

# SPORTZMAD

## CYCLING EVENTS

[www.sportzmad.co.uk](http://www.sportzmad.co.uk)

'PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS'

**Saturday 17th March 2018 R10/17 – 9.00am**

Timekeepers – Start: Phyl Harradine, Finish: Robin Field

**EVENT SEC: Heather Williams, Southfield, 68 Cog Rd, Sully. Cardiff CF64 5TE**  
**Mobile: 07973266315. Complaints should be made in writing to the promoting secretary**  
**within 24hrs.**

**Event Headquarters - Llanarth Village Hall (NP15 2AU) – open from 8.00am**

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ, IN THE INTERESTS OF YOUR OWN SAFETY CYCLING TIME TRIALS 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 AS DEFINED BY REGULATION 9 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, Abergavenny** **A40 Hardwick - Raglan and return**

OS References: Sheet 161 - Start and finish 333100 Start at 1st drain cover in 3rd lay-by east of Hardwick rbt, Abergavenny, on A40, 25 yards east of Kilo post 97 and 400 yards east of bridge over road. Proceed on A40 to Raglan rbt (4.94 miles) and turn by circling rbt 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.

**Prize List:** In each of the following categories Overall 1st £20, 2<sup>nd</sup> £15, 3<sup>rd</sup> £10, 1<sup>st</sup> Lady £20, 2<sup>nd</sup> Lady £15, 3<sup>rd</sup> Lady £10, 1<sup>st</sup> Vet Male £15, 1<sup>st</sup> Vet Lady £15, 1st Junior- £10

**Prizes will be posted.**

**Please do not use adhesive tape to affix your race number, use the pins provided.**

**Free tea or coffee on return of your number. A selection of cakes will be available for a small donation.**

Have a safe ride and we hope to see you again at the other Sportzmad events  
13/05/2018 R25/3H, 03/06/2018 R25/3H, 05/07/2018 R15/3, 18/08/2018 R10/17, 01/09/2018 R10/17

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	09:01:00	Leon	Evans	Cardiff Ajax CC	Male	Veteran
2	09:02:00	Clive	Granger	Cardiff Triathletes	Male	Veteran
3	09:03:00	Mark	Prosser	Merthyr CC	Male	Senior
4	09:04:00	Brian	Parker	Abercynon Road Club	Male	Veteran
5	09:05:00	Anthony	Bannon	Cardiff Ajax CC	Male	Senior
6	09:06:00	Robert	Hughes	Rhondda Triathlon Club	Male	Veteran
7	09:07:00	John	O'Dwyer	Dursley Road Club	Male	Senior
8	09:08:00	Richard	Rees	Cardiff Ajax CC	Male	Senior
9	09:09:00	Bill	Snowdon	Cardiff Triathletes	Male	Veteran
10	09:10:00	Oliver	Dammone	Gloucester City Cycling Club	Male	Senior
11	09:11:00	Andy	Davies	Cardiff Jif	Male	Senior
12	09:12:00	Owain	Roberts	Port Talbot Whs CC	Male	Senior
13	09:13:00	Adrian	Osborn	Stratford Cycling Club	Male	Veteran
14	09:14:00	Michael	Battersby	Cardiff Triathletes	Male	Veteran
15	09:15:00	Gillian	Hopkins	Team CRANC	Female	Veteran
16	09:16:00	Philip	Sims	Newport Phoenix CC	Male	Veteran
17	09:17:00	Craig	Nilsson	Rye & District Wheelers CC	Male	Senior
18	09:18:00	Jasmine	Bowyer	Cardiff Ajax CC	Female	Senior
19	09:19:00	Sally	Harmer	Pembrokeshire Velo	Female	Veteran
20	09:20:00	Paul	Lacey	Sportzmad	Male	Senior
21	09:21:00	Victoria	Smith	AeroCoach	Female	Senior
22	09:22:00	James	Coxon	Caerphilly Cycling Club	Male	Veteran
23	09:23:00	Stuart	Edgar	Cardiff Triathletes	Male	Senior
24	09:24:00	Gareth	Jones	Clevedon & District Road Club	Male	Veteran
25	09:25:00	Tej	Quine	Cardiff Triathletes	Female	Veteran
26	09:26:00	Emma	Angove	73Degrees CC, WestSide Coaching	Female	Senior
27	09:27:00	Michael	Williams	Hereford & Dist Whs CC	Male	Veteran
28	09:28:00	Roxy	Woodfield	Hereford Triathlon Club	Female	Senior
29	09:29:00	Matt	Colley	Cardiff Triathletes	Male	Senior
30	09:30:00	Simon	Garrett	Worcester St. Johns CC	Male	Veteran
31	09:31:00	Paul	Jones	Team Backstedt Bike Performance	Male	Veteran
32	09:32:00	Ian	Liddiatt	Cardiff Triathletes	Male	Veteran
33	09:33:00	Paul	Haig	Cheltenham & County Cycling Club	Male	Veteran
34	09:34:00	Angharad	Pocock	Cardiff Triathletes	Female	Veteran
35	09:35:00	Steven	Powell	Team Backstedt Bike Performance	Male	Veteran
36	09:36:00	Dean	Prosser	Hereford & Dist Whs CC	Male	Veteran
37	09:37:00	Morgan	Meaney	Cardiff Triathletes	Male	Senior
38	09:38:00	Michael	Gelder	Tricycle Association South West	Male	Veteran
39	09:39:00	Harry	Lewis	London Dynamo	Male	Espoir
40	09:40:00	Steven	Cottingham	Bath Cycling Club	Male	Veteran
41	09:41:00	Simon	Adcook	Worcester St. Johns CC	Male	Veteran
42	09:42:00	Josh	Townsend	Bynea Cycling Club	Male	Espoir
43	09:43:00	Shona	Bennett	Sportzmad	Female	Senior
44	09:44:00	Lester	Grant	Auchencrow Thistle CC	Male	Senior
45	09:45:00	Sarah	Gatley	Cardiff Triathletes	Female	Senior
46	09:46:00	dean	ware	Team Backstedt Bike Performance	Male	Senior
47	09:47:00	Neil	Meredith	Abercynon Road Club	Male	Senior
48	09:48:00	Edward	Lemmon	Finchley RT	Male	Junior

