

# Results

## 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.



Many thanks to the Gilberteen Kitchen for the Venue and Ride 24/7 Cirencester for the raffle prizes.

## **Timekeepers**

Chris Broad Drake

Marianne Streather

## **Marshals**

Niel Dunnage

Tim May

Danny Googin

Ian White

## **Awards**

1st Male Luke Norris £30

2nd Male Tony Turner £20

3rd Male Nick Livermore £10

1st Female (joint same time) Liffey Daniels and Jayme Fraioli £30

3rd Female Lauren Booth £10

1st Male Road Bike Fraser Joyce £30

1st Female Road Bike Jo Spenser £30

1st Team of three Swindon Wheelers Matt Boulton, Fraser Joyce and Ben Parker £30

1st Mixed Team Swindon Wheelers, Matt Boulton and Jo Spenser £30

1st Male V40 Ben Parker £20

1st Male V50 David Bolton (2nd) £20

1st Male V60 Stephen Parfitt £20

1st Female V40 Caroline Flshlock £20

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| Position | Machine | First Name              | Last Name                 | Gender | Category | Club                              | Time     | Avg. Speed |
|----------|---------|-------------------------|---------------------------|--------|----------|-----------------------------------|----------|------------|
| 1        | TT Bike | <a href="#">Luke</a>    | <a href="#">Norris</a>    | male   | Senior   | Banbury Star Cyclists' Club       | 00:20:14 | 29.654 Mph |
| 2        | TT Bike | <a href="#">Anthony</a> | <a href="#">Turner</a>    | male   | Vet      | Mickey Cranks Cycling Club        | 00:20:58 | 28.617 Mph |
| 3        | TT Bike | <a href="#">Nick</a>    | <a href="#">Livermore</a> | male   | Senior   | Bristol South Cycling Club        | 00:20:59 | 28.594 Mph |
| 4        | TT Bike | <a href="#">Rory</a>    | <a href="#">Gilling</a>   | male   | Senior   | RE VO LTN                         | 00:21:05 | 28.458 Mph |
| 5        | TT Bike | <a href="#">Matt</a>    | <a href="#">Boulton</a>   | male   | Vet      | Swindon Wheelers                  | 00:21:11 | 28.324 Mph |
| 6        | TT Bike | <a href="#">William</a> | <a href="#">Lewis</a>     | male   | Senior   | RE VO LTN                         | 00:21:28 | 27.95 Mph  |
| 7        | TT Bike | <a href="#">Fraser</a>  | <a href="#">Joyce</a>     | male   | Senior   | Swindon Wheelers                  | 00:21:44 | 27.607 Mph |
| 8        | TT Bike | <a href="#">Matt</a>    | <a href="#">Hermon</a>    | male   | Vet      | Mickey Cranks Cycling Club        | 00:21:56 | 27.356 Mph |
| 8        | TT Bike | <a href="#">Ben</a>     | <a href="#">Parker</a>    | male   | Vet      | Swindon Wheelers                  | 00:21:56 | 27.356 Mph |
| 10       | TT Bike | <a href="#">David</a>   | <a href="#">Bolton</a>    | male   | Vet      | Bristol South Cycling Club        | 00:22:04 | 27.19 Mph  |
| 11       | TT Bike | <a href="#">Ben</a>     | <a href="#">Jones</a>     | male   | Senior   | Portishead Cycling Club           | 00:22:06 | 27.149 Mph |
| 12       | TT Bike | <a href="#">Ollie</a>   | <a href="#">Hanks</a>     | male   | Espoir   | Ride 24/7                         | 00:22:13 | 27.007 Mph |
| 13       | TT Bike | <a href="#">Gary</a>    | <a href="#">Paddon</a>    | male   | Senior   | Swindon Wheelers                  | 00:22:17 | 26.926 Mph |
| 14       | TT Bike | <a href="#">Tony</a>    | <a href="#">Costello</a>  | male   | Vet      | Team Swindon Cycles               | 00:22:24 | 26.786 Mph |
| 15       | TT Bike | <a href="#">Frank</a>   | <a href="#">Kilsby</a>    | male   | Senior   | Velo Club St Raphael              | 00:22:25 | 26.766 Mph |
| 16       | TT Bike | <a href="#">Jordan</a>  | <a href="#">Wintle</a>    | male   | Vet      | Cheltenham & County Cycling Club  | 00:22:31 | 26.647 Mph |
| 17       | TT Bike | <a href="#">Jeff</a>    | <a href="#">Lawrence</a>  | male   | Vet      | FTP (Fulfil The Potential) Racing | 00:22:37 | 26.529 Mph |
| 17       | TT Bike | <a href="#">Kevin</a>   | <a href="#">Garland</a>   | male   | Vet      | PDQ Cycle Coaching                | 00:22:37 | 26.529 Mph |
| 19       | TT Bike | <a href="#">Luke</a>    | <a href="#">Smith</a>     | male   | Vet      | Bristol South Cycling Club        | 00:22:50 | 26.277 Mph |
| 20       | TT Bike | <a href="#">Matthew</a> | <a href="#">Russell</a>   | male   | Senior   | Team Swindon Cycles               | 00:22:53 | 26.22 Mph  |
| 21       | TT Bike | <a href="#">Roy</a>     | <a href="#">Carless</a>   | male   | Vet      | Swindon Road Club                 | 00:22:59 | 26.106 Mph |
| 22       | TT Bike | <a href="#">Matt</a>    | <a href="#">Norris</a>    | male   | Vet      | Banbury Star Cyclists' Club       | 00:23:01 | 26.068 Mph |
| 23       | TT Bike | <a href="#">Jon</a>     | <a href="#">Wiggins</a>   | male   | Vet      | PDQ Cycle Coaching                | 00:23:12 | 25.862 Mph |
| 23       | TT Bike | <a href="#">Nick</a>    | <a href="#">James</a>     | male   | Vet      | Mickey Cranks Cycling Club        | 00:23:12 | 25.862 Mph |

