

# 2017 Welsh 10 Miles Time Trial Championship

promoted by

## Pontypool Road Cycling Club

on behalf of

## Welsh Cycling Association

Sunday 13th August 2017



Event Sponsors –



Event Secretary – Dax Jenkins, Tel: 07941487785

Timekeepers – Phyllis Harradine (start) & Robin Field (finish)

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

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

HQ opens at 7.14am

### Awards (one rider/one prize)

#### **Mens Championship**

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

#### **Ladies Championship**

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

#### **Junior Championship**

- 1<sup>st</sup> Championship Medal & Sunwise Eyewear
- 2<sup>nd</sup> Championship Medal & Sunwise Eyewear
- 3<sup>rd</sup> Championship Medal
- 1<sup>st</sup> Girl Championship Medal & Sunwise Eyewear
- 1<sup>st</sup> Juvenile Championship Medal & Sunwise Eyewear
- 1<sup>st</sup> Juvenile Girl Championship Medal & Sunwise Eyewear

#### **Also**

- 1<sup>st</sup> Vet on Std Championship Medal

Awards will also be given by the Welsh Cycling Association

### 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 Abergavenny 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. All medals and Sunwise prizes need to be collected on the day of the event and will not be posted after the event. Please stay to applaud the Welsh 10 Miles T/T Champions for 2017!

Welsh Cycling Association awards will be presented by the WCA at a later date to be confirmed.

**This event may be subject to Doping Control - It is your responsibility to check!**

As soon as you have finished you should return to the event HQ as **it is your responsibility to check** if you are required for Doping Control.

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.

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, fast & safe ride!

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2017 Welsh 10 Miles TT Championships  
Tandem, Junior, Ladies and Overflow Event

No.	First Name	Last Name	Club	Age/Std	Start
14	Tanis	Hand	Leamington C & AC	TANDEM	8.14
14	Roger	Gardner	Leamington C & AC	TANDEM	8.14
16	Eden Rae	Davies	Port Talbot Whs CC	13/F	8.16
17	Aimee	Lane	Wyre Forest Cycle Racing Club	13/F	8.17
18	Carys	Jeffreys	Bynea Cycling Club	14/F	8.18
19	Oliver	Rowlands	Newport Phoenix CC	15/M	8.19
20	Kyle	Jones	Maindy Flyers Youth Cycling	12/M	8.20
21	Joshua	Tarling	West Wales Cycle Racing Team	13/M	8.21
22	Pfeiffer	Georgi	Liv CC - Epic Coaching	16/F	8.22
23	Samuel	Reakes	Bynea Cycling Club	16/M	8.23
24	Ollie	Morgan	Worcester St. Johns CC	17/M	8.24
25	Twm	Bryn	Marsh Tracks Race Team	16/M	8.25
26	Ellie	Russell	SportCity Velo	17/F	8.26
27	Josh	Griffiths	Bristol South Cycling Club	17/M	8.27
28	Lewis	Donovan	Bike Doctor	18/M	8.28
29	Jessica	Roberts	Liv CC - Epic Coaching	18/F	8.29
30	Ieuan	Woods	Banks/Catford CC Equipe	16/M	8.30
31	Katie	Bowler	Bynea Cycling Club	32	8.31
32	Nadine	Cannon	VeloSistas TT Team	37	8.32
33	Arja	Scarsbrook	Team Echelon	69/31.12	8.33
34	Danielle	Flawn	Tredz Bikes	26	8.34
35	Helen	Priest	Cardiff Ajax CC	42/28.13	8.35
36	Anna	Morris	Loughborough Students Cycling Club	22	8.36
37	Michelle	Fishbourne	Abercynon Road Club	50/28.53	8.37
38	Louise	Georgi	Giant CC - Halo Films	50/28.53	8.38
39	Claire	Bird	Pontypool Road Cycling Club	37	8.39
40	Nicki	Carr	VC Equipe - Flix Oral Hygiene	35	8.40
41	Jasmine	Bowyer	Cardiff Ajax CC	23	8.41
42	Shona	Bennett	Sportzmad	34	8.42
43	Annamarie	Miles	Salt and Sham Cycle Club	39	8.43
44	Christie	Jones	Hereford & Dist Whs CC	24	8.44
45	Diane	Wilson-Evans	Bynea Cycling Club	57/29.32	8.45
46	Amanda	Davies	Bynea Cycling Club	48/28.43	8.46
47	Jennifer	Lemen-Hogarth	Velo Club St Raphael	29	8.47
48	Andrea	Parish	VeloSistas TT Team	49/28.48	8.48
49	Kirsty	Murray	Pembrokeshire Velo	44/28.24	8.49
50	Jo	Buckland	Velo Club St Raphael	50/28.53	8.50
51	Ali	Charles	Gloucester City Cycling Club	52/29.03	8.51
52	Tina	Reid	Trainsharp	52/29.03	8.52
53	Kari	Jones	VeloSistas TT Team	38	8.53
54	Lucy	Davies	Arctic Tacx RT	24	8.54
55	Julie	Stephens	Ross on Wye & Dist CC	52/29.03	8.55
56	Stephanie	Post	VeloSistas TT Team	31	8.56
61	Brian	Newton	Team Echelon	78/30.58	9.01
62	David	Singleton	Acme Whs (Rhondda) CC	53/26.59	9.02
63	Kevin	Grant	Frome and District Wheelers	60/27.38	9.03
64	Terry	Harradine	CC Topp	70/29.02	9.04
65	Russell	Boon	Avonlea/Treasure RT	52/26.54	9.05
66	Ed	Hadley	Hereford & Dist Whs CC	61/27.44	9.06
67	Michael	Williams	Hereford & Dist Whs CC	60/27.38	9.07
68	Kevin	Bessant	Bynea Cycling Club	54/27.04	9.08

