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

2024 Welsh Cycling Association 10 mile Time Trial Championship.

Promoted by

# Pontypool Road Cycling Club

Here is the full start sheet for the event to be held on Sunday 4

August 2024 on the R10/17 Course

Event Sec: Roger Wood 18 Oaklands Park Drive, Rhiwderin, Newport NP10 8RB Mobile: 07510961945.

Email: prccopen10@gmail.com

Complaints should be made in writing to me within 72 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 8.00 am. Best Post Code for SatNav for HQ is NP7 5SG

Events entrants and Results can be found here:

https://resultsheet.app/events\_list\_desktop

* 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 and respectfully.
* Numbers are to be returned when signing out and exchange for free tea or coffee.
* Roller or turbo trainers for warming up should only be used where they are not close to private properties
* The results will be projected on a TV at the HQ and will be available online.
* There will be food and drinks at the HQ.
* Riders MUST:
  + Call your number to the finishing timekeeper or your time may not be recorded.
  + Keep your head up, be aware of your surroundings and HAVE A SAFE RIDE.
  + A HARD-SHELL HELMET is MANDATORY o FRONT AND REAR lights, either flashing or constant are MANDATORY. o This event may be subject to doping control. It is YOUR responsibility to check.
  + Sign in / Sign out at the HQ. Failure to do so will result in a disqualification.
  + No passing the start time keeper or warming up on the course. o No anti-social behaviour especially urinating in public. o The onus is on the caught rider to ensure that there is no company riding. o Ride on the left-hand side of the left-hand lane.

Awards –

|  |  |
| --- | --- |
| Men’s Championship | 1st - Championship medal and Champions Cap |
|  | 2nd - Championship medal |
|  | 3rd - Championship medal |
| Lady’s Championship | 1st - Championship medal and Champions Cap |
|  | 2nd - Championship medal |
|  | 3rd - Championship medal |
| Junior Championship (aged 16-18) | 1st – Championship medal and Champions Cap |
|  | 2nd – Championship medal  3rd – championship medal |
| Youth Championship (aged 12-15) | 1st – Championship medal and Champions Cap |
|  | 2nd – Championship medal |
|  | 3rd – Championship medal |
|  |  |
| Fastest Veteran on std | Championship medal |
| Fastest Road Bike | Championship medal |
| Fastest Team of 3. | Championship Medal. |

Champions’ Trophies, Caps and Medals will be awarded at the WCA Awards Lunch.

A presentation will be made at the events conclusion. This is not a one rider one award event.

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.

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. Maximum Rim depth 90mm.

