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

**2023 Welsh Cycling Association 10 mile Time Trial Championship.**

Promoted by

Pontypool Road Cycling Club

Here is the full start sheet for the event to be held on Sunday 6 August 2023 on the R10/17 Course

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 7.30 am. BestPost Code for SatNav for HQ is NP7 5SG

Events entrants and Results will be live here:

[*https://resultsheet.app/rsd/1690382234592x388326035803865100*](https://resultsheet.app/rsd/1690382234592x388326035803865100)

* 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**

**Fastest Team of 3. Championship Medal.**

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

**A presentation will be made at the 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. Maximum Rim depth 90mm.
* Helmets must have no visor
* Ears must not be covered by the helmet.

Start Order:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Number** | **Start Time`** | **Name** |  | **Event** |
| 29 | 08:29 | Gillian  | Thorne | WardPerformanceUK.com | Tandem |
| 29 | 08:29 | Chris | Ward | WardPerformanceUK.com | Tandem |
| 30 | 08:30 | Alan | Cooper | Avonlea/Treasure RT | TTT |
| 30 | 08:30 | Russell | Boon | Avonlea/Treasure RT | TTT |
| 31 | 08:31 | Tony  | Lake | Gloucester City Cycling Club | TTT |
| 31 | 08:31 | Roger  | Whittle  | Gloucester City Cycling Club | TTT |
| 32 | 08:32 | David | Fellows | Solihull CC | TTT |
| 32 | 08:32 | Luke | Allen | Team Echelon | TTT |
| 33 | 08:33 | Wayne  | Baker | Team Echelon | Men |
| 34 | 08:34 | Bob | Ibell | Bynea Cycling Club | Road |
| 35 | 08:35 | Roger | Wakeling | Antelope Racing Team | Men |
| 36 | 08:36 | Paul | Griffiths | Cardiff Ajax CC | Men |
| 37 | 08:37 | Peter | Wilson | Bath Cycling Club | Men |
| 38 | 08:38 | Robert | Baynton | PDQ Cycle Coaching | Men |
| 39 | 08:39 | David | Steel | Hereford & Dist Whs CC | Men |
| 40 | 08:40 | Harry | Cowley | Chester RC | Men |
| 41 | 08:41 | Joshua  | Palmer  | VMCC powered by Y Beic | Juveniles |
| 42 | 08:42 | Angela | Simpson | PDQ Cycle Coaching | Women |
| 43 | 08:43 | Charlotte | Mead | Monmouthshire Wheelers | Road |
| 44 | 08:44 | Simon | Howarth | Pontypool Road Cycling Club | Road |
| 45 | 08:45 | Gareth | Hill | Abercynon Road Club | Men |
| 46 | 08:46 | Simon  | Richardson Mbe  | 05/03 | Road |
| 47 | 08:47 | Joanna | Cliffe | Pontypool Road Cycling Club | Road |
| 48 | 08:48 | Lisa  | Davies | VMCC powered by Y Beic | Women |
| 49 | 08:49 | James | Harris | Pembrokeshire Triathlon Club | Juveniles |
| 50 | 08:50 | Robert | Hughes | Rhondda Triathlon Club | Men |
| 51 | 08:51 | Robert | Jones | Cardiff 100 Miles RCC | Men |
| 52 | 08:52 | Steven | Buckley | PDQ Cycle Coaching | Men |
| 53 | 08:53 | Anthony  | Fidow | Cwmcarn Paragon Cycling Club | Men |
| 54 | 08:54 | Mohammed | Mustafa | Cardiff Ajax CC | Road |
| 55 | 08:55 | Ryan | Evans | Acme Whs (Rhondda) CC | Men |