69	Ken	Evans	Salt and Sham Cycle Club	61/27.44	9.09
70	Robin	Fox	Dursley Road Club	59/27.32	9.10
71	Steve	Summerhayes	Somerset Road Club	63/27.59	9.11
72	Kevin	Fiander	VTTA (South Wales)	54/27.04	9.12
73	Bob	Symons	Salt and Sham Cycle Club	63/27.59	9.13
74	Roger	Wakeling	Antelope Racing Team	71/29.14	9.14
75	Robert	Jones	Cardiff 100 Miles RCC	65/28.14	9.15
76	Jon	Airey	Ross on Wye & Dist CC	64/28.06	9.16
77	Derek	Morgan	Gannet CC	77/30.40	9.17
78	David	Steel	Hereford & Dist Whs CC	70/29.02	9.18
79	Patrick	Jerome	Ride Bike Wales	70/29.02	9.19
80	Ron	boast	Ogmore Valley Wheelers CC	66/28.23	9.20
81	Tony	Emery	Dursley Road Club	70/29.02	9.21
82	Robert	Smith	Pembrokeshire Velo	41/26.04	9.22

#### Mens Event

No.	First Name	Last Name	Club	Age/Std	Start
1	Steve	Potts	Velo Club St Raphael	59/27.32	9.31
2	Philip	Sims	Newport Phoenix CC	41/26.04	9.32
3	Paul	Stephens	Ross on Wye & Dist CC	52/26.54	9.33
4	Gareth	Hill	Abercynon Road Club	45/26.23	9.34
5	Steven	Cottingham	Bath Cycling Club	55/27.09	9.35
6	Niall	Foster	Cardiff Ajax CC	41/26.04	9.36
7	Steven	Madeley	Ogmore Valley Wheelers CC	56/27.14	9.37
8	Chris	Hughes	Hereford & Dist Whs CC	57/27.20	9.38
9	Anthony	Mansell	Ogmore Valley Wheelers CC	55/27.09	9.39
10	Adrian	Lane	1st Chard Wheelers	18	9.40
11	Emyr	Griffiths	Towy Racing Cycling Club (TRCC)	50/26.45	9.41
12	Mike	Amery	VC Sevale (Malvern)	59/27.32	9.42
13	Jeffrey	Rees	Acme Whs (Rhondda) CC	54/27.04	9.43
14	Robert	Finch	Arctic Tacx RT	59/27.32	9.44
15	Graeme	Boswell	Cardiff Ajax CC	42/26.09	9.45
16	Mike	Lindsay	Pembrokeshire Velo	50/26.45	9.46
17	Ian	Lindsay	Royal Navy & Royal Marines CA	44/26.18	9.47
18	Guy	Evans	Hereford & Dist Whs CC	58/27.26	9.48
19	Steven	Brown	Gloucester City Cycling Club	44/26.18	9.49
20	Simon	Garrett	Worcester St. Johns CC	43/26.13	9.50
21	Stuart	Evans	Port Talbot Whs CC	71/29.14	9.51
22	Edward	Dursley	Worcester St. Johns CC	43/26.13	9.52
23	Luke	Bradford	Hereford Triathlon Club	39	9.53
24	Stephen	Ratcliffe	Brecon Wheelers	49/26.41	9.54
25	Danny Glyn	Roberts	Anglesey Cycling Group	36	9.55
26	Paul	Winchcombe	Chippenham & District Wheelers	57/27.20	9.56
27	Dave	Williams	Anglesey Cycling Group	42/26.09	9.57
28	Terry	Anthony	Ogmore Valley Wheelers CC	65/28.14	9.58
29	Neil	Meredith	Abercynon Road Club	31	9.59
30	Mark	Woolford	Trainsharp	51/26.50	10.00
31	Joe	Rees	Wyre Forest Cycle Racing Club	20	10.01
32	Chris	Fishbourne	Abercynon Road Club	43/26.13	10.02
33	Garry	Shuker	Walsall Roads Cycling Club	62/27.51	10.03
34	Nicholas	Forbes	Bynea Cycling Club	46/26.27	10.04
35	Ben	Phillips	Towy Racing Cycling Club (TRCC)	28	10.05
36	Julian	Harper	Revo Racing	48/26.36	10.06
37	Mitch	Russell	Energy Cycling Club/Clwb Beicio Egni	30	10.07
38	Matt	Heaman	Severn Valley Cycles	51/26.50	10.08
39	Alistair	Morgan	Pontypool Road Cycling Club	55/27.09	10.09
40	Anthony	Jones	Towy Racing Cycling Club (TRCC)	45/26.23	10.10

