

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

Cardiff 100 Miles Road Cycling Club
Open 10 mile Time Trial

Saturday 12th September 2015
Starts 15:00

Timekeepers

John and Glenda Fisher
Robin Field

Organiser

WilliamPring
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Pontyclun
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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.*)

To assist in the allocation of reserves, can riders who are unable to attend the time trial, please advise the organiser at the earliest opportunity on 07504348506 (preferably by text).

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.

1 st Place	2 nd Place	3 rd Place	1 st Team	1st Male Vet on Standard	1 st Lady Vet on Standard	1 st Junior	1 st Lady
£30	£20	£10	£30	£15	£15	£10	£15

**Cardiff 100 Miles Road Cycling Club, Open 10 mile Time Trial. Saturday 12th September.
Order of Start**

No	Name	Club/Team	Cat	Vets Standard	Start Time
1	Andrew Legge	Bristol South CC	S		15:01
2	Andrew Hayward	Cwmcarn Paragon Road Club	V43	0:26:13	15:02
3	Neil Poulton	Ogmore Valley Whs	S		15:03
4	Arja Scarsbrook	Team Echelon - Rotor	LV67	0:30:51	15:04
5	Paul Lambert	Chippenham & Dist. Whs	V49	0:26:41	15:05
6	Mark Bradley	Bristol South CC	V50	0:26:45	15:06
7	Iain Cade	Cadence RT	S		15:07
8	Jason Williams	Cwmcarn Paragon Road Club	V46	0:26:27	15:08
9	Roger Wakeling	Antelope R.T.	V69	0:28:52	15:09
10	Anthony Mark Jones	Bynea Cycling Club	V42	0:26:09	15:10
11	Richard Coleman	Stourbridge Velo	V61	0:27:44	15:11
12	Chris Goulden	Extreme Culture Cycles (EC Cycles)	V57	0:27:20	15:12
13	Thomas Woollard	Northover Vets Team	V69	0:28:52	15:13
14	Andrew Gardner	Coventry Road Club	V68	0:28:42	15:14
15	Justin Ford	CC Blaenau Gwent	V42	0:26:09	15:15
16	Courtney Rowe	Cardiff Jif	V54	0:27:04	15:16
17	Arwel Davies	Bynea Cycling Club	V42	0:26:09	15:17
18	Peter Murrieri	M&D Cycles/ Fusion/Worx.	V56	0:27:14	15:18
19	Brad Davies	Bynea Cycling Club	V49	0:26:41	15:19
20	Charles Zanettacci	Cheltenham & County CC	V52	0:26:54	15:20
21	Carwyn Davies	Cwmcarn Paragon Road Club	S		15:21
22	Mike Broadbent	Bynea Cycling Club	V54	0:27:04	15:22
23	Mike Parry	Hereford & Dist Whs CC	V49	0:26:41	15:23
24	Josh Townsend	Bynea Cycling Club	Jun		15:24
25	Jason Streater	Velo Club St Raphael	V41	0:26:04	15:25
26	Rick Johnston	Northover Vets Team	V64	0:28:06	15:26
27	Simon Tarrant	Cheltenham & County CC	V41	0:26:04	15:27
28	Lowenna Smith	Cadence RT	Lady		15:28
29	Daf Rickard	VTTA (South Wales)	V49	0:26:41	15:29
30	Steven Cottington	Cadence RT	V53	0:26:59	15:30
31	christopher smith	CC Blaenau Gwent	S		15:31
32	Tom Cox	Northover Vets Team	V61	0:27:44	15:32
33	Clare Greenwood	Bush Healthcare CRT	LV56	0:29:26	15:33
34	Paul Rees	Bynea Cycling Club	V50	0:26:45	15:34
35	Graeme Davis	Dursley RC	V47	0:26:32	15:35
36	Chris Fishbourne	Abercynon Road Club	V41	0:26:04	15:36
37	Susan Shook	Bush Healthcare CRT	LV57	0:29:32	15:37
38	Ian Homer	Cardiff Ajax CC	V44	0:26:18	15:38
39	Simon Kinsey	Acme Whs (Rhondda) CC	V45	0:26:23	15:39
40	Graeme Boswell	Cardiff Ajax CC	V40	0:25:59	15:40
41	Jef Outhwaite	Black Country Triathletes	V51	0:26:50	15:41
42	Paul Cannon	Porth and District C C	V63	0:27:59	15:42
43	Andy Kelly	Bristol South CC	V50	0:26:45	15:43
44	Mark Pope	Ogmore Valley Whs	V58	0:27:26	15:44
45	Eric Grill	RST Sport/Aero-Coach	S		15:45
46	Digby Rusling	Royal Forest of Dean CC	V46	0:26:27	15:46