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49	09:49:00	Owen	Evans	Cardiff Triathletes	Male	Senior
50	09:50:00	Julian	Harper	Revo Racing	Male	Veteran
51	09:51:00	Thomas	Dye	Cardiff Ajax CC	Male	Senior
52	09:52:00	Martin	Howe	VELOFLOW CC	Male	Veteran
53	09:53:00	ROBIN	FOX	Dursley Road Club	Male	Veteran
54	09:54:00	Alex	Richards	Abercynon Road Club	Male	Senior
55	09:55:00	Andrew	Overton	Successcycling.co.uk	Male	Veteran
56	09:56:00	Stephen	Eggleton	Stratford Cycling Club	Male	Senior
57	09:57:00	Krispin	Gardiner	Bristol Road Club	Male	Unknown
58	09:58:00	Helen	Priest	Cardiff Ajax CC	Female	Veteran
59	09:59:00	Ian	Gibson	Abercynon Road Club	Male	Veteran
60	10:00:00	Michiel	Vaal	Team Backstedt Bike Performance	Male	Veteran
61	10:01:00	Chris	Fishbourne	Team Backstedt Bike Performance	Male	Veteran
62	10:02:00	Geoff	Edgerton	North Shropshire Wheelers	Male	Veteran
63	10:03:00	laura	clements	Cardiff Triathletes	Female	Senior
64	10:04:00	Mark	Palliser	Hereford & Dist Whs CC	Male	Veteran
65	10:05:00	David	Bucknall	Royal Dean Forest Cycle Club	Male	Veteran
66	10:06:00	Phil	Guy	North Shropshire Wheelers	Male	Veteran
67	10:07:00	Kerry	Trigg	Ross on Wye & Dist CC	Male	Veteran
68	10:08:00	Kevin	Thomas	Pontypool Road Cycling Club	Male	Veteran
69	10:09:00	Matthew	Stevens	Gloucester City Cycling Club	Male	Senior
70	10:10:00	Luke	Cornish	Cwmcarn Paragon Road Club	Male	Senior
71	10:11:00	Ruth	Mort	Cardiff Triathletes	Male	Senior
72	10:12:00	Ryan	O'Rourke	Cwmcarn Paragon Road Club	Male	Senior
73	10:13:00	Michelle	Fishbourne	Team Backstedt Bike Performance	Female	Veteran
74	10:14:00	Carson	Pryce	Cardiff Triathletes	Male	Senior
75	10:15:00	Peter	Hatt	Velo Club St Raphael	Male	Veteran
76	10:16:00	William	Baugh	Ludlow CC	Male	Veteran
77	10:17:00	Roger	Wood	Pontypool Road Cycling Club	Male	Veteran
78	10:18:00	Ali	Charles	Gloucester City Cycling Club	Female	Veteran
79	10:19:00	Richard	Jenkins	Cardiff Triathletes	Male	Veteran
80	10:20:00	Chris	Massey	Team Backstedt Bike Performance	Male	Veteran
81	10:21:00	Anna	Morris	Southampton University RC	Female	Senior
82	10:22:00	Jordan	Jones	Sportzmad	Male	Senior
83	10:23:00	Gaynor	Hughes	Bynea Cycling Club	Female	Veteran
84	10:24:00	Richard	Mackin	Cardiff Triathletes	Male	Veteran
85	10:25:00	Richard	Gambling	Team Backstedt Bike Performance	Male	Veteran
86	10:26:00	Anthony	Williams	Ogmore Valley Wheelers CC	Male	Veteran
87	10:27:00	neil	turner	Hereford Triathlon Club	Male	Veteran
88	10:28:00	Lewis	Keightley	Primera-Teamjobs	Male	Senior

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