.org.uk/documents/index/guardians>

## Appendix F: Sponsored Riders

### Sponsored Riders

#### Estrella Bikes



Armitage, Rosie	Senior
Casley, Iona	Senior
Coetzer, Chantel	Senior
Edwards, Lucy	Senior
Kaing, Marie	Senior
Kennedy, Clíodhna	Vet
Laluc, Aurelia	Senior
Lawrence, Natalie	Senior
McSeveney, Kirstie	Vet
Morris, Emily	Junior
Morris, Katherine	Senior
Newberry, Morgan	Espoir
Owler, Laura	Senior
Ray, Nikki	Senior
Rice-Jones, Aileen	Senior
Richardson, Freya	Junior
Richardson, Kate	Junior
Smith, Abi	Junior
Walton, Emily Kate	Senior

#### The Hub Cycleworks



Clarke, Joanne	Senior
Conibear, Isobel	Espoir
Curwen, Nikki	Senior
Dixon, Helen	Vet
Grant, Emma	Senior
Hart, Louise	Senior
Hayes, Connie	Espoir
Hernando, Harriet	Senior
Jolly, Fiona	Vet
Lancaster, Hannah	Espoir
Leuty, Elsa	Senior
McLean, Lili	Senior
Miles, Charlotte	Senior
Quay, Hannah	Vet

Storrie, Becky	Espoir
Wallbaum, Ellie	Juvenile
Watts, Lydia	Espoir
Wilks, Gemma	Senior
Willis, Suzanne	Vet
Wright, Jamie-Lee	Senior

## Stayer Cycles

Aust, Vikki	Senior
Bexson, Emma	Vet
Cram, Josie	Senior
Heywood, Madeleine	Senior
Jones, Bithja	Vet
Moncrieffe, Rose	Juvenile
Szypicyn, Aga	Senior

**STAYER**

## Myhillcycling.co.uk

Bayes, Hannah	Espoir
Good, Clare	Senior
Goslar, Cindy	Vet
Jenks, Natalie	Senior
Raine, Lilja	Junior



## Clinterval Coaching

Wootton, Kate	Espoir
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Forrester, Posie	Juvenile
Sanders, Elizabeth	Senior
Smithson, Libby	Junior

## Catenary Cycle Coaching



Cebak, Amelia	Juvenile
Inglis, Ellen	Junior
Johnson, Isabella	Junior
Keenor, Molli	Junior
Mosley, Shona	Juvenile

## Frimley Bike Hub



Roche, Phoebe	Juvenile
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## Chris Boardman Bikes

King, Eluned	Junior
Pollman, Uta	Vet
Roche, Zoe	Juvenile

## Greenpeace



Ash, Isabella	Senior
Benezet Minns, Lucy	Juvenile
Bennett, Bethany	e
Bennett, Ellen	Juvenile
Birch, Jules	e
Mitchinson, Ellie	Junior
	Vet
	Juvenile
	e

## Cowley Road Condors



Atkins, Verity	Senior
Best, Tracy	Senior
Cadoux-Hudson, Emma	Senior



Cadoux-Hudson, Stephanie	Senior
Hodges, Elizabeth	Senior

## Leyburn Cycling



Hill, Freya	Juvenile
Patterson, Anna	Juvenile
Prior, Amelie	Juvenile
Quay-Clark, Sophie	Juvenile
Wiley, Esme	Juvenile

## Didcot Phoenix Cycling Club



Havisham, Caitlin	Juvenile
Heighton, Sophie	Juvenile
MacTear, Kate	Senior
Park, Grace	Juvenile
Tollhurst, Sophie	Senior

## CAMS-Tifosi + Brother Cycling



Finney, Jessica	Senior
Gardner, Illi	Espoir
Scott, Katie	Espoir

## Private Donors

Davies, Emma	Juvenile	Newbury Velo
De Brett, Penelope	Junior	Tofauti Everyone Active
Green, Ella	Senior	BellaVelo cc