



Cardiff Ajax Cycling Club

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

Cardiff Ajax Open 10 Mile Time Trial Saturday 14th March 2015 at 2.00pm

Round 2 of the Celtic Series

www.celticseries.co.uk

Start Sheet

Event Secretary : Liz Webb of 20 Llwynfedw Gardens, Birchgrove, Cardiff CF14 4NX

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Timekeepers : Len Samuel and Tudor Thomas

Course : R10/16A

START At light standard IF 21 at southern end of layby 0.4 miles north of Abercarn on A467. Proceed southbound, taking 2nd exit at 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 the 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 roundabout to continue to Abercarn. Bear left (WITH GREAT CARE) on unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200yds **FINISH** at light standard IF463 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, Abercarn, NP11 5AR. Very close to finish.
Numbers, signing on (Open from 12:00pm)
First aid kit & Result Board and Prize Presentation will be at the HQ.

Prizes :

1 st - £25	2 nd - £15	3 rd - £10
1 st Woman - £25	2 nd Woman - £15	3 rd Woman - £10
1 st Vet - £15	2 nd Vet - £10	3 rd Vet - £5
1 st Woman Vet - £15	2 nd Woman Vet - £10	3 rd Woman Vet - £5
1 st Junior /Juvenile - £5		
1 st Women Junior / Juvenile - £5		

Please note: One rider, one prize. Vet prizes will be awarded by time against CTT 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.
2. Sign on to collect your number – each rider must collect their own number. Only riders listed on the start sheet may ride.
3. Refreshments will be available. A complimentary tea, coffee or squash will be provided with return of number after the event. Other refreshments will be available to purchase at a modest charge.
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. 3 parking spaces in the car park outside the HQ will be reserved for Timekeepers and the Event Promotion Team, please respect this reservation.

<u>No</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Category</u>	<u>Start Time</u>
1	Caitlin Sweet	Cardiff Ajax CC	15	W Juv	14.01
2	Heather Dennis	Cardiff Ajax CC	42	W Vet	14.02
3	Angharad Mason	Cardiff Jif	36	W Sen	14.03
4	Susan Burnett	Newport Phoenix	54	W Vet	14.04
5	Claire Moir	Scuderia R T	41	W Vet	14.05
6	Karen Michelle Spiteri	Salt and Sham CC	50	W Vet	14.06
7	Andrea Parish	Camel Valley C & Tc	47	W Vet	14.07
8	Alicia-Jayne Thorbjorn	Cardiff Jif	24	W Sen	14.08
9	Sue Hollin	Monmouthshire Wheelers	44	W Vet	14.09
10	Stephanie Post	Onit Cycles WRT	30	W Sen	14.10
11	Mark Cane/Sue Wilkinson	Cardiff Ajax CC		TAN	14.11
12	Bernard Brown/Charlie Ratcliffe	Cardiff Ajax CC		TAN	14.12
13	Justin Di Tomaso	Cardiff Ajax CC	43	Vet	14.13
14	Clive Balch	Cardiff Ajax CC	41	Vet	14.14
15	Courtney Rowe	Cardiff Jif	54	Vet	14.15
16	Ryan Phillips	Maindy Flyers	13	Juv	14.16
17	Alexandre Touche	Cwmcarn Paragon Road Club	17	Jun	14.17
18	Gareth Jones	Clevedon & District RC	44	Vet	14.18
19	Ian Herbert	Cardiff Ajax CC	51	Vet	14.19
20	Chris Massey	Cwmcarn Paragon	43	Vet	14.20
21	Samuel Utting	Cardiff Ajax CC	33	Sen	14.21
22	James Whitaker	Cardiff Ajax CC	29	Sen	14.22
23	Steve Macdonald	Bristol South CC	42	Vet	14.23
24	Andrew Hayward	Cwmcarn Paragon Road Club	43	Vet	14.24
25	David Long	Acme Whs (Rhondda) CC	27	Sen	14.25
26	Ben Williams	Cardiff Ajax CC	46	Vet	14.26
27	Paul Hayward	Cwmcarn Paragon Road Club	43	Vet	14.27
28	Wyn Evans	Merthyr Cycling Club	54	Vet	14.28
29	Tom Dale	Cardiff Ajax CC	41	Vet	14.29
30	John Regan	Pembrokeshire Velo	46	Vet	14.30
31	Jonathon De-Gare Pitt	Monmouthshire Wheelers	43	Vet	14.31
32	Joseph Beech	Ogmore Valley Whs	24	Sen	14.32
33	Alex Betts	Cwmcarn Paragon	46	Vet	14.33
34	Stephen Carr	Cardiff Ajax CC	32	Sen	14.34
35	Richard Lawton	Newport Phoenix	61	Vet	14.35
36	Richard Smith	Bynea Cycling Club	19	Sen	14.36
37	Pete Gilbert	Monmouthshire Wheelers	43	Vet	14.37
38	Paul Rees	Bynea CC	50	Vet	14.38
39	Joel Simpson	Cardiff Ajax CC	42	Vet	14.39
40	Christopher Gibbard	Bynea CC	33	Sen	14.40

