

**Result of
Welsh 25 Mile Time Trial Championship 2016 for Men, Women &
Juniors + Non Championship Tandem and Overflow Event**



Promoted for and on behalf of Cycling Time Trials Under their rules and regulations

Promoted for the
Welsh Cycling Association
by



Sunday 1 May 2016

Timekeepers: Start:- Norman James Ogmores Valley Whs Finish:- Robin Field – WCA
Pusher off: Paul Robinson, Marshalls: Alan Haycox and family.

Event Secretary: Martyn Heritage-Owen. 28 Clos Tyla Bach, St Mellons, Cardiff. CF3 0EJ
Tel: 0778 606 7819 E-mail: coaching@realteam.co.uk

To whom any complaints must be made in writing within 72 hours

Thank you to all the officials and the numerous people who lent advice and support today. I hope you all enjoyed the refreshments provided by Sharon and her team. Thank you for your patience whilst the times were thoroughly checked which resulted in a slow result board.

Congratulations to all the prize winners, especially Kieron on a successful defence of his title. Hopefully all of you will be able to collect your trophies and plaques in person at the awards dinner in November. Light rain made for uncomfortable conditions but there were some great times done and a fair number of improvements.

A special well done to our Woman's champion Eileen Burns on setting a new Irish National record. Hopefully the care we took ensures a smooth ratification. Come back in the summer in warmer weather! The same Realteam team will be promoting again on this course on 24 July and 21 August. See also the Celtic Series events on the 16th and 30th June.

Martyn

Awards

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. **Sunday 7 November 2016 at the TRW Club Resolven.**

Men's Championship	Winner
1 st . Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	Kieron Davies - Drag2Zero - 47:32
2 nd WCA Plaques	Andy Jackson - SSLL Racing Team - 48:00
3 rd WCA Plaques	Dan Evans - Team Elite/Paul Bethall Electrical - 49:23
Women's Championship	
1 st Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	Eileen Burns - Ballymena RC (UCI reg) - 54:17 <u>Irish National Record</u>
2 nd WCA Plaques	Stephanie Post - Onit Cycles - 57:46
3 rd WCA Plaques	Chris Melia - Born to Bike - Bridgtown Cycles - 58:03
Juniors Championship	
1 st Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	Jack Williams - Energy Cycles Club - 55:43
Champion Team	Fastest team of three riders from the Championship fields
Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch	SSLL Racing Team – 2:29:53 Andy Jackson - 48:00 Jonathan Wears - 49:52 Jon Surtees - 52:01
Fastest Man from Overflow Event WCA Plaque	Liam Walsh - VC Equipe - Flix Oral Hygiene - 52:30

Awards	Winner			
Fastest Man Vet in Age Bands VA – VG WCA Plaque	VA	Andy Jackson	SLL Racing Team	48:00
	VB	Gavin Hinxman	Kettering CC	50:55
	VC	Michael Cross	Yorkshire Road Club	52:15
	VD	Steve Burrows	Team Swift	54:30
	VE	Richard Coleman	Stourbridge Velo	55:23
	VF	Phil Guy	North Shropshire Wheelers	59:40
	VG	John Murphy	Gloucester City CC	01:03:08
Fastest Woman Vet in Age Bands WVA - WVD WCA Plaque	WVA	Lee-Michelle Jones	Bynea Cycling Club	01:05:08
	WVB	Michelle Robertson	Abercynon Road Club	01:02:17
	WVC	Chris Melia	Born to Bike - Bridgtown Cycles	00:58:03
	WVD	Diane Wilson-Evans	Bynea Cycling Club	01:05:52
	WVE	Diane Hynam	Bynea Cycling Club	01:16:52
Greatest Improvement on last three seasons WCA Plaque	Jonathan Gates - Royal Air Force CA - 7:00			

