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|  | **Army School of Physical Training** Fox Lines, Queen's Avenue, ALDERSHOT GU11 2LB **Telephone 01252 787243 Military 94222 7243** *Fax 01252 787143 Fax 94222 7143* *Email:* *Mark.Greenwood457@mod.gov.uk* | New Image |

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|  |  Reference: HQ RAPTC/04/55/23 |
| See Distribution |  Date: 10 Oct 19 |

**WINTER WATTBIKE COMPETITION (FREE ENTRY) – TUE 21 JAN 20 – ADMIN INSTRUCTION**

**General**

1.By kind permission of Lt Col (MAA) G C Hendrickson MBE RAPTC the Winter Wattbike Competition 2020 will be held at the Army School of Physical Training (ASPT), Wand Tetley (WT) Gymnasium on Tue 21 Jan 20. Registration opens at 0800hrs and competitors brief commences at 0845hrs, this is for all participants. It is requested that this administration instruction is disseminated as widely as possible.

2. The event is open to all service personnel (Regular/Reserve & UOTC) and entitled MoD civil service personnel (who must take leave and show proof of third-party liability insurance). Units are encouraged to allow as many personnel as possible to take part in this event. The following personnel must present their Appendix 9 at registration, in all cases cycling must be an approved activity:

1. MLD/MND downgraded personnel due to MSKI.
2. Personnel under rehabilitation at RRU/PCRF.

**Event Format**

3.  **Individual Wattbike Event.** The Individual event will be run in waves dependant on the number of entries and competed over 10km for both males and females. Prizes will be awarded to the individual with the overall fastest time and best watts per kilo in each of the following categories:

1. U25 Male and Females
2. Senior Male and Females
3. Masters Male and Females

4. **Team Wattbike Event.** The team event will be run in waves dependant on the number of entries received; competing over various distances. Prizes will be awarded to the teams with the overall fastest time and best watts per kilo in each of the following categories:

1. Male: Team of 3 (all ages), 20km.

1. Female: Team of 2 (all ages), 10km.
2. Mixed: Team of 3 (all ages and a mix of both male and females), 20km.

5. **Entry Process**. All events are free to enter; entries are to be submitted via email **Annex A to Mrs Jana Daniell (AO Army Cycling)** **JDaniell@ascb.uk.com** **NLT Wed 15 Jan 20.**

6. **Registration**. Registration will take place in Fox Lines, Wand Tetley Gymnasium, GU11 2LB for all competitors between 0800 – 0900hrs. All competitors will be weighed upon registering.

7. **Timings**. Timings for the day will be as follows:

* 1. 0800hrs – Registration opens.
	2. 0830hrs – Registration closes.
	3. 0845hrs – All competitors brief (Wand Tetley Gymnasium).
	4. 0900hrs – Individual Wattbike event starts.
	5. 1200hrs – Individual Wattbike event finishes.
	6. 1245hrs – Team Wattbike event starts.
	7. 1545hrs – Team Wattbike event finishes.
	8. 1600hrs – Prize giving.

8. **Health & Safety.** SSgt (SSI) D Fox RAPTC will conduct a comprehensive risk assessment for the event within the parameters of the Safe Systems of Training (safe persons, safe equipment, safe practice, and safe place). All competitors are to ensure the following:

1. You are fully hydrated throughout the day.
2. Injury free.
3. Consume enough food throughout the day to maintain good energy levels.
4. Conduct a sufficient warm up and cool down, pre and post event.
5. All competitors are classed as ‘on duty’; names must be placed on Part One Orders prior to the event.

**Coordinating Instructions**

9. **Dress.** Appropriate sports kit for the activity is to be worn, including suitable footwear. SPD cycling shoes may be worn (under no circumstances will pedals be changed on the bikes; SPD pedals are fitted as standard). The Wattbike can accommodate Shimano SPD’s, Look Keo cleats and MTB SPD’s. Those without cycling shoes may wear trainers.

10. **Accommodation**. Competitors are to make their own accommodation arrangements to suit and should be booked in advance using the CABS process on 01252 352154.

11.  **Directions and Parking**. The route to the ASPT, Fox Lines overview can be found at Annex B. All vehicles are to be parked opposite the main entrance to Fox Lines providing vehicles are parked in the designated white lined bays.

12.  **Refreshments**. There will be no refreshments available; however, there are water fountains within the gymnasium and a coffee shop with vending machines on site.

13. **Travel Authority.** This event is not a recognised sporting activity in line with JSP 660. Therefore, travel against the RSTB Pot 16 is inadmissible. Units wishing to enter this event may do so under the authority of the unit CO and travel may be charged against the unit travel budget within affordability.

14. **Event Officials.** All nominated officials are kindly requested to attend the officials brief; being held in WT gymnasium on Mon 20 Jan 20 at 1400hrs.

15. **Summary**. The Winter Wattbike Competition 2020 is designed to provide a safe and low impact competitive event for service personnel of all abilities and medical grades. It aims to promote cycling and fitness at all levels across the Army. Providing an opportunity for personnel to participate as individuals and teams using Wattbikes.

