

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

Cardiff 100 Miles Road Cycling Club  
**Open 10 mile Time Trial**

Saturday 10<sup>th</sup> September 2016  
Starts 15:00

Timekeepers

John and Glenda Fisher  
Robin Field

Organiser

William Pring  
14 Lon-yr-awel  
Pontyclun  
CF72 9AW  
07504348506  
Will.pring@btinternet.com

**Headquarters**

Llanarth Village Hall  
Llanarth  
Nr Raglan  
NP15 2AU

*Headquarters are 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.*)

**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 use.**

Male Prizes						Female Prizes			
1 <sup>st</sup> Place £30	1 <sup>st</sup> 40-49 £15	1 <sup>st</sup> 50-59 £15	1 <sup>st</sup> 60-69 £15	1 <sup>st</sup> 70+ £15	1 <sup>st</sup> Junior £10	1 <sup>st</sup> Place £30	1 <sup>st</sup> 40-49 £15	1 <sup>st</sup> 50-59 £15	1 <sup>st</sup> 60+ £15

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**Saturday 10<sup>th</sup> September 2016**  
**Order of Start**

No	Name	Club/Team	Category	Age	Start Time
1	Robert Jones	Cardiff 100 Miles RCC	M V	64	15:01
2	Jeffrey Rees	Acme Whs (Rhondda) CC	M V	53	15:02
3	Gerry Peppin	Corinium Cycle Club	M V	54	15:03
4	David Steel	Hereford & Dist Whs CC	M V	69	15:04
5	David Francis	Pembrokeshire Velo	M V	44	15:05
6	Jon Wiggins	Frome and District Wheelers	M S	34	15:06
7	Morgan Jones	Cwmcarn Paragon Road Club	M Jun	16	15:07
8	Arja Scarsbrook	Team Echelon - Rotor	F V	68	15:08
9	Geoffrey Baker	Velo Club Bristol - Webbs Cycles	M V	64	15:09
10	Anthony Jones	Bynea Cycling Club	M V	44	15:10
11	Chris Fishbourne	Abercynon Road Club	M V	42	15:11
12	Marco Marletta	Cardiff Jif	M V	50	15:12
13	George Barker	Beacon Roads CC	M V	56	15:13
14	kevin Fiander	VTTA (South Wales)	M V	53	15:14
15	Jason Streather	Velo Club St Raphael	M V	42	15:15
16	Stephanie Post	Onit Cycles	F S	30	15:16
17	Alan Cooper	Avonlea/Treasure RT	M V	59	15:17
18	Ed Hadley	Hereford & Dist Whs CC	M V	60	15:18
19	Owen Pocock	CC Blaenau Gwent	M V	81	15:19
20	Ben Skinner	Bath Cycling Club	M S	33	15:20
21	Adam Taylor	Royal Dean Forest Cycle Club	M S	38	15:21
22	Joshua Lewis	Bike Doctor	M S	21	15:22
23	mark pope	Ogmore Valley Wheelers CC	M V	59	15:23
24	Derek Morgan	Gannet CC	M V	76	15:24
25	Ian Heming	Stratford Cycling Club	M V	43	15:25
26	Joe Beer	North Devon Wheelers	M V	49	15:26
27	Richard Hier	EC Cycles	M S	36	15:27
28	Heather Williams	Sportzmad	F V	43	15:28
29	kathy Chinnock	Bike Doctor	F V	50	15:29
30	Christopher Gibbard	Bynea Cycling Club	M S	34	15:30
31	Martin Millington	Stratford Cycling Club	M S	38	15:31
32	Katie Price	Hereford & Dist Whs CC	F S	32	15:32
33	Craig Macdonald	Ogmore Valley Wheelers CC	M V	47	15:33
34	Robert Smith	Pembrokeshire Velo	M V	40	15:34
35	Chris Massey	Team Bottrill	M V	44	15:35
36	Paul Durrant	Pontypool Road Cycling Club	M V	71	15:36
37	Justin Di Tommaso	Gloucester City Cycling Club	M V	44	15:37
38	Michelle Robertson	Abercynon Road Club	F V	49	15:38
39	Norman James	Ogmore Valley Wheelers CC	M V	77	15:39