Mens Championship

No	Name	Club	Cat	Band	Fastest L.T.S.	Improvement	Finish
1	Kieron Davies	Drag2Zero	S		00:46:50	N/A	00:47:32
2	Andy Jackson	SSSL Racing Team	V	A	00:47:16	N/A	00:48:00
3	Dan Evans	Team Elite/Paul Bethall Electrical	S		00:48:52	N/A	00:49:23
4	Ioan Smallwood	Cardiff Ajax CC	S		00:48:46	N/A	00:49:25
5	Jonathan Wears	SSSL Racing Team	S		00:49:33	N/A	00:49:52
6	Jonathan Gates	Royal Air Force CA	S		00:57:15	07:00	00:50:15
7	Anthony Mark Jones	Bynea Cycling Club	V	A	00:50:57	00:35	00:50:22
8	Gavin Hinxman	Kettering CC	V	B	00:51:09	00:14	00:50:55
9	Christopher Jones	Ride Bike Wales	V	B	00:51:23	00:18	00:51:05
10	Christopher Gibbard	Bynea Cycling Club	S		00:51:40	00:31	00:51:09
11	Stuart Birnie	Willesden CC	S		00:55:12	03:55	00:51:17
12	Graeme Boswell	Cardiff Ajax CC	V	A	00:52:01	00:04	00:51:57
13	Jon Surtees	SSSL Racing Team	V	B	00:50:23	N/A	00:52:01
14	Jason Burns	Ballymena RC (UCI reg)	S		00:55:30	03:26	00:52:04
15	Paul Jones	Primera - Team Jobs	V	B	00:50:48	N/A	00:52:06
16	Lawrence Burrows	Team Swift	S		00:54:49	02:40	00:52:09
17	Michael Cross	Yorkshire Road Club	V	C	00:53:34	01:19	00:52:15
18	Greg Parker	Velo Club St Raphael	V	C	00:49:27	N/A	00:52:22
19	Tim Summerhayes	Kingston Wheelers CC	S		00:51:54	N/A	00:52:25
20	Steven Cottington	Bath CC	V	C	00:51:51	N/A	00:52:27
21	Andrew Tomkins	Lutterworth Cycle Centre RT	V	A	00:54:39	02:10	00:52:29
21	Lyn Jones	EC Cycles	V	A	00:50:55	N/A	00:52:29
23	Chris Holman	Team Bottrill	S		00:53:40	01:01	00:52:39
24	Garry Ellis	Energy Cycles Club	V	B	0:54:23	01:36	00:52:47
24	Daniel Gough	Swansea University RT	S		00:52:39	N/A	00:52:47
26	David Harding	Chelmer CC	S		00:50:19	N/A	00:52:51
27	Steven Powell	Cwmcarn Paragon Road Club	S		00:51:21	N/A	00:52:53
28	Simon Coles	Northover Vets Team	V	B	00:52:12	N/A	00:53:05
29	Paul Coles	73 Degrees Bicycles	V	A	00:55:04	01:41	00:53:23
30	Nic Cleave	Swansea Wheelers/CS Abertawe	V	A	00:52:29	N/A	00:53:28
31	Chris Massey	Team Bottrill	V	A	00:54:13	00:38	00:53:35
32	Alastair Luxford	Endeavour RT	S		00:56:30	02:52	00:53:38
32	Justin Ford	CC Blaenau Gwent	V	A	00:51:39	N/A	00:53:38
32	Daniel Thorogood	Ystwyth CC	V	C	00:52:10	N/A	00:53:38
35	Jason Streater	Velo Club St Raphael	V	A	00:52:18	N/A	00:53:44
36	Wayne Owen	Energy Cycles Club	V	A	00:59:29	05:42	00:53:47
36	Wayne Thomas	Pontypool RCC	V	A	00:53:39	N/A	00:53:47
38	David Brice	Bynea Cycling Club	V	C	00:52:22	N/A	00:54:01
39	Graeme Davis	Dursley RC	V	B	00:53:25	N/A	00:54:14
40	Steve Burrows	Team Swift	V	D	00:54:55	00:25	00:54:30
40	Michael Portlock	EC Cycles	V	B	00:52:40	N/A	00:54:30

