

Round 4 of the Celtic Series

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

Wednesday 16th June 2021 - R10/17 – 19:01

Timekeepers – Start: Phyllis Harradine, 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 use 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 R10/17 - A40 Hardwick - Raglan and return

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

Prize List: Celtic Series Medals for Men, Women, Junior, Juv and Vet on Standard



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	Name	Club	Cat	Road	LTS
1	19:01	Peter Wilson	Bath Cycling Club	MV70+		00:29:42
2	19:02	Eamonn Sheridan	Warwickshire Road Club	MV60-69	R	00:29:26
3	19:03	Kevin Grant	Frome and District Wheelers	MV60-69		00:27:21
4	19:04	Claire Manson	Cardiff Triathletes	F		00:27:08
5	19:05	Harry Cowley	Chester RC	MV70+		00:26:19
6	19:06	Jonathan Williams	Towry Riders Cycle Club	MV50-59		00:26:15
7	19:07	Kieron Heuberger	Gower Riders Cycling Club	Juv		00:25:31
8	19:08	Alex Bath	Team Zero-Allez	M		00:25:00
9	19:09	Gethin Davies-Jones	Abercynon Road Club	MV50-59		00:24:41
10	19:10	Frederick White	Newport Phoenix CC	M	R	00:24:40
11	19:11	Mike Broadbent	Port Talbot Whs CC	MV60-69		00:24:37
12	19:12	Stephen Landeg	Ogmore Valley Wheelers	MV60-69		00:24:35
13	19:13	Steve Summerhayes	Somerset Road Club	MV60-69		00:24:33
14	19:14	Kevin Thomas	Pontypool Road Cycling Club	MV50-59		00:24:24
15	19:15	Roger Taylor	Frome and District Wheelers	MV70+		00:24:21
16	19:16	Alec Leslie	Team Zero-Allez	M		00:24:15
17	19:17	John Shehan	Port Talbot Whs CC	MV70+		00:24:15
18	19:18	John J Murphy	Gloucester City Cycling Club	MV70+		00:24:13
19	19:19	Robin Fox	Dursley Road Club	MV60-69		00:23:57
20	19:20	Dan Kingston	Cwmcarn Paragon Road Club	MV40-49		00:23:48
21	19:21	Robert Lucas	Port Talbot Whs CC	MV70+		00:23:46
22	19:22	Deborah Sheridan	Warwickshire Road Club	FV60-69		00:23:14
23	19:23	Andrea Parish	VeloSistas TT Team	FV50-59		00:23:13
24	19:24	Marco Marletta	Cardiff Jif	MV50-59	R	00:23:09
25	19:25	James Manson	Cardiff Triathletes	MV40-49		00:23:07
26	19:26	Mike Hall	Port Talbot Whs CC	MV50-59		00:23:01
27	19:27	Louise Hart	Royal Dean Forest Cycle Club	F	R	00:22:56
28	19:28	Stuart Evans	Port Talbot Whs CC	MV70+		00:22:56
29	19:29	Jeff Lawrence	FTP (Fulfil The Potential) Racing	MV40-49		00:22:47
30	19:30	Josh Townsend	Bynea Cycling Club	M		00:22:43
31	19:31	Roger Wood	Pontypool Road Cycling Club	MV60-69		00:22:28
32	19:32	Chris Goulden	American Flyers	MV60-69		00:22:27
33	19:33	Jon Stroud	NFTO CC	MV50-59		00:22:22
34	19:34	Wayne Thomas	Pontypool Road Cycling Club	MV40-49		00:22:10
35	19:35	Iain Bell	Monmouthshire Wheelers	MV40-49		00:22:10
36	19:36	Richard Leary	Bynea Cycling Club	MV50-59		00:22:08
37	19:37	Steven Loraine	Legato Racing Team (LRT)	MV60-69		00:22:05
38	19:38	David Evans	Team Echelon	MV60-69		00:22:02
39	19:39	Adrian Ford	Worcester St. Johns CC	M		00:22:00
40	19:40	Andrew Derrick	Portishead Cycling Club	MV40-49		00:22:00
41	19:41	Iago Williams	Towry Riders Cycle Club	Jun		00:21:59
42	19:42	Gareth Williams	Hereford & Dist Whs CC	M		00:21:43
43	19:43	Gareth Jones	Clevedon & District Road Club	MV50-59		00:21:40
44	19:44	Phil Willoughby	VMCC powered by Y Beic	M		00:21:22
45	19:45	Graeme Boswell	Cardiff Ajax CC	MV40-49		00:21:20
46	19:46	Jordan Wintle	Cheltenham & County Cycling Club	M		00:21:06

No	Start	Name	Club	Cat	Road	LTS
47	19:47	Stuart Day	VC Sevale (Malvern)	MV50-59		00:20:49
48	19:48	Paul Hayward	Pontypool Road Cycling Club	MV40-49		00:20:38
49	19:49	Rod Hicks	Port Talbot Whs CC	MV50-59		00:20:34
50	19:50	David Medhurst	Cardiff Ajax CC	M		00:20:28
51	19:51	David Leighton	Severn Road Club	MV40-49		00:20:25
52	19:52	Gerry Bowditch	Pontypool Road Cycling Club	MV50-59		00:20:13
53	19:53	Andy Turner	SwiftCarbon Pro Cycling	M		00:20:01
54	19:54	Finlay Tarling	WORX Factory Racing Powered by Silverstone	Juv		00:19:54
55	19:55	Anthony Jones	VMCC powered by Y Beic	MV40-49		00:19:52
56	19:56	Callum McQueen	UpShift Nutrition Race Team	M		00:19:36
57	19:57	Anthony Roberts	Meudon Pedal Heaven Le Col RT	M		00:19:30
58	19:58	Samuel Tillett	Bikestrong-KTM	M		00:19:22
59	19:59	Christopher Gibbard	Bynea Cycling Club	M		00:18:56
60	20:00	Joshua Tarling	Flanders Color Galloo Team	Jun		00:18:55