

# 2015 Welsh 10 Miles Time Trial Championship

promoted by

## Pontypool Road Cycling Club

on behalf of

## Welsh Cycling Association

Sunday 16th August 2015



Event Sponsors – **Sunwise Eyewear**



Event Secretary – Dax Jenkins, Tel: 07941487785

Timekeepers – Stuart Edinborough, Robin Field & Glenda Fisher

Event Headquarters: St. Michaels Centre, Pen-Y-Pound, Abergavenny, NP7 5UD.

[www.stmichaelscentre.org.uk](http://www.stmichaelscentre.org.uk)

### Awards (one rider/one prize, except team)

#### **Mens Championship**

- 1<sup>st</sup> Championship Medal, **Sunwise Eyewear** & WCA Award
- 2<sup>nd</sup> Championship Medal, **Sunwise Eyewear** & WCA Award
- 3<sup>rd</sup> Championship Medal, **Sunwise Eyewear** & WCA Award

#### **Ladies Championship**

- 1<sup>st</sup> Championship Medal, **Sunwise Eyewear** & WCA Award
- 2<sup>nd</sup> Championship Medal, **Sunwise Eyewear** & WCA Award
- 3<sup>rd</sup> Championship Medal, **Sunwise Eyewear** & WCA Award

#### **Junior Championship**

- 1<sup>st</sup> Championship Medal, **Sunwise Eyewear** & WCA Award
- 2<sup>nd</sup> Championship Medal, **Sunwise Eyewear** & WCA Award
- 3<sup>rd</sup> Championship Medal, **Sunwise Eyewear** & WCA Award
- 1<sup>st</sup> Juvenile Championship Medal, **Sunwise Eyewear** & WCA Award

#### **Also**

- 1<sup>st</sup> Team of 3 Championship Medal & WCA Award
- 1<sup>st</sup> Vet on Std Championship Medal, **Sunwise Eyewear** & WCA Award
- 1<sup>st</sup> Vet (age group) WCA Award

### Course Description for R10/17

**O.S. References: Sheet 161 – Start and Finish 333100**

Start at the first drain cover in 3<sup>rd</sup> 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 (10 miles). *District Regulations: No cars connected with riders are to travel on the A40 during the event. Competitors observed crossing the dual carriageway will be disqualified.*

There should be enough parking at the HQ, as long as everyone parks considerately, but extra parking is available at the nearby Fairfields car park. The ride to the start involves navigating through the town centre and a busy roundabout – please take care and allow at least 20 minutes.

### 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.

There will be a short presentation immediately following confirmation of the results. Please stay to applaud the Welsh 10 Miles T/T Champions for 2015.

WCA awards will be presented at the annual Welsh BAR lunch.

#### Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 50, 100 miles, 12 hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association. Rides in all events count to the total and awards are made to the six riders with the highest score.

Any complaints or protests must be made to the Event Secretary in writing, within 24 hours of the finish of the event.

Have a good, safe ride!

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2015 Welsh Championships 10 Miles TT  
Juniors, Ladies, Tandem & Overflow Event

