

# 2016 Welsh 10 Miles Time Trial Championship

promoted by

**Pontypool Road Cycling Club**

on behalf of

**Welsh Cycling Association**

Sunday 14th August 2016

Event Secretary – Dax Jenkins



**Pontypool RCC Welsh 10TT Champs - Juniors**

Position	First Name	Last Name	Club	Age / M or F	Time
1	Josh	Griffiths	Bristol South Cycling Club	16/M	0:21:40
2	Joshua	Tarling	West Wales Cycle Racing Team	12/M	0:22:27
3	Huw	Owen	Energy Cycles	16/M	0:22:39
4	Oliver	Rowlands	Newport Phoenix CC	14/M	0:23:05
5	Twm	Bryn	Energy Cycles	15/M	0:23:07
6	James	Bell	Mid Shropshire Wheelers	18/M	0:23:59
7	Matthew	Hanford	Bynea Cycling Club	15/M	0:24:38
8	Aimee	Lane	Wyre Forest CRC	12/F	0:25:48
9	Sion-Kelly	Williams	Energy Cycles	18/M	0:27:09
10	Cadi	Jones	Energy Cycles	16/F	0:27:37
11	Awen	Lewis	Port Talbot Whs CC	17/F	

**Award**  
 1st JUN  
 1st JUV  
 2nd JUN  
 3rd JUN

**Notes**  
 wins on one rider/one prize rule  
 wins on one rider/one prize rule

1st JUV Girl

1st JUN Girl

**Pontypool RCC Welsh 10TT Champs - Ladies**

Position	First Name	Last Name	Club	Age / Vet Std	Time	Imp on Std	Award	Notes
1	Stephanie	Post	Onit Cycles	30	0:22:27			
2	Crystal	Spearman	NOPINZ	28	0:22:53			
3	Katie	Price	Hereford & Dist Whs CC	32	0:23:45	3.43	1st Jady 2nd Lady 3rd Lady	
4	Tina	Reid	In-Gear Quickvit Trainsharp RT	51/28.58	0:23:55			
5	Andrea	Parish	Camel Valley C & TC	48/28.43	0:23:57			
6	Jessica	Roberts	Team Elite/Paul Bethell Electrical	37	0:24:03			
7	Nadine	Cannon	Acme Whs (Rhondda) CC	36	0:24:14			
8	Kirsty	Murray	Pembrokeshire Velo	43/28.19	0:24:15	3.35		
9	Trish	Chalk	Velo Club St Raphael	37	0:24:40			
10	Jasmine	Bowyer	Cardiff Ajax CC	22	0:24:42			
11	Kari	Jones	Ride Bike Wales	37	0:25:00	4.06		
12	Joanna	Knight	Bristol South Cycling Club	56/29.26	0:25:00	4.04		
13	Michelle	Robertson	Abercynon Road Club	49/28.48	0:25:13			
14	Gaynor	Hughes	Bynea Cycling Club	51/28.58	0:25:15	0.38		
15	Diane	Wilson-Evans	Bynea Cycling Club	56/29.26	0:26:19	5.03		
16	Annamarie	Miles	Salt and Sham Cycle Club	38	0:27:17	4.26		
17	Margaret	Coyle	Gloucester City Cycling Club	40/28.02	0:27:31	3.07		
18	Julie	Stephens	Ross on Wye & Dist CC	51/28.58	0:28:26	0.31		
19	Carol	Bowen	Abercynon Road Club	54/29.14	0:28:36	0.32		
20	Jill	Colman	Pembrokeshire Velo	52/29.03	0:31:55			

