

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

Pembrokeshire Velo Open 10 - Sat 28th July 2012

Event Secretary: Michael George (07817 113792)

Timekeepers: Jill Colman & David Hawkins



Sponsored by:



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 R10/11A (Course record 21.18 by Kieron Davies, Bynea CC - 28/08/11):

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.

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 22:59	} Mike's Bikes spot prize
1st rider slower than 24:59	
1st rider slower than 26:59	
1st rider slower than 28:59	
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	-	-	-	-	07:05
6	-	-	-	-	07:06
7	Gethin Llewellyn	Tenby Aces	M	-	07:07
8	Derek Pugh	Pembrokeshire Velo	VM	29:15	07:08
9	Manon Lloyd	Towy Riders CC	JuvL	-	07:09
10	Ben Philips	Bynea CC	M	-	07:10
11	Paul Colman	Pembrokeshire Velo	VM	26:47	07:11
12	Dan Field	Ystwyth CC	M	-	07:12
13	Richard Coomer	Pembrokeshire Velo	M	-	07:13
14	Norman James	Ogmore Valley Whs	VM	29:05	07:14
15	Daniel Thorogood	Ystwyth CC	VM	26:43	07:15
16	Clifford Jackson	Pembrokeshire Velo	VM	27:45	07:16
17	Gareth Rees	Tenby Aces	VM	26:13	07:17
18	Garry Jones	Port Talbot Wheelers	VM	26:59	07:18
19	Nicholas Jones	Towy Riders CC	JuvM	-	07:19
20	Ben Simmons	Team Wiggle	M	-	07:20
21	Daniel Colman	Pembrokeshire Velo	J	-	07:21
22	Antony Howell	Port Talbot Wheelers	VM	26:31	07:22
23	Stephen Williams	Ystwyth CC	JM	-	07:23
24	Jack James	Tenby Aces	JuvM	-	07:24
25	Chris Lee	Merthyr CC	VM	26:13	07:25
26	Gareth Rees	Cwmcarn Paragon	M	-	07:26
27	Nick Merrony	Pembrokeshire Velo	VM	26:51	07:27
28	Tim Raine	Ogmore Valley Whs	VM	28:04	07:28
29	Stephen Ratcliffe	Brecon Wheelers	VM	26:18	07:29
30	Luke Cornish	Cwmcarn Paragon	M	-	07:30
31	Peter Lloyd	Pembrokeshire Velo	VM	26:26	07:31
32	John Shehan	Bynea CC	VM	28:04	07:32
33	Martin Williams	Pembrokeshire Velo	VM	26:22	07:33
34	Shirley Howell	Port Talbot Wheelers	VL	28:28	07:34
35	Darran Carpenter	Cwmcarn Paragon	M	-	07:35
36	Justyn Davies	Towy Riders CC	VM	26:13	07:36
37	Jon Lear	Pembrokeshire Velo	VM	26:35	07:37
38	Sally Harmer	Ystwyth CC	VL	28:55	07:38
39	Harry Ratcliffe	Brecon Wheelers	JM	-	07:39
40	Kieron Davies	Bynea CC	M	-	07:40

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