



Ross-on-Wye & District Cycling Club

once again proudly presents

Open 10mi Time Trial

Including the VTTA South Wales Group Championship

and an AeroCoach qualifying Road Bike category

Saturday 10th July 2021

14:01 First Rider

On the R10/17

Please ensure you read all the cover sheets including the COVID notes.

Promoted for and on behalf of Cycling Time Trials under their rules & regulations

Timekeepers Start: Mr. L. Samuel Finish: Mr R. Field

Event organiser Mr W. Bevan, 22 Fountains Close, Hereford, HR2 7XY. 07591 559 275

HEADQUARTERS

Llanarth Village Hall, Llanarth, Nr Raglan, Usk, NP15 2AU.
Please park sensibly.

The HQ is 8 miles from the start, please allow enough time to travel to the start.

NUMBERS

Collect from headquarters, available from approx. 13:00.
Bring your own pins and pen to sign on/out.

REFRESHMENTS

No refreshments or changing facilities will be available.

PRIZE PRESENTATION

No result board or presentations will occur on the day. Prizes and results will be posted as quickly as possible after the event.

In the interests of your own safety, the event promoter strongly advises you to wear a helmet that meets an internationally accepted safety standard. For entrants under 18 helmets are compulsory.

A working rear light is mandatory

PLEASE BE QUIET, AND PARK CONSIDERATELY.
NO WARMING UP PAST START OR U TURNS NEAR START.
DO NOT CROSS THE DUAL CARRIAGEWAY.

COURSE DETAILS

R10/17 - A40 Hardwick - Raglan & 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.

PRIZES

Results and prizes will NOT be presented at the HQ after the event due to current COVID guidelines but will be posted out after the event.

	FASTEST	FASTEST WOMEN	FASTEST JUNIOR/ JUV	VET ON STD	FASTEST TEAM OF 3*	ROADBIKE*	ROADBIKE WOMEN*
1ST	£30	£30	£20	£30	£10pp	£15 voucher	£15 voucher
2ND	£20	£20		£20			
3RD	£10	£10		£10			

***AEROCOACH QUALIFYING ROAD BIKE CATEGORY NOTES:**

The male and female winners of the aero bike category win a £15 AeroCoach voucher redeemable in the AeroCoach store.

To be eligible in this category the following guidelines are present:

1. No aerobars, clip on aerobars or aero extensions can be used
2. Hands must be holding the handlebars at all times whilst racing (ie. not with forearms resting on the handlebar)
3. Wheels must have a minimum of 12 spokes each, and have a maximum rim depth of 90mm
4. Helmets must have no visor
5. Ears must not be covered by the helmet (Giro Aerohead helmets are not permitted)

COVID ADDITIONAL NOTES

The below is taken from the Cycling Time Trials COVID-19 risk assessment:

General:

- Do not congregate during the event including at the HQ
- Warm-ups ideally should be conducted individually on the road
- If you are feeling unwell in anyway do not attend
- If you have an elevated resting heart rate or it is exceptionally quick to react during warm-up, you should DNS and leave immediately.
- Spectators are not permitted

Event HQ:

- Toilets only will be available
- Changing facilities will not be available
- No result boards will be present
- No prize giving will occur

Singing on:

- Bring your own pen to sign on
- Bring your own pins to attach your number, unless you are using a transparent number pocket

Start:

- Do not arrive at the start more than 4 minutes ahead of your start time, this is to ensure adequate distance is maintained between competitors
- You may not leave any possessions at the start

Finish

- Do not stop at the finish time keeper
- On completing the event please sign out and leave promptly

