

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

# 2021 Welsh Cycling Association 10 mile Time Trial Championship.

Promoted by

## Pontypool Road Cycling Club

Sunday 8 August 2021 – R10/17 Course – Commencing 9.01 am

Event Sec: Roger Wood 18 Oaklands Park Drive, Rhiwderin, Newport NP10 8RB

Mobile: 07510961945. prccopen10@gmail.com

Complaints should be made in writing to me within 24 hours.

Timekeepers: Starter – Phyl Harradine. Finish – Robin Field.

Event Headquarters: St John's Ambulance Hall, Fairfield Car Park, Park Avenue  
Abergavenny NP7 5SS. Open from 8 am

### Covid 19 Protocols as follows will apply.

- Please only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID-19 you must not attend.
- An elevated resting heart rate or heart rate that reacts quickly during the warm up may suggest an underlying asymptomatic illness (not necessarily COVID-19). If you experience this, you should not start (DNS) and should leave immediately.
- There's ample parking at the HQ which is just under 4 miles to the start line. If you choose to park closer to the start, please park legally, respectfully and in such a way that social distancing can be observed.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one-way system in place with 2m gaps marked. The sign-in station will be outside if the weather permits.
- Numbers are to be returned when signing out. Please place them in the box at the sign-out area.
- Sanitising gel will be available at the sign-in area.
- Please bring your own pen to sign in/out.
- Please follow any additional conditions that may be posted at the sign-in station.
- Face coverings should be used when signing in/out and if you enter the hall to use the toilets.
- Social distancing must be observed at all times, setting up the bike, signing on etc.
- Please don't congregate outside the HQ before it opens.
- Roller or turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained. We would prefer warming up on the road.
- At the start maintain a 2m gap between yourself and the other riders waiting to start.
- Do not approach the timekeepers at the start or finish.
- You may need to start with one foot on the ground.
- Riders must not leave person items with the timekeepers or on the sign-in table.
- Once you have finished you should sign out, return your number, pack your bike away, then go home.

- The result will be posted on the CTT website, if there are any queries contact me and I will investigate and amend results accordingly, should that be necessary.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Spectators are urged not to attend.
- The toilets are available on a one-in-one-out basis; they must not be used as a changing facility

## **Awards –**

<b>Men's Championship</b>	<b>1<sup>st</sup> - Championship medal and Champions Cap</b> <b>2<sup>nd</sup> - Championship medal</b> <b>3<sup>rd</sup> - Championship medal</b>
<b>Ladies Championship</b>	<b>1<sup>st</sup> - Championship medal and Champions Cap</b> <b>2<sup>nd</sup> - Championship medal</b> <b>3<sup>rd</sup> - Championship medal</b>
<b>Junior Championship</b>	<b>1<sup>st</sup> – Championship medal and Champions Cap</b> <b>2<sup>nd</sup> - Championship medal</b> <b>3<sup>rd</sup> - Championship medal</b>
<b>Juvenile Championship</b>	<b>1<sup>st</sup> - Championship medal and Champions Cap</b> <b>2<sup>nd</sup> – Championship medal</b> <b>3<sup>rd</sup> – Championship medal</b> <b>1<sup>st</sup> Female Juvenile - Championship medal and Champions Cap</b>
<b>Veterans on VTTA std</b>	<b>1<sup>st</sup> – Championship medal</b> <b>2<sup>nd</sup> - Championship medal</b> <b>3<sup>rd</sup> – Championship medal</b>
<b>Road Bike event</b>	<b>£15 Aerocoach voucher</b>

## **Champions' Trophies, Caps and Medals will be awarded at the WCA Awards Lunch.**

Remember to sign in and OUT after the race. Failure to do so will result in disqualification.

In the interests of your own safety, Cycling Time Trails and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard. It is a regulation of the CTT that all riders under the age of 18 or juniors should wear a hard shell helmet conforming to a safety standard in accordance with the regulation 15. All riders must have a rear facing working constant or flashing red light fitted and visible to other road users.

### **Course Description R10/17 - A40 Hardwick - Raglan**

OS References: Sheet 161 - Start and finish 333100 Start at 1st drain cover in 3rd lay-by east of Hardwick roundabout, Abergavenny, on A40, 25 yards east of Kilo post 97 and 400 yards east of bridge over road. Proceed on A40 to Raglan roundabout (4.94 miles) and turn by circling roundabout and retrace on A40 to finish at road joint 136 at western end of lay-by opposite start.

