



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.

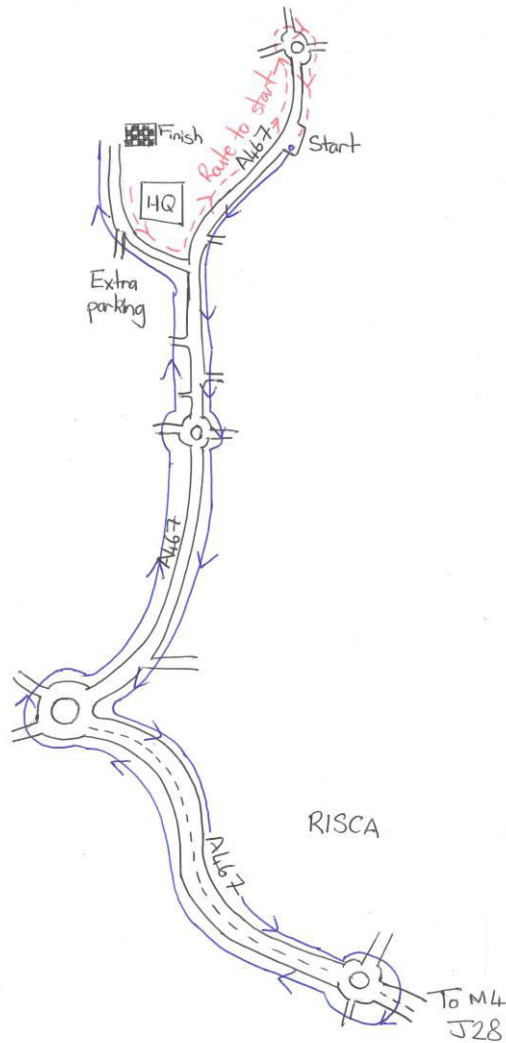
Numbers, signing on (Open from 12:30 pm)

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