

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations.

# 2019 Welsh Cycling Association 10 mile Time Trial Championship.

Promoted by

## Pontypool Road Cycling Club

Sunday 11 August 2019 – R10/17 – 8.31 am

Event Sec: Roger Wood 18 Oaklands Park Drive, Rhiwderin, Newport NP10 8RB

Mobile: 07510961945. Complaints should be made in writing to me within 24 hours.

Timekeepers: Starter – Phyl Harradine. Finish – Robin Field.

Event Headquarters: Abergavenny Scout Hall, Fairfield Car Park, Park Avenue  
Abergavenny NP7 5SS. Open from 7.30 am.

### Awards –

#### Men's Championship

1<sup>st</sup> - £30 and championship medal and Champions Cap

2<sup>nd</sup> - £20 and championship medal

3<sup>rd</sup> - £10 and championship medal

#### Ladies Championship

1<sup>st</sup> - £30 and championship medal and Champions Cap

2<sup>nd</sup> - £20 and championship medal

3<sup>rd</sup> - £10 and championship medal

#### Junior Championship

1<sup>st</sup> - Championship medal and Champions Cap

2<sup>nd</sup> - Championship medal

3<sup>rd</sup> - Championship medal

#### Juvenile Championship

1<sup>st</sup> - Championship medal and Champions Cap

2<sup>nd</sup> – Championship medal

3<sup>rd</sup> – Championship medal

1<sup>st</sup> Female Juvenile - Championship medal and Champions Cap

#### Veterans on VTTA std

1<sup>st</sup> – Championship medal

2<sup>nd</sup> - Championship medal

3<sup>rd</sup> – Championship medal

Champions' Trophies will be awarded at the WCA Awards Lunch.

Remember to sign in and OUT after the race. Failure to do so will result in disqualification.

In the interests of your own safety, Cycling Time Trails and the event promoters strongly advise you to wear a hard shell helmet that meets an internationally accepted safety standard. It is a regulation of the CTT that all riders under the age of 18 or juniors should wear a hard shell helmet conforming to a safety standard in accordance with the regulation 15 and have a rear facing flashing red light fitted to your machine.

### **Course Description R10/17 - A40 Hardwick - Raglan**

OS References: Sheet 161 - Start and finish 333100 Start at 1st drain cover in 3rd lay-by east of Hardwick roundabout, Abergavenny, on A40, 25 yards east of Kilo post 97 and 400 yards east of bridge over road. Proceed on A40 to Raglan roundabout (4.94 miles) and turn by circling roundabout and retrace on A40 to finish at road joint 136 at western end of lay-by opposite start. District Regulation: No cars connected with riders are to travel on the A40 during the event. Competitors observed crossing the dual carriageway will be disqualified.

This event may be subject to Doping Control - It is your responsibility to check! Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board, if your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

There will be a short presentation immediately following confirmation of the results. One prize per rider.

**The Juvenile, Junior and Ladies awards to be presented after those events at approximately 10 am.**

Medals need to be collected on the day. Please stay to applaud the Champions for 2019.

Have a safe fast ride!

#### **2019 WCA 10 mile TT Championship. Juvenile event.**

<b>Start</b>	<b>No</b>	<b>Name</b>	<b>Club</b>
08:31	31	Aimee Lane	Wyre Forest Cycle Racing Club
08:32	32	Tomos Perkins	Towy Riders Cycle Club
08:33	33	Ryan Abram	Newport Phoenix CC
08:34	34	Morgan Lloyd	Cycle Specific
08:35	35	Finlay Tarling	Team Backstedt Bike Performance
08:36	36	Joshua Tarling	Team Backstedt Bike Performance

#### **2019 WCA 10 mile TT Championship. Junior event.**

08:37	37	Louis Hay	Cwmcarn Paragon Road Club
08:38	38	Thomas Harrington	Abergavenny RC
08:39	39	Oliver Rowlands	Newport Phoenix CC
08:40	40	Daniel Kain	Squadra Scozzese
08:41	41	Kieran Morris	Total Tri Training

#### **2019 WCA 10 mile TT Championship. Ladies event.**

08:44	44	Laura Airey	Ross on Wye & Dist CC
08:45	45	Claire Bird	Pontypool Road Cycling Club
08:46	46	Katherine Brace	Tenby Aces CC
08:47	47	Kim Brace	Bath Cycling Club
08:48	48	Anita Saycell	Ystwyth CC

