



Round 7 of the Celtic Series

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PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRAILS UNDER THEIR RULES AND REGULATIONS

Tuesday 27th July 2021 - R10/9 – 19:02

Timekeepers – Start: Stephen Landeg, Finish: Martyn Heritage-Owen

EVENT SEC: Stephen Landeg. 3 Long Acre Court, Porthcawl, Glamorgan, CF36 3TJ.

Mobile: 0753 808 3426. stephenlandeg@gmail.com. Complaints should be made in writing within 24hrs.

Event Headquarters - - - West Camp Community Centre, Cowbridge Rd, St Athan. CF62 4NA (Open from 6.45pm). NB: SAT NAV may take you to the other side of the base.

Race HQ on Google Maps - - - <https://goo.gl/maps/opJd2h41n8r> Opens: 18:00

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRAILS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD. IT IS A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE REGULATION 15 **AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.** Please do not use adhesive tape to affix your race number, use the pins provided.

REMEMBER to sign in and sign out after the race. Failure to do so will result in a DNF.

Course Description R10/9 St Athan

OS References: Landranger sheet 170 --- Start and finish at SS989683. Start on B4265 at St Athan West at point 13 yards east of road sign showing 'low flying aircraft' for ½ mile, and 70 yards east of road junction with Llantwit Road (Access to M.O.D. Main Gate). Proceed eastwards on B4265 through Gileston cross roads (1.962 miles). Continue down the hill to cross over the River Thaw bridge (2.95 miles) and continue on B4265 climb the hill to "BA Maintenance Depot" roundabout (5.104 miles). Encircle roundabout taking 5th exit to retrace along B4265 to Gileston Cross Roads (8.366 miles) to continue on B4265 to FINISH at point 8 yards beyond '50' road sign, at field entrance on left (10.006 miles) and 591 yards before reaching Start point.

Prize List: Celtic Series Medals for Men, Women and Vet on Standard



Road Bike Series Prizes <https://www.aero-coach.co.uk/events>

The male and female winners win a £15 AeroCoach voucher, which is redeemable in the AeroCoach store checkout – by stating the event name/date.

Rules

- No aerobars, clip on aerobars or aero extensions can be used
- Hands must be holding the handlebars at all times whilst racing (ie. not with forearms resting on the handlebar)
- Wheels must have a minimum of 12 spokes each, and have a maximum rim depth of 60mm
- Helmets must have no visor
- Ears must not be covered by the helmet (Giro Aerohead helmets are not permitted)

Have a safe race, Stephen



COVID-19 Safety Measures (resulting from the CTT Risk Assessment):

- Only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID- 19 you must not attend. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind". You should not start (DNS) and leave immediately.
- Car Parking: Please Park legally and respectfully and in such a way that social distancing can be observed.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one-way system in place with 2m gaps marked. Numbers are returned at sign out. The sign on will be outside if the weather permits.
- Sanitiser gel will be available at the sign on area and should be used. Your temperature will be checked before admittance to the HQ is permitted.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number.
- Please follow any special conditions that may be posted at sign on.
- **Face covering should be used at sign on and sign off and if you enter the hall to use the toilets.** Social distancing must be observed at all times, setting up the bike, signing on etc. **DO NOT congregate outside the HQ before it opens.**
- Roller or Turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained. We would prefer warming up on the road.
- At the start maintain a 2m gap between yourself and the other riders waiting to start and keep left it is a busy Dual Carriageway!
- The Timekeepers with either be sat in a car or standing a safe distance away. Do not approach the timekeepers at the start or finish. You will need to start with one foot on the ground.
- Riders must not leave person items with the timekeepers e.g. warm up tops or on the sign-on table.
- Once you have finished you should sign out, return your number, pack your bike away, then go home.
- The result will be posted on the CTT website, if there are any queries contact me and I will investigate and amend the results accordingly, should that be necessary.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Spectators should NOT be encouraged to attend.
- For the Juniors/Juveniles that are racing - 1 member of your household is permitted to attend with them. The adult also needs to follow the guidelines stated in this briefing. They can assist with mechanicals and first aid issues. They cannot sign on/out for the rider, but should be present at the HQ with the rider.

Use of Toilets at the HQ:

Face coverings are required when entering the building.

The Male and Female toilets are in use.

Only one person is allowed in a toilet at a time.

A maximum of 4 people is allowed waiting in the building (one by each marker).

Reminder, the toilets or building are not to be used as a changing facility.



Start Order

No	Start	Name	Club	Cat	Road Bike	LTS
2	19:02	Jonathan Wheeler	Dragon Tri Club	M	R	00:30:00
3	19:03	Luke Sibieta	Virtual Cycling Club	M	R	00:25:17
4	19:04	Geoffrey Hewett	Ogmore Valley Wheelers	MV60-69	R	00:25:16
5	19:05	Clare Greenwood	Bush Healthcare CRT	WV60-69		00:23:55
6	19:06	Steve Curry	Ogmore Valley Wheelers	MV55-59		00:24:10
7	19:07	Susan Shook	Bush Healthcare CRT	WV60-69		00:23:50
8	19:08	Simon Kinsey	Virtual Cycling Club	MV50-54		00:23:45
9	19:09	Jeffrey Rees	Virtual Cycling Club	MV55-59		00:23:17
10	19:10	Louise Hart	Royal Dean Forest Cycle Club	W	R	00:22:56
11	19:11	Roger Wood	Pontypool Road Cycling Club	MV60-69		00:22:28
12	19:12	Andrew Smith	VC Glasgow South	MV55-59		00:22:22
13	19:13	Josh Townsend	Bynea Cycling Club	M		00:22:22
14	19:14	Euan Hawkins	Maindy Flyers Cycling Club	Jun		00:21:48
15	19:15	Elizabeth Bennett	Drops - Le Col s/b Tempur	W		00:21:47
16	19:16	Dan Kingston	Cwmcarn Paragon Road Club	MV40-44		00:21:43
17	19:17	Nicholas Morgan	Port Talbot Whs CC	MV45-49		00:21:03
18	19:18	Graeme Boswell	Cardiff Ajax CC	MV45-49		00:20:37
19	19:19	Adrian Ford	Worcester St. Johns CC	M		00:19:59
20	19:20	Chris Gibbard	Bynea Cycling Club	M		00:18:56