No	Name	Club	Cat	Band	Fastest L.T.S.	Improvement	Finish
40	John Regan	Pembrokeshire Velo	V	B	00:52:10	N/A	00:54:30
43	Gary Flower	Acme Whs (Rhondda) CC	V	B	00:57:24	02:45	00:54:39
44	Mark Woolford	Chippenham & Dist. Whs	V	C	00:53:25	N/A	00:55:15
45	Joel Turvey	Worcester St. Johns CC	S		00:57:26	02:07	00:55:19
46	Richard Coleman	Stourbridge Velo	V	E	00:53:19	N/A	00:55:23
47	Hugo Hocknell	Team Salesengine.co.uk	V	A	00:54:45	N/A	00:55:32
48	Alex Leek	Velo Club St Raphael	S		00:53:43	N/A	00:55:33
49	Tom Cox	Northover Vets Team	V	E	00:54:54	N/A	00:55:39
50	Jonathan Ellis	Royal Sutton CC	S		00:56:09	00:29	00:55:40
50	Gavin Lewis	North Road CC	S		00:52:17	N/A	00:55:40
52	Chris Fishbourne	Abercynon Road Club	V	A	00:54:19	N/A	00:55:41
53	David Wilson-Evans	Bynea Cycling Club	V	D	00:56:30	00:47	00:55:43
54	Gareth Jones	Velo Club St Raphael	V	B	00:54:13	N/A	00:55:45
55	B Xavier Disley	AeroCoach	S		00:54:57	N/A	00:55:46
56	Jayson Rees-Hughes	Anfield BC	V	A	00:54:10	N/A	00:55:56
57	Ross Morgan	Acme Whs (Rhondda) CC	S		00:57:19	01:21	00:55:58
58	Paul Stephens	Ross on Wye & Dist CC	V	C	00:54:34	N/A	00:56:14
59	Iain Cade	Bath CC	S		00:55:36	N/A	00:56:15
60	Joe Schwartz	Team Swindon Cycles	V	C	00:55:16	N/A	00:56:16
61	Stephen Campbell	Twickenham CC	V	B	00:51:37	N/A	00:56:21
62	Colin Wallace	Merthyr CC	V	C	00:56:21	N/A	00:56:26
63	John Hughes	Rhondda Triathlon Club	V	C	00:53:43	N/A	00:56:30
64	Chris Woolley	Acme Whs (Rhondda) CC	V	A	00:54:43	N/A	00:56:40
65	Steve Mountford	Solihull CC	V	D	00:55:51	N/A	00:56:51
66	Gary Jones	Pontypool RCC	V	C	00:56:13	N/A	00:56:56
67	Nigel Jones	Gloucester City CC	V	D	00:57:32	00:32	00:57:00
68	Joshua Lewis	Bike Doctor	S		00:57:41	00:38	00:57:03
68	Andrew Hayward	Cwmcarn Paragon Road Club	V	A	00:57:44	00:41	00:57:03
70	Anthony Redman	Acme Whs (Rhondda) CC	S		00:55:43	N/A	00:57:07
71	Dan Geisler	Team Echelon - Rotor	S		0:58:00	00:43	00:57:17
72	Daryl Godden	Gloucester City CC	V	D	00:54:13	N/A	00:57:29
73	Jason Killiner	Pontypool RCC	S		00:59:03	01:21	00:57:42
74	Steve Evans	Bynea Cycling Club	V	B	00:59:12	01:15	00:57:57
75	Darren Avery	National Ventilation - LESA CRT	V	C	00:55:55	N/A	00:58:20
76	Paul Jones	Ystwyth CC	V	A	00:56:43	N/A	00:59:02
77	Paul Jones	Cwmcarn Paragon Road Club	S		00:57:57	N/A	00:59:07
77	Neale Lewis	Acme Whs (Rhondda) CC	V	A	00:55:44	N/A	00:59:07
79	Simon Kinsey	Acme Whs (Rhondda) CC	V	B	00:57:59	N/A	00:59:25
80	Andrew Harries	Ogmore Valley Whs	V	D	00:59:15	N/A	00:59:36
81	Phil Guy	North Shropshire Wheelers	V	F	00:59:22	N/A	00:59:40
82	John Shehan	Bynea Cycling Club	V	F	00:58:08	N/A	00:59:49
83	Michael Wilkinson	North Notts Olympic RC	V	D	00:59:08	N/A	01:00:26