*(Signed on MODNET)*

M A Greenwood

Capt (MAA)

RAPTC Cycling Chairman

Annexes:

1. Entry Forms
2. Directions to ASPT

Distribution

All personnel with Regular and Reserve Army Units – via RC PD Downrep

Copy to:

ASPT CO\*

ASPT 2IC\*

HQ RC SO2 PD\*

All Bde SO3 PD’s\*

ASPT QM\*

RAPTC Corps SM\*

ASPT RQMS\*

ACU Committee Members\*

RAPTC Cycling Committee Members\*

Wattbike – Mr Gary Mason and Alessandra Wall\*

**Annex A to**

**HQ RAPTC/04/55/23**

**Dated 10 Oct 19**

**WINTER WATTBIKE COMPETITION 21 JAN 20 – ENTRY FORM**

**MALE INDIVIDUAL TT – 10km**

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name** |  | **Age on date of competition** |  |
| **Surname** |  | **Corps** |  |
| **Rank & Service Number** |  | **Civilian email**  |  |
| **Expected 10km Wattbike time** | **\_\_\_\_\_\_min\_\_\_\_\_\_\_sec** | **Military email** |  |
| **Unit** |  | **Contact phone number** |  |

**FEMALE INDIVIDUAL TT – 10km**

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name** |  | **Age on date of competition** |  |
| **Surname** |  | **Corps**  |  |
| **Rank & Service Number** |  | **Civilian email**  |  |
| **Expected 10km Wattbike time** | **\_\_\_\_\_\_min\_\_\_\_\_\_\_sec** | **Military email** |  |
| **Unit** |  | **Contact phone number** |  |

**Notes:**

For multiple entries use multiple sheets or copy and paste this Annex into the email body.

1. **All entries are to be submitted via email, using Annex A to Mrs Jana Daniell (AO Army Cycling)** **JDaniell@ascb.uk.com** **NLT Wed 15 Jan 20.**

**Annex A to**

**HQ RAPTC/04/55/23**

**Dated 10 Oct 19**

**MALE TEAM TT (X3 Pers) - 20km (all ages)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Rank & Service Number** | **Surname****Age on date of competition** | **Corps** |  |
| **Rank & Service Number** | **Surname****Age on date of competition** | **Team Capt Civilian email**  |  |
| **Rank & Service Number** | **Surname****Age on date of competition** | **Team Capt Military email** |  |
| **Expected 20km Wattbike time** | **\_\_\_\_\_\_min\_\_\_\_\_\_\_sec** | **Team Capt Contact phone number** |  |

**FEMALE TEAM TT (X2 Pers) - 10km (all ages)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Rank & Service Number** | **Surname****Age on date of competition** | **Corps** |  |
| **Rank & Service Number** | **Surname****Age on date of competition** | **Team Capt Civilian email**  |  |
| **Unit** |  | **Team Capt Military email** |  |
| **Expected 10km Wattbike time** | **\_\_\_\_\_\_min\_\_\_\_\_\_\_sec** | **Team Capt Contact phone number** |  |

**Notes:**

For multiple entries use multiple sheets or copy and paste this Annex into the email body.

**2. All entries are to be submitted via email, using Annex A to Mrs Jana Daniell (AO Army Cycling)** **JDaniell@ascb.uk.com** **NLT Wed 15 Jan 20.**

**Annex A to**

**HQ RAPTC/04/55/23**

**Dated 10 Oct 19**

**MIXED TEAM TT (X3 Pers) - 20km (all ages)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Rank & Service Number** | **Surname****Age on date of competition** | **M / F** | **Corps** |  |
| **Rank & Service Number** | **Surname****Age on date of competition** | **M / F** | **Team Capt Civilian email**  |  |
| **Rank & Service Number** | **Surname****Age on date of competition** | **M / F** | **Team Capt Military email** |  |
| **Unit** |  |  | **Team Capt Contact phone number** |  |
| **Expected 20km Wattbike time** | **\_\_\_\_\_\_min\_\_\_\_\_\_\_sec** |  |  |  |

**Notes:**

1. For multiple entries use multiple sheets or copy and paste this Annex into the email body.
2. **All entries are to be submitted via email, using Annex A to Mrs Jana Daniell (AO Army Cycling)** **JDaniell@ascb.uk.com** **NLT Wed 15 Jan 20.**

 **Annex B to**

 **HQ RAPTC/04/55/23**

 **Dated 10 Oct 19**

**Directions to the Army School of Physical Training (ASPT)**



A331

Lynchford Road

ASPT (Fox Lines)

St Omer Bks

Queens Avenue

M3 Junction 4

**Directions from M3 motorway to Army School of Physical Training, Fox Lines**

* Exit from the M3 at Junction 4.
* Follow signs to A331 South towards Farnborough.
* Exit the A331 at Farnborough / Ash Vale / Aldershot North Camp.
* At roundabout take 4th exit. This road is a dual carriageway and rises up and over the A331.
* At next roundabout take the 1st exit onto Lynchford Road.
* Pass Bks on the left and shops on the right and at the next roundabout take the 1st exit.
* At next roundabout, approximately 300 metres, take the 2nd exit onto Queens Avenue.
* Continue down Queens Avenue and take a left turn at the traffic lights.
* You should see the ASPT on your left and the car park immediately opposite on your right.

* Fox Lines Post Code – **GU11 2LB**