Ride past the finish without stopping; no riders are to congregate

District Regulation: No cars connected with riders are to travel on the A40 during the event. Competitors observed crossing the dual carriageway will be disqualified. No warming up on the course after the event has started. No Turbo Training devices with 100 yards of dwellings.

This event may be subject to Doping Control - It is your responsibility to check! Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board, if your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Have a safe fast ride!

**Road bike category requirements:**

- No Aerobars, clip on Aerobars or aero extensions.
- Hands must be holding the handlebars at all times whilst racing (forearms resting on the handlebar is not allowed)
- Wheels must have a minimum of 12 spokes
- Helmets must have no visor
- Ears must not be covered by the helmet.

**Start Order.**

Start Time	No	Name		Club
09:01	1	William	Coles	VMCC powered by Y Beic
09:02	2	James	Harris	Pembrokeshire Triathlon Club
09:03	3	Harry	Griffiths	Pembrokeshire Triathlon Club
09:04	4	Alex	Coles	VMCC powered by Y Beic
09:05	5	Ollie	Rayner	FTP (Fulfil The Potential) Racing
09:06	6	Iago	Williams	Towy Riders Cycle Club
09:07	7	Paul	Cann	PDQ Cycle Coaching
09:08	8	Peter	Rogers	Team Tor 2000   KALAS
09:09	9	Eamonn	Sheridan	Warwickshire Road Club
09:10	10	Becky	Evans	PDQ Cycle Coaching
09:11	11	Kevin	Fiander	Monmouth Tri Club
09:12	12	Liz	Davies-Ward	Hereford Triathlon Club
09:13	13	Emma	Murphy	Hereford Triathlon Club
09:14	14	Isabella	McNally	Westbury Wheelers
09:15	15	Kelly	Rose	Hereford Triathlon Club
09:16	16	Anne	Clark	PDQ Cycle Coaching
09:17	17	Lucia	Borradaile	Yeovil Cycling Club

09:18	18	Emma	Palfrey	Caffi Gruff
09:19	19	Jody	Parker	Team Zero-Allez
09:20	20	Louise	Burnie	Swansea Wheelers/CS Abertawe
09:21	21	Susan	Shook	Bush Healthcare CRT
09:22	22	Arja	Scarsbrook	Team Echelon
09:23	23	Clare	Greenwood	Bush Healthcare CRT
09:24	24	Rosey	Mushens	73 Degrees Bicycles, WestSide Coaching rt
09:25	25	Deborah	Sheridan	Warwickshire Road Club
09:26	26	Andrea	Parish	VeloSistas TT Team
09:27	27	Tina	Reid	VC de Londres
09:29	29	Roger	Wakeling	Antelope Racing Team
09:30	30	Peter	Wilson	Bath Cycling Club
09:31	31	Kevin	Grant	Frome and District Wheelers
09:32	32	David	Steel	Hereford & Dist Whs CC
09:33	33	Adrian	Brooks	PDQ Cycle Coaching
09:34	34	Bob	Symons	PDQ Cycle Coaching
09:35	35	Robert	Baynton	PDQ Cycle Coaching
09:36	36	Gareth	Hill	Abercynon Road Club
09:37	37	Steven	MacDonald	Bristol South Cycling Club
09:38	38	Gareth	Shanklin	Team NBCC
09:39	39	Tom	Woollard	Northover VT / Rudy Project / SCS
09:40	40	Stephen	Clark	PDQ Cycle Coaching
09:41	41	Jon	Airey	Ross on Wye & Dist CC
09:42	42	Steve	Summerhayes	Somerset Road Club
09:43	43	Roger	Taylor	Frome and District Wheelers
09:44	44	John	Shehan	Port Talbot Whs CC
09:45	45	Mike	Parry	Hereford Triathlon Club
09:46	46	Robin	Fox	Dursley Road Club
09:47	47	Mike	Broadbent	Port Talbot Whs CC
09:48	48	Nic	Sharpe	Clwb Beicio Egni/Energy Cycling Club

