



**Saturday August 13<sup>th</sup> 2016, 15:00**

**Course: R25/7**

**Event Headquarters:** The Scout Hut  
Maryport Street  
Usk  
Monmouthshire  
NP15 1AH

**Event Secretary:** Mr Leonard Justice Samuel, Esq  
7 Brynhyfryd Street  
Pontllanfraith  
Blackwood  
NP12 2BP                      07885 461763  
25milet@cwmcarnparagon.com

**Timekeepers:** Mr Len Samuel (start)  
Mr Tudor Thomas (finish)

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



**Welcome** everyone to the second of Cwmcarn's two Open Time Trials for 2016. We hope you have a fast, and safe, ride.

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**Course R25/7:**

**Start** opposite n/e end of iron gate on right, 125 yards southwest of 'bends for 1.5 miles' sign on old Usk-Raglan road. Proceed downhill back to Usk and turn double left (**WATCH** for traffic – and marshal) onto A472. Take slip road onto northbound A449 – which becomes the A40 north of the Raglan junction.

Proceed on A40 through Monmouth Tunnel (12.5 miles) and on exit bear left onto slip road. After 300yd turn left (1<sup>st</sup> exit) at mini roundabout (**WATCH** for traffic exiting petrol station) onto B4293 to cross back over tunnels. After 0.7 miles, keep **straight on (NOT left)** at fork and continue on unclassified road for a further 1.7 miles. Here take right fork onto sliproad to join southbound A40 at Mitcheltroy, signposted Newport. Retrace route on dual carriageway (A40/A449) and exit at slip road signposted Usk A472.

Loop around interchange on A472 and proceed towards Usk to **FINISH** opposite 2<sup>nd</sup> drain cover on right, 25yd beyond pole DP63 and 350yd beyond rear of sign reading A449/B4235

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**In the interests of your safety, 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, in accordance with the new regulation 15.**

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**Prize List**

<b>Fastest</b>	<b>£30</b>	<b>Fastest Lady</b>	<b>£10</b>
<b>2<sup>nd</sup></b>	<b>£20</b>		
<b>3<sup>rd</sup></b>	<b>£15</b>		
<b>4<sup>th</sup></b>	<b>£10</b>	<b>Fastest Team of 3</b>	<b>£10 each</b>
<b>5th</b>	<b>£10</b>		

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



Num	Start	Name	Club	Cat	AoD	LTS
3	15:03	Justin Di Tommaso	Gloucester City Cycling Club	V	43	01:01:59
4	15:04	Andrew Hayward	Cwmcarn Paragon Road Club	V	44	00:57:03
5	15:05	Rob Jones	Cardiff Ajax CC	S	39	00:54:18
6	15:06	John Beaven	1st Chard Wheelers	V	58	01:04:14
7	15:07	Craig Macdonald	Ogmore Valley Wheelers CC	V	47	00:59:06
8	15:08	Alan Smith	Gillingham and District Wheelers / Wheels Cycles	V	75	01:01:14
9	15:09	Michael Williams	Hereford & Dist Whs CC	V	59	01:14:54
10	15:10	Simon Coles	Northover VT / Rudy Project	V	47	00:53:05
11	15:11	John French	Oxford City RC	V	63	00:55:13
12	15:12	Andy Cook	Chippenham & District Wheelers	V	53	00:57:53
13	15:13	Russell Boon	Avonlea/Treasure RT	V	51	01:00:00
14	15:14	Gerry Peppin	Corinium Cycle Club	V	54	01:03:32
15	15:15	Mark Woolford	Chippenham & District Wheelers	V	50	00:53:25
16	15:16	Rob Hussey	Army Cycling Union	S	37	00:57:00
17	15:17	Nadine Cannon	Acme Whs (Rhondda) CC	SW	36	00:58:56
18	15:18	Brian Smith	North Hampshire RC	V	52	01:01:40
19	15:19	John Trout	1st Chard Wheelers	V	74	01:07:50
20	15:20	Chris Massey	Team Bottrill	V	44	00:52:50
21	15:21	Stuart Evans	Port Talbot Whs CC	V	70	00:55:24
22	15:22	Digby Rusling	Royal Dean Forest Cycle Club	V	47	00:57:43
23	15:23	Andy Macpherson	VC Deal	V	49	00:59:48
24	15:24	Helen Bailey	Lyme Racing Club	VW	56	01:04:02
25	15:25	Robert Hughes	Ride Bike Wales	V	52	00:53:52
26	15:26	Gerard Oram	Bynea Cycling Club	V	56	00:56:45
27	15:27	David Lancaster	VC 10	V	50	00:58:55
28	15:28	Christopher Mullett	Gillingham and District Wheelers / Wheels Cycles	S	31	01:01:39
29	15:29	Tony Emery	Dursley Road Club	V	69	01:06:33
30	15:30	Sean Townsend	Gloucester City Cycling Club	E	22	00:52:47
31	15:31	Nigel Jones	Gloucester City Cycling Club	V	58	00:55:22
32	15:32	Ashley Martin	Tor 2000 (Kalas Sportswear, Whitelake, Scorpion C.S.)	E	22	00:57:40



