

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Cardiff 100 Miles Road Cycling Club open 50 Mile Time Trial
(Incorporating The South Wales VTTA 50 Championships)
Sunday 4th August 2019

Timekeepers
Glenda Fisher
Tudor Thomas

Organiser
William Pring
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Headquarters

**Abergavenny Scout Hall
Fairfield car park, Park Avenue.
Abergavenny NP7 5SS.
(All Riders must sign on and sign out)**

Course R50/1B

OS References: Sheet 161 - Start and Finish 308121 Start On A40 at first lay-by, approximately half a mile east of Hardwick roundabout; 39 yards west of post 13/1, at concrete joint marked 74. Proceed to Raglan roundabout (7.060) continue straight on at roundabout, then bear left onto unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy (12.080). Turn left to join A40. After passing Services, take 1st left and continue on A40 to Raglan roundabout (17.166) where straight on to Hardwick roundabout (24.766). Circle roundabout and take A40 dual carriageway to Raglan roundabout (31.811) and repeat as before (Mitchel Troy 37.831) (Raglan rbt 42.917) to Finish in 8th lay-by (opposite start) at post marked 13/1. 50.030 miles.

Open event Prize List

1st Male - £30, 2nd Male - £20, 3rd Male - £10.

1st Lady - £30, 2nd Lady - £20, 3rd Lady - £10.

South Wales VTTA 50 mile Group Championship Prize List

Woman's Championship.
Gold, Silver, Bronze Medals.

Men's Championship
Gold, Silver, Bronze Medals.

Team Champions – Best aggregate plus on Standard - Medals

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

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. R50/1B

Order of Start

No	Start Time	Name	Club	Gender
1	08:01	Robert Jones	Cardiff 100 Miles RCC	Male
2	08:02	Derek Morgan	Worcester St. Johns CC	Male
3	08:03	John Shehan	Bynea Cycling Club	Male
4	08:04	John Beaven	1st Chard Wheelers	Male
5	08:05	Neil Poulton	Ogmore Valley Wheelers	Male
6	08:06	Nick Young	Yeovil Cycling Club	Male
7	08:07	Peter Owen	Norwood Paragon CC	Male
8	08:08	Gerry Peppin	Corinium Cycle Club	Male
9	08:09	Lizzy Stocker	IRIS Race Team	Female
10	08:10	David Medhurst	Cardiff Ajax CC	Male
11	08:11	Jonathan Heath	Brecon Wheelers	Male
12	08:12	Michael Murkin	Swindon Road Club	Male
13	08:13	Mathew Atkins	UFIT TRI TEAM	Male
14	08:14	Matthew Stevens	Gloucester City Cycling Club	Male
15	08:15	Dan Farmer	N.E.W.T Newport and East Wales Triathlon Club	Male
16	08:16	Andrew Curley	Warwickshire Road Club	Male
17	08:17	Adam Whittaker	Salt and Sham Cycle Club	Male
18	08:18	Lee Heron	Banbury Star Cyclists' Club	Male
19	08:19	Andrew Harries	Ogmore Valley Wheelers	Male
20	08:20	Rob Jones	Cardiff Ajax CC	Male
21	08:21	Tom Stocker	Bournemouth Jubilee Whs	Male
22	08:22	Garry Shuker	Walsall Roads Cycling Club	Male
23	08:23	Emma Angove	73 Degrees Bicycles, WestSide Coaching rt	Female
24	08:24	David Steel	Hereford & Dist Whs CC	Male
25	08:25	Dan Cutting	Epic R C	Male
26	08:26	Andy Kelly	Bristol South Cycling Club	Male
27	08:27	Mark German	1st Chard Wheelers	Male
28	08:28	Peter Davies	Brighton Mitre CC	Male
29	08:29	John Howells	Corinium Cycle Club	Male
30	08:30	Earl Smith	Royal Dean Forest Cycle Club	Male
31	08:31	Calum Cheshire	Cardiff Ajax CC	Male
32	08:32	Wayne Mayer	VeloVitesse/ALLCAP/James Barry/SiS	Male
33	08:33	Graham Smith	Severn Road Club	Male
34	08:34	Rosey Mushens	73 Degrees Bicycles, WestSide Coaching rt	Female
35	08:35	David Dickerson	Team Echelon	Male
36	08:36	Jonathan Wilkinson-lockyer	Team Tor 2000 KALAS	Male
37	08:37	Claire Bird	Pontypool Road Cycling Club	Female
38	08:38	Nichola Rorke	Exeter Whs CC	Female
39	08:39	Iain Bell	Monmouthshire Wheelers	Male
40	08:40	Nick Livermore	Bristol South Cycling Club	Male
41	08:41	Darrel Williams	Bynea Cycling Club	Male

No	Start Time	Name	Club	Gender
42	08:42	Matthew Garfield	Cycle Specific	Male
43	08:43	Simon Kinsey	Virtual Cycling Club	Male
44	08:44	Tony martin Lake	Gloucester City Cycling Club	Male
45	08:45	Colin Wallace	Merthyr CC	Male
46	08:46	Rod Hicks	Port Talbot Whs CC	Male
47	08:47	John Williams	Bynea Cycling Club	Male
48	08:48	Roger Taylor	Frome and District Wheelers	Male
49	08:49	Les Thomas	Port Talbot Whs CC	Male
50	08:50	Steven Cottington	Bath Cycling Club	Male
51	08:51	Dave Williams	Cycle Specific	Male
52	08:52	Michelle Lee	PDQ Cycle Coaching	Female
53	08:53	Alex Touche	Pontypool Road Cycling Club	Male
54	08:54	Fenella Brown	Beacon Roads CC	Female
55	08:55	Luke Smith	Bristol South Cycling Club	Male
56	08:56	Jonathan Gall	Clevedon & District Road Club	Male
57	08:57	Geoff Thomas	Rhondda Triathlon Club	Male
58	08:58	Michael Collins	VC Sevale (Malvern)	Male
59	08:59	Helen Tudor	Oswestry Paragon CC	Female
60	09:00	Philip Tucker	Cycle Specific	Male
61	09:01	Rhys Jones	Rhondda Triathlon Club	Male
62	09:02	Andrea Parish	VeloSistas TT Team	Female
63	09:03	Gemma Waterjohns	Somerset Road Club	Female
64	09:04	Chris Lowe	Swindon Road Club	Male
65	09:05	Thomas Dye	Cardiff Ajax CC	Male
66	09:06	Matt Burden	73 Degrees Bicycles, WestSide Coaching rt	Male
67	09:07	David Singleton	Acme Whs (Rhondda) CC	Male
68	09:08	Phillip Turner	ATAC - Ammanford Triathlon And Cycling	Male
69	09:09	Emma Bexson	Stratford Cycling Club	Female
70	09:10	Anthony Jones	Towy Riders Cycle Club	Male
71	09:11	Steve Bray	Salt and Sham Cycle Club	Male
72	09:12	William Baugh	Ludlow CC	Male
73	09:13	Matt Grantham	Pontypool Road Cycling Club	Male
74	09:14	Anthony White	Royal Dean Forest Cycle Club	Male
75	09:15	Ross Holland	Cheltenham & County Cycling Club	Male
76	09:16	Robert Francis	A2B Cycle Repair Race Team	Male
77	09:17	Andrew Simpkins	Solihull CC	Male
78	09:18	Marco Marletta	Cardiff Jif	Male
79	09:19	Digby Rusling	Royal Dean Forest Cycle Club	Male
80	09:20	Conrad Moss	NOPINZ	Male
81	09:21	Mark Bradley	Bristol South Cycling Club	Male



HQ

Start Area