08:49	49	Amanda	Lane	Bynea Cycling Club
08:50	50	Jo	Buckland	PDQ Cycle Coaching
08:51	51	Rosey	Mushens	73 Degrees Bicycles, WestSide Coaching rt
08:52	52	Michelle	Fishbourne	CES Sport
08:53	53	Deborah	Sheridan	Warwickshire Road Club
08:54	54	Andrea	Parish	VeloSistas TT Team
08:55	55	Joanne	Jago	Performance Cycles CC
08:56	56	Jessica	Rhodes-jones	AeroCoach
08:57	57	Anna	Morris	AeroLab Ward WheelZ
08:58	58	Stephanie	Post	Team Bottrill

**2019 WCA 10 mile TT Championship. Men's event.**

09:01	1	Robert	Baynton	Chepstow Cycling Club
09:02	2	Roger	Wakeling	Antelope Racing Team
09:03	3	Eamonn	Sheridan	Warwickshire Road Club
09:04	4	Mark	Leeming	PDQ Cycle Coaching
09:05	5	Terry	Harradine	CC Topp
09:06	6	William	Wilson	Bath Cycling Club
09:07	7	Jeffrey	Rees	Gower Riders Cycling Club
09:08	8	Michael	Brain	Abercynon Road Club
09:09	9	Derek	Morgan	Worcester St. Johns CC
09:10	10	Andrew	Milner	Worcester St. Johns CC
09:11	11	Jon	Airey	Ross on Wye & Dist CC
09:12	12	Chris	Hughes	Hereford & Dist Whs CC
09:13	13	Michael	Williams	Hereford & Dist Whs CC
09:14	14	Gareth	Hill	Abercynon Road Club
09:15	15	John	Shehan	Bynea Cycling Club
09:16	16	Robert	Jones	Cardiff 100 Miles RCC
09:17	17	Roger	Taylor	Frome and District Wheelers
09:18	18	Royston	Small	Newport Phoenix CC
09:19	19	Robin	Fox	Dursley Road Club
09:20	20	Darren	Pitman	Sodbury Cycle Sport
09:21	21	Michael	Collins	VC Sevale (Malvern)
09:22	22	Les	Thomas	Port Talbot Whs CC
09:23	23	Simon	Kinsey	Virtual Cycling Club
09:24	24	Tom	Kenderdine	Successcycling.co.uk
09:25	25	Brad	Davies	Bynea Cycling Club
09:26	26	Jake	Tay	Severn Road Club
09:27	27	Kevin	Grant	Frome and District Wheelers
09:28	28	Ian	Gibson	Abercynon Road Club
09:29	29	Neil	Turner	Hereford Triathlon Club
09:30	30	Mark	Palliser	Hereford & Dist Whs CC
09:31	31	Mike	Parry	Hereford Triathlon Club
09:32	32	Luke	Bradford	Hereford Triathlon Club
09:33	33	Garry	Shuker	Walsall Roads Cycling Club
09:34	34	John	Williams	Bynea Cycling Club
09:35	35	Geoff	Thomas	Rhondda Triathlon Club
09:36	36	Jon	Vickery	Cwmcarn Paragon Road Club
09:37	37	Ian	Cooke	M & D Fusion RT
09:38	38	Gareth	Williams	Hereford & Dist Whs CC
09:39	39	Steven	Brown	Gloucester City Cycling Club
09:40	40	Robert	Hampton	Warwickshire Road Club