No.	Name	Club	Age/Std	Start
15	Jack Lee	Maindy Flyers Youth Cycling	14	8.15
16	Gwydion Jenkins	CC Blaenau Gwent	17	8.16
<b>17</b>	<b>Josh Griffiths</b>	<b>Bristol South CC</b>	<b>15</b>	<b>8.17</b>
18	Josh Townsend	Bynea Cycling Club	17	8.18
19	Huw Owen	Energy Cycles Club	15	8.19
<b>20</b>	<b>Jack Williams</b>	<b>Energy Cycles Club</b>	<b>16</b>	<b>8.20</b>
21	Dylan Sharratt	Pembrokeshire Velo	15	8.21
22	Alec Morris	Acme Whs (Rhondda) CC	15	8.22
<b>23</b>	<b>George Evans</b>	<b>Mid Shropshire Whs</b>	<b>17</b>	<b>8.23</b>
25	Fenella Brown	Warwickshire RC	46/28.34	8.25
26	Sally Harmer	Pembrokeshire Velo	54/29.14	8.26
<b>27</b>	<b>Lowenna Smith</b>	<b>Cadence RT</b>	<b>34</b>	<b>8.27</b>
28	Nadine Cannon	Acme Whs (Rhondda) CC	35	8.28
29	Michelle Robertson	Abercynon Road Club	48/28.43	8.29
30	Clair Wadden	Bristol Road Club	39	8.30
<b>31</b>	<b>Rebecca Timothy</b>	<b>Revo Racing</b>	<b>48/28.43</b>	<b>8.31</b>
32	Arja Scarsbrook	Team Echelon - Rotor	67/30.51	8.32
33	Penny Colloff	Camel Valley C & TC	18	8.33
34	Caroline Gilroy	Camel Valley C & TC	34	8.34
<b>35</b>	<b>Zoe Betteridge</b>	<b>North Devon Wheelers</b>	<b>38</b>	<b>8.35</b>
36	Becky Smith	Revo Racing	38	8.36
37	Ginine Gronwalt	Camel Valley C & TC	43/28.19	8.37
38	Jill Colman	Pembrokeshire Velo	51/28.58	8.38
<b>39</b>	<b>Andrea Parish</b>	<b>Camel Valley C &amp; TC</b>	<b>47/28.39</b>	<b>8.39</b>
40	Trish Chalk	Monmouth Tri Club	36	8.40
41	Diane Wilson-Evans	Bynea Cycling Club	55/29.20	8.41
42	Catherine Snell	Camel Valley C & TC	38	8.42
<b>43</b>	<b>Stephanie Post</b>	<b>Onit Cycles Womens Racing Team</b>	<b>29</b>	<b>8.43</b>
44	Sarah Lloyd-Stephens	Hereford & Dist Whs CC	34	8.44
45	Julie Stephens	Ross on Wye & Dist CC	50/28.53	8.45
46	Kate Burgoyne	NFTO Race	36	8.46
<b>47</b>	<b>Crystal Spearman</b>	<b>NopinZ</b>	<b>27</b>	<b>8.47</b>
50	Steven Madeley	Ogmore Valley Whs	TANDEM	8.50
50	Keith Barrett	Ogmore Valley Whs	TANDEM	8.50
55	Jon Airey	Ross on Wye & Dist CC	62/27.51	8.55
56	Keith Weyman	Worcester St. Johns CC	79/31.17	8.56
<b>57</b>	<b>Jeff Adams</b>	<b>Pontypool RCC</b>	<b>68/28.42</b>	<b>8.57</b>
58	Mark Hancocks	Stourbridge Velo	45/26.23	8.58
59	Brian Parker	Abercynon Road Club	40/25.59	8.59
60	Richard Smith	Bynea Cycling Club	20	9.00
61	Roger Wakeling	Antelope Racing Team	69/28.52	9.01
<b>62</b>	<b>Bob Jones</b>	<b>Cardiff 100 Miles RCC</b>	<b>63/27.59</b>	<b>9.02</b>
63	Thomas Stoddart	Acme Whs (Rhondda) CC	24	9.03
64	Andrew Williams	Merthyr CC	49/26.41	9.04
65	Kenneth Squibb	VTTA (South Wales)	79/31.17	9.05
66	Brian Griffiths	Tricycle Association (SW)	76/30.23	9.06
<b>67</b>	<b>Mark Usher</b>	<b>BikeCity T3</b>	<b>49/26.41</b>	<b>9.07</b>
68	Paul Archer	VTTA (South Wales)	47/26.32	9.08
69	Brad Davies	Bynea Cycling Club	49/26.41	9.09
70	Derek Morgan	Gannet CC	75/30.07	9.10
71	Owen Pocock	CC Blaenau Gwent	80/31.37	9.11
<b>72</b>	<b>John Beaven</b>	<b>1st Chard Whs</b>	<b>57/27.20</b>	<b>9.12</b>
73	Gareth Hill	Abercynon Road Club	43/26.13	9.13
74	Simon Kinsey	Acme Whs (Rhondda) CC	45/26.23	9.14
75	Robin Fox	Dursley RC	57/27.20	9.15
76	Alex Richards	Abercynon Road Club	30	9.16
<b>77</b>	<b>Wyn Evans</b>	<b>Merthyr CC</b>	<b>54/27.04</b>	<b>9.17</b>
78	Nigel Williams	Merthyr CC	52/26.54	9.18

