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

**2022 Welsh Cycling Association 10 mile Time Trial Championship.**

Promoted by

Pontypool Road Cycling Club

Sunday 7 August 2022 – R10/17 Course – Commencing 8.09am

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 7 am.

* 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.
* Sanitising gel will be available at the sign-in area.
* 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 to a wall in 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
  + FRONT AND REAR lights, either flashing or constant are MANDATORY.
  + 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.
  + No anti-social behaviour especially urinating in public.
  + The onus is on the caught rider to ensure that there is no company riding.
  + 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 1st – Championship medal and Champions Cap**

**Juvenile Championship** **1st - Championship medal and Champions Cap**

**2nd – Championship medal**

**3rd – Championship medal**

**Fastest Veteran on std Championship medal**

**Fastest Road Bike Championship medal**

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

**A presentation will be made at these 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
* Helmets must have no visor
* Ears must not be covered by the helmet.

Start Order:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Start** | **No** | **Name** | | **Club** |
|  |  | **Juvenile event.** |  |  |
| 08:09 | 9 | William | Coles | VMCC powered by Y Beic |
| 08:10 | 10 | Alex | Coles | Evolution Racing Academy |
| 08:11 | 11 | Finlay | Tarling | Flanders Color Galloo Team |
|  |  | **Road Bike event.** |  |  |
| 08:12 | 12 | Kevin | Fiander | Monmouth Tri Club |
| 08:13 | 13 | Michael | Collins | VC Sevale (Malvern) |
|  |  | **Junior event.** |  |  |
| 08:14 | 14 | Joshua | Tarling | Flanders Color Galloo Team |
|  |  | **Men's event.** |  |  |
| 08:15 | 15 | Brian | Parker | Abercynon Road Club |
| 08:16 | 16 | Peter | Wilson | Bath Cycling Club |
| 08:17 | 17 | Paul | Hewitt | Clevedon & District Road Club |
| 08:18 | 18 | Jonathan | Davies | Stourbridge Velo |
| 08:19 | 19 | Kevin | Grant | Frome and District Wheelers |
| 08:20 | 20 | Bob | Brabbins | VTTA West Group |
| 08:21 | 21 | Gareth | Hill | Abercynon Road Club |
| 08:22 | 22 | Russell | Boon | Avonlea/Treasure RT |
| 08:23 | 23 | Steven | Madeley | Ogmore Valley Wheelers |
| 08:24 | 24 | John | Shehan | Port Talbot Whs CC |
| 08:25 | 25 | Jon | Airey | Ross on Wye & Dist CC |
| 08:26 | 26 | Gareth | Shanklin | Team NBCC |
| 08:27 | 27 | Simon | Kinsey | Virtual Cycling Club |
| 08:28 | 28 | Ray | Retter | Born to Bike - Bridgtown Cycles |
| 08:29 | 29 | Mike | Broadbent | Port Talbot Whs CC |
| 08:30 | 30 | Jeffrey | Rees | Virtual Cycling Club |
| 08:31 | 31 | Rob | Powell | Abergavenny RC |
| 08:32 | 32 | Paul | Rogoll | PDQ Cycle Coaching |
| 08:33 | 33 | John | Rawnsley | UF Rowe & King |
| 08:34 | 34 | Hugh | Davies | Port Talbot Whs CC |
| 08:35 | 35 | Marco | Marletta | Cardiff Jif |