Order of Start – Continued

No	Name	Club/Team	Cat	Vets Standard	Start Time
47	Hywel Iorwerth	Cardiff Ajax CC	S		15:47
48	Matthew Phillips	Bynea Cycling Club	S		15:48
49	Dave Wigmore	Northover Vets Team	V67	0:28:32	15:49
50	Jeremy Pile	VC Sevale (Malvern)	V41	0:26:04	15:50
51	Chris Scawn	Plymouth Corinthian CC	V64	0:28:06	15:51
52	Ian Lewis	Bush Healthcare CRT	V66	0:28:23	15:52
53	Marco Marletta	Cardiff Jif	V49	0:26:41	15:53
54	Becky Smith	Revo Racing	Lady		15:54
55	Daryl Godden	Gloucester City CC	V56	0:27:14	15:55
56	paul sheppard	Cwmcarn Paragon Road Club	S		15:56
57	Paul Durrant	Club Ciclista Bivicosta	V70	0:29:02	15:57
58	Gordon Clements	Frome & Dist Whs	V71	0:29:14	15:58
59	Geoff Baker	V.C. Bristol	V63	0:27:59	15:59
60	Chris Martin	Yeovil CC	V48	0:26:36	16:00
61	Nathan Preece	Worcester St. Johns CC	V44	0:26:18	16:01
62	Vincent Douglas	Gloucester City CC	V45	0:26:23	16:02
63	Roger Taylor	Frome & Dist Whs	V69	0:28:52	16:03
64	Steve Summerhayes	Somerset Road Club/The Bicycle Chain	V61	0:27:44	16:04
65	Christopher Gibbard	Bynea Cycling Club	S		16:05
66	Chris Holman	Team NBCC	S		16:06
67	Phill Sykes	Velo Club St Raphael	V41	0:26:04	16:07
68	Howell Mason	Ogmore Valley Whs	V60	0:27:38	16:08
69	John Phillips	Gillingham & Dist Whs	V52	0:26:54	16:09
70	Michael Davis	Dursley RC	S		16:10
71	Lee Jones	Severn Valley Cycles	V40	0:25:59	16:11
72	Andy Henderson	Frome & Dist Whs	V44	0:26:18	16:12
73	John Shehan	Bynea Cycling Club	V69	0:28:52	16:13
74	Mark Usher	Bikecity T3	V49	0:26:41	16:14
75	Lyn Jones	Extreme Culture Cycles (EC Cycles)	V42	0:26:09	16:15
76	John French	Oxford City RC	V62	0:27:51	16:16
77	paul hudson	Severn Valley Cycles	V48	0:26:36	16:17
78	James Richards	Hereford Triathlon Club	V42	0:26:09	16:18
79	Michelle Robertson	Abercynon Road Club	LV48	0:28:43	16:19
80	Jon Wynn	Northover Vets Team	V48	0:26:36	16:20
81	Chris Massey	Cwmcarn Paragon Road Club	V43	0:26:13	16:21
82	Clinton Evans	CC Blaenau Gwent	V42	0:26:09	16:22
83	Ross Morgan	Acme Whs (Rhondda) CC	S		16:23
84	Terry Anthony	Ogmore Valley Whs	V63	0:27:59	16:24
85	Dan Cutting	Climb on Bikes RT	S		16:25
86	Rob Jones	Cardiff Ajax CC	S		16:26
87	Jamie Streather	Velo Club St Raphael	S		16:27
88	Alan Cooper	Avonlea Treasure RT	V58	0:27:26	16:28
89	Paul Archer	VTTA (South Wales)	V47	0:26:32	16:29
90	Michael Ford	Pewsey Racing Project	S		16:30
91	David Brice	Bynea Cycling Club	V54	0:27:04	16:31
92	Gareth Jones	Clevedon & District RC	V45	0:26:23	16:32
93	Gerard Oram	Bynea Cycling Club	V55	0:27:09	16:33
94	Robert Andrewartha	Dursley RC	V59	0:27:32	16:34