79	Ron Boast	Ogmore Valley Whs	64/28.06	9.19
80	Kevin Grant	Frome & Dist Whs	58/27.26	9.20
81	Paul Griffiths	Cardiff Ajax CC	60/27.38	9.21
<b>82</b>	<b>Paul Rees</b>	<b>Bynea Cycling Club</b>	<b>50/26.45</b>	<b>9.22</b>

2015 Welsh Championships 10 Miles TT  
Mens Event

No.	Name	Club	Age/Std	Start
1	Emyr Griffiths	Bynea Cycling Club	48/26.36	9.31
2	Andi Timothy	Revo Racing	57/27.20	9.32
3	Roger Wood	Pontypool RCC	61/27.44	9.33
4	Karl Davies	Stourbridge Velo	53/26.59	9.34
<b>5</b>	<b>Stephen Minton</b>	<b>Ludlow CC</b>	<b>45/26.23</b>	<b>9.35</b>
6	Richard Gambling	Port Talbot WhsÂ CC	42/26.09	9.36
7	Mike Broadbent	Bynea Cycling Club	54/27.04	9.37
8	David Wood	Stourbridge Velo	60/27.38	9.38
9	Barry Williams	Cardiff 100 Miles RCC	79/31.17	9.39
<b>10</b>	<b>Christopher Lee</b>	<b>Merthyr CC</b>	<b>46/26.27</b>	<b>9.40</b>
11	David Brice	Bynea Cycling Club	54/27.04	9.41
12	Thom Hadfield	Pontypool RCC	36	9.42
13	Gerard Oram	Bynea Cycling Club	55/27.09	9.43
14	Karl Wills	Pontypool RCC	55/27.09	9.44
<b>15</b>	<b>Anthony Cowdry</b>	<b>Extreme Culture Cycles</b>	<b>33</b>	<b>9.45</b>
16	Rick Johnston	Northover Vets Team	64/28.06	9.46
17	Andy Kelly	Bristol South CC	50/26.45	9.47
18	Paul Stephens	Ross on Wye & Dist CC	50/26.45	9.48
19	Peter Murrieri	M & D Cycles / Fusion RT/ Worx	56/27.14	9.49
<b>20</b>	<b>Earl Smith</b>	<b>Royal Forest of Dean CC</b>	<b>45/26.23</b>	<b>9.50</b>
21	Stuart Evans	Port Talbot Whs	69/28.52	9.51
22	Paul Colman	Pembrokeshire Velo	54/27.04	9.52
23	Gareth Davies	RAF CA	36	9.53
24	Ron Clews	Cult Racing Cycles	54/27.04	9.54
<b>25</b>	<b>Paul Hayward</b>	<b>Cwmcarn Paragon Road Club</b>	<b>43/26.13</b>	<b>9.55</b>
26	John Hughes	Rhondda Triathlon Club	51/26.50	9.56
27	Paul Jones	Cwmcarn Paragon Road Club	46/26.27	9.57
28	David Wilson-Evans	Bynea Cycling Club	58/27.26	9.58
29	Russell Boon	Avonlea Treasure RT	50/26.45	9.59
<b>30</b>	<b>Mike Appleyard</b>	<b>Lancashire RC</b>	<b>49/26.41</b>	<b>10.00</b>
31	Rod Hicks	Port Talbot Whs	50/26.45	10.01
32	Vincent Douglas	Gloucester City CC	45/26.23	10.02
33	Robert Parry	Royal Forest of Dean CC	65/28.14	10.03
34	Garry Strickland	Dursley RC	52/26.54	10.04
<b>35</b>	<b>Anthony Mark Jones</b>	<b>Bynea Cycling Club</b>	<b>42/26.09</b>	<b>10.05</b>
36	Daryl Godden	Gloucester City CC	56/27.14	10.06
37	Ian Lewis	Bush Healthcare CRT	66/28.23	10.07
38	Steven Cottington	Cadence RT	53/26.59	10.08
39	Alan Cooper	Avonlea/Treasure RT	58/27.26	10.09
<b>40</b>	<b>Garry Ellis</b>	<b>Energy Cycles Club</b>	<b>48/26.36</b>	<b>10.10</b>
41	Richard Coleman	Stourbridge Velo	61/27.44	10.11
42	Mark Sims	Climb on Bikes RT	36	10.12
43	Alun Williams	Energy Cycles Club	47/26.32	10.13
44	Stephen Landeg	Ogmore Valley Whs	61/27.44	10.14
<b>45</b>	<b>Gerry Bowditch</b>	<b>Dream Cycling</b>	<b>45/26.23</b>	<b>10.15</b>
46	Lee Jones	Severn Valley Cycles	40/25.59	10.16
47	Paul Milner	Worcester St. Johns CC	45/26.23	10.17
48	Jason Killiner	Pontypool RCC	37	10.18
49	Luke Bradford	Climb on Bikes RT	38	10.19
<b>50</b>	<b>Christopher Jones</b>	<b>Ride Bike Wales</b>	<b>46/26.27</b>	<b>10.20</b>
51	John Regan	Pembrokeshire Velo	46/26.27	10.21
52	Chris Fishbourne	Abercynon Road Club	41/26.04	10.22
53	David Long	Acme Whs (Rhondda) CC	28	10.23
54	Andrew Curley	Warwickshire RC	52/26.54	10.24
<b>55</b>	<b>Liam Bard</b>	<b>Exe Velo CC</b>	<b>26</b>	<b>10.25</b>
56	Chris Massey	Cwmcarn Paragon Road Club	43/26.13	10.26
57	Malcolm Brookling	Team Jewson - MI Racing	45/26.23	10.27
58	Guy Evans	Hereford & Dist Whs CC	56/27.14	10.28

