

FTP Racing (part of the FTP series and the WEST DC short BAR)(Road bikes only) - NO disk or tri spoke - No TT helmet - No elbows on base bars or clip ons

Race 1 of 5 of the FTP series - 25,50,100 and HC all to come in 2022

09/04/2022 14:00

U7B

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



Headquarters

The HQ this year is at Stone Cricket Club, its a excellent location close to the start , there is plenty of parking but please respect any areas taped off and do not park on the grass. This is the first time using this venue and we would like to make it possible for other clubs to use in the future.

when you enter the HQ please be aware the start is close by and cars might be overtaking riders so take extra care when entering and exiting the HQ by car or bike , do not come out of the HQ and turn right to warm up as you will be on the course.

You can warm up at the HQ or there are many surrounding laybys that are suitable , we will look to hava a path way to the start that you can wheel your bike the short walk from HQ to the start along the grass verge if possible.

We have Stimulatte coffee on site serving top quality hot drinks

THE CLUB HOUSE
Stone Cricket Club
Swanley
Berkeley
Gloucestershire
GL13 9JL

Route from HQ to start

The start is a few hundred yards from the HQ

Course details

Start on A38 in northern end of layby (GR695963) approximately half a mile South of Newport.

Proceed north on the A38 through Berkeley Road and over the railway bridges to the Slimbridge roundabout where turn (5.3 miles).

Circle and retrace south on the A38 to finish on opposite side of the road to a bus stop just South of Newport (GR698971) approx. ¼ mile before the start.

Local regulations

PLEASE make sure you are uptodate with the new rules and ready to race , we have kept the entry rules easy as well , NO disk wheel or trispoke wheels and no TT helmets , skinsuits , deep section wheels are all allowed , any elbow on the base bar riding will be a instant DQ

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

Organiser contact details

Billy Oliver
231 New Cheltenham Road Bristol
07487584188

ftpcyclecoaching@gmail.com

Time keepers/officials

Dennis Davies and Andy Greatwood .

FTP points of contact for any issues / questions on the day are Steve Bray , Will Hamilton and Billy Oliver one of which will be at the HQ all day

Marshalls will be allocated on the day , and we will thank them in the results, as everyone knows events cant run without the help and support of teh hostign clubs memebbers so a huge thank you to those who give up there time and support the clubs efforts to put these races on

Course records

Solo Male

00:19:19

David Janes

29-Aug-20 | FTP Racing

Solo Female

00:21:34

Megan Dickerson

12-Jun-21 | The University of Bristol Cycling Club

Solo Male (Junior)

00:21:42

Euan Taylor

11-May-19 | Bristol South Cycling Club

Solo Female (Junior)

00:24:51

Freya Richardson

11-May-19 | Bristol South Cycling Club

Tandem

00:21:15

Jon Wiggins, Chris McDonald

31-Jul-21 | PDQ Cycle Coaching (Tandems) (fee per rider)

Awards/prizes

We have put on roadbike TTs as a opportunity to ope up the field to new riders and those who might not enter a TT normally as they dont have all the kit.

we hope in the future these grow and the prize list can grow with it.

the trophies are a one off custom from Team sponsors 76 projects

1st Female overall

1st Male overall

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

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| Start Number | Start Time | Rider | Club | Gender | Category |
|--------------|------------|-----------------|--|--------|----------|
| 4 | 14:04:00 | Vivienne Tomlin | | female | Vet |
| 5 | 14:05:00 | Anne Clark | PDQ Cycle Coaching | female | Vet |
| 6 | 14:06:00 | Stephen Clark | PDQ Cycle Coaching | male | Vet |
| 7 | 14:07:00 | Kate O'Connell | | female | Senior |
| 8 | 14:08:00 | Nicholas Brown | Gloucester City Cycling Club | male | Senior |
| 9 | 14:09:00 | Dan Smith | The Ark Cycles | male | Vet |
| 10 | 14:10:00 | Matt Clayton | University of Bath Cycling Club | male | Senior |
| 11 | 14:11:00 | Damon Payne | Royal Navy & Royal Marines CA | male | Vet |
| 12 | 14:12:00 | Rachel Dowling | Cheltenham & County Cycling Club | female | Senior |
| 13 | 14:13:00 | Claire Ablett | Portishead Cycling Club | female | Senior |
| 14 | 14:14:00 | Karl Norris | 360VRT | male | Vet |
| 15 | 14:15:00 | James Harrison | Sodbury Cycle Sport | male | Senior |
| 16 | 14:16:00 | Leo Guilfoyle | FTP (Fulfil The Potential) Race Team | male | Espoir |