

PDQ Cycle Coaching

PDQ Cycle 10m Time Trial at the Gilberteen Kitchen

06/06/2021 09:00

U44

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

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Headquarters

Headquarters The Gilbertine Kitchen Priory Court Poulton GL7 5JB NOTE: If arriving at HQ via A417 in either direction please give room to riders already on the course. HQ will be signed from Poulton & is located on minor road near Performance Cycles. Please respect social distancing & COVID restrictions at signing on & park sensibly. There is an overspill car park at the business park but officially we don't have use of this so park at your own risk or find suitable parking in nearby villages. Please do make use of The Gilbertine Kitchen for pre event Coffee & post race food.

Route from HQ to start

From HQ turn RIGHT, up hill past Poulton Vineyard downhill to Down Ampney village. At Down Ampney turn LEFT towards Marston Meysey, through village & at junction with A417 turn LEFT to START approx. 400 meters on LEFT. Please allow at least 25 minutes to get to START (approx. 3.5 miles) A further warm up road is available opposite the Marston Meysey junction. No warming up on course. On FINISH please return same route. Please be aware that the Cotswold 113 Triathlon is also on and their bike route intersects so don't be tempted to just follow any underdressed cyclists on TT bikes to the start otherwise you could be in for a long ride and a run.

Course details

Start at the bus stop opposite Greenacres Park at Mersey Hampton (Marshal) on the A417 heading towards and passing through the village of Poulton (NOTE :- S Bend in Poulton so please ride to your ability & take care) (Marshal) Proceed towards Cirencester passing through Ampney Crucis and turning at the roundabout just prior to the Beeches Housing estate Cirencester (Marshal) before returning back towards Mersey Hampton via Ampney Crucis finishing other side of Poulton at a farm gate approx. 1/2 mile prior to Greenacres Park (Marshal) Return to HQ via Meysey Hampton & Down Ampney. There are some poor road surfaces on this course but most has recently been resurfaced so heads up at all times.

Local regulations

PLEASE NOTE :- There will be no results or prize presentation at HQ & prizes will be sent electronically or via post. Thank you for this consideration due to COVID restrictions. 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.

Organiser contact details

Niel Dunnage
3 Cargill Place Malmesbury
447967686175
447967686175
niel.dunnage@gmail.com

Time keepers/officials

Start Time Keeper: Marianne Streater

Finish Time Keeper: Chris Broad Drake

Traffic Count: Dennis Hedges

Marshals: Danny Goggin, Tina White, Ian White. Jason Streater

Course records

Solo Male

21:03

Anthony Turner

22-May-21 | Team Swindon Cycles

Solo Female

22:49

Charlotte Emily Daisy Berry
22-May-21 | Team Swindon Cycles

Awards/prizes

Cash Prizes

Male - 1st £30, 2nd £20, 3rd £10.

Female - 1st £30, 2nd £20, 3rd £10

Road Bike Prize (No aero helmets or very deep section wheels subject to the ratification by the organising team and the whim of the organiser)

Male - 1st £30

Female - 1st £30

Team Prize - £30 (3 Riders)

Mixed Team Prize (2 riders same team, male and female) £30

We also have a number of Casquettes very kindly supplied by Ride 24/7 in Cirencester and a Rapha Tee Shirt which will be chosen randomly once everyone has signed back in. You'll be able to pick the prizes up at the shop <https://www.facebook.com/ride247cycleshop/> (although unfortunately not open on Sunday)

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
3	09:03:00	Clare Good	PDQ Cycle Coaching	Female	Senior
4	09:04:00	Daniel Andres	FTP RC	Male	Senior
5	09:05:00	Jason Costello	Team Swindon Cycles	Male	Vet
6	09:06:00	Becky Evans	PDQ Cycle Coaching	Female	Senior
7	09:07:00	Michael Spencer	Swindon Wheelers	Male	Senior
8	09:08:00	Andy Kelly	Bristol South Cycling Club	Male	Vet
9	09:09:00	Matt Norris	Banbury Star Cyclists' Club	Male	Vet
10	09:10:00	Steven Cottington	Bath Cycling Club	Male	Vet
11	09:11:00	Maris Brugis	Bristol Road Club	Male	Senior
12	09:12:00	Simon Davis	VTTA (Midlands)	Male	Vet
13	09:13:00	Mike Anderson	CC Moncontour	Male	Vet
14	09:14:00	Lee Davies	London Dynamo	Male	Senior
15	09:15:00	Richard Brook	PDQ Cycle Coaching	Male	Vet
16	09:16:00	Charlotte Fisher	Swindon Road Club	Female	Vet
17	09:17:00	Paul Rogoll	Salt and Sham Cycle Club	Male	Vet
18	09:18:00	Kevin Garland	PDQ Cycle Coaching	Male	Vet
19	09:19:00	Ben Jones	Portishead Cycling Club	Male	Senior
20	09:20:00	Gerry Bowditch	Pontypool Road Cycling Club	Male	Vet
21	09:21:00	Darrell Russell	PDQ Cycle Coaching	Male	Vet
22	09:22:00	Adrian Brooks	PDQ Cycle Coaching	Male	Vet
23	09:23:00	Steven Buckley	Ride 24/7	Male	Vet
24	09:24:00	Adriano Dos Santos	Team Swindon Cycles	Male	Vet
25	09:25:00	Rory Gilling	RE VO LTN	Male	Senior
26	09:26:00	Lauren Booth	PDQ Cycle Coaching	Female	Espoir
27	09:27:00	Marc Allen	Swindon Road Club	Male	Vet
28	09:28:00	Adrian Rowley	Gloucester City Cycling Club	Male	Vet
29	09:29:00	Fraser Joyce	Swindon Wheelers	Male	Senior
30	09:30:00	Peter Garnett	Swindon Road Club	Male	Vet
31	09:31:00	William Lewis	RE VO LTN	Male	Senior

