



Cardiff Ajax Cycling Club

Cardiff Ajax Open 10 Mile Time Trial Saturday 24th March 2018 at 2.00 pm

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

Start Sheet

Event Secretary: Graeme Boswell, 16 Timbers Square, Cardiff, CF24 3SG

Tel: 0770 8086900

Email: graeme.boswell@southwales.ac.uk

Timekeepers: **Start** – Len Samuel **Finish** - Robin Field

Course: R10/16A

START At light standard IF 21 at southern end of layby 0.4 mile north of Abercarn on A467. Proceed southbound, taking 2nd exit at Crosskeys roundabout to continue on A467 to Wattsville roundabout and take 1st exit onto dual carriageway (A467). Proceed on dual carriageway to Risca roundabout (5.16 miles). Turn by circling roundabout to continue on dual carriageway northbound to Wattsville roundabout. Take 3rd exit signposted Abercarn to continue on A467 single carriageway to take 2nd exit at Crosskeys roundabout to continue to Abercarn. Bear left (WITH GREAT CARE) on unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200 yds FINISH at light standard IF 463 on left opposite entrance to Bridge Street (cul-de-sac) on right. 10.000 miles.

District Regulation: There are double white lines at the start. Any rider turning in the road at the start WILL BE DISQUALIFIED. Please continue for 200 yards past start to turn at roundabout.

Event HQ: Scout Hall, Bridge Street, Abercarn, NP11 5AR. Very close to finish.

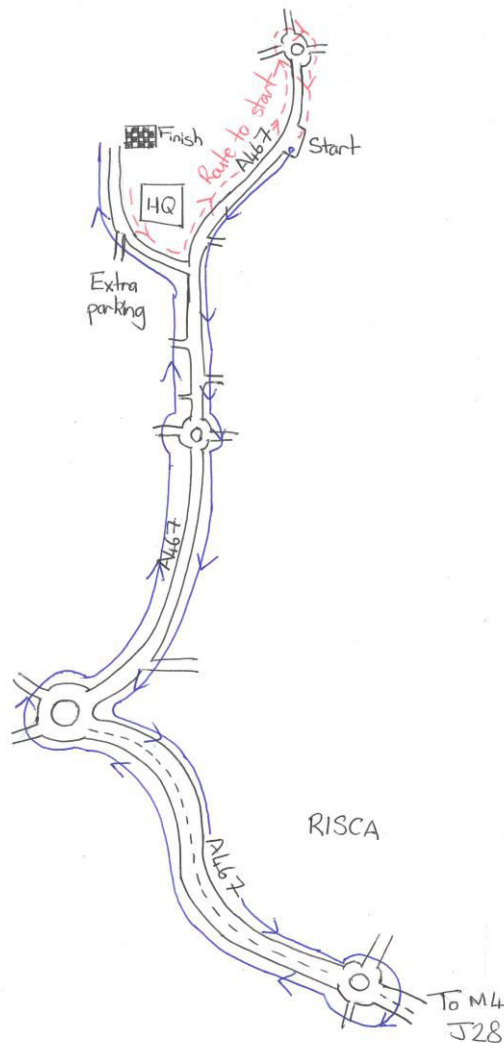
Numbers, signing on (Open from 12:30 pm)

First aid kit, result board and prize presentation will be at the HQ.

Prizes:

| | | |
|---|--|-----------------------------|
| 1 st - £30 | 2 nd - £20 | 3 rd - £10 |
| 1 st Woman - £30 | 2 nd Woman - £20 | 3 rd Woman - £10 |
| 1 st Vet - £20 | 2 nd Vet - £15 | 3 rd Vet - £10 |
| 1 st Junior - £20 | 2 nd Junior - £10 (all juniors are females) | |
| 1 st Team of 3 riders - £10 each | | |

Please note: One rider, one prize except team award. Vet prizes will be awarded by time against VTTA published target standards for age. Prizes are cash and, if the recipient does not stay to personally collect after the event, will not be posted to you.



Notes:

1. In the interests of your own safety, CTT and the event promoters advise you to wear a hard-shell helmet that meets an international safety standard. **All competitors under the age of 18 years must wear a properly affixed helmet that must be of hard / soft shell construction.**
2. **Sign on to collect your number** – each rider must collect their own number. Only riders listed on the start sheet may ride. **Please remember to sign back in after you have completed your ride.**
3. Refreshments will be available. A complimentary tea, coffee or squash will be provided to all riders after the event. Other refreshments will be available to purchase.
4. Marshals will be positioned around the course; they are there to show you the way, they have no authority over the traffic.
5. No first aider will be available but a first aid kit will be available at the HQ.
6. Please do not park on the road outside the HQ, it obscures the finish line.
7. Three parking spaces in the car park outside the HQ will be reserved for Timekeepers and the Event Promotion Team.