No	Name	Club/Team	Category	Age	Start Time
40	Michael Davis	Dursley Road Club	M S	34	15:40
41	Jef Outhwaite	Black Country Triathletes	M V	52	15:41
42	Simon Geary	Hereford & Dist Whs CC	M V	44	15:42
43	Nadine Cannon	Acme Whs (Rhondda) CC	F S	36	15:43
44	Emma Angove	Chippenham & District Wheelers	F S	35	15:44
45	Ben Phillips	Bynea Cycling Club	M S	27	15:45
46	Neale Lewis	Acme Whs (Rhondda) CC	M V	44	15:46
47	Stuart Day	City Cycle Centre.com	M V	47	15:47
48	John Beaven	1st Chard Wheelers	M V	58	15:48
49	Diane Hynam	Bynea Cycling Club	F V	65	15:49
50	Jeremy Pile	VC Sevale (Malvern)	M V	42	15:50
51	Lloyd Morgan	Cardiff Ajax CC	M V	42	15:51
52	tony krol	Pembrokeshire Velo	M V	46	15:52
53	Ron Clews	Stourbridge Velo	M V	55	15:53
54	John Hynam	Bynea Cycling Club	M V	60	15:54
55	Carwyn Davies	Cwmcarn Paragon Road Club	M S	38	15:55
56	Matthew Smith	Port Talbot Whs CC	M S	29	15:56
57	Scott Nash	Pembrokeshire Velo	M V	47	15:57
58	Russell Boon	Avonlea/Treasure RT	M V	51	15:58
59	Peter Rogers	Tor 2000 (Kalas Sportswear, Whitelake, Scorpion C.S.)	M V	66	15:59
60	Danny Axford	Arctic Tacx RT	M V	41	16:00
61	john Regan	Pembrokeshire Velo	M V	47	16:01
62	Mike Broadbent	Swansea Wheelers/CS Abertawe	M V	55	16:02
63	John Shehan	Bynea Cycling Club	M V	70	16:03
64	Daf Rickard	VTTA (South Wales)	M V	50	16:04
65	Andy Stuart	Velo Club St Raphael	M V	41	16:05
66	Alan Warburton	Cheltenham & County Cycling Club	M V	45	16:06
67	Clare Greenwood	Bush Healthcare CRT	F V	57	16:07
68	Tony Lake	Gloucester City Cycling Club	M V	43	16:08
69	Roger Wakeling	Antelope Racing Team	M V	70	16:09
70	Scott Davies	Team Wiggins	M S	21	16:10
71	Paul Lambert	Chippenham & District Wheelers	M V	50	16:11
72	Susan Shook	Bush Healthcare CRT	F V	58	16:12
73	Brad Davies	Bynea Cycling Club	M V	50	16:13
74	Chris Jones	Bynea Cycling Club	M V	42	16:14
75	Steven Cottington	Bath Cycling Club	M V	54	16:15
76	Jeff Matthews	Team Echelon - Rotor	M V	58	16:16
77	Andrew Hayward	Cwmcarn Paragon Road Club	M V	44	16:17
78	Dean Prosser	Hereford & Dist Whs CC	M V	47	16:18
79	Kevin Grant	Frome and District Wheelers	M V	59	16:19
80	James Rix	Crawley Wheelers	M V	40	16:20
81	David Brice	Bynea Cycling Club	M V	55	16:21
82	peter ackroyd	Cheltenham & County Cycling Club	M V	58	16:22
83	Mike Hazlewood	Saracen RC	M V	63	16:23
84	Michael Williams	Hereford & Dist Whs CC	M V	59	16:24
85	Stephen Eggleton	Stratford Cycling Club	M S	37	16:25

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Race Headquarters, Llanarth Village Hall, Llanarth, nr Raglan, NP15 2AU.

Distance from Headquarters to start is approximately 8.5 Miles. Distance from Hardwick Roundabout to start, approximately 3 miles