| 08:36 | 36 | Derek | Dowdeswell | Gloucester City Cycling Club |
| 08:37 | 37 | Tom | Kenderdine | Droitwich Cycling Club |
| 08:38 | 38 | Roger | Whittle | Gloucester City Cycling Club |
| 08:39 | 39 | Jason | Cole | Pembrokeshire Velo |
| 08:40 | 40 | Haydn | Davies | Giant CC Halo Films |
| 08:41 | 41 | Tom | Cox | Saint Piran |
| 08:42 | 42 | Digby | Rusling | Royal Dean Forest Cycle Club |
| 08:43 | 43 | Gary | Smith | Stourbridge Velo |
| 08:44 | 44 | Michael | Cheung | Cwmcarn Paragon Road Club |
| 08:45 | 45 | Matthew | Lloyd-Lewis | Veloflow CC |
| 08:46 | 46 | Mark | Palliser | FTP RC |
| 08:47 | 47 | Richard | Coleman | Stourbridge Velo |
| 08:48 | 48 | Ian | Gibson | Abercynon Road Club |
| 08:49 | 49 | Peter | Blackwell | Birmingham Running, Athletics and Triathlon Club |
| 08:50 | 50 | Dean | Prosser | Hereford & Dist Whs CC |
| 08:51 | 51 | John | Aspell | Port Talbot Whs CC |
| 08:52 | 52 | Daniel | Kelly | Gloucester City Cycling Club |
| 08:53 | 53 | Vincent | Douglas | Gloucester City Cycling Club |
| 08:54 | 54 | Justin | Ford | CC Blaenau Gwent |
| 08:55 | 55 | Edward | Rees | University of Nottingham C C |
| 08:56 | 56 | Iain | Bell | Abergavenny RC |
| 08:57 | 57 | Ian | Taylor | Beacon Roads CC |
| 08:58 | 58 | Christopher | Davis | Giant CC Halo Films |
| 08:59 | 59 | Michael | Portlock | Merthyr CC |
| 09:00 | 60 | Gareth | Williams | Abergavenny RC |
| 09:01 | 61 | Matthew | Bond | Kenton RC |
| 09:02 | 62 | Dan | Kingston | UF Rowe & King |
| 09:03 | 63 | Nathan | Leaves | Cwmcarn Paragon Road Club |
| 09:04 | 64 | Andrew | Derrick | Portishead Cycling Club |
| 09:05 | 65 | Martin | Stanley | Droitwich Cycling Club |
| 09:06 | 66 | Rob | Jones | Army Cycling |
| 09:07 | 67 | Daniel | Wyatt | Hereford & Dist Whs CC |
| 09:08 | 68 | Richard | Llewellyn | Imperial Racing Team |
| 09:09 | 69 | Neil | Lewis | Veloflow CC |
| 09:10 | 70 | Michael | Davis | FTP RC |
| 09:11 | 71 | Mark | Woolford | Team Swindon Cycles |
| 09:12 | 72 | Andrew | Jason | City Cycle Couriers RT |
| 09:13 | 73 | Ben | Jones | Portishead Cycling Club |
| 09:14 | 74 | Edd | Charlton-Weedy | Army Cycling |
| 09:15 | 75 | Graeme | Boswell | Cardiff Ajax CC |
| 09:16 | 76 | Steven | Cottington | Bath Cycling Club |
| 09:17 | 77 | Paul | Walshe | Plymouth Corinthian CC |
| 09:18 | 78 | John | O'Dwyer | Dursley Road Club |
| 09:19 | 79 | David | Leighton | Severn Road Club |
| 09:20 | 80 | Mitch | Russell | Caffi Gruff |
| 09:21 | 81 | Paul | Jones | Primera-Teamjobs |
| 09:22 | 82 | Anthony | Jones | VMCC powered by Y Beic |
| 09:23 | 83 | Andy | Davies | UF Rowe & King |
| 09:24 | 84 | Owen | Burgess | UF Rowe & King |
|  |  | **Women's event.** |  |  |
| 09:25 | 85 | Diane | Hynam | Bynea Cycling Club |
| 09:26 | 86 | Lisa | Davies | VMCC powered by Y Beic |
| 09:27 | 87 | Arja | Scarsbrook | Team Echelon |
| 09:28 | 88 | Bethan | Ouseley | Pembrokeshire Velo |
| 09:29 | 89 | Deborah | Sheridan | Warwickshire Road Club |
| 09:30 | 90 | Emma | Wyatt | Hereford & Dist Whs CC |

Map from HQ to Start below:

