

# Bristol South Cycling Club

Solo 10 Mile Time Trial  
Course U7b  
Sunday 27<sup>th</sup> September 2020  
First rider 10:01am



[www.bristolsouthcc.co.uk](http://www.bristolsouthcc.co.uk)

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

## Event Secretary

Luke Smith  
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## Timekeepers

Andy Greatwood  
Dennis Davis

## Prizes

(One prize per rider except team prize)

Category	Prize
1st Overall	£25
2nd Overall	£15
3rd Overall	£10
1st Female	£25
2nd Female	£15
3 <sup>rd</sup> Female	£10
1 <sup>st</sup> Jun / Juv	£15
1 <sup>st</sup> Esp	£15
1 <sup>st</sup> V4	£15
2 <sup>nd</sup> V4	£10
1 <sup>st</sup> V5	£15
2 <sup>nd</sup> V5	£10
1 <sup>st</sup> V6+	£15
2 <sup>nd</sup> V6+	£10
1 <sup>st</sup> Team of 3	£10 Each

## Event Headquarters

Stone & District Village Hall, 54 Court Meadow, Stone, Berkeley GL13 9LR

Open from 9.00am - <https://goo.gl/maps/nGeC57JSKi1WS1957>  
<https://stonevillagehall.com/>

## Parking & using the HQ

Please note there is very limited parking at the HQ so we kindly request that you only use the HQ to sign on & off and to use the toilets.

Park at your own risk away from the hall Please park tidily, maintaining social distancing. There are plenty of laybys on the A38. Please be mindful it is a residential area around the HQ, so don't park anywhere that might annoy the local residents.

- No cycling cleats allowed in the hall
- Please wear a face covering in the hall
- There will be no changing facilities
- No refreshments will be available
- Hand sanitiser will be provided at the entrance
- Please follow the HQ one-way system in place
- Please bring your own pen for signing on & off
- No turbo trainer warmups at the HQ

These rules are in place to ensure we comply with the government regulations, the CTT guidance and Covid-19 Risk Assessment,

## Course Details

**To the START.** From the HQ gate go left back towards the main road, at the end of the road turn left onto the A38, follow the A38 for around half a mile to the start, there are plenty of roads to warm up on along the way.

Please no passing the start to warm up or 'U' turns in the road near the start.

**At the START.** Please observe social distancing and queue in single file. Arrive at the start no more than 4 minutes before your start time. There will be no pusher off. Riders will start with one foot on the ground.

**Course U7b:** Start on A38 in northern end of layby (GR695963) approximately half a mile south of Newport. Proceed north on the A38 through Berkeley Road and over the railway bridges to the Slimbridge roundabout where turn (5.3 miles). Circle and retrace south on the A38 to finish on opposite side of the road to a bus stop just south of Newport (GR698971) approx. ¼ mile before the start.

**SHOUT** your number as you pass the Timekeeper at the **FINISH**.

- No 'U' turns in the road near the finish and be aware of other road users.
- Please take care at the roundabout and junctions. In particular, riders are asked to note that the road narrows to a greater extent on the A38 northbound (immediately after the Berkeley Road junction). The road also narrows on the approach to the car auctions (about ½ mile north of the Berkeley Road junction).
- Please make sure that inconvenience to the public and other road users be kept to a minimum. Be considerate of all other road users including horses and riders.

<https://www.cyclingtimetrials.org.uk/course-details/u7b>

## Important: Signing on and signing out at the HQ

Race numbers will be available from the HQ. All competitors are required to sign on before the start and sign out at the end. As soon as you finish the time trial and return to the HQ to hand in your number, you must also sign out and be available for any doping control! **Riders**

**who do not sign-out will be recorded as DNF.**

Please bring your own pen and pins for your number.