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| Position | Machine | FirstName               | Last Name                | Gender | Category | Club                              | Time     | Avg. Speed |
|----------|---------|-------------------------|--------------------------|--------|----------|-----------------------------------|----------|------------|
| 25       | TT Bike | <a href="#">Ross</a>    | <a href="#">Mahoney</a>  | male   | Vet      | Swindon Road Club                 | 00:23:20 | 25.714 Mph |
| 26       | TT Bike | Christian               | Norris                   | male   |          | Mercedes AMG Petronas CC          | 00:23:23 | 25.659 Mph |
| 27       | TT Bike | <a href="#">Dave</a>    | <a href="#">Roper</a>    | male   | Senior   | Ride 24/7                         | 00:23:28 | 25.568 Mph |
| 28       | TT Bike | <a href="#">Peter</a>   | <a href="#">Garnett</a>  | male   | Vet      | Swindon Road Club                 | 00:23:37 | 25.406 Mph |
| 29       | TT Bike | <a href="#">Trevor</a>  | <a href="#">Hodges</a>   | male   | Vet      | Corinium Cycle Club               | 00:24:22 | 24.624 Mph |
| 30       | TT Bike | <a href="#">Tim</a>     | <a href="#">Strong</a>   | male   | Vet      | Team Swindon Cycles               | 00:24:32 | 24.457 Mph |
| 31       | TT Bike | <a href="#">Stephen</a> | <a href="#">Parfitt</a>  | male   | Vet      | Oxonian CC                        | 00:24:34 | 24.423 Mph |
| 32       | TT Bike | <a href="#">Mike</a>    | <a href="#">Anderson</a> | male   | Vet      | CC Moncontour                     | 00:24:36 | 24.39 Mph  |
| 32       | TT Bike | <a href="#">Adrian</a>  | <a href="#">Rowley</a>   | male   | Vet      | Gloucester City Cycling Club      | 00:24:36 | 24.39 Mph  |
| 34       | TT Bike | Daniel                  | Andres                   | male   |          | FTP (Fulfil The Potential) Racing | 00:24:41 | 24.308 Mph |
| 35       | TT Bike | <a href="#">Andy</a>    | <a href="#">Kelly</a>    | male   | Vet      | Bristol South Cycling Club        | 00:24:53 | 24.113 Mph |
| 36       | TT Bike | <a href="#">Maris</a>   | <a href="#">Brugis</a>   | male   | Vet      | Bristol Road Club                 | 00:24:54 | 24.096 Mph |
| 37       | TT Bike | <a href="#">Paul</a>    | <a href="#">Rogoll</a>   | male   | Vet      | Salt and Sham Cycle Club          | 00:25:12 | 23.81 Mph  |
| 38       | TT Bike | <a href="#">Edric</a>   | <a href="#">Hobbs</a>    | male   | Vet      | VTTA West Group                   | 00:25:16 | 23.747 Mph |
| 39       | TT Bike | <a href="#">Rob</a>     | <a href="#">Merrison</a> | male   | Vet      | 360VRT                            | 00:25:19 | 23.7 Mph   |
| 40       | TT Bike | <a href="#">Mark</a>    | <a href="#">Evans</a>    | male   | Vet      | Chippenham & District Wheelers    | 00:25:32 | 23.499 Mph |
| 41       | TT Bike | <a href="#">Chris</a>   | <a href="#">Lowe</a>     | male   | Vet      | Swindon Road Club                 | 00:25:38 | 23.407 Mph |
| 42       | TT Bike | <a href="#">Michael</a> | <a href="#">Spencer</a>  | male   | Vet      | Swindon Wheelers                  | 00:25:54 | 23.166 Mph |
| 43       | TT Bike | <a href="#">Jeffrey</a> | <a href="#">Rees</a>     | male   | Vet      | Virtual Cycling Club              | 00:26:08 | 22.959 Mph |
| 44       | TT Bike | <a href="#">Marc</a>    | <a href="#">Allen</a>    | male   | Vet      | Swindon Road Club                 | 00:26:16 | 22.843 Mph |
| 45       | TT Bike | <a href="#">Steven</a>  | <a href="#">Buckley</a>  | male   | Vet      | Ride 24/7                         | 00:26:25 | 22.713 Mph |
| 46       | TT Bike | <a href="#">Liffey</a>  | <a href="#">Daniels</a>  | female | Senior   | 360VRT                            | 00:26:46 | 22.416 Mph |
| 46       | TT Bike | <a href="#">Jayme</a>   | <a href="#">Fraiola</a>  | female | Vet      | Salt and Sham Cycle Club          | 00:26:46 | 22.416 Mph |
| 48       | TT Bike | <a href="#">Robert</a>  | <a href="#">Tucker</a>   | male   | Vet      | PDQ Cycle Coaching                | 00:27:10 | 22.086 Mph |
| 49       | TT Bike | <a href="#">Lauren</a>  | <a href="#">Booth</a>    | female | Senior   | PDQ Cycle Coaching                | 00:27:17 | 21.991 Mph |