| RACE NUMBER | FIRST NAME | LAST NAME | CLUB | CAT | STD TIME | START TIME |
|---------------------------------------|-------------|-----------|--|-------|----------|------------|
| 4 | Ian | Homer | Cardiff Ajax CC | M vet | 26:32 | 14:04 |
| 5 | Steven | Powell | Team Backstedt Bike Performance | M vet | 25:59 | 14:05 |
| 6 | Ross | Morgan | Port Talbot Whs CC | M | | 14:06 |
| 7 | James | Coxon | Caerphilly Cycling Club | M vet | 26:09 | 14:07 |
| 8 | Gareth | Pugh | Cwmcarn Paragon Road Club | M vet | 26:04 | 14:08 |
| 9 | Paul | Lacey | Sportzmad | M | | 14:09 |
| 10 | Niall | Foster | Cardiff Ajax CC | M vet | 26:09 | 14:10 |
| 11 | Martin | Howe | Veloflow CC | M vet | 27:32 | 14:11 |
| 12 | Michael | Gelder | Tricycle Association South West Region | M vet | 28:28 | 14:12 |
| No number 13 in memory of Ben Carroll | | | | | | |
| 14 | Stephen | Davies | Cardiff Ajax CC | M vet | 27:20 | 14:14 |
| 15 | Will | Roberts | Wales Racing Academy | M | | 14:15 |
| 16 | Paul | Jones | Team Backstedt Bike Performance | M vet | 26:41 | 14:16 |
| 17 | Jon | Vickery | Cwmcarn Paragon Road Club | M vet | 27:04 | 14:17 |
| 18 | Kieran | Crawford | Cardiff Ajax CC | M | | 14:18 |
| 19 | Andy | Morgan | PDQ Cycle Coaching | M vet | 27:04 | 14:19 |
| 20 | Chris | Smith | Cwmcarn Paragon Road Club | M | | 14:20 |
| 21 | Dan | Coombe | Wales Racing Academy | M | | 14:21 |
| 22 | Adrian | Coles | Cardiff Ajax CC | M | | 14:22 |
| 23 | Ross | Phillips | Cwmcarn Paragon Road Club | M vet | 25:59 | 14:23 |
| 24 | Paul | Griffiths | Cardiff Ajax CC | M vet | 27:59 | 14:24 |
| 25 | Carwyn | Davies | Cwmcarn Paragon Road Club | M vet | 25:59 | 14:25 |
| 26 | Christopher | Owram | Severn Valley Cycles | M | | 14:26 |
| 27 | Owen | Line | Wales Racing Academy | M | | 14:27 |
| 28 | Helen | Priest | Cardiff Ajax CC | F vet | 28:13 | 14:28 |
| 29 | Isabel | Ellis | Backstedt/Hotchillee | F jun | | 14:29 |
| 30 | Sophie | Lankford | Cardiff Ajax CC | F | | 14:30 |
| 31 | Jo | Buckland | Bush Healthcare CRT | F vet | 28:53 | 14:31 |
| 32 | Elynor | Backstedt | Backstedt/Hotchillee | F jun | | 14:32 |
| 33 | Gwynon | Williams | Cardiff Ajax CC | F | | 14:33 |
| 34 | Ella | Barnwell | Towy Racing Cycling Club (TRCC) | F jun | | 14:34 |

TRICYCLE

| RACE NUMBER | FIRST NAME | LAST NAME | CLUB | CAT | STD TIME | START TIME |
|-------------|------------|------------|---------------------------------|-------|----------|------------|
| 35 | Stephanie | Post | Team Bottrill / Vanguard | F | | 14:35 |
| 36 | Elena | Shaw | Cardiff Ajax CC | F jun | | 14:36 |
| 37 | Louise | Georgi | Giant CC Halo Films | F vet | 28:58 | 14:37 |
| 38 | Michelle | Fishbourne | Team Backstedt Bike Performance | F vet | 28:58 | 14:38 |
| 39 | Sally | Harmer | Pembrokeshire Velo | F vet | 29:26 | 14:39 |
| 40 | Pfeiffer | Georgi | Liv CC Halo Cycles | F jun | | 14:40 |
| 41 | James | Tillett | Wales Racing Academy | M | | 14:41 |
| 42 | Andrew | Hayward | Cwmcarn Paragon Road Club | M vet | 26:27 | 14:42 |
| 43 | Oliver | Crocker | Cardiff Ajax CC | M | | 14:43 |
| 44 | Dave | Symmons | Bynea Cycling Club | M vet | 27:20 | 14:44 |
| 45 | Samuel | Tillett | Wales Racing Academy | M | | 14:45 |
| 46 | Chris | Fishbourne | Team Backstedt Bike Performance | M vet | 26:18 | 14:46 |
| 47 | Leon | Evans | Cardiff Ajax CC | M vet | 26:18 | 14:47 |
| 48 | Patrick | Jerome | Ride Bike Wales | M vet | 31:03 | 14:48 |
| 49 | Rhodri | Lord | Cardiff Ajax CC | M | | 14:49 |
| 50 | Chris | Massey | Team Backstedt Bike Performance | M vet | 26:23 | 14:50 |
| 51 | Ryan | O'Rourke | Cwmcarn Paragon Road Club | M | | 14:51 |
| 52 | Euan | Davies | University of Bath Cycling Club | M | | 14:52 |
| 53 | Richard | Rees | Cardiff Ajax CC | M | | 14:53 |
| 54 | Ken | Evans | PDQ Cycle Coaching | M vet | 27:51 | 14:54 |
| 55 | Peter | Kibble | Wales Racing Academy | M | | 14:55 |
| 56 | Thomas | Dye | Cardiff Ajax CC | M | | 14:56 |
| 57 | Paul | Stephens | Ross on Wye & Dist CC | M vet | 26:59 | 14:57 |
| 58 | Bob | Symons | PDQ Cycle Coaching | M vet | 27:59 | 14:58 |
| 59 | David | Preece | Cwmcarn Paragon Road Club | M vet | 26:59 | 14:59 |
| 60 | Ioan | Smallwood | Cardiff Ajax CC | M | | 15:00 |