41	Christian Czyrko	Newport Phoenix	34	Sen	14.41
42	Paul Griffiths	Cardiff Ajax CC	60	Vet	14.42
43	Andrew Harries	Ogmore Valley Whs	54	Vet	14.43
44	Christopher Harris	Newport Phoenix	34	Sen	14.44
45	Dan Taylor	Acme Whs (Rhondda) CC	35	Sen	14.45
46	Simon Marks	Cardiff Ajax CC	35	Sen	14.46
47	Brad Davies	Bynea Cycling Club	48	Vet	14.47
48	Evan Powell	Pontypool RCC	24	Sen	14.48
49	Ross Morgan	Acme Whs (Rhondda) CC	25	Sen	14.49
50	Mark Nott	Ogmore Valley Whs	46	Vet	14.50
51	Wayne Thomas	Pontypool RCC	38	Sen	14.51
52	Steve Swabey	Cardiff Ajax CC	49	Vet	14.52
53	Andy Gibbs	Cwmcarn Paragon	48	Vet	14.53
54	Gareth Davies	RAF CA	35	Sen	14.54
55	Mark Williams	Port Talbot Whs CC	56	Vet	14.55
56	Meurig James	Willesden CC	37	Sen	14.56
57	Darren Chilcott	Bike Doctor	30	Sen	14.57
58	Richard Beech	Ogmore Valley Wheelers	55	Vet	14.58
59	Ian Holt	Cardiff Ajax CC	42	Vet	14.59
60	Christopher Jones	Ride Bike Wales	45	Vet	15.00
61	Gareth Battle	Porth & District CC	40	Vet	15.01
62	Ioan Smallwood	Cardiff Ajax CC	32	Sen	15.02
63	Mathew Atkin	Cwmcarn Paragon	50	Vet	15.03
64	David Breese	Cardiff Ajax CC	26	Sen	15.04
65	Colin Wallace	Merthyr Cycling Club	52	Vet	15.05
66	Anthony Keaveney	Union Cycliste Ystrad Mynach	36	Sen	15.06
67	Rob Sanderson	Cardiff Ajax CC	33	Sen	15.07
68	Jon Vickery	Cwmcarn Paragon Road Club	51	Vet	15.08
69	Tom Clode	Team NBCC	31	Sen	15.09
70	Graeme Boswell	Cardiff Ajax CC	40	Vet	15.10
71	Gareth Price	Monmouthshire Wheelers	39	Sen	15.11
72	Matthew Williams	Cardiff Ajax CC	28	Sen	15.12
73	Roger Wood	Pontypool RCC	61	Vet	15.13
74	Hugh Daniels	Castle Bikes	44	Vet	15.14
75	Toby Hopper	Cardiff Ajax CC	35	Sen	15.15
76	Chris Jowitt	Monmouthshire Wheelers	38	Sen	15.16
77	Lloyd Morgan	San Domenico	40	Vet	15.17
78	Gary Burley	Andover Wheelers	52	Vet	15.18
79	Nia James	Cardiff Ajax CC	40	W Vet	15.19
80	Paul Jones	Cwmcarn Paragon	38	Sen	15.20
81	Ethan Derrick	Bike Doctor	16	Jun	15.21
82	Nigel Taylor	Cardiff Triathletes	38	Sen	15.22
83	Stephen Bickerton	Monmouthshire Wheelers	45	Vet	15.23
84	Martin Jenkins	MCC	54	Vet	15.24
85	Graham Moir	Royal Navy & Royal Marines CA	42	Vet	15.25