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|----------|---------|---------------------------|----------------------------|--------|----------|-----------------------------------|----------|------------|
| 50       | TT Bike | <a href="#">Bob</a>       | <a href="#">Symons</a>     | male   | Vet      | PDQ Cycle Coaching                | 00:28:03 | 21.39 Mph  |
| 51       | TT Bike | <a href="#">Jo</a>        | <a href="#">Spencer</a>    | female | Vet      | Swindon Wheelers                  | 00:28:04 | 21.378 Mph |
| 52       | TT Bike | <a href="#">Caroline</a>  | <a href="#">Fishlock</a>   | female | Vet      | Swindon Wheelers                  | 00:28:10 | 21.302 Mph |
| 53       | TT Bike | <a href="#">Graham</a>    | <a href="#">Hewson</a>     | male   | Vet      | PDQ Cycle Coaching                | 00:29:22 | 20.431 Mph |
| 54       | TT Bike | <a href="#">Adrian</a>    | <a href="#">Brooks</a>     | male   | Vet      | PDQ Cycle Coaching                | 00:31:33 | 19.017 Mph |
| DNS(A)   | TT Bike | <a href="#">Becky</a>     | <a href="#">Evans</a>      | female | Senior   | PDQ Cycle Coaching                |          |            |
| DNS(A)   | TT Bike | <a href="#">Steven</a>    | <a href="#">Cottington</a> | male   | Vet      | Bath Cycling Club                 |          |            |
| DNS(A)   | TT Bike | <a href="#">Adriano</a>   | <a href="#">Dos Santos</a> | male   | Vet      | Team Swindon Cycles               |          |            |
| DNS(A)   | TT Bike | <a href="#">Clare</a>     | <a href="#">Good</a>       | female | Senior   | PDQ Cycle Coaching                |          |            |
| DNS(A)   | TT Bike | <a href="#">Jason</a>     | <a href="#">Costello</a>   | male   | Vet      | Team Swindon Cycles               |          |            |
| DNS      | TT Bike | <a href="#">Gerry</a>     | <a href="#">Bowditch</a>   | male   | Vet      | Pontypool Road Cycling Club       |          |            |
| DNS      | TT Bike | <a href="#">Darrell</a>   | <a href="#">Russell</a>    | male   | Vet      | PDQ Cycle Coaching                |          |            |
| DNS      | TT Bike | <a href="#">Simon</a>     | <a href="#">Davis</a>      | male   | Vet      | VTTA (Midlands)                   |          |            |
| DNS      | TT Bike | <a href="#">Lee</a>       | <a href="#">Davies</a>     | male   | Senior   | London Dynamo                     |          |            |
| DNS      | TT Bike | <a href="#">Pete</a>      | <a href="#">Scott</a>      | male   | Vet      | Swindon Road Club                 |          |            |
| DNS      | TT Bike | <a href="#">Richard</a>   | <a href="#">Brook</a>      | male   | Vet      | PDQ Cycle Coaching                |          |            |
| DNS      | TT Bike | Tony                      | Russell                    | male   |          | FTP (Fulfil The Potential) Racing |          |            |
| DNS      | TT Bike | <a href="#">Charlotte</a> | <a href="#">Fisher</a>     | female | Vet      | Swindon Road Club                 |          |            |
| DNS      | TT Bike | <a href="#">Mark</a>      | <a href="#">Nash</a>       | male   | Vet      | Salt and Sham Cycle Club          |          |            |