**Under 18s** - those under 18 on the day of the event will require a hard copy parental consent form. Numbers will not be issued to under-18s unless the form is presented – no number = no ride unfortunately. The appropriate form is available on the CTT website

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

## Competitors' Notes

- Results will not be provided at the event but will be communicated electronically or by post, as soon as possible afterwards.
- Please be aware of CTT Regulation 14(i). No competitor shall be permitted to start the event unless the competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **NO REAR LIGHT - NO RIDE.** This will be strictly enforced.
- **IN THE INTERESTS OF SAFETY**, Cycling Time Trials and the Event Promoters strongly advise you to wear a **HARD SHELL HELMET** which meets an internationally accepted safety standard. Riders under the age of 18 years and/or juniors must wear a helmet.
- Dangerous riding will result in disqualification. **Please keep your head up for a safe ride.**

## Covid 19

In light of the ongoing coronavirus pandemic and the recently tightened restrictions (The RULE OF SIX), in order to safeguard the health and well-being of all associated with the event, it is being run strictly in accordance with the Risk Assessment and subsequent guidance provided by CTT. Please heed this advice. It is for all our benefits. In particular,

- You should not attend if you feel ill in ANY way or if family members have any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should not start the event and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm up.
- No turbos please. Your warmup should be done on the road, but not on the course once the event has started. Other roads are available locally.
- Please **DO NOT** gather in any way, regardless of current guidelines in the car park, HQ or elsewhere. **PLEASE COMPLY WITH THE "RULE OF SIX". No groups of more than 6 people at any time.**
- Please **DO NOT** leave any personal items with the timekeeper or other race officials.
- On finishing, please **DO NOT** stop at the finish and **DO NOT** loiter at the HQ/car park. Please pack up and leave immediately on completion of the race, having returned your number and signed off.
- No support can be provided if you suffer mechanical difficulty. You are strongly advised to carry spares/pump if required. Remember, no support vehicles are permitted on the course.
- You are strongly advised to carry a mobile phone. Please let the organiser know if you have failed to finish the event.

## Start List

No.	Start Time	Name	Club	Gender	Cat
1	10:01	Andy Kelly	Bristol South Cycling Club	Male	Vet
2	10:02	Paul Winstone	VeloVitesse/ALLCAP/James Barry	Male	Vet
3	10:03	Joanna Knight	Bristol South Cycling Club	Female	Vet
4	10:04	Tony Emery	Dursley Road Club	Male	Vet
5	10:05	Karl Norris	360VRT	Male	Vet
6	10:06	Andrew Legge	Bristol South Cycling Club	Male	Vet
7	10:07	Michael Collins	VC Sevale (Malvern)	Male	Vet
8	10:08	Paul Rogoll	Salt and Sham Cycle Club	Male	Vet
9	10:09	Maria Apperley	Eastgate Cycles	Female	Vet
10	10:10	John O'Dwyer	Dursley Road Club	Male	Sen
11	10:11	John Aspell	PDQ Cycle Coaching	Male	Vet
12	10:12	Thomas Southey	Bristol South Cycling Club	Male	Sen
13	10:13	Trevor Hodges	Corinium Cycle Club	Male	Vet
14	10:14	Allen Janes	Bristol South Cycling Club	Male	Vet
15	10:15	Harrison Hunter	Saint Piran	Male	Sen
16	10:16	Thomas Hogan	VeloVitesse/ALLCAP/James Barry	Male	Sen
17	10:17	Matthew Hill	Gloucester City Cycling Club	Male	Vet
18	10:18	Paul Jones	Bristol South Cycling Club	Male	Vet
19	10:19	Alex Coles	Towy Riders Cycle Club	Male	Juv
20	10:20	Andrew Butcher	Cwmcarn Paragon Road Club	Male	Vet
21	10:21	Mark Bradley	Bristol South Cycling Club	Male	Vet
22	10:22	Barry Pope	Salt and Sham Cycle Club	Male	Vet
23	10:23	Paul Willis	Cheltenham & County Cycling Club	Male	Vet
24	10:24	Peter Wilson	Bath Cycling Club	Male	Vet
25	10:25	Martin Lines	Worcester St. Johns CC	Male	Vet
26	10:26	Chris Bowie-Hill	Bristol Road Club	Male	Sen
27	10:27	Roger Taylor	Frome and District Wheelers	Male	Vet
28	10:28	Tony Russell	FTP (Fulfil The Potential) Racing	Male	Vet
29	10:29	Cameron Bonner	Dursley Road Club	Male	Juv
30	10:30	Oscar Hutchings	Team Tor 2000   KALAS	Male	Sen
31	10:31	William Hamilton	FTP (Fulfil The Potential) Racing	Male	Sen
32	10:32	Tim Butler	Gloucester City Cycling Club	Male	Vet
33	10:33	Peter Iffland	Northumbria Police C.C.	Male	Vet
34	10:34	Thorsten Ackermann	Eastgate Cycles	Male	Sen
35	10:35	Scott Leeson	London Dynamo	Male	Sen
36	10:36	Graham Brookhouse	VeloVitesse/ALLCAP/James Barry	Male	Vet
37	10:37	Roger Whittle	Gloucester City Cycling Club	Male	Vet
38	10:38	Lawrence Martindale	Chippenham & District Wheelers	Male	Jun
39	10:39	Chris Adams	Bristol South Cycling Club	Male	Vet
40	10:40	Simon Garrett	Team Echelon	Male	Vet
41	10:41	Alastair Kay	VeloVitesse/ALLCAP/James Barry	Male	Vet
42	10:42	Daniel Andres	FTP (Fulfil The Potential) Racing	Male	Sen
43	10:43	Lindsey Lyes	VeloVitesse/ALLCAP/James Barry	Female	Sen
44	10:44	Liffey Daniels	360VRT	Female	Sen
45	10:45	Tom Sharp	Bristol Road Club	Male	Sen
46	10:46	Daryl Stroud	Gloucester City Cycling Club	Male	Vet
47	10:47	Ian Mountjoy	Bristol South Cycling Club	Male	Vet