09:41	41	Martin	Howe	VELOFLOW CC
09:42	42	Richard	Llewellyn	Imperial Racing Team
09:43	43	Martin	Stanley	Worcester St. Johns CC
09:44	44	Earl	Smith	Royal Dean Forest Cycle Club
09:45	45	David	Singleton	Acme Whs (Rhondda) CC
09:46	46	John	Aspell	PDQ Cycle Coaching
09:47	47	Rikky	Hughes	Worcester St. Johns CC
09:48	48	Cliff	Voller	Newbury RC
09:49	49	Robert	Smith	Warwickshire Road Club
09:50	50	Michael	Stephens	Hereford Triathlon Club
09:51	51	Gary	Jones	Successcycling.co.uk
09:52	52	Paul	Stephens	Ross on Wye & Dist CC
09:53	53	Jon	Wiggins	PDQ Cycle Coaching
09:54	54	Rob	Dyde	Pembrokeshire Velo
09:55	55	Daryl	Godden	Gloucester City Cycling Club
09:56	56	Andy	Williams	Newport Phoenix CC
09:57	57	Richard	Rees	Cardiff Ajax CC
09:58	58	Martin	Osman	CC Giro
09:59	59	Dean	Prosser	Hereford & Dist Whs CC
10:00	60	Ian	Lindsay	Royal Navy & Royal Marines CA
10:01	61	Andrew	Butcher	Cwmcarn Paragon Road Club
10:02	62	Christopher	Davis	Giant CC Halo Films
10:03	63	Calum	Cheshire	Cardiff Ajax CC
10:04	64	Jonathan	Heath	Brecon Wheelers
10:05	65	Michael	Tarling	West Wales Cycle Racing Team
10:06	66	Carlo	Toledo	Gloucester City Cycling Club
10:07	67	Rich	Long	Merthyr CC
10:08	68	Mark	Gateshill	PDQ Cycle Coaching
10:09	69	Colin	Wallace	Merthyr CC
10:10	70	Robert	Hughes	Rhondda Triathlon Club
10:11	71	Vincent	Jenkins	LeisureLakesBikes.com
10:12	72	Andy	Hazell	Nova Raiders CC
10:13	73	Philip	Sims	Newport Phoenix CC
10:14	74	Derek	Dowdeswell	Gloucester City Cycling Club
10:15	75	Peter	Blackwell	Solihull CC
10:16	76	Jonathan	Barnes	Hereford Triathlon Club
10:17	77	Luke	Smith	Bristol South Cycling Club
10:18	78	Leon	Evans	Cardiff Ajax CC
10:19	79	Stuart	Evans	Port Talbot Whs CC
10:20	80	Thomas	Dye	Cardiff Ajax CC
10:21	81	Guy	Rees	Bynea Cycling Club
10:22	82	Pete	Harris	Andover Wheelers
10:23	83	Jamie	Best	Bynea Cycling Club
10:24	84	Jordan	Wintle	Cheltenham & County Cycling Club
10:25	85	Darrel	Williams	Bynea Cycling Club
10:26	86	Bob	Richardson	Bournemouth Jubilee Whs
10:27	87	Steven	Lorraine	Team Swift
10:28	88	Kevin	Lane	Successcycling.co.uk
10:29	89	Neil	Lewis	VELOFLOW CC
10:30	90	Mark	Hamer	Stratford Cycling Club
10:31	91	Lloyd	Dobson	Army Cycling
10:32	92	Frank	Kilsby	Velo Club St Raphael
10:33	93	Jason	Streather	PDQ Cycle Coaching

10:34	94	John French	Oxford City RC
10:35	95	Paul Hayward	Pontypool Road Cycling Club
10:36	96	David Medhurst	Cardiff Ajax CC
10:37	97	Ryan O'rourke	Cwmcarn Paragon Road Club
10:38	98	David Evans	Team Echelon
10:39	99	Mark Woolford	Team Swindon Cycles
10:40	100	Andy Davies	Cardiff Jif
10:41	101	Steven Cottingham	Bath Cycling Club
10:42	102	Carwyn Davies	Cwmcarn Paragon Road Club
10:43	103	Paul Guest	Worcester St. Johns CC
10:44	104	Owen Burgess	Newport Phoenix CC
10:45	105	David Dickerson	Team Echelon
10:46	106	Tim May	PDQ Cycle Coaching
10:47	107	Jack Kellam	Cambridge University CC
10:48	108	Simon Garrett	Team Echelon
10:49	109	Gerry Bowditch	Pontypool Road Cycling Club
10:50	110	Anthony Jones	Towy Riders Cycle Club
10:51	111	Michiel Vaal	CES Sport
10:52	112	Tony Chapman	Frome and District Wheelers
10:53	113	Matt J Smith	Cycling Club Hackney
10:54	114	Andrew Overton	Successcycling.co.uk
10:55	115	Luke Dix	Cardiff Jif
10:56	116	B Xavier Disley	AeroCoach
10:57	117	Lee Perrott	Cycle Specific
10:58	118	Samuel Tillet	Wales Racing Academy
10:59	119	Matt Burden	73 Degrees Bicycles, WestSide Coaching rt
11:00	120	Will Bevan	Ross on Wye & Dist CC
11:01	121	Tom Ward	AeroLab Ward WheelZ
11:02	122	George Evans	Team Bottrill