# **PDQ Cycle Coaching**

## PDQ 10 Mile (U7B) Timetrial

31/07/2021 09:00

U7B

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



### **Headquarters**

The event HQ will be located at Stone village hall. Please sign on, and collect nubers from the HQ with plenty of time before the race. Parking at the hall is limited, so please collect your number and then find alternative parking.

The Village Hall is just west of the main raod A38), is sign-posted 'Village Hall' and the lane heads towards I ower Stone.

The village hall committee have asked that riders do not park on the lane to Lower Stone during the race, or near to residential areas out of respect to the local residents. There are a number of options not far from the village hall, where you can park and warm-up. Please allow plenty of time to find a suitable parking space.

#### Route from HQ to start

From the village hall, return to the A38 and turn left (North). The start is approximately 1 mile North of Stone.

#### Course details

Gently undulating, often with crosswinds which feel like headwinds in both directions. Straightforward out and back with a moderately busy roundabout at the turn.

## **Local regulations**

N/A

## **Organiser contact details**

Mark Leeming 07590 444003

mark.leeming@ymail.com

## Time keepers/officials

Timekeepers:

**Andrew Greatwood** 

**Dennis Davis** 

Malcolm Grainger

#### **Course records**

#### **Solo Male**

19:19 David Janes 29-Aug-20 | FTP Racing

#### **Solo Female**

21:34Megan Dickerson12-Jun-21 | The University of Bristol Cycling Club

### Solo Male (Junior)

21:42
Euan Taylor
11-May-19 | Bristol South Cycling Club

#### **Solo Female (Junior)**

24:51
Freya Richardson
11-May-19 | Bristol South Cycling Club

#### **Tandem**

21:59

Andrew Legge, Joanna Knight 29-Jun-19 | Severn RC (Tandems)(fee per rider)

### Awards/prizes

#### **NOTES TO COMPETITORS:**

- 17. Signing-on Sheet and Signing-out Sheet
- (a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.
- (b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

## **Startsheet**

## **PDQ Cycle Coaching**

Start Number	Start Time	Rider	Club	Gender	Category
1	09:01:00	Mike Anderson	CC Moncontour (Maisons Bercy)	male	Vet
2	09:02:00	Tom Burke-Nott	Bristol South Cycling Club	male	Vet
3	09:03:00	Simon Davis	VTTA (Midlands)	male	Vet
4	09:04:00	Roger Taylor	Frome and District Wheelers	male	Vet
5	09:05:00	Peter Wilson	Bath Cycling Club	male	Vet
6	09:06:00	Bob Brabbins	VTTA West Group	male	Vet
7	09:07:00	Nigel Cox		male	Vet
8	09:08:00	Wayne Baker	Team Echelon	male	Vet
9	09:09:00	Amanda Karlsson	PDQ Cycle Coaching	female	Vet
10	09:10:00	Pete Bishop	Exeter Whs CC	male	Vet
11	09:11:00	Paul Lee	PDQ Cycle Coaching	male	Vet
12	09:12:00	Lauren Booth	PDQ Cycle Coaching	female	Senior
13	09:13:00	Anne Clark	PDQ Cycle Coaching	female	Vet
14	09:14:00	Adrian Brooks	PDQ Cycle Coaching	male	Vet
15	09:15:00	Bob Symons	PDQ Cycle Coaching	male	Vet
16	09:16:00	Robert Baynton	PDQ Cycle Coaching	male	Vet
17	09:17:00	Robert Latchem	Somer Valley Cycling Club	male	Vet
18	09:18:00	Josie Harcourt	Beeston Cycling Club	female	Senior
19	09:19:00	Stephen Clark	PDQ Cycle Coaching	male	Vet
20	09:20:00	Paul James	VTTA West Group	male	Vet
21	09:21:00	Paul Rogoll	PDQ Cycle Coaching	male	Vet
22	09:22:00	Robin Fox	Dursley Road Club	male	Vet
23	09:23:00	Elizabeth Williams	Stroud Valley Velos	female	Vet
24	09:24:00	Lindsey Lyes	The Ark Cycles	female	Senior
25	09:25:00	Peter Iffland	Chippenham & District Wheelers	male	Vet
26	09:26:00	Steven Buckley		male	Vet
27	09:27:00	Trevor Hodges	Corinium Cycle Club	male	Vet
28	09:28:00	Maris Brugis	Bristol Road Club	male	Senior
29	09:29:00	Tony Russell		male	Vet
30	09:30:00	Nick Bunyard	Westbury Wheelers	male	Vet
31	09:31:00	Jo Buckland		female	Vet

StartNumber	Start Time	Rider	Club	Gender	Category
32	09:32:00	Paul Trudgian	Royal Navy Cycling (RNC)	male	Senior
33	09:33:00	Michelle Lee	PDQ Cycle Coaching	female	Vet
34	09:34:00	Kevin Garland	PDQ Cycle Coaching	male	Vet
35	09:35:00	Christopher Davis	Giant CC Halo Films	male	Vet
36	09:36:00	Peter Crease	Royal Navy Cycling (RNC)	male	Senior
37	09:37:00	Anthony Clark		male	Senior
38	09:38:00	Andrew Edwards		male	Vet
39	09:39:00	Steve Bray		male	Vet
40	09:40:00	Nick Young	Yeovil Cycling Club	male	Vet
41	09:41:00	David Bolton	Bristol South Cycling Club	male	Vet
42	09:42:00	Andrew Derrick	Portishead Cycling Club	male	Vet
43	09:43:00	Tamsin Miller	Avid Sport	female	Senior
44	09:44:00	David Leighton	Severn Road Club	male	Vet
45	09:45:00	Lee Francis	Velo Club Bristol	male	Senior
46	09:46:00	Megan Dickerson	Škoda DSI Cycling Academy	female	Senior
47	09:47:00	Andrew Butcher	Cwmcarn Paragon Cycling Club	male	Vet
48	09:48:00	Jake Sargent		male	Senior
49	09:49:00	Graham Hewson	PDQ Cycle Coaching	male	Vet
50	09:50:00	John J Murphy	Gloucester City Cycling Club	male	Vet