09:49	49	Brad	Davies	Bynea Cycling Club
09:50	50	Hugh	Davies	Port Talbot Whs CC
09:51	51	Simon	Kinsey	Virtual Cycling Club
09:52	52	Luke	Bradford	Hereford Triathlon Club
09:53	53	Roger	Whittle	Gloucester City Cycling Club
09:54	54	Michael	Cheung	Cwmcarn Paragon Road Club
09:55	55	Tony	Lake	Gloucester City Cycling Club
09:56	56	Gethin	Davies-Jones	Abercynon Road Club
09:57	57	Jeffrey	Rees	Virtual Cycling Club
09:58	58	Ian	Gibson	Abercynon Road Club
09:59	59	Marco	Marletta	Cardiff Jif
10:00	60	Derek	Dowdeswell	Gloucester City Cycling Club
10:01	61	Alex	Bath	Team Zero-Allez
10:02	62	Tom	Kenderdine	Droitwich Cycling Club
10:03	63	Les	Thomas	Port Talbot Whs CC
10:04	64	Stuart	Evans	Port Talbot Whs CC
10:05	65	Paul	Colman	Haverfordwest Hornets
10:06	66	Cliff	Voller	Newbury RC
10:07	67	Gareth	Jehu	Merthyr CC
10:08	68	Barrie	Whittaker	Lyme Racing Club
10:09	69	Alec	Leslie	Team Zero-Allez
10:10	70	Tom	Cox	Saint Piran
10:11	71	Chris	Goulden	American Flyers
10:12	72	Josh	Townsend	Bynea Cycling Club
10:13	73	Jon	Vickery	Cwmcarn Paragon Road Club
10:14	74	Iain	Bell	Monmouthshire Wheelers
10:15	75	John	Aspell	PDQ Cycle Coaching
10:16	76	Richard	Coleman	Stourbridge Velo
10:17	77	David	Evans	Team Echelon
10:18	78	Matt	McLen-Howells	Pontypool Road Cycling Club
10:19	79	Jac	Gruffydd	Caffi Gruff

10:20	80	Frazer	White	Pontypool Road Cycling Club
10:21	81	John	Brown	Veloflow CC
10:22	82	Andrew	Clarke	North Shropshire Wheelers
10:23	83	Paul	Jones	Pontypool Road Cycling Club
10:24	84	Kevin	Garland	PDQ Cycle Coaching
10:25	85	Tom	Davies	Rapha Cycling Club
10:26	86	Mike	Hall	Port Talbot Whs CC
10:27	87	Dan	Kingston	Cwmcarn Paragon Road Club
10:28	88	Gary	Jones	Successcycling.co.uk
10:29	89	Ian	Taylor	Beacon Roads CC
10:30	90	Simon	Inman	OVB
10:31	91	Michael	Portlock	Merthyr CC
10:32	92	Martin	Stanley	Worcester St. Johns CC
10:33	93	Steve	Matthews	Raw Sport Performance Coaching
10:34	94	Kevin	Lane	Droitwich Cycling Club
10:35	95	Andrew	Derrick	Portishead Cycling Club
10:36	96	Robert	Jones	Army Cycling
10:37	97	Rhys	Deen	Merthyr CC
10:38	98	Neil	Lewis	Veloflow CC
10:39	99	Michael	Davis	FTP (Fulfil The Potential) Racing
10:40	100	Paul	Hayward	Pontypool Road Cycling Club
10:41	101	Frank	Kilsby	Velo Club St Raphael
10:42	102	Graeme	Boswell	Cardiff Ajax CC
10:43	103	Richard	Williams	Clwb Seiclo Caergybi / Holyhead Cycling Club
10:44	104	Mark	Woolford	Team Swindon Cycles
10:45	105	Phil	Willoughby	VMCC powered by Y Beic
10:46	106	Daniel	Colman	Arctic Aircon RT
10:47	107	Gerry	Bowditch	Pontypool Road Cycling Club
10:48	108	Jason	Streather	PDQ Cycle Coaching
10:49	109	Steven	Cottington	Bath Cycling Club
10:50	110	Mitch	Russell	Clwb Beicio Egni/Energy Cycling Club

10:51	111	Simon	Garrett	Team Echelon
10:52	112	Anthony	Jones	VMCC powered by Y Beic
10:53	113	Owen	Burgess	Newport Phoenix CC
10:54	114	David	Medhurst	Cardiff Ajax CC
10:55	115	Lewys	Hobbs	Cycle Specific
10:56	116	Anthony	Roberts	Meudon Pedal Heaven Le Col RT
10:57	117	Mathew	Roberts	Team Bottrill
10:58	118	Nick	English	AeroCoach
10:59	119	Aled	Roberts	Caffi Gruff
11:00	120	Christopher	Gibbard	Bynea Cycling Club