**Pontypool RCC Welsh 10TT Champs - Mens Overflow**

Position	First Name	Last Name	Club	Age / Vet Std	Time	Imp on Std	Award	Notes
1	Steffan	Jones	Energy Cycles	49/26.41	0:21:31	5.1		
2	Rick	Harris	Ross on Wye & Dist CC	41/26.04	0:22:22	3.42		
3	Jame	Stevens	Bristol South Cycling Club	41/26.04	0:22:23	3.41		
4	Michael	Tarling	West Wales Cycle Racing Team	40/25.59	0:22:24	3.35		
5	Richard	Franklin	Salt and Sham Cycle Club	47/26.32	0:22:32	4		
6	Dean	Prosser	Hereford & Dist Whs CC	47/26.32	0:23:36	2.26		
7	Stuart	Jones	EC Cycles	34	0:23:45			
8	Roger	Wood	Pontypool Road Cycling Club	62/27.51	0:23:46	4.05		
9	Kerry	Trigg	Ross on Wye & Dist CC	45/26.23	0:23:46	2.37		
10	Brad	Davies	Bynea Cycling Club	50/26.45	0:24:00	2.45		
11	Stephen	Landeg	Ogmore Valley Wheelers CC	62/27.51	0:24:14	3.37		
12	Gareth	Chislett	CC Blaenau Gwent	40/25.59	0:24:15	1.44		
13	Nick	Hughes	Salt and Sham Cycle Club	38	0:24:27			
14	Robin	Fox	Dursley Road Club	58/27.26	0:24:41	2.45		
15	Robert	Jones	Cardiff 100 Miles RCC	64/28.06	0:24:45	3.21		
16	Gareth	Hill	Abercynon Road Club	44/26.18	0:24:49	1.29		
17	Russell	Boon	Avonlea/Treasure RT	51/26.50	0:25:02	1.48		
18	Jon	Airey	Ross on Wye & Dist CC	63/27.59	0:25:04	2.55		
19	Gregory	Brett	Ogmore Valley Wheelers CC	46/26.27	0:25:15	1.12		
20	Jeffrey	Adams	Pontypool Road Cycling Club	69/28.52	0:25:29	3.23		
21	Richard	Bowmer	Ogmore Valley Wheelers CC	51/26.50	0:25:32	1.18		
22	Matt	Grantham	Pontypool Road Cycling Club	18	0:25:32			
23	Ed	Hadley	Hereford & Dist Whs CC	60/27.38	0:25:48	1.5		
24	Brian	Parker	Abercynon Road Club	41/26.04	0:25:56	0.08		
25	Michael	Williams	Hereford & Dist Whs CC	59/27.32	0:25:58	1.34		
26	Kevin	Flander	VTTA (South Wales)	53/26.59	0:26:04	0.55		
27	Kevin	Bessant	Bynea Cycling Club	53/26.59	0:26:15	0.44		
28	David	Steel	Hereford & Dist Whs CC	69/28.52	0:26:43	2.09		
29	Derek	Morgan	Gannet CC	76/30.23	0:27:09	3.14		
30	Paul	Griffiths	Cardiff Ajax CC	61/27.44	0:27:20	0.24		
31	John	Coles	West Suffolk Whs & Tri Club	73/29.39	0:27:29	2.1		
32	Tony	Emery	Dursley Road Club	69/28.52	0:27:43	1.09		
33	Ron	Boast	Ogmore Valley Wheelers CC	65/28.14	0:27:43	0.31		
34	Kevin	Grant	Frome and District Wheelers	59/27.32	0:28:50			
35	Norman	James	Ogmore Valley Wheelers CC	77/30.40	0:30:51			
36	Owen	Pocock	CC Blaenau Gwent	81/32.00	0:36:07			
37	Ian	Liddiatt	Cardiff Triathletes	47/26.32				
38	Les	Thomas	Port Talbot Whs CC	54/27.04				
39	Paul	Rees	Bynea Cycling Club	51/26.50				
40	Ron	Clews	Stourbridge Velo	55/27.09				
41	Andrew	Harries	Ogmore Valley Wheelers CC	56/27.14				

**Pontypool RCC Welsh 10TT Champs - Mens Event**

Position	First Name	Last Name	Club	Age	Time	Imp on Std	Award	Notes
1	Kieron	Davies	DRAG2ZERO	29	0:18:36		1st	
2	David	Woodhouse	G.S. Henley	38	0:19:19		2nd	
3	Matt	Slater	Revo Racing	41/26.04	0:19:23	6.41	3rd	
4	Tom	Ward	Team Echelon - Rotor	22	0:19:26			
5	Matt	Burden	73 Degrees Bicycles	39	0:19:28			
6	George	Evans	Team Bottrill	18	0:19:29		1st Team of 3	
7	Dan	Evans	Team Elite/Paul Bethell Electrical	35	0:19:30			
8	Ed	Laverack	JLT Condor	22	0:19:46			
9	Lee	Morgan	Team Bottrill	43/26.13	0:19:48	6.25	1st Team of 3	
10	Liam	Bard	Revo Racing	27	0:19:54			
11	Anthony	Jones	Bynea Cycling Club	44/26.18	0:20:03	6.15		
12	Graham	Collins	Tanks Direct Cycling	35	0:20:06			
13	Ben	Anstie	73 Degrees Bicycles	39	0:20:06			
14	Aled	Roberts	Team Elite/Paul Bethell Electrical	37	0:20:09			
15	Chris	Massey	Team Bottrill	44/26.18	0:20:16	6.02	1st Team of 3	
16	Paul	Jones	Severn Valley Cycles	39	0:20:17			
17	Ben	Phillips	Bynea Cycling Club	27	0:20:20			
18	Ben	Skinner	Bath Cycling Club	33	0:20:23			
19	Graeme	Boswell	Cardiff Ajax CC	41/26.04	0:20:25	5.39		
20	Carwyn	Davies	Cwmcam Paragon Road Club	38	0:20:40			
21	Christopher	Holman	Team Bottrill	29	0:20:41			
22	Luke	Cornish	Cwmcam Paragon Road Club	22	0:20:48			
23	Steven	Cottingham	Bath Cycling Club	54/27.04	0:20:51	6.13		
24	Charles	Zanettacci	Cheltenham & County Cycling Club	53/26.59	0:20:55	6.04		
25	Mike	Appleyard	Lancashire RC	50/26.45	0:20:57	5.48		