48	10:48	Neive Richardson	Cheltenham & County Cycling Club	Female	Vet
49	10:49	Simon Thomas	Bath Cycling Club	Male	Vet
50	10:50	Andrew Overton	Successcycling.co.uk	Male	Vet
51	10:51	Mark Chapman	Ride 24/7	Male	Esp
52	10:52	Dan Laasna Reuter	Virtual Cycling Club	Male	Vet
53	10:53	Stephen Chapman	Corinium Cycle Club	Male	Vet
54	10:54	Simon Davis	VTTA (Midlands)	Male	Vet
55	10:55	Harry Walton	Cheltenham & County Cycling Club	Male	Sen
56	10:56	Jon Wiggins	PDQ Cycle Coaching	Male	Sen
57	10:57	Rosey Mushens	73 Degrees Bicycles, WestSide Coaching rt	Female	Vet
58	10:58	Gareth Bonner	Dursley Road Club	Male	Vet
59	10:59	Paula Bradshaw	North Bristol Triathlon Club	Female	Vet
60	11:00	Simon Adcock	Team Bottrill	Male	Vet
61	11:01	Andrew Derrick	Portishead Cycling Club	Male	Vet
62	11:02	Adrian Rowley	Gloucester City Cycling Club	Male	Vet
63	11:03	Peter Crease	Royal Navy & Royal Marines CA	Male	Sen
64	11:04	Emily Kate Walton	Beeston Cycling Club	Female	Sen
65	11:05	Michael Davis	FTP (Fulfil The Potential) Racing	Male	Sen
66	11:06	Daniel Kempe	Bristol South Cycling Club	Male	Vet
67	11:07	Nathan Buck	360VRT	Male	Sen
68	11:08	Steve Summerhayes	Somerset Road Club	Male	Vet
69	11:09	Bob Brabbins	Wellington Wheelers Cycling Club	Male	Vet
70	11:10	Simon Bromley	Bristol South Cycling Club	Male	Sen
71	11:11	Tommy Barlow	Clevedon & District Road Club	Male	Vet
72	11:12	John Hollier	PDQ Cycle Coaching	Male	Vet
73	11:13	Craig Rockliffe	Bristol South Cycling Club	Male	Sen
74	11:14	Malcolm Giles	Poco Loco Cycling R.T.	Male	Vet
75	11:15	Jake Sargent	FTP (Fulfil The Potential) Racing	Male	Esp
76	11:16	Nick Giles	Poco Loco Cycling R.T.	Male	Vet
77	11:17	Tonymartin Lake	Gloucester City Cycling Club	Male	Vet
78	11:18	Arja Scarsbrook	Team Echelon	Female	Vet
79	11:19	Josie Harcourt	Beeston Cycling Club	Female	Esp
80	11:20	Nick Livermore	Bristol South Cycling Club	Male	Sen
81	11:21	Christopher Davis	Giant CC Halo Films	Male	Vet
82	11:22	Rafal Jasik	360VRT	Male	Vet
83	11:23	Maris Brugis	Bristol Road Club	Male	Sen
84	11:24	Liam Phipps	Eastgate Cycles	Male	Sen