

**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 7th August 2016**

Timekeepers  
Tudor Thomas  
Robin Field

Organiser  
William Pring  
14 Lon-yr-Awel  
Pontyclun  
Rhondda Cynon Taff  
07504348506  
will.pring@btinternet.com

**Headquarters,**  
**Abergavenny Scout Hall**  
**Fairfield car park, Park Avenue.**  
**Abergavenny NP7 5SS.**

**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**

*1<sup>st</sup> place - £40, 2nd place - £30, 3rd place - £20, 1<sup>st</sup> Lady - £20, 1<sup>st</sup> Junior - £10,*

*1<sup>st</sup> Vet on standard - £20, 1<sup>st</sup> Lady Vet on Standard £20, 1<sup>st</sup> team of 3 - £30.*

**South Wales VTTA 50 mile Group Championship Prize List**

Best Group Vet on Standard – C W Alexander Trophy and plaque

Best Group Vet on Standard, age 40 – 49 plaque

Best Group Vet on Standard, age 50 – 59 plaque

Best Group Vet on Standard, age over 60 plaque

**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

**Cardiff 100 Miles Road Cycling Club open 50 mile Time trial.**  
**Sunday August 7<sup>th</sup> 2016. R50/1B**  
**Order of Start**

No	Name		Club/Team	Category	Age	Vets standard	Start Time
1	Robert	Jones	Cardiff 100 Miles RCC	Male V	64	02:27:51	08:01
2	Robert	Franks	Redditch Road & Path CC	Male V	71	02:34:30	08:02
3	Michael	Williams	Hereford & Dist Whs CC	Male V	59	02:24:29	08:03
4	Nick	Hughes	Salt and Sham Cycle Club	Male S	38		08:04
5	Christina	Gyles	Bristol South Cycling Club	Female S	30		08:05
6	Derek	Morgan	Gannet CC	Male V	76	02:41:26	08:06
7	Dean	David	Bynea Cycling Club	Male S	29		08:07
8	Ed	Hadley	Hereford & Dist Whs CC	Male V	60	02:25:05	08:08
9	Fenella	Brown	Warwickshire Road Club	Female V	47	02:29:47	08:09
10	Diccon	Hill	Cardiff 100 Miles RCC	Male V	44	02:17:26	08:10
11	John	Howells	Corinium Cycle Club	Male V	75	02:39:51	08:11
12	Gemma	Waterjohns	Somerset Road Club	Female S	35		08:12
13	Helen	Tudor	Oswestry Paragon CC	Female V	47	02:29:47	08:13
14	Kari	Jones	Ride Bike Wales	Female S	37		08:14
15	Christopher	Holman	Team Bottrill	Male S	29		08:15
16	Jon	Williams	Team NBCC	Male S	36		08:16
17	Neil	Gregory	Port Talbot Whs CC	Male V	50	02:20:00	08:17
18	Andrew	Wellings	Somerset Road Club	Male V	54	02:21:49	08:18
19	Kirsty	Murray	Pembrokeshire Velo	Female V	43	02:27:53	08:19
20	Graeme	Boswell	Cardiff Ajax CC	Male V	41	02:16:04	08:20
21	Clive	Franklin	Somerset Road Club	Male V	53	02:21:21	08:21
22	Nigel	Taylor	Cardiff Triathletes	Male S	39		08:22
23	Gerard	Oram	Bynea Cycling Club	Male V	56	02:22:49	08:23
24	Simon	Kinsey	Acme Whs (Rhondda) CC	Male V	46	02:18:18	08:24
25	David	Brice	Bynea Cycling Club	Male V	55	02:22:19	08:25
26	Peter	Owen	Norwood Paragon CC	Male V	55	02:22:19	08:26
27	James	Elgar	Newport and East Wales Triathlon Club	Male S	31		08:27
28	Chris	Price	Port Talbot Whs CC	Male V	40	02:15:35	08:28
29	Helen	Bailey	Lyme Racing Club	Female V	56	02:34:18	08:29
30	Adrian	Humpage	Lyme Racing Club	Male V	53	02:21:21	08:30
31	Rob	Jones	Cardiff Ajax CC	Male S	39		08:31
32	Michael	Waterjohns	Somerset Road Club	Male V	43	02:16:59	08:32
33	Giles	Oakley	Clevedon & District Road Club	Male V	50	02:20:00	08:33
34	Brian	Smith	North Hampshire RC	Male V	52	02:20:54	08:34
35	David	Evans	Team Echelon - Rotor	Male V	59	02:24:29	08:35
36	Laurence	Douglas-Greene	Somerset Road Club	Male S	23		08:36
37	Paul	Winchcombe	Chippenham & District Wheelers	Male V	56	02:22:49	08:37
38	Dave	York	Mid Shropshire Wheelers	Male V	61	02:25:43	08:38
39	Allen	Janes	Bristol South Cycling Club	Male V	69	02:32:18	08:39
40	Victor	Chetta	Mid Shropshire Wheelers	Male S	38		08:40
41	Christopher	Bailey	Lyme Racing Club	Male V	55	02:22:19	08:41
42	Peter	Lloyd	Team NBCC	Male V	50	02:20:00	08:42
43	Joanna	Wells	Hounslow & District Whs	Female V	55	02:33:44	08:43
44	Jill	Bartlett	Hounslow & District Whs	Female V	56	02:34:18	08:44
45	Nick	Brown	Team NBCC	Male V	58	02:23:54	08:45

