



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



**Tuesday June 7<sup>th</sup> 2016, 19:00 Course: R10/16A**  
**Celtic Series Round 4 of 7**

**Event Headquarters:** The Scout Hut  
Bridge Street  
Abercarn  
Caerphilly  
NP11 4SE

**Event Secretary:** Anthony Carpenter  
15 North Road  
Pontywaun  
Caerphilly  
NP11 7FZ                      07875 103798  
10milet@cwmcarnparagon.com

**Timekeepers:** Mr Len Samuel (start)  
Mr Robin Field (finish)



Num	Start	Name	Club	Cat	LTS	Time
1	19:01:00	Dave Preece	Cwmcarn Paragon Road Club	V	00:23:20	
2	19:02:00	Luke Bodley	Severn Valley Cycles	S	00:22:50	
3	19:03:00	Neil Downes	Forza Cycles	V	00:23:58	
4	19:04:00	Paul Davies	Bush Healthcare CRT	V	00:26:00	
5	19:05:00	Niall Foster	Cardiff Ajax CC	V	00:21:03	
6	19:06:00	Richard Long	Merthyr CC	S	00:22:22	
7	19:07:00	Karl Wills	Pontypool Road Cycling Club	V	00:23:13	
8	19:08:00	Paul Rees	Bynea Cycling Club	V	00:24:36	
9	19:09:00	Russell Boon	Avonlea/Treasure RT	V		
10	19:10:00	Graeme Boswell	Cardiff Ajax CC	V	00:20:33	
11	19:11:00	Chris Fishbourne	Abercynon Road Club	V	00:21:55	
12	19:12:00	Stephanie Post	Onit Cycles	SW	00:22:48	
13	19:13:00	Simon Kinsey	Acme Whs (Rhondda) CC	V	00:23:41	
14	19:14:00	Gaynor Hughes	Bynea Cycling Club	VW	00:25:05	
15	19:15:00	Jason Streater	Velo Club St Raphael	V	00:21:01	
16	19:16:00	Elliot Dudley	Cwmcarn Paragon Road Club	S	00:22:20	
17	19:17:00	Terry Anthony	Ogmore Valley Wheelers CC	V	00:23:12	
18	19:18:00	Hugh Daniels	Union Cycliste Ystrad Mynach	V	00:24:28	
19	19:19:00	Leon Burns	Cardiff Triathletes	S		
20	19:20:00	Paul Jones	Severn Valley Cycles	S	00:20:03	
21	19:21:00	Ethan Derrick	Bike Doctor	J	00:21:50	
22	19:22:00	Jason killiner	Pontypool Road Cycling Club	S	00:22:45	
23	19:23:00	Alan Cooper	Avonlea/Treasure RT	V	00:23:27	
24	19:24:00	Kari Jones	Ride Bike Wales	SW	00:25:04	
25	19:25:00	Andy Davies	Cardiff Jif	S	00:21:01	
26	19:26:00	Ross Morgan	Acme Whs (Rhondda) CC	S	00:22:17	
27	19:27:00	Jon Vickery	Cwmcarn Paragon Road Club	V	00:23:03	
28	19:28:00	Mathew Atkins	Cardiff Triathletes	V	00:24:22	
29	19:29:00	Andrew Price-Stephens	Cwmcarn Paragon Road Club	V		
30	19:30:00	Christopher Jones	Ride Bike Wales	V	00:20:27	



