

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Pembrokeshire Velo Open 10 Mile Time Trial - 24th August 2014

Course R10/11a



Event Secretary - Michael George - 07817 113792

Timekeepers - David Hawkins & Jill Colman

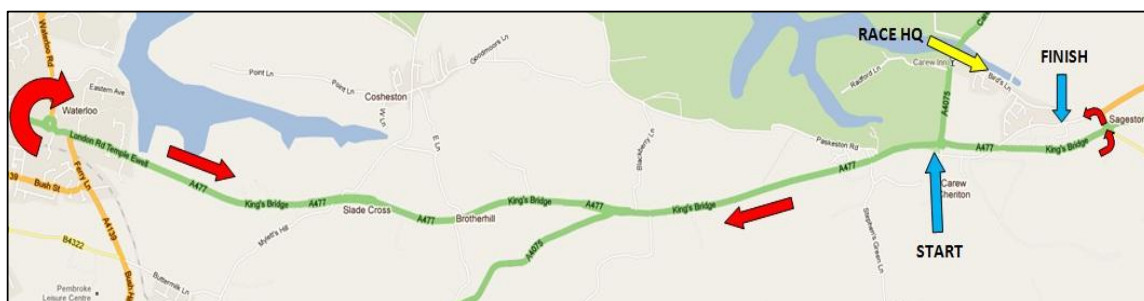


Event Headquarters: Carew Village Hall (Open at 6am)

Directions: Following A40 westbound from Carmarthen; At St Clears roundabout take the A477 towards Pembroke, at Kilgetty traffic lights continue straight ahead, at Sageston Roundabout (next to Carew airfield) take 2nd exit and continue ½ a mile to Carew Roundabout. Take 3rd exit and enter Carew, turn right at the Carew Inn and after approximately 400 yards turn right into HQ

Course Description for R10/11A (Course record 20.54 by Kieron Davies 28/07/12):

Start on unclassified road 50 yards south west of Carew roundabout. Turn left at Carew roundabout and take first exit onto A477. Proceed west on A477 to Waterloo roundabout in Pembroke Dock. Circle roundabout and retrace route heading east on A477. At Carew roundabout take second exit and continue on A477 to Sageston roundabout. Take first exit and bear left on road into Sageston to finish near right hand bend in road on junction. Competitors are asked not to warm up on the course once the first rider has started.



Important Notice to all Riders;

The WCA, CTT and South Wales Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards. For ALL Riders under the age of 18 these helmets are COMPULSORY. Marshalls will be positioned around the course - they are there to show you the way but have no authority over the traffic. Please be familiar with the course, so there are no surprises. It is the Riders responsibility to ride within the laws of the road and with consideration to other road users.

Order of Start

| Number | Name | Club | Category | Vet Std. | Start Time |
|---------------|---------------------|---------------------------|-----------------|-----------------|-------------------|
| 1 | Tanis Hand | Leamington C&AC | TAN | | 08:01 |
| 2 | Roger Gardner | | | | |
| 3 | | | | | 08:03 |
| 4 | | | | | 08:04 |
| 5 | | | | | 08:05 |
| 6 | | | | | 08:06 |
| 7 | | | | | 08:07 |
| 8 | Derek Pugh | Pembrokeshire Velo | VM | 29:39 | 08:08 |
| 9 | Simon Kinsey | Acme Whs (Rhondda) CC | VM | 26:18 | 08:09 |
| 10 | John Regan | Pembrokeshire Velo | VM | 26:23 | 08:10 |
| 11 | Stephen Ratcliffe | Brecon Wheelers | VM | 26:27 | 08:11 |
| 12 | John Shehan | Bynea Cycling Club | VM | 28:42 | 08:12 |
| 13 | Melanie Morgan | Pembrokeshire Velo | VL | 28:13 | 08:13 |
| 14 | Dylan Sharratt | Pembrokeshire Velo | JuvM | | 08:14 |
| 15 | David Griffiths | Glasgow Wheelers | SM | | 08:15 |
| 16 | Rob Dyde | Pembrokeshire Velo | SM | | 08:16 |
| 17 | Paul Rees | Bynea Cycling Club | VM | 26:41 | 08:17 |
| 18 | Carl Scott | Pembrokeshire Velo | SM | | 08:18 |
| 19 | Brad Davies | Bynea Cycling Club | VM | 26:36 | 08:19 |
| 20 | David Brice | Bynea Cycling Club | VM | 26:59 | 08:20 |
| 21 | Paul Colman | Pembrokeshire Velo | VM | 26:59 | 08:21 |
| 22 | Andy Hunt | Ystwyth CC | SM | | 08:22 |
| 23 | Richard Coomer | Pembrokeshire Velo | SM | | 08:23 |
| 24 | Scott Nash | Pembrokeshire Velo | VM | 26:18 | 08:24 |
| 25 | Dan Colman | Pembrokeshire Velo | SM | | 08:25 |
| 26 | Philip Hunt | Team Jewson - MI Racing | SM | | 08:26 |
| 27 | Tony Krol | Pembrokeshire Velo | VM | 26:18 | 08:27 |
| 28 | Shaun Griffiths | Pembrokeshire Velo | VM | 26:45 | 08:28 |
| 29 | Sally Harmer | Pembrokeshire Velo | VL | 29:09 | 08:29 |
| 30 | Luke Cornish | Team NBCC | SM | | 08:30 |

I will aim to have marshalls on course but riders are reminded that it is their responsibility to know the course beforehand.

Keep your heads up and have a good ride!