Start Number	Start Time	Rider	Club	Gender	Category
32	09:32:00	Edric Hobbs	VTTA West Group	Male	Vet
33	09:33:00	Matthew Russell	Team Swindon Cycles	Male	Senior
34	09:34:00	Matt Hermon	Mickey Cranks Cycling Club	Male	Senior
35	09:35:00	Frank Kilsby	Velo Club St Raphael	Male	Senior
36	09:36:00	Bob Symons	PDQ Cycle Coaching	Male	Vet
37	09:37:00	Mark Evans	Chippenham & District Wheelers	Male	Vet
38	09:38:00	Gary Paddon	Swindon Wheelers	Male	Senior
39	09:39:00	Pete Scott	Swindon Road Club	Male	Vet
40	09:40:00	Luke Norris	Banbury Star Cyclists' Club	Male	Senior
41	09:41:00	Ollie Hanks	Ride 24/7	Male	Espoir
42	09:42:00	Liffey Daniels	360VRT	Female	Senior
43	09:43:00	Tony Russell	FTP RC	Male	Vet
44	09:44:00	Ross Mahoney	Swindon Road Club	Male	Senior
45	09:45:00	Tony Costello	Team Swindon Cycles	Male	Vet
46	09:46:00	Mark Nash	Salt and Sham Cycle Club	Male	Vet
47	09:47:00	Stephen Parfitt	Oxonian CC	Male	Vet
48	09:48:00	Nick James	Mickey Cranks Cycling Club	Male	Vet
49	09:49:00	Jordan Wintle	Cheltenham & County Cycling Club	Male	Senior
50	09:50:00	Matt Boulton	Swindon Wheelers	Male	Senior
51	09:51:00	Rob Merrison	360VRT	Male	Vet
52	09:52:00	Jayme Fraioli	Salt and Sham Cycle Club	Female	Senior
53	09:53:00	Tim Strong	Team Swindon Cycles	Male	Vet
54	09:54:00	David Bolton	Bristol South Cycling Club	Male	Vet
55	09:55:00	Ben Parker	Swindon Wheelers	Male	Vet
56	09:56:00	Graham Hewson	PDQ Cycle Coaching	Male	Vet
57	09:57:00	Chris Lowe	Swindon Road Club	Male	Vet
58	09:58:00	Jeff Lawrence	FTP RC	Male	Vet
59	09:59:00	Dave Roper	Ride 24/7	Male	Senior
60	10:00:00	Anthony Turner	Mickey Cranks Cycling Club	Male	Vet
61	10:01:00	Caroline Fishlock	Swindon Wheelers	Female	Vet
62	10:02:00	Robert Tucker	PDQ Cycle Coaching	Male	Vet
63	10:03:00	Jeffrey Rees	Virtual Cycling Club	Male	Vet
64	10:04:00	Jon Wiggins	PDQ Cycle Coaching	Male	Senior

Start Number	Start Time	Rider	Club	Gender	Category
65	10:05:00	Luke Smith	Bristol South Cycling Club	Male	Vet
66	10:06:00	Jo Spencer	Swindon Wheelers	Female	Senior
67	10:07:00	Trevor Hodges	Corinium Cycle Club	Male	Vet
68	10:08:00	Roy Carless	Swindon Road Club	Male	Vet
69	10:09:00	Christian Norris	Mercedes AMG Petronas CC	Male	Senior
70	10:10:00	Nick Livermore	Bristol South Cycling Club	Male	Senior