

# The Anthony Maynard Sportive

## 17<sup>th</sup> July 2011

### Rider Information

#### Introduction

This is a special event, held in memory of a good friend, organised by a team of volunteers with help from Reading CC and 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 - though you may find that arriving/departing via Reading Station is more convenient. The earliest train from London arrives Reading at 0742 - at Theale 0827.

#### Parking

We have onsite parking and 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 08:30 in the School Canteen (new for 2011). Find the table 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 personalised 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. There will be food available at registration time (see below), so please consider supporting the event further by having a healthy breakfast with us. There are also changing rooms, showers and ample toilets available in the onsite leisure centre.

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. Your start time will depend on the distance you are riding: 08:00 to 08:30 for the 195km course and 08:30 to 09:00 for the 110km course. Riders will leave in groups at suitable intervals.

#### Timing

There will be timing stations at the start and finish and at the second control on the long route. Make sure you swipe your SI-Card on 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.

The primary responsibility for mechanical preparation and managing punctures lies with you. There will be two service vehicles on the course from Cyclezone and Grant Philipps with spare tyres/tubes and limited tools on board for anyone unlucky enough to break down. We cannot guarantee that we will be able to get you back on the road again; if this happens, as convenient, the service vehicles will transport you and your bike to the nearest control to await the sag wagon. The sag wagon will also be the last vehicle sweeping the course for anyone who feels they cannot reach the finish or has retired due to mechanical problems. Track pumps and some spare tubes/tyres will be available at the controls and we will also have motor cycles patrolling with spare tubes/etc. They will also keep an eye on the route signs.

Please note that the route is generally unmarshalled, however there will be a number of marshals at certain safety and 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) and 71k (short route) closes 16:15
4. Finish, closes at 18:20 (catering closes at 17:30, HQ site closes and main gates locked at 19:15)

To ensure that all long route riders can complete the course within the available time, they will need to reach the course bifurcation in Lambourn before 10:40, after which entry to the remainder of the long route will be closed. Should long route riders fall behind a minimum 20kph average, the sag wagon will counsel them to either take a lift further up the course (to get on schedule) or to retire to the sag wagon.

Please be aware that should you refuse such counsel, you will be advised that you are no longer officially part of the Sportive and that subsequent feed stations or mechanical service will no longer be available to support you.

The control locations and the bifurcation 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.

## Toilets

Available on course and signposted at the following locations:

- Wantage (both routes) - In car park on right, 200m after main cross roads and traffic lights.
- Lambourn (both routes) - 100m before the bifurcation, left of the entrance to the village hall.
- Kintbury (110km) - On right just after the level crossing past Kintbury Station.
- Chiseldon (195km route) - BP garage on junction of B4006/A346. (Please make a shop purchase.)
- Pewsey (195km route) - North Street, by Post Office opposite the Fire Station.
- Acorn Ridge (both routes) - Ladies only, at control.

Along with a wide selection of pubs!

**Food:** *All of the food served throughout the event complies with WSPA guidelines for animal welfare - which go hand-in-hand with providing you with the best possible nutrition for a very challenging ride.*

**Start:** At the start you will be able to buy tea, made in a pot, freshly brewed coffee, or soft drinks. Best of all - Porridge, made by our world champion porridge maker, Anna aka "The Porridge Lady".

**Feed stations** On the ride 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
- A selection of savory snacks
- Fruit and savory smoothies
- Lots of biscuits

## Finish

Back at HQ, homemade cakes, tea, coffee and soft drinks will be on sale. The whole event is run on a "not for profit basis" and all net 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 and cycling generally.**

***We recommend that you wear a cycle safety helmet.***