

Bynea CC Phil Jones Memorial Open 30 mile Time Trial

Sunday 15th April 2018 at 9.07 am

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Awards

Fastest rider £25

Second fastest £15

Third fastest £10

First Vet on standard £10

Second Vet on standard £7

Fastest Lady £10

Fastest team of 3 riders £30 (£10 each)

One Rider per Award, Except Team Award

Timekeepers: Tudor Thomas, Andrew Grist.

Event Secretary: Karen Dusgate,
Fir Tree Cottage, Llanmadoc, Swansea SA3 1DB
Tel 07721 538386

Event HQ: Llanwrda Village Hall. Llanwrda SA19 8HD. Open at 7.30 am
Please do not wear cycling shoes in the hall as they can damage the wooden floor.
Please do not park on the road outside the hall as local residents have objected and further complaints could lead to the future loss of these headquarters.

Signing on: Sign on and collect numbers at HQ.
Please sign out and return numbers to HQ after event. Failure could result in DQ.
Numbers can be exchanged for a drink at the catering counter.

Course details: R30/5 Llanwrda Circuit

OS References: Sheet 160 - Start 714313 Finish 716286 Start in unclassified road to east of Llanwrda by-pass signed "Station" at power pole opposite farm gate between stone buildings of Pentremeurig Farm. Proceed to A40 where turn left, then to junction with A4069 where turn left (2.428 miles). Proceed through Llangadog village with great care. Bear left through village towards Llandovery. At Llandovery Church "30mph sign" 8.729miles. Proceed to junction with A40, turn left with care to Llanwrda by-pass. "Station" sign 13.113 miles. Repeat circuit to Llanwrda by-pass - "Station sign 2nd time 26.165 miles. Continue on A40 to junction with A4069 where turn left, through Llangadog village as before to finish ¼ mile beyond derestriction sign and 60 yards beyond small stone bridge at a point 9 yards beyond stone gate post furthest from bridge. 30.017 miles

In the interests of your own safety, Cycling Time Trials and Bynea CC strongly advise you to wear a hard shell helmet which meets an internationally accepted safety standard.
In accordance with rule 15, all junior competitors must wear such a helmet.
It is also recommended that a flashing or constant rear light is fitted to your bicycle and is active whilst the bicycle is in use.

Please call out your number as you cross the finish line.

Best of luck and have a safe ride – Karen Dusgate - event sec.

Order of start from 9.07 am

Bib No.	Start Time	First Name	Last Name	Club	Gender	Category
7	9:07:00 AM	Darren	Conway	Bynea Cycling Club	Male	Senior
8	9:08:00 AM	Rhys	Owen	Ride Bike Wales	Male	Senior
9	9:09:00 AM	David	Hill	Team NBCC	Male	Veteran
10	9:10:00 AM	Garry	Shephard	Rhondda Triathlon Club	Male	Veteran
11	9:11:00 AM	Karl	Burnell	Rhondda Triathlon Club	Male	Veteran
12	9:12:00 AM	Tomos	Jones	West Wales Cycle Racing Team	Male	Juvenile
13	9:13:00 AM	Mark	Thomas	Rhondda Triathlon Club	Male	Veteran
14	9:14:00 AM	Brian	Russell	Velo Teifi	Male	Veteran
15	9:15:00 AM	Mark	Phillips	Rhondda Triathlon Club	Male	Senior
16	9:16:00 AM	EDWARD	MALARCZYK	Cwmcarn Paragon Road Club	Male	Veteran
17	9:17:00 AM	Nigel	Pitt	Bynea Cycling Club	Male	Veteran
18	9:18:00 AM	Richard	Hallett	Velo Teifi	Male	Veteran
19	9:19:00 AM	Andrew	Martin	Port Talbot Whs CC	Male	Veteran
20	9:20:00 AM	Dylan	Evans	Velo Teifi	Male	Veteran
21	9:21:00 AM	Graham	Dunn	Velo Teifi	Male	Veteran
22	9:22:00 AM	Carol	Bridge	Rhondda Triathlon Club	Female	Senior
23	9:23:00 AM	Antony	Dunham	Towy Racing Cycling Club (TRCC)	Male	Veteran
24	9:24:00 AM	Tim	Strang	Sarn Helen Club	Male	Veteran
25	9:25:00 AM	Richard	Beech	Ogmore Valley Wheelers CC	Male	Veteran
26	9:26:00 AM	Rhys	Jones	Ride Bike Wales	Male	Senior
27	9:27:00 AM	Steven	Jones	Bynea Cycling Club	Male	Veteran
28	9:28:00 AM	Huw	Morgan	Narberth Dynamos Cycling Club	Male	Veteran
29	9:29:00 AM	Peter	Hollins	Chester Triathlon Club	Male	Veteran
30	9:30:00 AM	Paul	Rees	Bynea Cycling Club	Male	Veteran
31	9:31:00 AM	Geoff	Thomas	Rhondda Triathlon Club	Male	Veteran
32	9:32:00 AM	Andrew	Rees	Narberth Dynamos Cycling Club	Male	Veteran
33	9:33:00 AM	Stuart	Howe	Rhondda Triathlon Club	Male	Veteran
34	9:34:00 AM	Kevin	Bessant	Bynea Cycling Club	Male	Veteran
35	9:35:00 AM	Colin	Wallace	Merthyr CC	Male	Veteran
36	9:36:00 AM	John	Williams	Bynea Cycling Club	Male	Veteran
37	9:37:00 AM	Phillip	Turner	Bynea Cycling Club	Male	Veteran
38	9:38:00 AM	Philip	Thomas	Rhondda Triathlon Club	Male	Senior
39	9:39:00 AM	Dominic	Norcross	Team NBCC	Male	Veteran
40	9:40:00 AM	Richard	Coomer	Pembrokeshire Velo	Male	Veteran
41	9:41:00 AM	Nathan	Miles	Pembrokeshire Velo	Male	Veteran
42	9:42:00 AM	Michelle	Fishbourne	Team Backstedt Bike Performance	Female	Veteran
43	9:43:00 AM	Stephen	Landeg	Ogmore Valley Wheelers CC	Male	Veteran
44	9:44:00 AM	Robert	Lucas	Port Talbot Whs CC	Male	Veteran
45	9:45:00 AM	Emyr	Griffiths	Towy Racing Cycling Club (TRCC)	Male	Veteran
46	9:46:00 AM	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran
47	9:47:00 AM	Gareth	Ryan	Rhondda Triathlon Club	Male	Senior
48	9:48:00 AM	Lawrence	Cronk	Team CRANC	Male	Senior
49	9:49:00 AM	Danielle	Flawn	Cycle Specific	Female	Senior
50	9:50:00 AM	John	Regan	Pembrokeshire Velo	Male	Veteran
51	9:51:00 AM	John	Shehan	Bynea Cycling Club	Male	Veteran
52	9:52:00 AM	Jason	Roberts	Bynea Cycling Club	Male	Veteran
53	9:53:00 AM	Guy	Rees	Bynea Cycling Club	Male	Senior
54	9:54:00 AM	Chris	Jones	Elite Cycling	Male	Veteran
55	9:55:00 AM	Joe	Beech	Ogmore Valley Wheelers CC	Male	Senior
56	9:56:00 AM	Andrew	Evans	Port Talbot Whs CC	Male	Veteran
57	9:57:00 AM	Alex	John	Cycle Specific	Male	Senior
58	9:58:00 AM	Robert	Hall	Cycle Specific	Male	Senior
59	9:59:00 AM	Steven	Madeley	Ogmore Valley Wheelers CC	Male	Veteran

Bib No.	Start Time	First Name	Last Name	Club	Gender	Category
60	10:00:00 AM	Christopher	Holman	Team Bottrill / Vanguard	Male	Senior
61	10:01:00 AM	Chris	Fairclough	Cwmcarn Paragon Road Club	Male	Senior
62	10:02:00 AM	Terry	Anthony	Ogmore Valley Wheelers CC	Male	Veteran
63	10:03:00 AM	Kyle	Wheeler	Pembrokeshire Velo	Male	Senior
64	10:04:00 AM	David	Thomas	Rhondda Triathlon Club	Male	Senior
65	10:05:00 AM	Oliver	Simon	Team NBCC	Male	Senior
66	10:06:00 AM	Tom	Cox	Northover VT / Rudy Project	Male	Veteran
67	10:07:00 AM	Simon	Davies	Milford Tritons Cycling Club	Male	Veteran
68	10:08:00 AM	Owain	Roberts	Port Talbot Whs CC	Male	Senior
69	10:09:00 AM	Stephen	Evans	Bynea Cycling Club	Male	Senior
70	10:10:00 AM	Philip	Tucker	Cycle Specific	Male	Senior
71	10:11:00 AM	Jon	Vickery	Cwmcarn Paragon Road Club	Male	Veteran
72	10:12:00 AM	Gary	Flower	Acme Whs (Rhondda) CC	Male	Veteran
73	10:13:00 AM	Diccon	Hill	Cardiff 100 Miles RCC	Male	Veteran
74	10:14:00 AM	Neil	Gregory	Port Talbot Whs CC	Male	Veteran
75	10:15:00 AM	Luke	Cornish	Cwmcarn Paragon Road Club	Male	Senior
76	10:16:00 AM	Chris	Fishbourne	Team Backstedt Bike Performance	Male	Veteran
77	10:17:00 AM	David	Brice	Bynea Cycling Club	Male	Veteran
78	10:18:00 AM	Rod	Hicks	Port Talbot Whs CC	Male	Veteran
79	10:19:00 AM	Paul	Wincombe	Chippenham & District Wheelers	Male	Veteran
80	10:20:00 AM	Kieron	Davies	DRAG2ZERO	Male	Senior

Course Record – Kieron Davies 1:00:43