Num	Start	Name	Club	Cat	LTS	Time
31	19:31:00	Lloyd Morgan	Cardiff Ajax CC	V	00:21:19	
32	19:32:00	Andrew Storrie	Ogmore Valley Wheelers CC	V	00:22:38	
33	19:33:00	Joel Simpson	Cardiff Ajax CC	V	00:21:57	
34	19:34:00	Chris Reed	Ogmore Valley Wheelers CC	V	00:24:57	
35	19:35:00	Chris Massey	Team Bottrill	V	00:21:00	
36	19:36:00	Hywel Iorwerth	Cardiff Ajax CC	S	00:22:13	
37	19:37:00	Jeffrey Rees	Acme Whs (Rhondda) CC	V	00:23:00	
38	19:38:00	Simon Fairclough	Cwmcarn Paragon Road Club	S	00:24:08	
39	19:39:00	Tim Kale	Port Talbot Whs CC	V		
40						
41	19:41:00	David Brice	Bynea Cycling Club	V	00:21:17	
42	19:42:00	Nigel Taylor	Cardiff Triathletes	S	00:22:33	
43	19:43:00	Clare Greenwood	Bush Healthcare CRT	VW	00:23:20	
44	19:44:00	Michelle Robertson	Abercynon Road Club	VW	00:24:44	
45	19:45:00	Carwyn Davies	Cwmcarn Paragon Road Club	S	00:20:50	
46	19:46:00	Gareth Rees	Cwmcarn Paragon Road Club	S	00:22:12	
47	19:47:00	Andrew Hayward	Cwmcarn Paragon Road Club	V	00:23:00	
48	19:48:00	Wyn Evans	Merthyr CC	V	00:23:59	
49	19:49:00	Ryan Phillips	Maindy Flyers Youth Cycling	Juv	00:28:47	
50	19:50:00	Thomas Baylis	One Pro cycling Ltd	Esp	00:19:48	
51	19:51:00	Michael Portlock	EC Cycles	V	00:21:03	
52	19:52:00	Susan Shook	Bush Healthcare CRT	VW	00:22:32	
53	19:53:00	Rob Sanderson	Cardiff Ajax CC	S	00:23:15	
54	19:54:00	Brad Davies	Bynea Cycling Club	V	00:24:40	
55	19:55:00	Paul Hayward	Cwmcarn Paragon Road Club	V	00:20:50	
56	19:56:00	Neale Lewis	Acme Whs (Rhondda) CC	V	00:22:10	
57	19:57:00	Nathan Leaves	NFTO Race Club	Esp	00:22:53	
58	19:58:00	Stephen Landeg	Ogmore Valley Wheelers CC	V	00:23:59	
59	19:59:00	Tim Raine	Ogmore Valley Wheelers CC	V	00:26:28	
60	20:00:00	Ioan Smallwood	Cardiff Ajax CC	S	00:19:40	
61	20:01:00	Roger Wood	Pontypool Road Cycling Club	V		
62	20:02:00	Gerry Bowditch	Dream Cycling	V	00:20:30	



**Welcome** everyone to the first of Cwmcarn's two Open Time Trials for 2016. The 10/16A is our club course and we hope you will enjoy riding (or suffering on) it as much as we do!

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**Course R10/16A:**

**Start** at lamp standard IF21 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 exit onto dual carriageway (A467). Proceed on dual carriageway to Risca roundabout (**TURN 5.16 miles**).

Turn by circling the roundabout (U Turn) 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) onto unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200 yards

**FINISH** at light standard IF463 on left opposite entrance to Bridge Street (cul-de-sac) on right. 10 miles.

**There are double white lines at the start. Any rider turning in the road at the start WILL BE DISQUALIFIED. Please continue for 220m past the start area to turn at roundabout and retrace**

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We couldn't put the event on without the help of a loyal crew of club members (and others). So a big thank you to:

Robin and Len, the timekeepers. Mike Cheung, Mike Roberts, Simon Jones, Colin Barry, Andrew Guthrie, John Hatfield, Andy Butcher, Bryan Jones, Percy Hillier, Warren King, Tony Fidow, Richard Hopkins and many more.

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**Prize List**

<b>Fastest</b>	<b>£30</b>	<b>Fastest Team of 3</b>	<b>£15 each</b>
<b>2<sup>nd</sup></b>	<b>£20</b>		
<b>3<sup>rd</sup></b>	<b>£10</b>		
<b>Fastest Lady</b>	<b>£20</b>	<b>Fastest Vet 50 years or older</b>	<b>£20</b>

**(one rider, one prize, except team)**



## Notes to Riders:

- Please be considerate when you park around the headquarters. **DO NOT PARK** in the layby at the start area, or on the double-yellow lines adjacent to the HQ building. This puts your fellow riders, and potentially yourself, in danger by reducing the width of the road – especially when oncoming traffic is present. Competitors parking dangerously will be disqualified.
- All riders **must** sign on in Race HQ prior to collecting their numbers
- It is approximately  $\frac{3}{4}$  of a mile from the HQ area to the start
- CTT and the organisers strongly recommend the use of an approved safety helmet. Such helmets are compulsory for all riders under the age of 18
- If you enjoyed the course – or didn't, but want to improve your time, all are welcome at our weekly club TT's. Every Thursday til the end of August. Signing-on from 6 to 6.30 sharp at the clubhouse, NP11 7EA
- Our next Open TT is on the 13<sup>th</sup> August, on the R25/7. Enter online at [cyclingtimetrials.org.uk](http://cyclingtimetrials.org.uk) or [25milet@cwmcarnparagon.com](mailto:25milet@cwmcarnparagon.com) for further details.
- Any complaints or queries to be addressed to the event secretary within 24 hours

The new  
**CRAFT** ::::

**Kit**

**Available from a  
clubhouse near you**

**Now.**