Start Order:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| number | start\_time | firstname | lastname | Event |
| 4 | 09:04 | Joanna | Cliffe | Road Bike |
| 5 | 09:05 | Susan | Shook | Road Bike |
| 6 | 09:06 | Charlotte | Mead | TT Bike |
| 7 | 09:07 | Clare | Greenwood | Road Bike |
| 8 | 09:08 | Andrea | Parish | Road Bike |
| 9 | 09:09 | Julie | Hooper | TT Bike |
| 10 | 09:10 | Lisa | Davies | TT Bike |
| 11 | 09:11 | Emma | Davies | TT Bike |
| 12 | 09:12 | Tori | Loze | TT Bike |
| 13 | 09:13 | Bethan | Ouseley | TT Bike |
| 14 | 09:14 | Emma | Wyatt | TT Bike |
| 15 | 09:15 | Linda | Dewhurst | TT Bike |
| 16 | 09:16 | Kim | Barfoot-Brace | TT Bike |
| 17 | 09:17 | Jessica | Rhodes-Jones | TT Bike |
|  |  |  |  |  |
| 19 | 09:19 | Tony | Lake | TT Bike |
| 19 | 09:19 | Roger | Whittle | TT Bike |
|  |  |  |  |  |
| 21 | 09:21 | Anthony | Green | TT Bike |
| 22 | 09:22 | Tony | Chapman | TT Bike |
| 23 | 09:23 | Chris | Paling | Road Bike |
| 24 | 09:24 | Jeffrey | Rees | Road Bike |
| 25 | 09:25 | Conrad | Venter | Road Bike |
| 26 | 09:26 | Gavin R | Jones | Road Bike |
| 27 | 09:27 | Mathys | Venter | Road Bike |
| 28 | 09:28 | Rob | Cowell | Road Bike |
| 29 | 09:29 | Evan | Powell | Road Bike |
| 30 | 09:30 | Tom | Grigson | Road Bike |
| 31 | 09:31 | Ben | Parker | Road Bike |
| 32 | 09:32 | Jack | Kellam | Road Bike |
| 33 | 09:33 | Wayne | Baker | Tricycle |
|  |  |  |  |  |
| 35 | 09:35 | Peter | Wilson | TT Bike |
| 36 | 09:36 | David | Steel | TT Bike |
| 37 | 09:37 | Simon | Williams | TT Bike |
| 38 | 09:38 | Peter | Loader | TT Bike |
| 39 | 09:39 | Steven | Buckley | TT Bike |
| 40 | 09:40 | Christopher | Finn | TT Bike |
| 41 | 09:41 | Colin | Fulford | TT Bike |
| 42 | 09:42 | Peter | Owen | TT Bike |
| 43 | 09:43 | Paul | Jones | TT Bike |
| 44 | 09:44 | Chris | Ward | TT Bike |
| 45 | 09:45 | Andrew | Rowe | TT Bike |
| 46 | 09:46 | Dean | Ware | TT Bike |
| 47 | 09:47 | Richard | Beech | TT Bike |
| 48 | 09:48 | Jonathan | Charles | TT Bike |
| 49 | 09:49 | Peter | Phillips | TT Bike |
| 50 | 09:50 | Jason | Maule | TT Bike |
| 51 | 09:51 | Chris | Seddon | TT Bike |
| 52 | 09:52 | Mike | Broadbent | TT Bike |
| 53 | 09:53 | Paul | Rogoll | TT Bike |
| 54 | 09:54 | Allan | Hodgson | TT Bike |
| 55 | 09:55 | Cliff | Voller | TT Bike |
| 56 | 09:56 | Jon | Mansell | TT Bike |
| 57 | 09:57 | Marco | Marletta | TT Bike |
| 58 | 09:58 | Hugh | Davies | TT Bike |
| 59 | 09:59 | Jason | Cole | TT Bike |
| 60 | 10:00 | Jon | Morris | TT Bike |
| 61 | 10:01 | Matthew | Lloyd-Lewis | TT Bike |
| 62 | 10:02 | Steven | Williams | TT Bike |
| 63 | 10:03 | Kevin | Parry | TT Bike |
| 64 | 10:04 | Daniel | Kempe | TT Bike |
| 65 | 10:05 | Ian | Gibson | TT Bike |
| 66 | 10:06 | Mark | Hazell | TT Bike |
| 67 | 10:07 | Mark | Shepherd | TT Bike |
| 68 | 10:08 | Huw | Cressey-Rodgers | TT Bike |
| 69 | 10:09 | James | Greenaway | TT Bike |
| 70 | 10:10 | Luke | Protheroe | TT Bike |
| 71 | 10:11 | Matt | McLen-Howells | TT Bike |
| 72 | 10:12 | Lee | Howarth | TT Bike |
| 73 | 10:13 | John | Aspell | TT Bike |
| 74 | 10:14 | Graham | Rogerson | TT Bike |
| 75 | 10:15 | Dan | Cutting | TT Bike |
| 76 | 10:16 | Matt | Waldron | TT Bike |
| 77 | 10:17 | Daryl | Stroud | TT Bike |
| 78 | 10:18 | Antony | Neads | TT Bike |
| 79 | 10:19 | James | McGrath | TT Bike |
| 80 | 10:20 | Dylan | Griffiths | TT Bike |
| 81 | 10:21 | Rob | Jones | TT Bike |
| 82 | 10:22 | Paul | Hayward | TT Bike |
| 83 | 10:23 | Vincent | Douglas | TT Bike |
| 84 | 10:24 | Neil | Lewis | TT Bike |
| 85 | 10:25 | Daniel | Wyatt | TT Bike |
| 86 | 10:26 | Mark | Woolford | TT Bike |
| 87 | 10:27 | Peter | Lindfield | TT Bike |
| 88 | 10:28 | Oliver | Baylin | TT Bike |
| 89 | 10:29 | Paul | Walshe | TT Bike |
| 90 | 10:30 | Niel | Dunnage | TT Bike |
| 91 | 10:31 | Mike | Fox | TT Bike |
| 92 | 10:32 | John | O'Dwyer | TT Bike |
| 93 | 10:33 | B Xavier | Disley | TT Bike |
| 94 | 10:34 | Alex | Coles | TT Bike |
| 95 | 10:35 | Joshua | Palmer | TT Bike |
| 96 | 10:36 | Finlay | Burns | TT Bike |
| 97 | 10:37 | Iris | Gray | TT Bike |
| 98 | 10:38 | William | Coles | TT Bike |
| 99 | 10:39 | Asher | Gray | TT Bike |
| 100 | 10:40 | Mark | Bradley | TT Bike |
| 101 | 10:41 | David | Leighton | TT Bike |
| 102 | 10:42 | Richard | Llewellyn | TT Bike |
| 103 | 10:43 | David | Griffiths | TT Bike |
| 104 | 10:44 | Andrew | Derrick | TT Bike |
| 105 | 10:45 | Stu | Carver | TT Bike |
| 106 | 10:46 | Tim | Radley | TT Bike |
| 107 | 10:47 | Mitch | Russell | TT Bike |
| 108 | 10:48 | Steven | Cottington | TT Bike |
| 109 | 10:49 | Garry | Shuker | TT Bike |
| 110 | 10:50 | Rachel | Green | TT Bike |
| 111 | 10:51 | Kevin | Grant | Road Bike |
| 112 | 10:52 | Toby | Williams | TT Bike |
| 113 | 10:53 | Blake | Pond | TT Bike |
| 114 | 10:54 | Anthony | Jones | TT Bike |
| 115 | 10:55 | Roger | Wakeling | TT Bike |
| 116 | 10:56 | Kieran | Morris | TT Bike |
| 117 | 10:57 | Dylan | Sage | TT Bike |
| 118 | 10:58 | Owen | Burgess | TT Bike |
| 119 | 10:59 | David James | Williams | TT Bike |
| 120 | 11:00 | Finlay | Tarling | TT Bike |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

Map from HQ to Start below:

