

# 2014 Welsh 10 Miles Time Trial Championship

promoted by

## Pontypool Road Cycling Club

on behalf of

## Welsh Cycling Association

Sunday 17th August 2014



Event Sponsors – **Sunwise Eyewear**



Event Secretary – Dax Jenkins, Tel: (01633)897252 or 07941487785

Timekeepers – Glenda Fisher & Robin Field

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

#### **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 of medals and **Sunwise** awards immediately following confirmation of the results. Please stay to applaud the Welsh 10 Miles T/T Champions for 2014.

WCA awards will be presented at the annual Welsh BAR lunch on Sunday 2<sup>nd</sup> November.

#### 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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2014 Welsh Championships 10 Miles TT  
Juniors, Ladies, & Mens Overflow Event

No.	Name	Club	Age/Std	Start
<b>20</b>	<b>Hefin Evans</b>	<b>Bynea CC</b>	<b>17</b>	<b>8.20</b>
21	Emily Tillett	Cardiff JIF	15	8.21
22	Sophie Dorey	Guernsey VC	16	8.22
<b>23</b>	<b>Peter Kibble</b>	<b>Sports Traider RT</b>	<b>16</b>	<b>8.23</b>
24	Josh Townsend	Bynea CC	16	8.24
25	Sam Tillett	Cardiff JIF	15	8.25
<b>26</b>	<b>Oliver Postle</b>	<b>Bush Healthcare CRT</b>	<b>15</b>	<b>8.26</b>
27	David Tudor	Marsh Tracks RT	16	8.27
28	James Tillett	Cardiff JIF	15	8.28
<b>29</b>	<b>George Evans</b>	<b>Mid Shropshire Whs</b>	<b>16</b>	<b>8.29</b>
31	Jan Lewis	CC Blaenau Gwent	36	8.31
32	Christina Gyles	Bristol South CC	28	8.32
<b>33</b>	<b>Arja Scarsbrook</b>	<b>Team Echelon - Rotor</b>	<b>66/30.41</b>	<b>8.33</b>
34	Sally Harmer	Pembrokeshire Velo	53/29.09	8.34
35	Nicola Griffiths	Bynea CC	49/28.48	8.35
36	Susan Burnett	Newport Phoenix CC	53/29.09	8.36
<b>37</b>	<b>Lowenna Smith</b>	<b>Cadence RT</b>	<b>33</b>	<b>8.37</b>
38	Lynne James	Ogmore Valley Whs CC	54/29.14	8.38
39	Diane Wilson-Evans	Bynea CC	54/29.14	8.39
40	Sally Field	Hereford & Dist Whs CC	47/28.39	8.40
<b>41</b>	<b>Danielle Flawn</b>	<b>Bynea CC</b>	<b>23</b>	<b>8.41</b>
42	Jayne Tillett	Cardiff JIF	52/29.03	8.42
43	Michelle Robertson	Abercynon RC	47/28.39	8.43
44	Andrea Parish	Camel Valley C & TC	46/28.34	8.44
<b>45</b>	<b>Rebecca Timothy</b>	<b>Revo Racing</b>	<b>47/28.39</b>	<b>8.45</b>
46	Lisa Sullivan	Bynea CC	37	8.46
47	Anita Saycell	Ystwyth CC	35	8.47
48	Claire Moir	Scuderia R T	41/28.08	8.48
<b>49</b>	<b>Gillian Pears</b>	<b>Procyding Magazine RT</b>	<b>45/28.29</b>	<b>8.49</b>
51	Jeff Adams	Pontypool RCC	67/28.32	8.51
52	Gareth Hill	Abercynon RC	42/26.09	8.52
53	Ron Boast	Ogmore Valley Whs CC	63/27.59	8.53
54	Damian Cudmore	Camel Valley C & TC	38	8.54
55	Chris Massey	Cwmcarn Paragon RC	42/26.09	8.55
56	Jeff Chambers	Bynea CC	73/29.39	8.56
57	Simon Kinsey	Acme Whs (Rhondda) CC	44/26.18	8.57
58	Paul Griffiths	Cardiff Ajax CC	59/27.32	8.58
59	Steven Williams	Acme Whs (Rhondda) CC	30	8.59
60	Paul Tedaldi	Ystwyth CC	60/27.38	9.00
61	Brad Davies	Bynea CC	48/26.36	9.01
62	Garrie Tillett	Cardiff JIF	50/27.45	9.02
63	Nigel Thomas	Bynea CC	52/26.54	9.03
64	Owen Pocock	CC Blaenau Gwent	79/31.17	9.04
65	Mark Sims	Climb on Bikes RT	35	9.05
66	Norman James	Ogmore Valley Whs CC	75/30.07	9.06
67	David Evans	Pontypool RCC	48/26.36	9.07
68	Clive Chappe	Ross on Wye & Dist CC	67/28.32	9.08
69	Mike Parry	Hereford & Dist Whs CC	48/26.36	9.09
70	Eric Grill	Cardiff Ajax CC	32	9.10
71	Kevin Grant	Frome & Dist Whs	57/27.20	9.11
72	Brian Dalling	Swansea Whs/CS Abertawe	67/28.32	9.12
73	Jeffrey Rees	Acme Whs (Rhondda) CC	51/26.50	9.13
74	Mark Ayling	CC Abergavenny	40/25.59	9.14
75	Brian Parker	Abercynon RC	39	9.15
76	Alan Pickard	Bath CC	73/29.39	9.16
77	Tony Emery	Dursley RC	67/28.32	9.17
78	Luke Bradford	Climb on Bikes RT	37	9.18
79	Adrian Littlebury	CC Topp	69/28.52	9.19
80	Matthew Rees	Bynea CC	41/26.04	9.20
81	Thomas Stoddart	Acme Whs (Rhondda) CC	23	9.21
82	Andrew Williams	Merthyr CC	48/26.36	9.22

83	Ed Hadley	Hereford & Dis Whs CC	58/27.26	9.23
84	Dale Jones	Bynea CC	48/26.36	9.24
85	Keith Weyman	Worcester St Johns CC	28	9.25
86	Jon Airey	Ross on Wye & Dist CC	61/27.44	9.26
87	Mike Tucker	Frome & Dist Whs	74/29.53	9.27
88	Paul Rees	Bynea CC	49/26.41	9.28
89	John Beaven	1st Chard Whs	56/27.14	9.29

2014 Welsh Championships 10 Miles TT  
Mens Event

No.	Name	Club	Age/Std	Start
1	Brian Newton	Team Echelon - Rotor	75/30.07	9.31
2	Christopher Davies	Bynea CC	48/26.36	9.32
3	Nigel Williams	Merthyr CC	51/26.50	9.33
4	Courtney Rowe	Cardiff Jif	53/26.59	9.34
<b>5</b>	<b>Kieron Davies</b>	<b>Team NBCC</b>	<b>27</b>	<b>9.35</b>
6	Nic Forbes	Bynea CC	43/26.13	9.36
7	Tony Krol	Pembrokeshire Velo	44/26.18	9.37
8	Martin Austin	Rhyl CC	47/26.32	9.38
9	Will Jenkins	Pembrokeshire Velo	41/26.04	9.39
<b>10</b>	<b>Anthony Mark Jones</b>	<b>Bynea CC</b>	<b>41/26.04</b>	<b>9.40</b>
11	Roger Wood	Pontypool RCC	60/27.38	9.41
12	Lloyd Morgan	San Domenico	40/25.59	9.42
13	Des Astley	Merthyr CC	51/26.50	9.43
14	Simon Geary	Hereford & Dist Whs CC	42/26.09	9.44
<b>15</b>	<b>Mark Woolford</b>	<b>Chippenham &amp; Dist. Whs</b>	<b>48/26.36</b>	<b>9.45</b>
16	Stephen Ratcliffe	Brecon Whs	46/26.27	9.46
17	Mark German	1st Chard Whs	55/27.09	9.47
18	Martin Williams	Pembrokeshire Velo	47/26.32	9.48
19	Stuart Baker	Cheltenham & County CC	26	9.49
<b>20</b>	<b>Daniel Thorogood</b>	<b>Ystwyth CC</b>	<b>52/26.54</b>	<b>9.50</b>
21	Peter Murrieri	M&D Cycles	55/27.09	9.51
22	John Murphy	Gloucester City CC	74/29.53	9.52
23	Andy Kelly	Bristol South CC	49/26.41	9.53
24	Steven Bennett	Acme Whs (Rhondda) CC	41/26.04	9.54
<b>25</b>	<b>Anthony Cowdry</b>	<b>EC Cycles</b>	<b>32</b>	<b>9.55</b>
26	Bob Jones	Cardiff 100 Miles RCC	62/27.51	9.56
27	Steven Madeley	Ogmore Valley Whs	53/26.59	9.57
28	Tom Cox	Somerset RC/The Bicycle Chain	60/27.38	9.58
29	Daniel Colman	Pembrokeshire Velo	19	9.59
<b>30</b>	<b>Mark Corbett</b>	<b>Worcester St. Johns CC</b>	<b>41/26.04</b>	<b>10.00</b>
31	Barry Williams	Cardiff 100 Miles RCC	78/30.58	10.01
32	Garry Shuker	Walsall Roads CC	59/27.32	10.02
33	David Wilson-Evans	Bynea CC	57/27.20	10.03
34	Toby Hopper	Cardiff Ajax CC	34	10.04
<b>35</b>	<b>Philip Tucker</b>	<b>Bynea CC</b>	<b>34</b>	<b>10.05</b>
36	David Wigmore	Northover Vets Team	66/28.23	10.06
37	Chris Hughes	Hereford & Dist Whs CC	54/27.04	10.07
38	Richard Lawton	Newport Phoenix CC	60/27.38	10.08
39	Mark Rosser	Ogmore Valley Whs CC	44/26.18	10.09
<b>40</b>	<b>Steven Powell</b>	<b>Cwmcarn Paragon RC</b>	<b>36</b>	<b>10.10</b>
41	Nigel Field	Hereford & Dist Whs CC	47/26.32	10.11
42	John Shehan	Bynea CC	68/28.42	10.12
43	Dean Ward	1st Chard Whs	28	10.13
44	Michael Amery	VC Sevale (Malvern)	56/27.14	10.14
<b>45</b>	<b>Christopher Jones</b>	<b>Ride Bike Wales</b>	<b>45/26.23</b>	<b>10.15</b>
46	Edward Malarczyk	Cwmcarn Paragon RC	63/27.59	10.16
47	Paul Colman	Pembrokeshire Velo	53/26.59	10.17
48	Alex Leek	Wrekinsport CC	27	10.18
49	Dan Taylor	Acme Whs (Rhondda) CC	34	10.19
<b>50</b>	<b>Matt Burden</b>	<b>Severn RC</b>	<b>37</b>	<b>10.20</b>
51	Chris Fishbourne	Abercynon RC	40/25.59	10.21
52	Andrew Storrie	Ogmore Valley Whs	43/26.13	10.22
53	Paul Durrant	M & D Cycles	69/28.52	10.23
54	Rick Johnston	Northover VT	63/27.59	10.24

<b>55</b>	<b>Jeremy Pile</b>	<b>VC Sevale (Malvern)</b>	<b>40/25.59</b>	<b>10.25</b>
56	Paul Hayward	Cwmcarn Paragon RC	42/26.09	10.26
57	Thom Hadfield	Pontypool RCC	35	10.27
58	Andrew Derrick	Severn RC	35	10.28
59	John Hughes	Rhondda TC	50/26.45	10.29
<b>60</b>	<b>Zachery May</b>	<b>Metaltek - Knights of Old</b>	<b>19</b>	<b>10.30</b>
61	Dave Preece	Cwmcarn Paragon RC	50/26.45	10.31
62	Jason Killiner	Pontypool RCC	36	10.32
63	Clinton Evans	CC Blaenau Gwent	41/26.04	10.33
64	Richard Coleman	Stourbridge Velo	60/27.38	10.34
<b>65</b>	<b>Luke Davies</b>	<b>VC St Raphael</b>	<b>19</b>	<b>10.35</b>
66	Steven Skinner	Gloucester City CC	30	10.36
67	Alistair Morgan	Pontypool RCC	52/26.54	10.37
68	Justin Ford	CC Blaenau Gwent	41/26.04	10.38
69	Emyr Griffiths	Bynea CC	47/26.32	10.39
<b>70</b>	<b>Matt Postle</b>	<b>Bush Healthcare CRT</b>	<b>43/26.13</b>	<b>10.40</b>
71	David Long	Acme Whs (Rhondda) CC	27	10.41
72	Gerard Oram	Bynea CC	54/27.04	10.42
73	Neale Lewis	Acme Whs (Rhondda) CC	42/26.09	10.43
74	David Brice	Bynea CC	53/26.59	10.44
<b>75</b>	<b>Gerallt Allen</b>	<b>The Edge Cycleworks</b>	<b>18</b>	<b>10.45</b>
76	Chris Ward	Redditch Road & Path CC	59/27.32	10.46
77	John Regan	Pembrokehire Velo	45/26.23	10.47
78	Stuart Evans	Merthyr CC	68/28.42	10.48
79	Mike Appleyard	Lancashire RC	48/26.36	10.49
<b>80</b>	<b>Tom Ward</b>	<b>Team Echelon - Rotor</b>	<b>20</b>	<b>10.50</b>
81	Howell Mason	Ogmore Valley Whs	59/27.32	10.51
82	Guy Evans	Hereford & Dist Whs CC	55/27.09	10.52
83	John Williams	Towy Racing CC	31	10.53
84	Digby Rusling	Royal Forest of Dean CC	45/26.23	10.54
<b>85</b>	<b>Simon Williams</b>	<b>Dursley RC</b>	<b>35</b>	<b>10.55</b>
86	Alan Cooper	Avonlea/Treasure RT	57/27.20	10.56
87	Kevin Bartlemore	Acme Whs (Rhondda) CC	46/26.27	10.57
88	Hugh Davies	Port Talbot Whs CC	69/28.52	10.58
89	Justin Walters	Wyre Forest CRC	43/26.13	10.59
<b>90</b>	<b>Luke Dix</b>	<b>Cardiff Jif</b>	<b>35</b>	<b>11.00</b>
91	John Maund	VC Elan - Harry Perry Cycles	48/26.36	11.01
92	Dan Cutting	Ludlow CC	37	11.02
93	David Medhurst	Cardiff Ajax CC	24	11.03
94	Daryl Godden	Gloucester City CC	55/27.09	11.04
<b>95</b>	<b>Phill Sykes</b>	<b>VC St Raphael</b>	<b>40/25.59</b>	<b>11.05</b>
96	Mat Atkins	Cwmcarn Paragon RC	49/26.41	11.06
97	Karl Davies	Stourbridge Velo	52/26.54	11.07
98	Arwel Davies	Bynea CC	41/26.04	11.08
99	Mark Nott	Ogmore Valley Whs	45/26.23	11.09
<b>100</b>	<b>David Crawley</b>	<b>Fibrax-Wrexham RC</b>	<b>38</b>	<b>11.10</b>
101	Paul Jones	Cwmcarn Paragon RC	45/26.23	11.11
102	David Wood	Stourbridge Velo	59/27.32	11.12
103	Andi Timothy	Revo Racing	56/27.14	11.13
104	Steven Cottingham	Cadence RT	52/26.54	11.14
<b>105</b>	<b>Graham Moir</b>	<b>Royal Navy &amp; Royal Marines CA</b>	<b>41/26.04</b>	<b>11.15</b>
106	Marco Marletta	Cardiff Jif	48/26.36	11.16
107	Vincent Jenkins	LeisureLakesBikes.com	74/29.53	11.17
108	Jason Burrill	Bourne Whs CC	32	11.18
109	Alastair McChesney	VC Bristol	48/26.36	11.19
<b>110</b>	<b>Rob Pears</b>	<b>Procycling Magazine RT</b>	<b>51/26.50</b>	<b>11.20</b>
111	Roger Taylor	Frome & Dist Whs	68/28.42	11.21
112	Paul Jones	Ystwyth CC	39	11.22
113	Kevin Williams	Bournemouth Jubilee Whs	51/26.50	11.23
114	Adam Jones	Brecon Whs	20	11.24
<b>115</b>	<b>Ben Anstie</b>	<b>Cadence RT</b>	<b>37</b>	<b>11.25</b>
116	John Eames	Team Swift	67/28.32	11.26
117	Rhydian Evans	CC Blaenau Gwent	35	11.27
118	Rob Jones	Ogmore Valley Whs	37	11.28
119	Michael Portlock	EC Cycles	44/26.18	11.29
<b>120</b>	<b>Scott Davies</b>	<b>Madison-Genesis</b>	<b>19</b>	<b>11.30</b>