

Bristol South Cycling Club

The Roger Pearcy Memorial Event



www.bristolsouthcc.co.uk

Solo 10 Mile Time Trial

Time Trial and Road Bike Events

Course: U7b

Saturday 17th April 2021

First rider 09:01am: The road bike event will precede the time trial event.

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

Road Bikes

(One prize per rider)

Category	Prize
1st Overall	£25
2nd Overall	£15
1st Female	£25
2nd Female	£15

To qualify for a prize the road bike must meet the following criteria:

- No tri bars
- No elbow on the bars position
- No TT helmet
- No disc wheels
- Wheels must have a minimum 12 spokes
- Suitsuits are fine

Time Trial

Category	Prize
1st Overall	£25
2nd Overall	£15
3rd Overall	£10
1st Female	£25
2nd Female	£15
3 rd Female	£10
1 st Jun	£15
1 st V4	£15
2 nd V4	£10
1 st V5	£15
2 nd V5	£10
1 st V6+	£15
2 nd V6+	£10

Event Headquarters

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

Open from 8.00am - <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. Do not arrive any earlier than an hour to your start time.

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 please be respectful and don't park anywhere that might annoy the local residents.

- No cycling cleats allowed in the hall
- Maintain social distancing and do not hang around at the HQ when signing on or signing out
- There will be no changing facilities
- No refreshments will be available
- Hand sanitiser will be provided
- 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. Do not leave personal possessions with the timekeeper. 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.
- Do not stop at the finish, please continue on.
- 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, 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 at the HQ 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 leave any personal items with the timekeeper or other race officials.

Course Records

Solo Male

19:19

David Janes

29-Aug-20 | FTP Racing

Solo Female

21:52

Megan Dickerson

11-May-19 | Bristol South Cycling Club

Solo Male (Junior)

21:42

Euan Taylor

11-May-19 | Bristol South Cycling Club

Solo Female (Junior)

24:51

Freya Richardson

11-May-19 | Bristol South Cycling Club

Tandem

21:59

Andrew Legge, Joanna Knight

29-Jun-19 | Severn RC (Tandems)