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v1.0



First Rider: 14:01 - Saturday 10th July 2021

Course: R10/17

HQ: Llanarth Villiage Hall, NP15 2AU

Event	#	Start	First Name	Last Name	Club	Gender	Category
Road Bike	1	14:01	Jon	Airey	Ross on Wye & Dist CC	Male	Veteran
	2	14:02	Joe	Beech	Preston Whs	Male	Senior
	3	14:03	Steven	Prince	Ludlow Brewery Race Team	Male	Veteran
	4	14:04	Hayley	Simmonds	CAMS Racing	Female	Senior
VTTA	9	14:09	Bob	Ibell	Bynea Cycling Club	Male	Veteran
	10	14:10	Emma	Wyatt	Hereford & Dist Whs CC	Female	Veteran
	11	14:11	Susan	Shook	Bush Healthcare CRT	Female	Veteran
	12	14:12	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran
	13	14:13	John	Shehan	Port Talbot Whs CC	Male	Veteran
	14	14:14	Adrian	Brooks	PDQ Cycle Coaching	Male	Veteran
	15	14:15	Robert	Lucas	Port Talbot Whs CC	Male	Veteran
	16	14:16	Daniel	Wyatt	Hereford & Dist Whs CC	Male	Veteran
	17	14:17	Mike	Hall	Port Talbot Whs CC	Male	Veteran
	18	14:18	Marco	Marletta	Cardiff Jif	Male	Veteran
	19	14:19	Ian	Gibson	Abercynon Road Club	Male	Veteran
	20	14:20	Lee	Perrott	Cycle Specific	Male	Veteran
	21	14:21	Rod	Hicks	Port Talbot Whs CC	Male	Veteran
	22	14:22	Dan	Kingston	Cwmcaron Paragon Road Club	Male	Veteran
	23	14:23	Stuart	Evans	Port Talbot Whs CC	Male	Veteran
	24	14:24	Andrea	Parish	VeloSistas TT Team	Female	Veteran
	25	14:25	Neil	Poulton	Cardiff Ajax CC	Male	Veteran
	26	14:26	Clare	Greenwood	Bush Healthcare CRT	Female	Veteran
	27	14:27	Steve	Curry	Ogmore Valley Wheelers	Male	Veteran
	28	14:28	Kevin	Thomas	Pontypool Road Cycling Club	Male	Veteran
General Time Trial	32	14:32	Mark	Bradley	Bristol South Cycling Club	Male	Veteran
	33	14:33	Phil	Guy	North Shropshire Wheelers	Male	Veteran
	34	14:34	Katherine	Brace	Tenby Aces CC	Female	Veteran
	35	14:35	David	Medhurst	Cardiff Ajax CC	Male	Senior
	36	14:36	Michael	Portlock	Merthyr CC	Male	Veteran
	37	14:37	Andrew	Simpkins	Team Echelon	Male	Veteran
	38	14:38	Geoff	Edgerton	North Shropshire Wheelers	Male	Veteran
	39	14:39	Laura	Airey	Ross on Wye & Dist CC	Female	Veteran
	40	14:40	Simon	Garrett	Team Echelon	Male	Veteran
	41	14:41	Michael	Parker	TMG Horizon Cycling Team	Male	Veteran
	42	14:42	Jessica	Rhodes-Jones	AeroCoach	Female	Senior
	43	14:43	Thomas	Coe	Bristol & District Triathletes (BAD TRI)	Male	Senior
	44	14:44	Paul	Rogoll	PDQ Cycle Coaching	Male	Veteran
	45	14:45	Steven	Cottingham	Bath Cycling Club	Male	Veteran
	46	14:46	Harry	Tait	Worcester St. Johns CC	Male	Espoir
	47	14:47	Jon	Wiggins	PDQ Cycle Coaching	Male	Senior
	48	14:48	Joanna	Knight	Bristol South Cycling Club	Female	Veteran
	49	14:49	Neil	Robertson	Royston Cycling Club	Male	Veteran
	50	14:50	Simon	Adcook	Worcester St. Johns CC	Male	Veteran
	51	14:51	Mark	Woolford	Team Swindon Cycles	Male	Veteran
	52	14:52	Tommy	Barlow	Clevedon & District Road Club	Male	Veteran
	53	14:53	Gethin	Davies-Jones	Abercynon Road Club	Male	Veteran
	54	14:54	Tom	Woollard	Northover VT / Rudy Project / SCS	Male	Veteran
	55	14:55	Adrian	Ford	Worcester St. Johns CC	Male	Senior
	56	14:56	Martin	Lines	Worcester St. Johns CC	Male	Veteran
	57	14:57	John	Aspell	PDQ Cycle Coaching	Male	Veteran
	58	14:58	Robin	Fox	Dursley Road Club	Male	Veteran
	59	14:59	Chris	Streather	PDQ Cycle Coaching	Male	Veteran
	60	15:00	Gruffudd	Lewis	Ribble Weldtite Pro Cycling	Male	Senior
	61	15:01	Robert	Borek	Bristol South Cycling Club	Male	Senior
	62	15:02	Andrew	Derrick	Portishead Cycling Club	Male	Veteran
	63	15:03	Jeffrey	Rees	Virtual Cycling Club	Male	Veteran
	64	15:04	Stephen	Landeg	Ogmore Valley Wheelers	Male	Veteran