No	Name	Club	Cat	Band	Fastest L.T.S.	Improvement	Finish
84	Alistair Morgan	Pontypool RCC	V	C	00:57:54	N/A	01:00:46
85	Roger Wood	Pontypool RCC	V	E	00:58:44	N/A	01:01:37
86	Stephen Ratcliffe	Brecon Wheelers	V	B	00:57:47	N/A	01:01:51
87	John Murphy	Gloucester City CC	V	G	00:59:28	N/A	01:03:08
	David Wood	Stourbridge Velo	V	E	00:57:32	N/A	DNF
	Emyr Griffiths	Bynea Cycling Club	V	B	00:53:45	N/A	DNS
	Earl Smith	Seven Valley Cycles	V	B	00:53:18	N/A	DNS
	Neil Downes	Forza Cycles	V	F	00:58:54	N/A	DNS
	Martin Jones	Team Bottrill	V	A	0:51:56	N/A	DNS
	Aled Roberts	Team Elite/Paul Bethall Electrical	S		00:53:44	N/A	DNS
	Tom Ward	Team Echelon - Rotor	S		00:50:55	N/A	DNS
	Alun Williams	Energy Cycles Club	V	B	00:58:50	N/A	DNS
	Chris Matthews	Forza Cycles	V	C	00:56:23	N/A	DNS
	Paul Cannon	Porth & District CC	V	E	00:53:48	N/A	DNS
	James Lowden	Team ASL360	S		00:50:26	N/A	DNS
	Stuart Evans	Port Talbot Whs CC	V	G	00:55:24	N/A	DNS
	Jeffrey Rees	Acme Whs (Rhondda) CC	V	C	00:58:14	N/A	DNS
	Paul Lambert	Chippenham & Dist. Whs	V	C	00:53:40	N/A	DNS
	Rod Hicks	Port Talbot Whs CC	V	C	00:54:17	N/A	DNS
	Andrew Green	Lutterworth Cycle Centre RT	S		00:50:25	N/A	DNS
	Lee Watts	Bynea Cycling Club	S		00:56:12	N/A	DNS
	Howell Mason	Ogmore Valley Whs	V	E	00:58:06	N/A	DNS
	Adrian Sullivan	Merthyr CC	V	F	00:59:38	N/A	DNS
	Roger Taylor	Frome & Dist Whs	V	G	00:58:26	N/A	DNS
	Peter Lloyd	Team NBCC	V	C	00:54:36	N/A	DNS
	Paul Durrant	Pontypool RCC	V	G	00:57:16	N/A	DNS
	Eddie Priddy	Solihull CC	V	D	00:52:50	N/A	DNS
	Adrian Humpage	Lyme Racing Club	V	C	00:54:00	N/A	DNS
	Luke Cornish	Cwmcarn Paragon Road Club	S		00:51:20	N/A	DNS
	John Dewey	Team Bottrill	S		00:49:05	N/A	DNS
	Greg Lewis	VC 10	V	C	00:53:24	N/A	DNS
	Mike Broadbent	Swansea Wheelers/CS Abertawe	V	D	00:56:53	N/A	DNS
	Luke Dix	Cardiff Jif	S		00:49:01	N/A	DNS
	Neil Richards	Pontypool RCC	V	B	00:53:13	N/A	DNS
	Matthew Whitaker	Paceline RT	V	B	00:56:58	N/A	DSQ *
	Jamie Barnes	Team NBCC	S		00:59:15	N/A	DSQ *
	Arwel Davies	Bynea Cycling Club	V	A	00:53:54	N/A	DSQ *

DSQ* - Rider disqualified for failure to sign on.

Woman, Junior Championship & Overflow (Non Championship)