| 56 | 08:56 | Peter | Owen | Norwood Paragon CC | Men |
| 57 | 08:57 | Garry | Shuker | Walsall Roads Cycling Club | Men |
| 58 | 08:58 | Darren | Hughes | Cwmcarn Paragon Cycling Club | Road |
| 59 | 08:59 | Jon | Airey | Ross on Wye & Dist CC | Men |
| 60 | 09:00 | Emma | Davies | Port Talbot Whs CC | Women |
| 61 | 09:01 | Simon | Kinsey | Virtual Cycling Club | Men |
| 62 | 09:02 | John | Berry | PDQ Cycle Coaching | Men |
| 63 | 09:03 | Harry | Griffiths  | Pembrokeshire Triathlon Club | Juveniles |
| 64 | 09:04 | Susan | Shook | Bush Healthcare CRT | Women |
| 65 | 09:05 | Mike | Parry  | Hereford Triathlon Club | Men |
| 66 | 09:06 | Dean | Ware | Abercynon Road Club | Road |
| 67 | 09:07 | Clare | Greenwood | Bush Healthcare CRT | Women |
| 68 | 09:08 | Matt | Jones | Port Talbot Whs CC | Men |
| 69 | 09:09 | Jon | Morris | Chepstow Cycling Club  | Men |
| 70 | 09:10 | Luke | Bradford | Hereford Triathlon Club | Men |
| 71 | 09:11 | Bethan | Ouseley  | Pembrokeshire Velo | Women |
| 72 | 09:12 | Ben | Gibson | Royal Dean Forest Cycle Club | Men |
| 73 | 09:13 | Digby | Rusling | Royal Dean Forest Cycle Club | Men |
| 74 | 09:14 | Roxanne | Jones | Hereford Triathlon Club | Women |
| 75 | 09:15 | Gethin | Davies-Jones | Abercynon Road Club | Men |
| 76 | 09:16 | Mike  | Broadbent  | Port Talbot Whs CC | Men |
| 77 | 09:17 | Adrian | Osborn | Stratford Cycling Club | Men |
| 78 | 09:18 | Stewart | Harrison | 3C Cycle Club | Men |
| 79 | 09:19 | Andrea | Parish | VeloSistas TT Team | Road |
| 80 | 09:20 | Paul | Rogoll | PDQ Cycle Coaching | Men |
| 81 | 09:21 | Andy | Kelly | Bristol South Cycling Club | Men |
| 82 | 09:22 | Jon | Mansell | Royal Dean Forest Cycle Club | Men |
| 83 | 09:23 | Cliff | Voller | VTTA West Group | Men |
| 84 | 09:24 | Neil | Brooks | Team Zoyland | Men |
| 85 | 09:25 | Marco | Marletta | VTTA (South Wales group) | Men |
| 86 | 09:26 | Hugh | Davies | Port Talbot Whs CC | Men |
| 87 | 09:27 | Haydn | Davies | Giant CC Halo Films | Men |
| 88 | 09:28 | Tom | Cox | Saint Piran | Men |
| 89 | 09:29 | Paul | Colman | Port Talbot Whs CC | Men |
| 90 | 09:30 | Emma | Wyatt | Hereford & Dist Whs CC | Women |
| 91 | 09:31 | Matthew | Lloyd-Lewis | Veloflow CC | Men |
| 92 | 09:32 | Christopher | Finn | Monmouthshire Wheelers | Road |
| 93 | 09:33 | Dean | Prosser | Hereford & Dist Whs CC | Men |
| 94 | 09:34 | Ian | Gibson  | Abercynon Road Club | Men |
| 95 | 09:35 | Mark | Hazell | Clevedon & District Road Club | Men |
| 96 | 09:36 | Nick | Cooper | Yeovil Cycling Club | Men |
| 97 | 09:37 | Karl | Moseley | Droitwich Cycling Club | Road |
| 98 | 09:38 | Aditya | Sekharipuram Viswanath | Keele University CC | Men |
| 99 | 09:39 | Ryan | James | Virtual Cycling Club | Men |
| 100 | 09:40 | John  | Aspell | Port Talbot Whs CC | Men |
| 101 | 09:41 | Paul | Jones | Pontypool Road Cycling Club | Men |
| 102 | 09:42 | Matt | McLen-Howells | Pontypool Road Cycling Club | Men |
| 103 | 09:43 | William | Coles | Evolution Racing Academy | Juveniles |