59	Neil Richards	Cwmcarn Paragon Road Club	44/26.18	10.29
<b>60</b>	<b>Graeme Boswell</b>	<b>Cardiff Ajax CC</b>	<b>40/25.59</b>	<b>10.30</b>
61	Daniel Colman	Pembrokeshire Velo	20	10.31
62	John Williams	TRCC - Foreign (UCI registered)	32	10.32
63	Mark Williams	Port Talbot Whs	56/27.14	10.33
64	Thomas Woollard	Northover Vets Team	69/28.52	10.34
<b>65</b>	<b>Tim Wood</b>	<b>Team Echelon - Rotor</b>	<b>41/26.04</b>	<b>10.35</b>
66	Chris Scawn	Plymouth Corinthian CC	64/28.06	10.36
67	Darrel Williams	Bynea Cycling Club	48/26.36	10.37
68	Jeffrey Rees	Acme Whs (Rhondda) CC	52/26.54	10.38
69	Mike Parry	Hereford & Dist Whs CC	49/26.41	10.39
<b>70</b>	<b>Chris Birch</b>	<b>Hoops Velo</b>	<b>38</b>	<b>10.40</b>
71	Carwyn Davies	Cwmcarn Paragon Road Club	37	10.41
72	Digby Rusling	Royal Forest of Dean CC	46/26.27	10.42
73	Peter Ackroyd	Cheltenham & County CC	57/27.20	10.43
74	Neil Reynolds	Winchcombe CC	40/25.59	10.44
<b>75</b>	<b>Paul Jones</b>	<b>Severn Valley Cycles</b>	<b>38</b>	<b>10.45</b>
76	Justin Ford	CC Blaenau Gwent	42/26.09	10.46
77	Rex Facey	1st Chard Whs	53/26.59	10.47
78	Paul Durrant	Club Ciclista Bicoscosta - Foreign (UCI reg)	70/29.02	10.48
79	Marco Marletta	Cardiff Jif	49/26.41	10.49
<b>80</b>	<b>Mark Woolford</b>	<b>Chippenham &amp; Dist. Whs</b>	<b>49/26.41</b>	<b>10.50</b>
81	Julian Harper	Exe Velo CC	46/26.27	10.51
82	Chris Holman	Team NBCC	28	10.52
83	Mark German	1st Chard Whs	56/27.14	10.53
84	Michael Stephens	Hereford Triathlon Club	55/27.09	10.54
<b>85</b>	<b>Alex Leek</b>	<b>Wrekinsport CC</b>	<b>28</b>	<b>10.55</b>
86	Jason Streater	Velo Club St Raphael	41/26.04	10.56
87	Rob Jones	Cardiff Ajax CC	38	10.57
88	Phill Sykes	Velo Club St Raphael	41/26.04	10.58
89	Christopher Goodwin	Ogmore Valley Whs	42/26.09	10.59
