



10 Mile Open Time Trial

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

SUNDAY 30th JULY 2023

Course: K11/10T

Start: 9.00 am

Event Headquarters: Dunchurch Village Hall - Post Code CV22 6PN - Map ref. 486717
(HQ opens 8 am)

Timekeepers: Barry Harden & Richard Stirling

Event Secretary: Laurie Bird, 11 Mulberry Road, Rugby, CV22 7TD
Tel. 01788 813025 Mobile: 07703 499372
Email: laurie.bird@btinternet.com

Please note: There will be no pushers-off as some riders are not comfortable with close proximity.

Directions to HQ from A45

From the centre of Dunchurch (A45/A426 cross roads) take the A426 towards Rugby. Proceed on A426 for 0.3 mile. Dunchurch Village Hall is on the right. For those with Sat-Navs the post code is CV22 6PN and the map ref. is 486 717. You can see more about the hall on their website

www.dunchurchsportsandvhall.co.uk Please do not bring dogs into the Headquarters building.

Parking at Dunchurch Village Hall

There is an off-road car park next to the hall. If the car park is full proceed to the far side of the car park and park on the grass as near to the fence by the main road as possible. Do not park on the main road through the village.

Please do **not** park on the actual course or at the start and finish.

Numbers

Numbers will be available at the event headquarters. **Note that riders are required to sign off when handing in their number after finishing.**

NB. Riders' PBs are used only for field placement in accordance with CTT guidelines.

Directions to the Start

From the HQ turn left onto the A426 and proceed to the cross roads (traffic lights) at the centre of Dunchurch. Turn right onto the A45 (signpost Coventry). At the A45/M45 island follow the sign to Coventry (dual carriageway). The start is in the first lay-by immediately on the left. The total distance from the HQ to the start is 1.9 miles.

Event Categories & Prizes:

Men: £25, £20, £15

Women: £25, £20, £15

Vet on Std: £24

NB. One prize per rider, excluding team prizes. Where riders are eligible for more than one prize the higher monetary value will apply. If the prize value is the same the order of the prize list will determine priority.

Age Categories* £14 per category

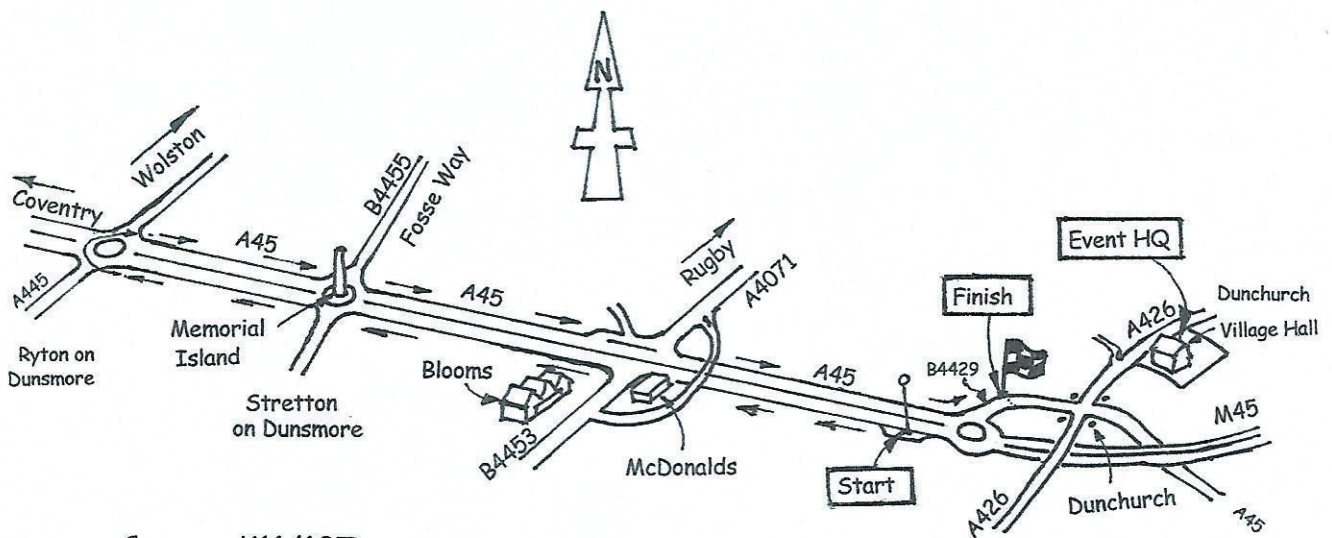
*.Age categories (Based on age on day of event):
A 40-44, B 45-49, C 50-54, D 55-59, E 60-64, F 65-69, G 70 +.

Best Road Bike £16

Once the Event has started at 09:00, no competitor shall use any part of the course for warming up prior to their start time. Any rider doing so risks disqualification.