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Course: R10/17

HQ: Llanarth Villiage Hall, NP15 2AU

Event	#	Start	First Name	Last Name	Club	Gender	Category
General Time Trial	65	15:05	Stuart	Stow	Twickenham CC	Male	Veteran
	66	15:06	Matthew	Russell	Team Swindon Cycles	Male	Senior
	67	15:07	Kevin	Garland	PDQ Cycle Coaching	Male	Veteran
	68	15:08	Mike	Broadbent	Port Talbot Whs CC	Male	Veteran
	69	15:09	Peter	Wilson	Bath Cycling Club	Male	Veteran
	70	15:10	B Xavier	Disley	AeroCoach	Male	Senior
	71	15:11	Lee	Francis	Velo Club Bristol	Male	Senior
	72	15:12	Richard	Llewellyn	Imperial Racing Team	Male	Veteran
	73	15:13	Simon	Thexton	Performance Cycles CC	Male	Veteran
	74	15:14	Steve	Summerhayes	Somerset Road Club	Male	Veteran
	75	15:15	Jon	Woolrich	Velo Sport Jersey	Male	Veteran
	76	15:16	Martin	Stanley	Worcester St. Johns CC	Male	Veteran
	77	15:17	Chris	Emmerson	Bristol & District Triathletes (BAD TRI)	Male	Senior
	78	15:18	Roger	Taylor	Frome and District Wheelers	Male	Veteran
	79	15:19	Bob	Symons	PDQ Cycle Coaching	Male	Veteran
	80	15:20	Will	Bjergfelt	AeroCoach	Male	C5
	81	15:21	Megan	Dickerson	ŠKODA DSI CYCLING ACADEMY	Female	Senior
	82	15:22	Thomas	Dye	Cardiff Ajax CC	Male	Senior
	83	15:23	Tina	Reid	VC de Londres	Female	Veteran
	84	15:24	Jamie	Streather	PDQ Cycle Coaching	Male	Veteran
	85	15:25	Anthony	Jones	VMCC powered by Y Beic	Male	Veteran
	86	15:26	Graeme	Boswell	Cardiff Ajax CC	Male	Veteran
	87	15:27	Dean	Prosser	Hereford & Dist Whs CC	Male	Veteran
	88	15:28	Matthew	Garfield	Cycle Specific	Male	Veteran
	89	15:29	Kevin	Grant	Frome and District Wheelers	Male	Veteran
	90	15:30	Nick	English	AeroCoach	Male	Veteran
	91	15:31	Stuart	Day	VC Sevale (Malvern)	Male	Veteran
	92	15:32	Simon	Inman	OVB	Male	Veteran
	93	15:33	Andy	Kelly	Bristol South Cycling Club	Male	Veteran
	94	15:34	Julian	Church	Worcester St. Johns CC	Male	Veteran
	95	15:35	Rikky	Hughes	Worcester St. Johns CC	Male	Senior
	96	15:36	Jason	Streather	PDQ Cycle Coaching	Male	Veteran
	97	15:37	Gareth	Jones	Clevedon & District Road Club	Male	Veteran
	98	15:38	Simon	Kinsey	Virtual Cycling Club	Male	Veteran
	99	15:39	Harry	Griffiths	Pembrokeshire Triathlon Club	Male	Juvenile
	100	15:40	Christopher	Gibbard	Bynea Cycling Club	Male	Senior