| 104 | 09:44 | Alex | Leek | Wrekinsport CC | Men |
| 105 | 09:45 | Justin | Ford | CC Blaenau Gwent | Men |
| 106 | 09:46 | Steven | Loraine | Legato Racing Team (LRT) | Men |
| 107 | 09:47 | Graham | Rogerson | Port Talbot Whs CC | Men |
| 108 | 09:48 | Rachel | Green | Cheltenham & County Cycling Club | Women |
| 109 | 09:49 | Michael | Portlock | Merthyr CC | Men |
| 110 | 09:50 | Ian | Taylor | Beacon Roads CC | Men |
| 111 | 09:51 | Ben | Phillips  | VMCC powered by Y Beic | Men |
| 112 | 09:52 | Mike | Hall | Port Talbot Whs CC | Men |
| 113 | 09:53 | Bob | Richardson | Bournemouth Jubilee Whs | Men |
| 114 | 09:54 | Dan | Kingston | VTTA (South Wales group) | Men |
| 115 | 09:55 | Dylan | Griffiths | University of Bath Cycling Club | Men |
| 116 | 09:56 | Jason | Price | Jubilee Park Cycling Club | Men |
| 117 | 09:57 | Andrew  | Simpkins | Team Echelon | Men |
| 118 | 10:03 | Martin | Lines | Team Echelon | Men |
| 119 | 09:59 | Stu | Carver | North Hampshire RC | Men |
| 120 | 10:00 | Martin | Stanley | Droitwich Cycling Club | Men |
| 121 | 10:01 | Dan | Whitehouse-Smith | VØRANJE | Men |
| 122 | 10:02 | Jonathan | Sayce | Hereford & Dist Whs CC | Men |
| 123 | 09:58 | John | Brown | UF Rowe & King | Men |
| 124 | 10:04 | Daniel | Wyatt | Hereford & Dist Whs CC | Men |
| 125 | 10:05 | Mike | Fox  | UF Rowe & King | Men |
| 126 | 10:06 | Edward | Rees | University of Nottingham C C | Men |
| 127 | 10:12 | Daniel | Fox | UF Rowe & King | Men |
| 128 | 10:08 | Peter | Lindfield | Velotik Racing Team | Men |
| 129 | 10:09 | Tom | Davies | Rapha Cycling Club | Men |
| 130 | 10:10 | Michael | Davis | FTP ( Fulfil The Potential ) Race Team  | Men |
| 131 | 10:11 | Paul | Walshe | Plymouth Corinthian CC | Men |
| 132 | 10:07 | Mark | Woolford  | ZeroBC Race Team | Men |
| 133 | 10:13 | Iwan | Morton  | Pontypool Road Cycling Club | Men |
| 134 | 10:14 | John | O'Dwyer | Dursley Road Club | Men |
| 135 | 10:15 | Graeme | Boswell | Cardiff Ajax CC | Men |
| 136 | 10:16 | Tim  | Wood | Team Echelon | Men |
| 137 | 10:17 | Andrew J | Parnowski  | City Cycle Couriers RT | Men |
| 138 | 10:18 | Alex | Coles | Evolution Racing Academy | Juveniles |
| 139 | 10:19 | Andrew | Derrick | Velo Club Bristol | Men |
| 140 | 10:20 | Joe | Beech | Preston Whs | Men |
| 141 | 10:21 | Mark  | Hamer | Legato Racing Team (LRT) | Men |
| 142 | 10:22 | Richard | Llewellyn | Imperial Racing Team | Men |
| 143 | 10:23 | Steven | Cottington | Bath Cycling Club | Men |
| 144 | 10:24 | Nick | English | AeroCoach | Men |
| 145 | 10:25 | Anthony | Jones | VMCC powered by Y Beic | Men |
| 146 | 10:26 | Paul  | Jones | Primera-Teamjobs | Men |
| 147 | 10:27 | Will | Roberts | Bynea Cycling Club | Men |
| 148 | 10:28 | Owen | Burgess | UF Rowe & King | Road |
| 149 | 10:29 | Conrad | Moss | Nopinz  | Men |
| 150 | 10:30 | Christopher | Gibbard | Bynea Cycling Club | Men |
|  |  |  |  |  |  |

Map from HQ to Start below:

