

Promoted on behalf of Cycling time trials under their rules and Regulations.

Cardiff 100 Miles Road Cycling Club
Open 10 mile Time Trial

Saturday 15th September 2012
Starts 15:00

Timekeepers

John and Glenda Fisher
Robin Field

Organiser

WilliamPring
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Pontyclun
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Headquarters

Llanarth Village Hall
Llanarth
Nr Raglan
NP15 2AU

*Headquarters is approximately 8.5 miles from start.
That's 30 minutes if you average 17 MPH*

Course R 10 /17

OS References: Sheet 161 - Start and finish 333100. **Start** at 1st drain cover in 3rd lay-by east of Hardwick roundabout, Abergavenny, on A40, 25 yards east of Kilo post 97 and 400 yards east of bridge over road. Proceed on A40 to Raglan roundabout (4.94 miles) and turn by circling roundabout and retrace on A40 to **finish** at road joint western end of lay-by opposite start. (*The start is approximately 3 miles east of hardwick roundabout.*)

District Regulation:

No cars connected with riders are to travel on the A40 during the event. Competitors observed crossing the dual carriageway will be disqualified.

IN THE INTERESTS OF YOUR OWN SAFETY,

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard

In accordance with regulation 15 ALL JUNIOR competitors must wear protective hard shell helmets

It is recommended that a working rear light, either flashing or constant, is fitted to your machine in a position visible to following road users and is active while the machine is in us

1 st Place	2 nd Place	3 rd Place	1 st Team	1st Male Vet on Standard	1 st Lady Vet on Standard	1 st Juvenile	1 st Lady	1 st Junior
£30	£20	£10	£30	£15	£10	£10	£10	£10
Team on fastest three riders. One prize per rider, except team award. Prizes will be paid out on the day								

R10/17. Headquarters Llanarth Village Hall

Distance from Llanarth Village hall to start is approximately 8.5 miles.
Distance from Hardwick Roundabout to start is approximately 3 Miles.

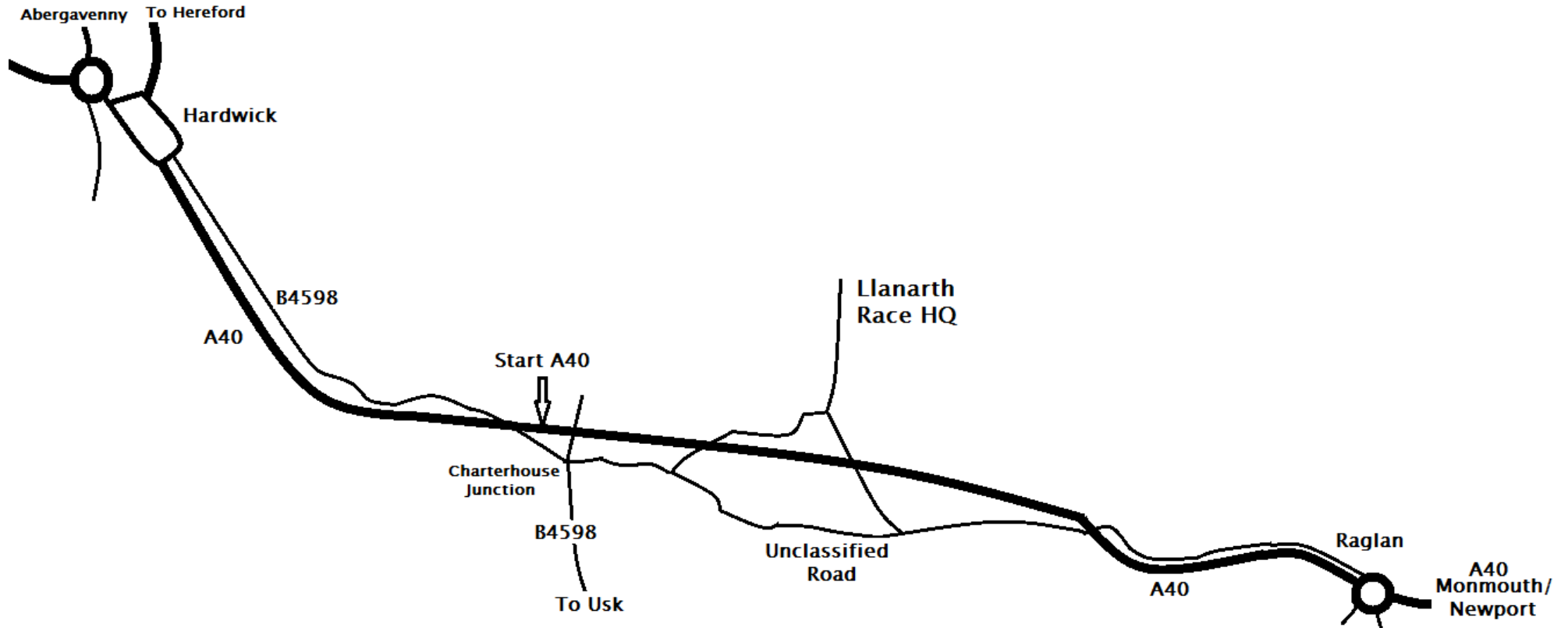


Diagram is not to scale and is intended as a guide only

**Cardiff 100 Miles Road Cycling Club, Open 10 mile Time trial.
Saturday 15th September 2012. Starts 15:00.**

No	NAME	CLUB	Category	Vets Standard	Start Time
1	Michael Amery	Velo Club Sevale, Malvern	V54	26:59	15:01
2	Jason Williams	Cwmcam Paragon	V43	26:13	15:02
3	Bob Jones	Cardiff 100 Miles Road Cycling Club	V60	27:28	15:03
4	Brian Dalling	Swansea Wheelers Cycling Club	V65	27:58	15:04
5	Andy Shapland	Dursley Road Club	V41	26:04	15:05
6	David Evans	Worcester St Johns	V56	27:08	15:06
7	Stephen Landeg	Ogmore Valley Wheelers	V58	27:18	15:07
8	Dave Wigmore	Northovers Vets - Rudy Project	V64	27:51	15:08
9	Angela Lewis	Bynea Cycling Club	LV49	28:46	15:09
10	Scott Davies	M&D Cycles - Kinetica RT	Jun		15:10
11	Jon Wilkinson-Lockyer	Team Tor 2000	V43	26:13	15:11
12	Susan Shook	Bush Healthcare	LV54	29:09	15:12
13	Steve Summerhayes	Weston Wheelers	V58	27:18	15:13
14	Adam Spector	North Road Cycling Club	V55	27:04	15:14
15	Rick Johnston	Northovers Vets - Rudy Project	V61	27:33	15:15
16	Robert Jones	Ogmore Valley Wheelers	S		15:16
17	Clare Greenwood	Bush Healthcare	LV53	29:04	15:17
18	Manon Lloyd	Towy Racing Cycling Club	L juv		15:18
19	Jennifer Hill	North Road Cycling Club	LV53	29:04	15:19
20	Christopher Jones	M&D Cycles - Kinetica RT	V44	26:18	15:20
21	Dan Colman	Pembrokeshire Velo	Jun		15:21
22	Nigel Jones	Gloucester City/Rudy Project	V54	26:59	15:22
23	John Shehan	Bynea Cycling Club	V66	28:04	15:23
24	Nicholas Jones	Towy Racing Cycling Club	Juv		15:24
25	Chris Lee	Merthyr Cycling Club	V43	26:13	15:25
26	Paul Colman	Pembrokeshire Velo	V51	26:47	15:26
27	James Manson	Cardiff Triathletes	S		15:27
28	Andrew Grist	Bynea Cycling Club	V45	26:22	15:28
29	Jon Airey	Ross on Wye and District Cycling Club	V59	27:23	15:29
30	Ben Phillips	Bynea Cycling Club	S		15:30
31	Simon Geary	Hereford and District Wheelers	V40	25:59	15:31
32	Neil Pugh	Fairly United Cycling Team	V46	26:26	15:32
33	Peter Murrieri	M&D Cycles - Kinetica RT	V53	26:55	15:33
34	Aileen Brown	Bath Cycling Club	LV47	28:37	15:34
35	Andrew Dalling	North Devon Wheelers - Southfork	S		15:35
36	Andrew Derrick	Severn Road Club	S		15:36
37	Andy Kelly	Bristol South Cycling Club	V47	26:31	15:37
38	Clive Chappe	Ross on Wye and District Cycling Club	V65	57:58	15:38
39	Norman James	Ogmore Valley Wheelers	V73	29:05	15:39
40	Derek Smetham	Avonlea/Treasure RT	V43	26:13	15:40
41	Chris Phillips	Abercynon Road Club	V42	26:09	15:41
42	Daniel Kempe	Bristol South Cycling Club	V46	26:26	15:42
43	Barry Williams	Cardiff 100 Miles Road Cycling Club	V76	29:39	15:43
44	Kim Young	Science in sport.com	L		15:44
45	Anthony Jones	Towy Racing Cycling Club	S		15:45
46	Andy Morgan	Corinium Cycling Club	V43	26:13	15:46
47	Mike Hazlewood	Warwickshire Road Club	V59	27:23	15:47
48	Ed Hadley	Hereford and District Wheelers	V56	27:08	15:48
49	Adam Bebb	Cardiff 100 Miles Road Cycling Club	S		15:49
50	Richard Harris	Cwmcam Paragon	S		15:50
51	Billy Oliver	Dursley Road Club	S		15:51
52	Digby Rusling	Royal Dean Forest Cycling Club	V43	26:13	15:52

