



Saturday August 4th 2018, 15:00

Course: R25/7

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

Event Secretary: Mr Leonard Jefferson Samuel, Esq
7 Brynhyfryd Street
Pontllanfraith
Blackwood
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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 2018. We hope you have a fast, safe, ride.

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 (1st 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 2nd drain cover on right, 25yd beyond pole DP63 and 350yd beyond rear of sign reading A449/B4235

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.

Prize List

Fastest	£30	Fastest Lady	£10
2nd	£20		
3rd	£15	Fastest Vet over 50	£10
4th	£10		
5th	£10		

(one rider, one prize)



Number	Time	Name	Club	Cat	AOD	L.T.S.
13	15:13	John Aspell		V	50	00:58:43
14	15:14	Gerry Peppin	Corinium Cycle Club	V	56	01:02:41
15	15:15	Arwel Davies	Towy Racing Cycling Club (TRCC)	V	45	00:52:41
16	15:16	Jon Vickery	Cwmcarn Paragon Road Club	V	54	00:54:43
17	15:17	Roger Taylor	Frome and District Wheelers	V	72	00:57:12
18	15:18	Andy Macpherson	VC Deal	V	51	00:59:48
19	15:19	Jake Tay	Severn Road Club	V	45	
20	15:20	Steven Cottingham	Bath Cycling Club	V	56	00:50:39
21	15:21	Simon Drewett	Fairly United Cycling Team	V	51	00:52:58
22	15:22	Tom Cox	Northover VT / Rudy Project	V	64	00:55:27
23	15:23	Hugh Davies	Port Talbot Whs CC	V	73	00:58:17
24	15:24	George Barker	Beacon Roads CC	V	58	01:02:04
25	15:25	Mark Woolford	Team Swindon Cycles	V	52	00:52:27
26	15:26	Darrel Williams	Bynea Cycling Club	V	50	00:54:32
27	15:27	Patrick Kelly	Velo Club Long Eaton	S	23	00:56:28
28	15:28	Andy Cole	Frome and District Wheelers	V	68	00:59:44
29	15:29	Richard Rees	Cardiff Ajax CC	S	37	01:08:29
30	15:30	David Middleton	Cardiff Ajax CC	J	18	00:50:32
31	15:31	Paul Hayward	Pontypool Road Cycling Club	V	46	00:53:22
32	15:32	Stuart Evans	Port Talbot Whs CC	V	72	00:55:24
33	15:33	Jeffrey Rees	Gower Riders Cycling Club	V	55	00:58:03
34	15:34	Fenella Langridge	Salisbury Tri Club	W	26	00:55:00
35	15:35	Carlo Toledo	Gloucester City Cycling Club	V	52	00:52:18
36	15:36	Gary Rickards	Cheltenham & County Cycling Club	V	56	00:54:27
37	15:37	Michael Cope	Kettering CC	V	58	00:56:10
38	15:38	Tom Woollard	Northover VT / Rudy Project	V	72	00:59:32
39	15:39	Derek Morgan	Gannet CC	V	78	01:07:08
40	15:40	Carwyn Davies	Cwmcarn Paragon Road Club	V	40	00:49:55
41	15:41	David Povall	Cwmcarn Paragon Road Club	V	43	00:50:34
42	15:42	Nigel Jones	Gloucester City Cycling Club	V	60	00:55:22
43	15:43	Michelle Fishbourne	Team Backstedt Bike Performance	WV	51	00:57:46
44	15:44	Ed Hadley	Hereford & Dist Whs CC	V	62	01:01:54
45	15:45	Alex Leek	Velo Club St Raphael	S	31	00:51:13
46	15:46	Simon Tarrant	Cheltenham & County Cycling Club	V	44	00:54:19
47	15:47	Andrew Clarke	Mid Shropshire Wheelers	V	59	00:55:33
48	15:48	Russell Boon	Avonlea/Treasure RT	V	53	00:00:00



Number	Time	Name	Club	Cat	AOD	L.T.S.
49	15:49	Steve Macdonald	Bristol South Cycling Club	V	45	01:03:00
50	15:50	Andy Davies	Cardiff Jif	S	36	00:49:53
51	15:51	Chris Fishbourne	Team Backstedt Bike Performance	V	44	00:52:44
52	15:52	Steve Bray	Salt and Sham Cycle Club	V	48	00:54:25
53	15:53	Martin Howe	VELOFLOW CC	V	59	00:55:34
54	15:54	Paul Rees	Bynea Cycling Club	V	53	01:00:03
55	15:55	Chris Massey	Team Backstedt Bike Performance	V	46	00:51:02
56	15:56	Diccon Hill	Cardiff 100 Miles RCC	V	46	00:53:55
57	15:57	Dean Prosser	Hereford & Dist Whs CC	V	49	00:55:31
58	15:58	Robert Lucas	Port Talbot Whs CC	V	70	00:59:03
59	15:59	Michael Williams	Hereford & Dist Whs CC	V	61	01:05:38
60	16:00	Luke Cornish	Cwmcarn Paragon Road Club	S	24	00:48:00

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 – and *sign out* when returning them.
- 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, signage team, HQ and canteen crew. Thank you all!