<b>90</b>	<b>Matt Slater</b>	<b>Exe Velo CC</b>	<b>40/25.59</b>	<b>11.00</b>
91	Eric Grill	RST Sport/Aero-Coach	33	11.01
92	Steve Matthews	Holyhead CC	32	11.02
93	Jamie Streater	Velo Club St Raphael	36	11.03
94	Garry Shuker	Walsall Roads Cycling Club	60/27.38	11.04
<b>95</b>	<b>Dean Robson</b>	<b>Somerset Road Club/The Bicycle Chain</b>	<b>28</b>	<b>11.05</b>
96	Evan Powell	Pontypool RCC	24	11.06
97	Kevin Williams	Bournemouth Jubilee Whs CC	52/26.54	11.07
98	Mark Rosser	Ogmore Valley Whs	45/26.23	11.08
99	John Shehan	Bynea Cycling Club	69/28.52	11.09
<b>100</b>	<b>Billy Oliver</b>	<b>NopinZ</b>	<b>34</b>	<b>11.10</b>
101	Mark Nott	Ogmore Valley Whs	46/26.27	11.11
102	Simon Geary	Hereford & Dist Whs CC	43/26.13	11.12
103	Lloyd Morgan	Cardiff Ajax CC	41/26.04	11.13
104	Mike Hazlewood	Saracen RC	62/27.51	11.14
<b>105</b>	<b>Paul Gamlin</b>	<b>Northover Vets Team</b>	<b>43/26.13</b>	<b>11.15</b>
106	Michael Portlock	Extreme Culture Cycles (EC Cycles)	45/26.23	11.16
107	Edward Dursley	Worcester St. Johns CC	41/26.04	11.17
108	Alistair James Morgan	Pontypool RCC	53/26.59	11.18
109	Chris Ward	Team Echelon - Rotor	60/27.38	11.19
<b>110</b>	<b>Dan Evans</b>	<b>Team Elite/Paul Bethall Electrical</b>	<b>34</b>	<b>11.20</b>
111	Adam Jones	Climb on Bikes RT	21	11.21
112	Christopher Jones	VTTA (South Wales)	47/26.32	11.22
113	Vincent Jenkins	LeisureLakesBikes.com	75/30.07	11.23
114	Jon Vickery	Cwmcarn Paragon Road Club	51/26.50	11.24
<b>115</b>	<b>Tom Ward</b>	<b>Team Echelon - Rotor</b>	<b>21</b>	<b>11.25</b>
116	Colin Parry	Severn Valley Cycles	37	11.26
117	Chris Vasey	Gloucester City CC	55/27.09	11.27
118	Paul Cannon	Porth & Dist CC	63/27.59	11.28
119	Ross Morgan	Acme Whs (Rhondda) CC	26	11.29
<b>120</b>	<b>Ben Anstie</b>	<b>73 Degrees Bicycles</b>	<b>38</b>	<b>11.30</b>