**Cardiff 100 Miles Road Cycling Club, Open 10 mile Time trial.
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Order of Start (Continued)**

No	NAME	CLUB	Category	Vets Standard	Start Time
53	Matthew Phillips	Bynea Cycling Club	S		15:53
54	Kenneth Squibb	Cardiff Ajax Cycling Club	V76	29:39	15:54
55	John Aspell	Forza Racing Team - Forza Cycles	V44	26:18	15:55
56	David Brice	Bynea Cycling Club	V50	26:43	15:56
57	Justyn Davies	Towy Racing Cycling Club	V43	26:13	15:57
58	Windsor Jones	Cardiff 100 Miles Road Cycling Club	V63	27:45	15:58
59	Tim Raine	Ogmore Valley Wheelers	V66	28:04	15:59
60	Gareth Rees	Cwmcarn Paragon	S		16:00
61	David Leighton	Severn Road Club	S		16:01
62	Mike Broadbent	Bynea Cycling Club	V51	26:47	16:02
63	Jack James	Tenby Aces	Juv		16:03
64	Sally Harmer	Ystwyth Cycling Club	LV50	28:51	16:04
65	Mark Woolford	Chippenham & District Wheelers	V46	26:26	16:05
66	Alan Taylor	Ross on Wye and District Cycling Club	V62	27:39	16:06
67	Tom Woolard	Northovers Vets - Rudy Project	V66	28:04	16:07
68	Richard Thomas	Towy Racing Cycling Club	S		16:08
69	Jeff Chambers	Bynea Cycling Club	V71	28:45	16:09
70	Luke Cornish	Cwmcarn Paragon	S		16:10
71	Leon Boulton	Bath Cycling Club	S		16:11
72	Gareth Giles	Pontypool Road Cycling Club	S		16:12
73	Clinton Evans	CC Blaenau Gwent	S		16:13
74	Lowenna Smith	Cadence RT	L		16:14
75	Henry Benning	North Devon Wheelers - Southfork	S		16:15
76	Hugh Davies	Port Talbot Wheelers	V67	28:12	16:16
77	Justin Ford	CC Blaenau Gwent	S		16:17
78	Nic Forbes	Bynea Cycling Club	V41	26:04	16:18
79	Stuart Stanton	CC Blaenau Gwent	V62	27:39	16:19
80	Andrew Butcher	Cwmcarn Paragon	S		16:20
81	Colin Wallace	Merthyr Cycling Club	V49	26:39	16:21
82	Simon Painter	Bynea Cycling Club	V51	26:47	16:22
83	Tony Emery	Dursley Road Club	V65	27:58	16:23
84	John Beaven	1st Chard Wheelers	V54	26:59	16:24
85	Gerry Bowditch	Mapledown Racing	V41	26:04	16:25
86	Mike Logue	Fairly United Cycling Team	V45	26:22	16:26
87	Guy Evans	Hereford and District Wheelers	V53	26:55	16:27
88	John Eames	Team Swift	V65	27:58	16:28
89	Clare Manson	Cardiff Triathletes	L		16:29
90	Jon Wynn	Northovers Vets - Rudy Project	V45	26:22	16:30
91	Mark Ashurst	Somerset Road Club	V43	26:13	16:31
92	Chris Hughes	Hereford and District Wheelers	V52	26:51	16:32
93	Brian Newton	Team Echelon - Rotor	V73	29:05	16:33
94	Terry Harradine	C.C. Topp - John Lawrence Ltd	V65	27:58	16:34
95	Andrew Stokoe	Cwmcarn Paragon	S		16:35
96	Derek Dowdeswell	Gloucester City/Rudy Project	V58	27:18	16:36
97	Peter Ackroyd	Cheltenham and County Cycling Club	V54	26:59	16:37
98	Arja Scarsbrook	Team Echelon - Rotor	LV64	30:06	16:38
99	Dave Burrows	Severn Road Club	V62	27:39	16:39
100	Rob Pears	Bath Cycling Club	V49	26:39	16:40
101	Richard Hopkins	Cwmcarn Paragon	V41	26:04	16:41
102	David Triggs	Port Talbot Wheelers	V69	0:28:27	16:42
103	Gavin Jones	C.C. Topp - John Lawrence Ltd	S		16:43
104	Ron Boast	Ogmore Valley Wheelers	V61	27:33	16:44
105	Darran Carpenter	Cwmcarn Paragon	S		16:45