Num	Start	Name	Club	Cat	AoD	LTS
33	15:33	Andrew Lawrence	1st Chard Wheelers	V	52	00:59:45
34	15:34	Phillip Bradshaw	Cwmcarn Paragon Road Club	V	60	01:04:10
35	15:35	Paul Cannon	Porth & District CC	V	64	00:53:48
36	15:36	Peter Ackroyd	Cheltenham & County Cycling Club	V	58	00:56:04
37	15:37	Alan Cooper	Avonlea/Treasure RT	V	59	00:58:45
38	15:38	Allan Janes	Bristol South Cycling Club	V	70	01:01:51
39	15:39	Stephen Williams	Stourbridge CC	V	69	01:06:25
40	15:40	David Francis	Pembrokeshire Velo	V	44	00:51:16
41	15:41	David Wilson-Evans	Bynea Cycling Club	V	59	00:55:32
42	15:42	Steve Curry	Ogmore Valley Wheelers CC	V	52	00:57:40
43	15:43	Robert Lucas	Port Talbot Whs CC	V	68	00:59:31
44	15:44	Diane Wilson-Evans	Bynea Cycling Club	VW	56	01:03:15
45	15:45	Alex Leek	Velo Club St Raphael	S	29	00:53:34
46	15:46	Christopher Bailey	Lyme Racing Club	V	55	00:56:02
47	15:47	Joanna Knight	Bristol South Cycling Club	VW	56	00:58:43
48	15:48	Luke Smith	Bristol South Cycling Club	V	48	01:01:04
49	15:49	Ken Rayson	a3crg	V	69	01:06:24
50	15:50	Lyn Jones	EC Cycles	V	43	00:50:55
51	15:51	Tom Cox	Northover VT / Rudy Project	V	62	00:55:08
52	15:52	Tom Woollard	Northover VT / Rudy Project	V	70	00:57:23
53	15:53	Neil Downes	Forza Cycles	V	67	00:59:28
54	15:54	Steven Macdonald	Bristol South Cycling Club	V	43	01:03:08
55	15:55	Andrew Legge	Bristol South Cycling Club	V	40	00:53:13
56	15:56	Mark Andrews	Merthyr CC	V	45	00:55:44
57	15:57	Matt Heaman	Severn Valley Cycles	V	50	00:58:01
58	15:58	Simon Craig-McFeely	a3crg	V	57	01:00:54
59	15:59	Debbie Lee	Cheltenham & County Cycling Club	VW	45	01:06:11
60	16:00	Mark Corbett	Worcester St. Johns CC	V	43	00:50:53
61	16:01	Crystal Spearman	NOPINZ	SW	28	00:55:04
62	16:02	Steve Davies	Addiscombe CC	V	63	00:57:22



Num	Start	Name	Club	Cat	AoD	LTS
63	16:03	John Murphy	Gloucester City Cycling Club	V	76	00:59:28
64	16:04	Kari Jones	Ride Bike Wales	SW	37	01:02:53
65	16:05	Daniel Kempe	Bristol South Cycling Club	V	50	00:54:07
66	16:06	Daryl Godden	Gloucester City Cycling Club	V	57	00:55:55
67	16:07	Simon Kinsey	Acme Whs (Rhondda) CC	V	46	00:57:59
68	16:08	Richard Graham	Worcester St. Johns CC	V	49	01:00:30
69	16:09	Margaret Coyle	Gloucester City Cycling Club	VW	40	01:05:45
70	16:10	Paul Fleming	Preston Whs	V	51	00:50:36
71	16:11	Simon Drewett	Fairly United Cycling Team	V	49	00:54:43
72	16:12	Roger Taylor	Frome and District Wheelers	V	70	00:57:18
73	16:13	Jon Mansfield	Cheltenham & County Cycling Club	V	48	00:59:20
74	16:14	Arja Scarsbrook	Team Echelon - Rotor	VW	68	01:02:38
75	16:15	Rick Johnston	Northover VT / Rudy Project	V	65	00:53:31
76	16:16	Ian Deakin	Mid Devon CC	V	59	00:55:41
77	16:17	David Lane	1st Chard Wheelers	V	57	00:57:58
78	16:18	Robert Martin	Tor 2000 (Kalas Sportswear, Whitelake, Scorpion C.S.)	V	48	01:00:20
79	16:19	Derek Morgan	Gannet CC	V	76	01:04:34
80	16:20	Rob Pears	Bath Cycling Club	V	53	00:48:14
81	16:21	Neil Gregory	Port Talbot Whs CC	V	50	00:54:20
82	16:22	Gareth Chislett	CC Blaenau Gwent	V	40	00:57:12
83	16:23	Simon Geary	Hereford & Dist Whs CC	V	44	00:59:13
85	16:25	Anthony Cowdry	EC Cycles	S	34	00:53:10
86	16:26	Andrew Bradshaw	Bristol South Cycling Club	V	47	00:55:34
87	16:27	Jon Vickery	Cwmcarn Paragon Road Club	V	52	00:57:56
88	16:28	Gary Rickards	Cheltenham & County Cycling Club	V	54	01:00:12
89	16:29	Peter Wilson	Bath Cycling Club	V	82	01:04:25
90	16:30	Conrad Moss	Mid Devon CC	V	41	00:47:50



## Notes to Riders:

- Please be considerate when you park around the headquarters and when riding through the town of Usk to and from the course.
- All riders **must** sign on in Race HQ prior to collecting their numbers.
- Please don't litter – take your gel wrappers etc with you.
- It is just over 1.5 miles (partly uphill) from the HQ to the start
- Any complaints or queries to be addressed to the event secretary within 24 hours

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 Tudor and Len for their timekeeping skills. The marshals: Percy Hillier, Colin Barry, Darran Carpenter, Lee Bottel, Jeff Parsons, Andrew Guthrie, Wayne Lewis, Ross Porter, Alan Williams, John Hatfield, Simon Jones, Mike Roberts, Brian Jones & Dai Parry. And the lovely canteen crew: Lynda Carpenter and Grace Jones. Thank you all!

The new  
edible  
**CRAFT** ::::

**Kit**

**Available by special  
request**