No	Name		Club/Team	Category	Age	Vets standard	Start Time
46	Paul	Colman	Pembrokeshire Velo	Male V	55	02:22:19	08:46
47	Thomas	Shuker	Walsall Roads Cycling Club	Male S	25		08:47
48	Nadine	Cannon	Acme Whs (Rhondda) CC	Female S	36		08:48
49	Richard	Franklin	Salt and Sham Cycle Club	Male V	47	02:18:43	08:49
50	Daniel	Colman	Pembrokeshire Velo	Male S	21		08:50
51	Mick	Black	Springfield Financial	Male V	69	02:32:18	08:51
52	Garry	Shuker	Walsall Roads Cycling Club	Male V	60	02:25:05	08:52
53	Grant	Whiteside	Pontypool Road Cycling Club	Male V	42	02:16:32	08:53
54	Andrew	Harries	Ogmore Valley Wheelers CC	Male V	56	02:22:49	08:54
55	Simon	Coles	Northover VT / Rudy Project	Male V	47	02:18:43	08:55
56	John	French	Oxford City RC	Male V	63	02:27:06	08:56
57	Darren	Avery	National Ventilation - LSEA CRT / Notaro Windows	Male V	54	02:21:49	08:57
58	Heather	Greening	Border City Whs CC	Female V	53	02:32:41	08:58
59	Joanna	Knight	Bristol South Cycling Club	Female V	56	02:34:18	08:59
60	Oliver	Simon	Team NBCC	Male S	36		09:00
61	Daniel	Kempe	Bristol South Cycling Club	Male V	50	02:20:00	09:01
62	Lloyd	Morgan	Cardiff Ajax CC	Male V	42	02:16:32	09:02
63	Josh	Griffiths	Bristol South Cycling Club	Male Jun	16		09:03
64	Shaun	Griffiths	Pembrokeshire Velo	Male V	52	02:20:54	09:04
65	Nic	Cleave	Swansea Wheelers/CS Abertawe	Male V	43	02:16:59	09:05
66	Andy	Hunt	Ystwyth CC	Male S	38		09:06
67	Mick	Daniels	National Ventilation - LSEA CRT / Notaro Windows	Male S	36		09:07
68	Cliff	Voller	Newbury RC	Male V	65	02:28:38	09:08
69	Andrew	Jones	Cardiff Triathletes	Male S	34		09:09
70	Lee	Morgan	Team Bottrill	Male V	43	02:16:59	09:10
71	Gary	Flower	Acme Whs (Rhondda) CC	Male V	47	02:18:43	09:11
72	Danny	Baker	National Ventilation - LSEA CRT / Notaro Windows	Male S	39		09:12
73	John	Shehan	Bynea Cycling Club	Male V	70	02:33:22	09:13
74	John	Beaven	1st Chard Wheelers	Male V	58	02:23:54	09:14
75	Justin	Ford	CC Blaenau Gwent	Male V	43	02:16:59	09:15
76	Steuart	Saunders	National Ventilation - LSEA CRT / Notaro Windows	Male V	53	02:21:21	09:16
77	James	Manson	Cardiff Triathletes	Male S	39		09:17
78	Andrew	Curley	Warwickshire Road Club	Male V	53	02:21:21	09:18
79	Stephen	Landeg	Ogmore Valley Wheelers CC	Male V	62	02:26:24	09:19
80	Lyn	Jones	EC Cycles	Male V	43	02:16:59	09:20
81	Mike	Knudsen	Macclesfield Wheelers	Male V	51	02:20:27	09:21
82	Ross	Holland	Cheltenham & County Cycling Club	Male Jun	18		09:22
83	Andrea	Parish	Camel Valley C & TC	Female V	48	02:30:15	09:23
84	Geoff	Edgerton	North Shropshire Wheelers	Male V	68	02:31:18	09:24
85	Luke	Cornish	Cwmcarn Paragon Road Club	Male S	22		09:25
86	Phillip	Turner	Bynea Cycling Club	Male V	48	02:19:09	09:26
87	Mark	German	1st Chard Wheelers	Male V	57	02:23:21	09:27
88	Phil	Guy	North Shropshire Wheelers	Male V	68	02:31:18	09:28
89	Dominic	Brown	West Wales Cycle Racing Team	Male V	47	02:18:43	09:29
90	Anthony	Jones	Bynea Cycling Club	Male V	44	02:17:26	09:30
91	John	Regan	Pembrokeshire Velo	Male V	47	02:18:43	09:31
92	Robert	Hughes	Ride Bike Wales	Male V	52	02:20:54	09:32
93	Oliver	Dammone	Gloucester City Cycling Club	Male S	29		09:33
94	Claire	Clementson	Wigan Whs CC	Female S	39		09:34

