

Promoted for on behalf and under the regulations of Cycling Time Trials

Pembrokeshire Velo Open 15 - Sun 29th July 2012



Event Secretary: Michael George (07817 113792)

Timekeepers: Jill Colman & David Hawkins

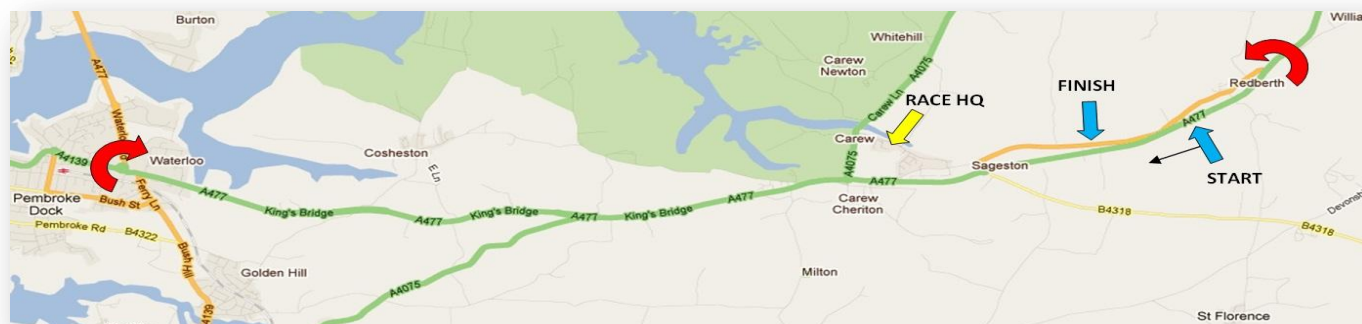


Directions to HQ: Following A40 westbound from Carmarthen; At St Clears roundabout take the A477 towards Pembroke, at Kilgetty traffic lights continue straight ahead, at Sageston Roundabout (next to Carew airfield) take 2nd exit and continue ½ a mile to Carew Roundabout. Take 3rd exit and enter Carew,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

Course Description for R15/4 (Course record 32.51 by Luke Cornish, Pembrokeshire Velo - 07/06/12):

Start on A477 approximately 1 mile East of Sageston roundabout. Proceed West towards Sageston roundabout and take second exit onto A477. Continue 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 and take 2nd exit to continue on A477 towards Redberth. Turn left into Redberth and continue along old road to finish approximately half way to Sageston where power lines pass over the road. Competitors are asked not to warm up on the course once the first rider has started.

I will aim to have marshalls out on course but please be aware that it is the rider's responsibility to know the course beforehand.



PLEASE REMEMBER TO KEEP YOUR HEAD UP AT ALL TIMES AND HAVE A GOOD RIDE!



Prizes: (non-cash prizes kindly sponsored by Mike's Bikes of Haverfordwest)

First	£30
Second	£20
Third	£10
First Lady	£10
First Veteran	£10
First Lady Veteran	£10
1st Veteran on Standard	£10
First Junior	£10 Mike's Bikes Voucher
First Juvenile	£10 Mike's Bikes Voucher
1st rider slower than 34:59	} Mike's Bikes spot prize
1st rider slower than 37:59	
1st rider slower than 40:59	
1st rider slower than 43:59	
Best team of 3 (Bidlake system)	£30



(One prize per rider, veteran standards being used are the 2012 VTTA standards)
Certificates with times for all Junior and Juvenile riders!

Riders entered into all 3 TTs will be eligible for the best all rounder competition calculated by a points system: 1st = 100 points, 2nd = 99 points etc.

Prize for best all rounder: Mikes Bikes Jersey
Prize for best Juv/Jun all rounder: £20 Mike's Bikes Voucher

TO ALL COMPETITORS, PLEASE REMEMBER:

- DO NOT park your car within sight of the start or finish timekeeper
- DO NOT leave your number flapping
- DO NOT allow your friends and family to follow you around the course – it is not allowed
- DO call your number when finishing – or it may not be recorded
- DO keep your head up, be aware and have a safe ride

Pembrokeshire Velo, CTT and the Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards;
For all riders under 18, these helmets are compulsory;



Order of Start

Number	Name	Club	Cat	Vet Std	Start Time (am)
1	-	-	-	-	07:01
2	-	-	-	-	07:02
3	-	-	-	-	07:03
4	-	-	-	-	07:04
5	Anthony Howell	Port Talbot Wheelers	VM	40:05	07:05
6	Daniel Colman	Pembrokeshire Velo	JM	-	07:06
7	Stephen Williams	Ystwyth CC	JM	-	07:07
8	Stephen Ratcliffe	Brecon Wheelers	VM	39:40	07:08
9	Derek Pugh	Pembrokeshire Velo	VM	44:11	07:09
10	Ben Simmons	Team Wiggle	M	-	07:10
11	Daniel Thorogood	Ystwyth CC	VM	40:18	07:11
12	Clifford Jackson	Pembrokeshire Velo	VM	41:53	07:12
13	Sally Harmer	Ystwyth CC	VL	43:38	07:13
14	Manon Lloyd	Towy Riders CC	JuvL	-	07:14
15	Darran Carpenter	Cwmcarn Paragon	M	-	07:15
16	Paul Colman	Pembrokeshire Velo	VM	40:24	07:16
17	Dan Field	Ystwyth CC	M	-	07:17
18	Harry Ratcliffe	Brecon Wheelers	JM	-	07:18
19	Trevor Richards	Bynea CC	VM	41:11	07:19
20	Luke Cornish	Cwmcarn Paragon	M	-	07:20
21	Chris Lee	Merthyr CC	VM	39:33	07:21
22	John Shehan	Bynea CC	VM	42:23	07:22
23	Mel Morgan	Pembrokeshire Velo	VL	42:17	07:23
24	Nicholas Jones	Towy Riders CC	JuvM	-	07:24
25	Ben Philips	Bynea CC	M	-	07:25
26	Gareth Rees	Tenby Aces	VM	39:33	07:26
27	David Brice	Bynea CC	VM	40:24	07:27
28	Garry Jones	Port Talbot Wheelers	VM	40:43	07:28
29	Norman James	Ogmore Valley Whs	VM	43:55	07:29
30	Kieron Davies	Bynea CC	M	-	07:30

Have a safe journey down and see you on the day!