Course Description:

Grid ref	Details	Distance (miles)
SP 460 718	Start in lay-by 200 yds west of the A45/M45 Thurlaston island, at the 3rd join in the concrete apron.	0
SP 415 732	At island junction with B4455 (Fosse way) take second exit (A45)	3.146
SP 391 741	At island junction with A445 encircle the island to retrace (A45)	4.776
SP 415 732	Past island at junction with B4455 (Fosse way)	6.384
SP 465 715	At A45/M45 turn left (B4429)	9.649
SP 469 714	Finish 60 yards past the turn to Thurlaston (Main Street), in line with the eastern exposed gate post immediately past the property named "Newhaven."	10



Course: K11/10T

Course Record

The course record is 18:25 set by Matt Bottrill in the Rugby RCC event held 26-7-2014.

Safety

Helmets: It is a CTT rule that all riders wear a hard-shell helmet which meet an internationally accepted safety standard.

Lights: It is a CTT rule that all riders display a front and rear light which must be working at the start of the event.

Thanks

To the marshals and timekeepers, without whom the event could not take place.

Previous Winners of Rugby RCC Open 10

1998	Stuart Dangerfield	Fastrack RT	20-36	K41/10
1999	Stuart Dangerfield	Bio RT – MDT	20-23	K41/10
2000	Stuart Dangerfield	Camel Valley	20-31	K41/10
2001	Stuart Dangerfield	Camel Valley	19-32 *	K10/10
2002	Richard Bradley	Stourbridge CC	20-38	K10/10
2003	Darren Willetts	On the Edge RT	20-14	K10/10
2004	Keith Murray	scienceinsport.com	20-44	K10/10C
2005	Stuart Dangerfield	scienceinsport.com	19-36*	K10/10F
2006	Jon Simpkins	Banbury Star CC	21-51	K10/10C
2007	Scott Rose	scienceinsport.com	20-43	K10/10
2008	Richard Bradley	Shorter Rochford RT	20-17	K10/10
2009	James Wall	Stratford-on-Avon CC	21-11	K10/10
2010	Matt Bottrill	l-ride.co.uk	19-30 *	K11/10T
2011	Matt Clinton	Mike Vaughan Cycles	19-57	K11/10T
2012	Jon Simpkins	Drag 2 Zero.com	19-42	K11/10T
2013	Matt Clinton	Mike Vaughan Cycles	19-25 *	K11/10T
2014	Matt Bottrill	Drag 2 Zero.com	18-25 *	K11/10T
2015	Matt Bottrill	Drag 2 Zero.com	19-03	K11/10T
2016	Matt Clinton	Mike Vaughan Cycles	19-06	K11/10T
2017	David Mead	Lutterworth Cycle Centre	19-32	K11/10T
2018	David Mead	Lutterworth Cycle Centre	19-06	K11/10T
2019	James Garrett	Rugby Velo	21-21	K11/10T
2020	Event cancelled due to Coronavirus			
2021	Ollie Hucks	NopinZ Motip Race Team	19-26	K11/10T
2022	Jack Rebours	Caesarean CC (Jersey)	19-11	K11/10T

* Course record

Women's Category - Previous Winners

1998	Wendy Hart	Coventry CC	27:47	K41/10
1999	Ceris Gilfallen	Addidas Sci-Con RT	23:25	K41/10
2000	Judy Purkis	Coventry RC	26:50	K41/10
2001	Kathy Platts	Hinckley CRC	24:28	K10/10
2002	Marina Bloom	Crawley Wheelers	23:38	K10/10
2003	Michelle Brown	Coventry CC	23:21	K10/10
2004	Rachel Lloyd	Rugby RCC- Acara	24:07	K10/10C
2005	Rachel Lloyd	Rugby RCC- Acara	24:25	K10/10F
2006	Alexandra Zebedee	Solihull CC	27:27	K10/10C
2007	Ann Staley	Plan B Racing	25:47	K10/10
2008	Isobel Fletcher	Glasgow Wheelers CC	26:09	K10/10
2009	Nadine Mayhew	Leamington C&AC	24:28	K10/10
2010	Nadine Mayhew	Cult Racing	23:26	K11/10T
2011	Michelle King	Team Jewson MI Racing	22:00	K11/10T
2012	Claire Sadler	Baines Racing Silverstone	23:53	K11/10T
2013	Rosie Armitage	Team Echelon - Rotor	22:41	K11/10T
2014	Liz Powell	Mike Vaughan Cycles	22:15	K11/10T
2015	Lucy Walters	Wyre Forrest CRC	23:44	K11/10T
2016	Liz Powell	Mike Vaughan Cycles	22:44	K11/10T
2017	Rachel Elliott	Drag 2 Zero.com	21:15	K11/10T
2018	Lucy Davies	Arctic Tacx RT	23:15	K11/10T
2019	Linda Hubbard	Welland Valley CC	25:17	K11/10T
2020	Event cancelled due to Coronavirus			
2021	Leah Dixon	Wales Racing Academy	20-09 *	K11/10T
2022	Caitlin Conyers	Club International (Bermuda)	21:45	K11/10T

* Women's Course record