41	Colin	Pritchard	Anglesey Cycling Group	37	10.11
42	Stephen	Taylor	Pembrokeshire Velo	52/26.54	10.12
43	Dean	Prosser	Hereford & Dist Whs CC	48/26.36	10.13
44	Jason	Cole	Milford Tritons Cycling Club	31	10.14
45	Michael	Davis	Dursley Road Club	35	10.15
46	David	Bucknall	Royal Dean Forest Cycle Club	43/26.13	10.16
47	Adam	Taylor	Royal Dean Forest Cycle Club	39	10.17
48	Andrew	Hayward	Cwmcarn Paragon Road Club	45/26.23	10.18
49	Brad	Davies	Bynea Cycling Club	51/26.50	10.19
50	Ben	Anstie	73Degrees CC	40/25.59	10.20
51	Tom	Bowering	PMR @ Toachim House	22	10.21
52	Mark	Rosser	Ogmore Valley Wheelers CC	47/26.32	10.22
53	Andrew	Milner	Evesham & District Wheelers	45/26.23	10.23
54	Ray	Perkins	Clevedon & District Road Club	53/26.59	10.24
55	Michael	Lewis	Rhyl CC	30	10.25
56	Michael	Portlock	Merthyr CC	47/26.32	10.26
57	Andrew	Derrick	Severn Road Club	38	10.27
58	John	O'Dwyer	Dursley Road Club	36	10.28
59	Craig	Hopkins	Pontypool Road Cycling Club	41/26.04	10.29
60	Liam	Bard	Revo Racing	28	10.30
61	Jason	Streather	Velo Club St Raphael	43/26.13	10.31
62	Rob	Jones	Cardiff Ajax CC	40/25.59	10.32
63	Scott	Nash	Pembrokeshire Velo	48/26.36	10.33
64	Simon	Kinsey	Acme Whs (Rhondda) CC	47/26.32	10.34
65	Chris	Massey	Team Bottrill / HSS Hire	45/26.23	10.35
66	Nathan	Leaves	NFTO Race Club	19	10.36
67	Rob	Hall	Salt and Sham Cycle Club	44/26.18	10.37
68	Andy	Hunt	Ystwyth CC	39	10.38
69	Steve	Curry	Ogmore Valley Wheelers CC	53/26.59	10.39
70	Ben	Skinner	Bath Cycling Club	34	10.40
71	Jeremy	Pile	VC Sevale (Malvern)	43/26.13	10.41
72	Daryl	Godden	Gloucester City Cycling Club	58/27.26	10.42
73	Jonathan	Barnes	Herefordshire Cycling Club	25	10.43
74	Alan	Cooper	Avonlea/Treasure RT	60/27.38	10.44
75	Matt	Slater	Revo Racing	42/26.09	10.45
76	Earl	Smith	Severn Valley Cycles	47/26.32	10.46
77	Ben	Connelly	Severn Road Club	41/26.04	10.47
78	Vincent	Jenkins	LeisureLakesBikes.com	77/30.40	10.48
79	Paul	Freeguard	Chippenham & District Wheelers	60/27.38	10.49
80	William	Perrett	Langdale Lightweight R T	20	10.50