26	Andrew	Legge	Bristol South Cycling Club	40/25.59	0:20:58	5.01
27	Jonathan	Gould	Cheltenham & County Cycling Club	39	0:20:58	
28	Thomas	Shuker	Walsall Roads Cycling Club	25	0:20:59	
29	Laurence	Douglas-Greene	Somerset Road Club	23	0:21:02	
30	David	Bucknall	Royal Dean Forest Cycle Club	42/26.09	0:21:04	5.05
31	Paul	Coles	73 Degrees Bicycles	43/26.13	0:21:04	5.09
32	Glyndwr	Griffiths	73 Degrees Bicycles	38	0:21:08	
33	David	Francis	Pembrokeshire Velo	44/26.18	0:21:09	5.09
34	Rob	Hussey	Army Cycling Union	37	0:21:11	
35	John	Regan	Pembrokeshire Velo	47/26.32	0:21:12	5.2
36	Daniel	Colman	Pembrokeshire Velo	21	0:21:12	
37	Steve	Matthews	Team Elite/Paul Bethell Electrical	33	0:21:13	
38	Earl	Smith	Severn Valley Cycles	46/26.27	0:21:13	5.14
39	Danny Glyn	Roberts	Anglesey Cycling Group	35	0:21:14	
40	Christopher	Jones	Ride Bike Wales	47/26.32	0:21:17	5.15
41	Andrew	Spearmen	Chippenhams & District Wheelers	56/27.14	0:21:19	5.55
42	Ross	Davies	NFTO Race Club	36	0:21:25	
43	Julian	Harper	Revo Racing	47/26.32	0:21:34	4.58
44	Rod	Hicks	Port Talbot Whs CC	51/26.50	0:21:34	5.16
45	Gareth	Jones	Velo Club St Raphael	46/26.27	0:21:34	4.53
46	Richard	Coomer	Pembrokeshire Velo	38	0:21:35	
47	Michael	Portlock	EC Cycles	46/26.27	0:21:38	4.49
48	Simon	Tarrant	Cheltenham & County Cycling Club	42/26.09	0:21:39	4.3
49	Rob	Hall	Salt and Sham Cycle Club	43/26.13	0:21:40	4.33
50	Rob	Jones	Cardiff Ajax CC	39	0:21:40	
51	Richard	Long	Merthyr CC	31	0:21:40	
52	Mark	Bradley	Bristol South Cycling Club	51/26.50	0:21:42	5.08
53	Mark	Rosser	Ogmore Valley Wheelers CC	46/26.27	0:21:43	4.44
54	Dafydd	Hughes	Energy Cycles	34	0:21:44	
55	Adam	Taylor	Royal Dean Forest Cycle Club	38	0:21:46	
56	Paul	Milner	Worcester St. Johns CC	46/26.27	0:21:47	4.4
57	Nathan	Leaves	NFTO Race Club	18	0:21:48	
58	Mark	Woolford	Chippenhams & District Wheelers	50/26.45	0:21:49	4.56
59	Neil	Poulton	Ogmore Valley Wheelers CC	36	0:21:52	
60	Mike	Lindsay	Wills Wheels CC	50/26.45	0:21:55	4.5
61	Paul	Lambert	Chippenhams & District Wheelers	50/26.45	0:21:56	4.49
62	Justin	Ford	CC Blaenau Gwent	43/26.13	0:21:57	4.16
63	Ian	Lindsay	Royal Navy & Royal Marines CA	43/26.13	0:22:00	4.13
64	Gary	Flower	Acme Whs (Rhondda) CC	47/26.32	0:22:01	4.31
65	Iain	Cade	Bath Cycling Club	36	0:22:02	
66	Andrew	Derrick	Severn RC	37	0:22:05	
67	Chris	Fishbourne	Abercynon Road Club	42/26.09	0:22:08	4.01
68	Jonathan	Wilkinson-Lockyer	Tor 2000 (Kalas, Whitelake, Scorpion)	47/26.32	0:22:09	4.23
69	David	Wilson-Evans	Bynea Cycling Club	59/27.32	0:22:10	5.22
70	Robert	Hughes	Ride Bike Wales	52/26.54	0:22:10	4.44
71	Mike	Amery	VC Sevale (Malvern)	58/27.26	0:22:12	5.14
72	Daniel	Kempe	Bristol South Cycling Club	50/26.45	0:22:21	4.24
73	Gary	Jones	Pontypool Road Cycling Club	54/27.04	0:22:23	4.41
74	Matthew	Phillips	Bynea Cycling Club	29	0:22:24	
75	Jon	Wiggins	Frome and District Wheelers	34	0:22:28	
76	Derek	Dowdeswell	Gloucester City Cycling Club	62/27.51	0:22:28	4.23
77	Paul	Colman	Pembrokeshire Velo	55/27.09	0:22:29	4.4