No	Name		Club/Team	Category	Age	Vets standard	Start Time
95	David	Francis	Team NBCC	Male V	44	02:17:26	09:35
96	Penny	Gardiner	Velo Club St Raphael	Female V	49	02:30:43	09:36
97	Roger	Taylor	Frome and District Wheelers	Male V	70	02:33:22	09:37
98	Nigel	Jones	Gloucester City Cycling Club	Male V	58	02:23:54	09:38
99	Roger	Wood	Pontypool Road Cycling Club	Male V	62	02:26:24	09:39
100	Nigel	Clementson	Wigan Whs CC	Male V	55	02:22:19	09:40
101	Alex	Leek	Velo Club St Raphael	Male S	29		09:41
102	Gareth	Ryan	Rhondda Triathlon Club	Male S	36		09:42
103	Tom	Ellis	Southampton University Road Club	Male S	19		09:43
104	Gaynor	Hughes	Bynea Cycling Club	Female V	51	02:31:41	09:44
105	keith	Ainsworth	Sheffrec CC	Male V	57	02:23:21	09:45
106	Michelle	Parsons	Team Echelon - Rotor	Female V	50	02:31:12	09:46
107	Tom	Woollard	Northover VT / Rudy Project	Male V	70	02:33:22	09:47
108	Dylan	D'Arch	Abercynon Road Club	Male V	42	02:16:32	09:48
109	Heath	Williams	Port Talbot Whs CC	Male V	46	02:18:18	09:49
110	Paul	Holdsworth	Hounslow & District Whs	Male V	52	02:20:54	09:50
111	Matt	Steel	Shaftesbury CC	Male V	41	02:16:04	09:51
112	Richard	Chamberlain	Coventry Road Club	Male V	51	02:20:27	09:52
113	Jason	killiner	Pontypool Road Cycling Club	Male S	38		09:53
114	Mark	Thomas	Rhondda Triathlon Club	Male V	51	02:20:27	09:54
115	Philip	Tucker	Bynea Cycling Club	Male S	36		09:55
116	Crystal	Spearman	NOPINZ	Female S	28		09:56
117	Mike	Lindsay	Wills Wheels CC	Male V	49	02:19:34	09:57
118	Simon	Geary	Hereford & Dist Whs CC	Male V	44	02:17:26	09:58
119	Michael	Burton	100% ME	Male S	29		09:59
120	Nicolas	Stagg	Hounslow & District Whs	Male V	45	02:17:52	10:00
121	Gareth	Rees	Tenby Aces CC	Male V	47	02:18:43	10:01
122	Neil	Reynolds	Winchcombe Cycling Club	Male V	41	02:16:04	10:02
123	Guy	Evans	Hereford & Dist Whs CC	Male V	57	02:23:21	10:03
124	Duncan	Gell	Drighlington BC	Male S	36		10:04
125	Earl	Smith	Severn Valley Cycles	Male V	46	02:18:18	10:05
126	Lawrence	Cronk	Cardiff Ajax CC	Male S	29		10:06
127	Andy	Cook	Chippenham & District Wheelers	Male V	53	02:21:21	10:07
128	Chris	Reed	Ogmore Valley Wheelers CC	Male V	41	02:16:04	10:08
129	Gareth	Hill	Abercynon Road Club	Male V	44	02:17:26	10:09
130	Gregory	Woodford	Reading CC	Male V	55	02:22:19	10:10
131	Colin	Wallace	Merthyr Cycling Club	Male V	53	02:21:21	10:11