

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

Cardiff 100 Miles Road Cycling Club
Open 10 mile Time Trial

Saturday 9th September 2017
Starts 15:00

Timekeepers
Robin Field
Len Samuel

Organiser
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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.*)

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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
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 st Place £30	1 st 40-49 £15	1 st 50-59 £15	1 st 60-69 £15	1 st 70-79 £15	1 st 80+ £15	1 st Place £30	1 st 40-49 £15	1 st 50-59 £15	1 st 60+ £15

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Order of Start

No	Start Time	Name	Club	Gender	Age
1	15:01	Andrew Curley	Warwickshire Road Club	Male	54
2	15:02	Susan Shook	Bush Healthcare CRT	Female	59
3	15:03	Mark Gateshill	Velo Club Bristol - Webbs Cycles	Male	35
4	15:04	Brian Newton	Team Echelon	Male	78
5	15:05	Stuart Day	City Cycle Centre.com	Male	48
6	15:06	Chris Jones	Bynea Cycling Club	Male	43
7	15:07	Clare Greenwood	Bush Healthcare CRT	Female	58
8	15:08	Arja Scarsbrook	Team Echelon	Female	69
9	15:09	Stephen Senderski	Phoenix Velo	Male	64
10	15:10	Steven Cottington	Bath Cycling Club	Male	55
11	15:11	Richard Rees	Cardiff Ajax CC	Male	36
12	15:12	Dean Prosser	Hereford & Dist Whs CC	Male	48
13	15:13	Euan Davies	University of Bath Cycling Club	Male	20
14	15:14	Helen Priest	Cardiff Ajax CC	Female	42
15	15:15	Andrew Rowles	Cardiff Ajax CC	Male	38
16	15:16	Andy Kelly	Bristol South Cycling Club	Male	52
17	15:17	Nadine Cannon	VeloSistas TT Team	Female	37
18	15:18	Michelle Fishbourne	Abercynon Road Club	Female	50
19	15:19	Owen Pocock	CC Blaenau Gwent	Male	82
20	15:20	Matt J Smith	Port Talbot Whs CC	Male	41
21	15:21	Chris Fishbourne	Abercynon Road Club	Male	43
22	15:22	Andrew Hayward	Cwmcarn Paragon Road Club	Male	45
23	15:23	Paul Freegard	Chippenham & District Wheelers	Male	60
24	15:24	John Williams	Bynea Cycling Club	Male	65
25	15:25	Gareth Morgan	Pontypool Road Cycling Club	Male	44
26	15:26	Owain Roberts	Port Talbot Whs CC	Male	34
27	15:27	Darren Webb	Somerset Road Club	Male	37
28	15:28	Jacqueline Wadsworth	Severn Road Club	Female	58
29	15:29	Sally Harmer	Pembrokeshire Velo	Female	56
30	15:30	Ben Phillips	Towy Racing Cycling Club (TRCC)	Male	28
31	15:31	Robert Hughes	Ride Bike Wales	Male	53
32	15:32	Matthew Phillips	Towy Racing Cycling Club (TRCC)	Male	30
33	15:33	Adriano dos Santos	Swindon Road Club	Male	39
34	15:34	Eamonn Sheridan	Warwickshire Road Club	Male	63
35	15:35	David Brice	Bynea Cycling Club	Male	56
36	15:36	Paul Durrant	Pontypool Road Cycling Club	Male	72
37	15:37	Chris Hughes	Hereford & Dist Whs CC	Male	57
38	15:38	Jo Buckland	Velo Club St Raphael	Female	50
39	15:39	Annamarie Miles	Salt and Sham Cycle Club	Female	39
40	15:40	Anthony Jones	Towy Racing Cycling Club (TRCC)	Male	45
41	15:41	Rob Hall	Salt and Sham Cycle Club	Male	44
42	15:42	Mike Horder	Severn Road Club	Male	50

No	Start Time	Name	Club	Gender	Age
43	15:43	Peter Murrieri	NFTO Race Club	Male	58
44	15:44	Kevin Thomas	Pontypool Road Cycling Club	Male	46
45	15:45	Jason Streater	Velo Club St Raphael	Male	43
46	15:46	Gareth Hester	Abergavenny RC	Male	44
47	15:47	Robert Smith	Warwickshire Road Club	Male	46
48	15:48	Keith Thomas	Bynea Cycling Club	Male	52
49	15:49	David Davies	Cwmcarn Paragon Road Club	Male	80
50	15:50	Paul Guest	Worcester St. Johns CC	Male	47
51	15:51	Martin Millington	Stratford Cycling Club	Male	39
52	15:52	Peter Ackroyd	Cheltenham & County Cycling Club	Male	59
53	15:53	Brad Davies	Bynea Cycling Club	Male	51
54	15:54	Michael Williams	Hereford & Dist Whs CC	Male	60
55	15:55	Andrew Overton	Successcycling.co.uk	Male	45
56	15:56	Mike Amery	VC Sevale (Malvern)	Male	59
57	15:57	Timothy Cummings	Forza Cycles	Male	45
58	15:58	Fenella Brown	Warwickshire Road Club	Female	48
59	15:59	Nigel Williams	Ogmore Valley Wheelers CC	Male	51
60	16:00	Luke Cornish	Cwmcarn Paragon Road Club	Male	23
61	16:01	Daryl Godden	Gloucester City Cycling Club	Male	58
62	16:02	Claire Clementson	Wigan Whs CC	Female	40
63	16:03	Alan Cooper	Avonlea/Treasure RT	Male	60
64	16:04	Michael Hazlewood	Saracen Road Club	Male	64
65	16:05	Nigel Clementson	Wigan Whs CC	Male	56
66	16:06	Paul Jones	Cwmcarn Paragon Road Club	Male	48
67	16:07	Martin Howe	VELOFLOW CC	Male	58
68	16:08	Ed Hadley	Hereford & Dist Whs CC	Male	61
69	16:09	Diane Wynne	VC Sevale (Malvern)	Female	52
70	16:10	Chris Massey	Team Bottrill / HSS Hire	Male	45
71	16:11	Craig Macdonald	Ogmore Valley Wheelers CC	Male	48
72	16:12	Logan Mort	Hereford & Dist Whs CC	Male	28
73	16:13	Adam Whittaker	Salt and Sham Cycle Club	Male	21
74	16:14	Emma Hadley	Hereford & Dist Whs CC	Female	31
75	16:15	Clive Franklin	Somerset Road Club	Male	54
76	16:16	Martin Osman	CC Giro	Male	43
77	16:17	Jeffrey Rees	Acme Whs (Rhondda) CC	Male	54
78	16:18	Ron Boast	Ogmore Valley Wheelers CC	Male	66
79	16:19	Christopher Owrap	Chepstow Cycling Club	Male	27
80	16:20	Scott Davies	Team Wiggins	Male	22
81	16:21	Michael Waterjohns	Somerset Road Club	Male	44
82	16:22	Emma Angove	Chippenham & District Wheelers	Female	36
83	16:23	Christopher Huxley	Stratford Cycling Club	Male	55
84	16:24	Mike Tucker	Frome & District Wheelers	Male	77
85	16:25	Carwyn Davies	Cwmcarn Paragon Road Club	Male	39

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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. Route from HQ to start is via B4598/Hardwick Roundabout/A40.