81	Paul	Hayward	Cwmcarn Paragon Road Club	45/26.23	10.51
82	Gary	Flower	Acme Whs (Rhondda) CC	48/26.36	10.52
83	Stuart	Day	City Cycle Centre.com	47/26.32	10.53
84	John	Shehan	Bynea Cycling Club	71/29.14	10.54
85	Tom	Ward	Langdale Lightweight R T	23	10.55
86	Grant	Arnold	Pembrokeshire Velo	32	10.56
87	Nick	Brown	Team NBCC	59/27.32	10.57
88	Michael	Stephens	Hereford Triathlon Club	57/27.20	10.58
89	Paul	Jones	Ystwyth CC	42/26.09	10.59
90	David	Janes	Veloton	35	11.00
91	Paul	Coles	73Degrees CC	44/26.18	11.01
92	Robert	Hughes	Ride Bike Wales	53/26.59	11.02
93	Michael	Tarling	West Wales Cycle Racing Team	41/26.04	11.03
94	Josh	Townsend	Bynea Cycling Club	19	11.04
95	Christopher	Jones	Port Talbot Whs CC	48/26.36	11.05
96	David	Wilson-Evans	Bynea Cycling Club	60/27.38	11.06
97	Richard	Coleman	Stourbridge Velo	63/27.59	11.07

98	Matthew	Phillips	Towy Racing Cycling Club (TRCC)	30	11.08
99	Lee	Gaughan	Climb on Bikes RT	47/26.32	11.09
100	Aled	Roberts	Team Elite/Paul Bethell Electrical	38	11.10
101	Mike	Appleyard	Lancashire RC	51/26.50	11.11
102	Arwel	Davies	Towy Racing Cycling Club (TRCC)	44/26.18	11.12
103	Gary	Jones	Pontypool Road Cycling Club	55/27.09	11.13
104	Rob	Allen	Milford Tritons Cycling Club	32	11.14
105	James	Rix	Crawley Wheelers	41/26.04	11.15
106	Andy	Davies	Cardiff Jif	35	11.16
107	Derek	Dowdeswell	Gloucester City Cycling Club	63/27.59	11.17
108	Morgan	Davies	Pedalcover Insurance	23	11.18
109	Mike	Parry	Hereford Triathlon Club	51/26.50	11.19
110	George	Evans	Team Bottrill / HSS Hire	19	11.20
111	Andy	Stuart	Velo Club St Raphael	42/26.09	11.21
112	Nathan	Preece	Worcester St. Johns CC	46/26.27	11.22
113	Owain	Roberts	Port Talbot Whs CC	34	11.23
114	Grant	Whiteside	Pontypool Road Cycling Club	43/26.13	11.24
115	Dan	Evans	ASSOS Equipe UK	36	11.25
116	Carwyn	Davies	Cwmcarn Paragon Road Club	39	11.26
117	Andrew	Rowles	Cardiff Ajax CC	38	11.27
118	Andy	Kelly	Bristol South Cycling Club	52/26.54	11.28
119	Jonathan	Webb	Gannet CC	46/26.27	11.29
120	Kieron	Davies	DRAG2ZERO	30	11.30