

Round 6 of the Celtic Series

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PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRAILS UNDER THEIR RULES AND REGULATIONS

Wednesday 30th June 2021 - R15/5 – 19:08

Timekeepers – Start: Martyn Heritage-Owen, Finish: Robin Field

EVENT SEC: Martyn Heritage-Owen 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ.

Mobile: 0778 606 7819. Complaints should be made in writing to me within 24hrs.

HQ - St John's Ambulance Hall, Fairfield Car Park Abergavenny (NP7 5SG) – Opens: 18:00

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ 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 AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE REGULATION 15 **AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE. Please do not used adhesive tape to affix your race number, use the pins provided.**

REMEMBER to sign in and sign out after the race. Failure to do so will result in a DNF.

Course Description R15/5- A40 Hardwick - Raglan and return

R15/5 Landranger sheet 161 - Start SO314114; Finish SO314111. Start on B4598 opposite bus stop lay-by for The Hardwick pub (NP7 9AA), in between T junction with side lane and gateway to farm buildings. Proceed north-westwards toward Hardwick rbt. (0.87 miles). Take 1st exit left onto A40 towards Raglan rbt. Encircle Raglan rbt M (8.7miles) taking 5th exit left onto A40 westbound back towards Abergavenny. After A40 bends from west to north-west, Finish at Joint #271 in entrance splay of next lay-by, 15.011 miles. Start SO 31430 11448; Finish SO 31468 11128

Prize List: Celtic Series Medals for Men, Women and Vet on Standard. Celtic Series Medals for a Competition Record Performance.



Road Bike Series Prizes <https://www.aero-coach.co.uk/events>

The male and female winners win a £15 AeroCoach voucher, which is redeemable in the AeroCoach store checkout – by stating the event name/date.

Rules

- No aerobars, clip on aerobars or aero extensions can be used
- Hands must be holding the handlebars at all times whilst racing (ie. not with forearms resting on the handlebar)
- Wheels must have a minimum of 12 spokes each, and have a maximum rim depth of 60mm
- Helmets must have no visor
- Ears must not be covered by the helmet (Giro Aerohead helmets are not permitted)

Have a safe race

Martyn

COVID-19 Safety Measures (resulting from the CTT Risk Assessment):

- 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 exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind". You should not start (DNS) and leave immediately.
- Car Parking: Please Park legally and 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. Numbers are returned at sign out. The sign on will be outside if the weather permits.
- Sanitiser gel will be available at the sign on area and should be used. Your temperature will be checked before admittance to the HQ is permitted.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number.
- Please follow any special conditions that may be posted at sign on.
- **Face covering should be used at sign on and sign off 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. **DO NOT 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 and keep left it is a busy Dual Carriageway!
- The Timekeepers with either be sat in a car or standing a safe distance away. Do not approach the timekeepers at the start or finish. You will need to start with one foot on the ground.
- Riders must not leave person items with the timekeepers e.g. warm up tops or on the sign-on 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 the results accordingly, should that be necessary.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Spectators should NOT be encouraged to attend.
- For the Juniors/Juveniles that are racing - 1 member of your household is permitted to attend with them. The adult also needs to follow the guidelines stated in this briefing. They can assist with mechanicals and first aid issues. They cannot sign on/out for the rider, but should be present at the HQ with the rider.

Use of Toilets at the HQ:

Face coverings are required when entering the building.

The Male and Female toilets are in use.

Only one person is allowed in a toilet at a time.

A maximum of 4 people is allowed waiting in the building (one by each marker).

Reminder, the toilets or building are not to be used as a changing facility.

No	Start	Road	Name	Club	Cat	LTS
8	19:08		Peter Wilson	Bath Cycling Club	MV70+	00:29:42
9	19:09	R	Eamonn Sheridan	Warwickshire Road Club	MV65-69	00:28:47
10	19:10		Kevin Grant	Frome and District Wheelers	MV60-64	00:27:21
11	19:11		Harry Cowley	Chester RC	MV70+	00:26:19
12	19:12		Jonathan Williams	Towy Riders Cycle Club	MV50-54	00:25:48
13	19:13		Stephen Landeg	Ogmore Valley Wheelers	MV65-69	00:24:35
14	19:14		Roger Taylor	Frome and District Wheelers	MV70+	00:24:21
15	19:15		John Shehan	Port Talbot Whs CC	MV70+	00:24:15
16	19:16		John J Murphy	Gloucester City Cycling Club	MV70+	00:24:13
17	19:17		Frederick White	Newport Phoenix CC	M	00:24:00
18	19:18		Clare Greenwood	Bush Healthcare CRT	WV60-64	00:23:55
19	19:19		Geoff Edgerton	North Shropshire Wheelers	MV70+	00:23:54
20	19:20		Susan Shook	Bush Healthcare CRT	WV60-64	00:23:50
21	19:21		Andrew Simpkins	Team Echelon	MV65-69	00:22:36
22	19:22		Simon Kinsey	Virtual Cycling Club	MV50-54	00:23:45
23	19:23		Phil Guy	North Shropshire Wheelers	MV70+	00:23:39
24	19:24		Gary Jones	Pontypool Road Cycling Club	MV55-59	00:23:30
25	19:25		Dan Kingston	Cwmcarn Paragon Road Club	MV40-44	00:23:26
26	19:26		Gethin Davies-Jones	Abercynon Road Club	MV50-54	00:23:21
27	19:27		Jeffrey Rees	Virtual Cycling Club	MV55-59	00:23:17
28	19:28		Deborah Sheridan	Warwickshire Road Club	WV60-64	00:23:14
29	19:29		Mike Hall	Port Talbot Whs CC	MV50-54	00:23:01
30	19:30		Brad Davies	Bynea Cycling Club	MV55-59	00:23:46
31	19:31	R	Louise Hart	Royal Dean Forest Cycle Club	W	00:22:56
32	19:32		Stuart Evans	Port Talbot Whs CC	MV70+	00:22:56
33	19:33		Josh Townsend	Bynea Cycling Club	M	00:22:33
34	19:34		Kyle Blackmore	Virtual Cycling Club	M	00:22:30
35	19:35		Roger Wood	Pontypool Road Cycling Club	MV65-69	00:22:28
36	19:36		Steven Loraine	Legato Racing Team (LRT)	MV65-69	00:22:05
37	19:37		Ryan Evans	Rhondda Triathlon Club	MV45-49	00:22:00
38	19:38		Iago Williams	Towy Riders Cycle Club	Jun	00:21:59
39	19:39		Gareth Poulton	Abergavenny RC	MV40-44	00:21:47
40	19:40		Jamie Best	Bynea Cycling Club	MV45-49	00:21:09
41	19:41		Anna Morris	AeroLab Ward WheelZ	W	00:20:42
42	19:42		Andrew Butcher	Cwmcarn Paragon Road Club	MV45-49	00:19:58
43	19:43		Neil Poulton	Cardiff Ajax CC	MV40-44	00:19:57
44	19:44		Hayley Simmonds	CAMS Racing	W	00:19:34
45	19:45		Owen Burgess	Newport Phoenix CC	M	00:19:44
47	19:47		Christopher Gibbard	Bynea Cycling Club	M	00:18:56
50	19:50	TAN	Rachael Elliott	Newbury Velo	WV40-44	00:18:30
50	19:50	TAN	Ian Greenstreet	Newbury Velo	MV55-59	00:18:30