Order of Start – Continued.

No	Name	Club/Team	Cat	Vets Standard	Start Time
95	Paul Hayward	Cwmcarn Paragon Road Club	V43	0:26:13	16:35
96	Simon Geary	Hereford & Dist Whs CC	V43	0:26:13	16:36
97	Lloyd Morgan	Cardiff Ajax CC	V41	0:26:04	16:37
98	Andrea Parish	Camel Valley C & TC	LV47	0:28:39	16:38
99	Fenella Brown	Warwickshire RC	LV46	0:28:34	16:39
100	Luke Dix	Cardiff Jif	S		16:40
101	Stuart Evans	Port Talbot Wheelers C.C.	V69	0:28:52	16:41
102	Paul Milner	Worcester St. Johns CC	V45	0:26:23	16:42
103	Jeffrey Rees	Acme Whs (Rhondda) CC	V52	0:26:54	16:43
104	Jon Wiggins	Frome & Dist Whs	S		16:44
105	Tony Chapman	Frome & Dist Whs	V43	0:26:13	16:45
106	Christopher AJ Jones	VTTA (South Wales)	V47	0:26:32	16:46
107	Paul Stephens	Ross on Wye & Dist CC	V50	0:26:45	16:47
108	Andrew Curley	Warwickshire RC	V52	0:26:54	16:48
109	Brian Parker	Abercynon Road Club	V40	0:25:59	16:49
110	Paul Gamlin	Northover Vets Team	V43	0:26:13	16:50
111	Rod Hicks	Port Talbot Wheelers C.C.	V50	0:26:45	16:51
112	Neale Lewis	Acme Whs (Rhondda) CC	V43	0:26:13	16:52
113	Rob Hurley	VC Sevale (Malvern)	S		16:53
114	Richard Hier	Extreme Culture Cycles (EC Cycles)	S		16:54
115	Ben Phillips	Bynea Cycling Club	S		16:55
116	Daniel Kempe	Bristol South CC	V49	0:26:41	16:56
117	Joanna Knight	Bristol South CC	LV55	0:29:20	16:57
118	Christopher Davies	Bynea Cycling Club	V49	0:26:41	16:58
119	Gareth Hill	Abercynon Road Club	V43	0:26:13	16:59
120	Matt Burden	Severn RC	S		16:00

Reserve Riders

Orange numbers 54 to 60 have been allocated for the reserve riders, reserves will be advised as soon as the organiser is aware of non starters.

No	Name	Club/Team	Cat	Vets Standard	Start Time
54	Ken Squibb	VTTA (South Wales)	V79	0:31:17	
55	Kevin Grant	Frome & Dist Whs	V58	0:27:26	
56	Norman James	Ogmore Valley Whs	V76	0:30:23	
57	Alex Richards	Abercynon Road Club	S		
58	Owen Pocock	CC Blaenau Gwent	V80	0:31:37	
59	Sally Harmer	Pembrokeshire Velo	LV54	0:29:14	
60	Niall Foster	Cardiff Ajax CC	S		