No.	Name	Club	Cat	Band	Fastest L.T.S.	Improvement	Finish
1	Liam Walsh	VC Equipe - Flix Oral Hygiene	S			N/A	00:52:30
2	Charles Rees	Gillingham & Dist Whs	S			N/A	00:53:05
3	Simon Ker	Bath CC	S			N/A	00:53:53
4	Andy Davies	Cardiff Jif	S			N/A	00:54:16
5	Eileen Burns	Ballymena RC (UCI reg)	W		00:57:15	00:02:58	00:54:17
6	Jack Williams	Energy Cycles Club	Jun			N/A	00:55:43
7	Huw Owen	Energy Cycles Club	Jun			N/A	00:56:03
8	Josh Griffiths	Velo Club St Raphael	Jun		00:57:08	00:00:55	00:56:13
9	Steffan Jones	Energy Cycles Club	V	B		N/A	00:56:27
10	Rich Long	Merthyr CC	S		00:59:47	00:02:42	00:57:05
11	Stephanie Post	Onit Cycles	W		00:58:18	00:00:32	00:57:46
12	Chris Melia	Born to Bike - Bridgtown Cycles	WV	C	00:55:59	N/A	00:58:03
13	Stephen Franklin	Team Salesengine.co.uk	S		01:00:35	00:02:21	00:58:14
14	Jason Taylor	Worcester St. Johns CC	V	B		N/A	00:58:55
15	Jessica Rhodes-Jones	Beacon Roads CC	W		01:03:20	00:04:17	00:59:03
16	Marco Marletta	Cardiff Jif	V	B	00:59:39	00:00:26	00:59:13
17	Darren Cope	Kettering CC	S		01:00:00	00:00:46	00:59:14
18	Dave Hughes	Beacon Roads CC	V	F		N/A	01:00:07
19	Christopher Goodwin	Ogmore Valley Whs	V	A	01:01:30	00:01:13	01:00:17
20	Nadine Cannon	Acme Whs (Rhondda) CC	W		00:58:56	N/A	01:00:51
21	Wayne Jones	Bynea Cycling Club	V	C	01:03:14	00:02:11	01:01:03
22	Andy Starr	Ystwyth CC	V	A		N/A	01:01:48
23	Trish Chalk	Velo Club St Raphael	W			N/A	01:02:00
24	Brian Jones	Warwickshire RC	V	F	01:02:43	00:00:41	01:02:02
25	Michelle Robertson	Abercynon Road Club	WV	B	01:03:53	00:01:36	01:02:17
26	Les Thomas	Port Talbot Whs CC	V	C	01:00:19	N/A	01:02:29
27	Sarah Wise	Mud Sweat and Gears	W		01:04:32	00:01:55	01:02:37
28	Morgan Ley	Port Talbot Whs CC	Jun		01:01:22	N/A	01:03:32
29	Gaynor Hughes	Bynea Cycling Club	WV	C	01:04:06	00:00:26	01:03:40
30	Terence Owens	Bynea Cycling Club	V	D		N/A	01:03:44
31	Josh Townsend	Bynea Cycling Club	Jun		01:03:39	N/A	01:04:10
32	Gareth Hill	Abercynon Road Club	V	A	01:00:10	N/A	01:04:18
33	Geoff Edgerton	North Shropshire Wheelers	V	F	01:01:56	N/A	01:04:46
34	Lee-Michelle Jones	Bynea Cycling Club	WV	A	01:09:50	00:04:42	01:05:08
35	Brad Davies	Bynea Cycling Club	V	B	01:02:44	N/A	01:05:10
36	Andrew Grist	Bynea Cycling Club	V	B	00:59:42	N/A	01:05:25
37	Nic Forbes	Bynea Cycling Club	V	A	01:01:31	N/A	01:05:34
38	Diane Wilson-Evans	Bynea Cycling Club	WV	D	01:03:15	N/A	01:05:52
39	Ian Lewis	Bush Healthcare CRT	V	F	01:01:20	N/A	01:06:38
40	Allan Renyard	Guernsey Velo Club	V	G	01:00:50	N/A	01:08:21
41	John Howells	Corinium CC	V	G	01:02:58	N/A	01:10:22

No.	Name	Club	Cat	Band	Fastest L.T.S.	Improvement	Finish
42	Barry Williams	Cardiff 100 Miles RCC	V	G	00:59:45	N/A	01:11:01
43	Paul Griffiths	Cardiff Ajax CC	V	E	01:03:00	N/A	01:11:10
44	Julie Stephens	Ross on Wye & Dist CC	WV	C		N/A	01:12:26
45	Diane Hynam	Bynea Cycling Club	WV	E	01:13:28	N/A	01:16:52
	Gerallt Roberts	Energy Cycles Club	S			N/A	DNS
	Dominic Norcross	Pembrokeshire Velo	V	A		N/A	DNS
	Kevin Thomas	Pontypool RCC	V	B	01:05:39	N/A	DNS
	Chris Randall	Velo Club St Raphael	S			N/A	DNS
	Ian Dumbill	Chester RC	V	A		N/A	DNS
	Brian Smith	North Hampshire RC	V	C	01:01:52	N/A	DNS
	Ron Boast	Ogmore Valley Whs	V	E	01:04:00	N/A	DNS
	Brian Parker	Abercynon Road Club	V	A	01:11:11	N/A	DNS
	Mick Sharratt	73 Degrees Bicycles	V	D		N/A	DNS
	Martin Balk	3C Cyclexperience	V	D	01:06:18	N/A	DNS
	Andrea Parish	Camel Valley C & TC	WV	B	00:55:51	N/A	DNS
	Sally Harmer	Pembrokeshire Velo	WV	C		N/A	DNS
	Claire Hann	Bristol & District Triathletes (BAD TRI)	W		00:55:45	N/A	DNS