78	Matthew	Smith	Port Talbot Whs CC	29	0:22:30	
79	Daryl	Godden	Gloucester City Cycling Club	57/27.20	0:22:33	4.47
80	Stuart	Evans	Port Talbot Whs CC	70/29.02	0:22:35	6.27
81	Peter	Ackroyd	Cheltenham & County Cycling Club	58/27.26	0:22:36	4.5
82	Stephen	Taylor	Team NBCC	51/26.50	0:22:37	4.13
83	Gareth	Poulton	Abergavenny RC	40/25.59	0:22:43	3.16
84	Mike	Broadbent	Swansea Wheelers/CS Abertawe	55/27.09	0:22:44	4.25
85	Andrew	Milner	Evesham & District Wheelers	44/26.18	0:22:47	3.31
86	Christopher	Goodwin	Ogmore Valley Wheelers CC	43/26.13	0:22:48	3.25
87	Vincent	Douglas	Gloucester City Cycling Club	46/26.27	0:22:56	3.31
88	David	Wood	Stourbridge Velo	61/27.44	0:22:57	4.37
89	Luke	Bradford	Hereford Triathlon Club	39	0:22:59	
90	Marco	Marletta	Cardiff Jif	50/26.45	0:23:00	3.45
91	Scott	Nash	Pembrokeshire Velo	47/26.32	0:23:01	3.31
92	Steven	Madeley	Ogmore Valley Wheelers CC	55/27.09	0:23:04	4.05
93	Jon	Vickery	Cwmcam Paragon Road Club	52/26.54	0:23:10	3.44
94	Chris	Ward	Team Echelon - Rotor	61/27.44	0:23:10	4.34
95	Mike	Parry	Hereford Triathlon Club	50/26.45	0:23:13	3.32
96	Steven	Brown	Gloucester City Cycling Club	43/26.13	0:23:22	2.51
97	Paul	Stephens	Ross on Wye & Dist CC	51/26.50	0:23:28	3.22
98	Andrew	Hayward	Cwmcam Paragon Road Club	44/26.18	0:23:29	2.49
99	Digby	Rusling	Royal Dean Forest Cycle Club	47/26.32	0:23:30	3.02
100	Garry	Shuker	Walsall Roads Cycling Club	61/27.44	0:23:36	4.08
101	Simon	Geary	Hereford & Dist Whs CC	44/26.18	0:23:39	2.39
102	Jeffrey	Rees	Acme Whs (Rhondda) CC	53/26.59	0:23:41	3.18
103	Paul	Hudson	Severn Valley Cycles	49/26.41	0:23:44	2.57
104	Matthew	Clarke	73 Degrees Bicycles	52/26.54	0:23:44	3.1
105	Guy	Evans	Hereford & Dist Whs CC	57/27.20	0:23:48	3.32
106	James	Lewis	NFTO Pro Cycling	25	0:23:50	
107	John	Shehan	Bynea Cycling Club	70/29.02	0:24:18	4.44
108	Alan	Cooper	Avonlea/Treasure RT	59/27.32	0:24:22	3.1
109	Richard	Hier	EC Cycles	36	0:24:25	
110	Vincent	Jenkins	LeisureLakesBikes.com	76/30.23	0:24:30	5.53
111	John	Murphy	Gloucester City Cycling Club	76/30.23	0:25:25	4.58
112	Karl	Davies	Stourbridge Velo	54/27.04	0:25:26	1.38
113	Lloyd	Morgan	Cardiff Ajax CC	42/26.09	0:27:31	
114	Emyr	Griffiths	Bynea Cycling Club	49/26.41		
115	Simon	Witts	Gloucester City Cycling Club	45/26.23		
116	Paul	Jones	Cwmcam Paragon Road Club	39		
117	Paul	Cannon	Porth & District CC	64/28.06		
118	Gareth	Battle	Porth & District CC	42/26.09		
119	Howell	Mason	Ogmore Valley Wheelers CC	61/27.44		
120	Karl	Wills	Pontypool Road Cycling Club	56/27.14		

1st VET on std wins on 1 rider/1 prize rule

A big congratulations to the 2016 Champions and Prize Winners!

Many thanks to those that helped with the event – the timekeepers, recorder, marshals and helpers, parking organiser (my dad) and the kitchen girls (my wife, mother and mother in law)

Thanks also goes to Sunwise for sponsoring the event yet again.

And most importantly - thanks to you, the riders, for supporting it. See you all again next year!

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