

2013 Welsh 10 Miles Time Trial Championship

promoted by

Pontypool Road Cycling Club

on behalf of

Welsh Cycling Association

Sunday 18th August 2013



Event Sponsors – **Sunwise Eyewear**
RJD Jenkins Opticians

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

Awards (one rider/one prize, except team)

Mens Championship

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

Ladies Championship

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

Junior Championship

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

Also

- 1st Vet on Std Championship Medal, **Sunwise Eyewear** & WCA Award
- 1st Vet in each
- 5 year age group Championship Medal & WCA Award
- 1st Team of 3 Championship Medal & WCA Award

Course Description for R10/17

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

Start at the first drain cover in 3rd 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 2013.

WCA awards will be presented at the annual Welsh BAR lunch on Sunday 3rd November.

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!

This event is sponsored by:



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2013 Welsh Championships 10 Miles TT
Juniors, Ladies, & Mens Overflow Event

No.	Name	Club	Age/Std	Start
1	Owen James	County Cycles RT	17	8.01
2	George Evans	Mid Shropshire Whs	15	8.02
3	Peter Kibble	Team Cycology Bikes	15	8.03
4	Max Gethin	Hafren CC	18	8.04
5	David Tudor	Marsh Tracks RT	15	8.05
6	Rhys Britton	Cardiff JIF	14	8.06
7	Brett Nethell	County Cycles RT	15	8.07
8	Emily Tillet	Cardiff JIF	14	8.08
9	Dan Colman	Pembrokeshire Velo	18	8.09
10	James Tillet	Cardiff JIF	14	8.10
11	William Roberts	Bynea CC	15	8.11
12	Gerrallt Allen	Marsh Tracks RT	17	8.12
13	Jack James	Tenby Aces CC	16	8.13
14	Sam Tillet	Cardiff JIF	14	8.14
15	Luke Davies	VC St Raphael	18	8.15
16	Sam Powell	Clevedon & District RC	16	8.16
17	Charlie Solomon	Urban-cyclery.co.uk RT	17	8.17
18	Scott Davies	Liverpool Mercury CC	18	8.18
20	Andrea Parish	Camel Valley C&TC	45/28.29	8.20
21	Caryl Richards	Bynea CC		8.21
22	June Edwards	Pontypool RCC	47/28.39	8.22
23	Sarah Lloyd-Stephens	Hereford Whs		8.23
24	Angela Green	Cardiff Ajax CC		8.24
25	Sally Harmer	Pembrokeshire Velo	52/29.03	8.25
26	Arja Scarsbrook	Team Echelon - Rotor	65/30.31	8.26
27	Celia Boothman	Pembrokeshire Velo		8.27
28	Lisa Sullivan	Bynea CC		8.28
29	Lowenna Smith	Cadence RT		8.29
30	Fenella Brown	Redditch Road & Path CC	44/28.24	8.30
31	Nicola Griffiths	Bynea CC	48/28.43	8.31
32	Rebecca Timothy	North Devon Whs	46/28.34	8.32
33	Susan Burnett	Newport Phoenix CC	52/29.03	8.33
34	Nicola Howells	Bynea CC	44/28.24	8.34
35	Gillian Pears	Bath CC	44/28.24	8.35
37	Tom James	San Domenico		8.37
38	Paul Davies	Cardiff 100 Miles RCC	63/27.59	8.38
39	Gareth Hill	Abercynon RC	41/26.04	8.39
40	Mike Appleyard	Lancashire RC	47/26.32	8.40
41	Brian Dalling	Swansea Whs/CS Abertawe	66/28.23	8.41
42	Dave Burrows	Severn RC	63/27.59	8.42
43	Norman James	Ogmore Valley Whs CC	74/29.53	8.43
44	Karl Wills	Pontypool RCC	53/26.59	8.44
45	Steven Morris	Ogmore Valley Whs CC	40/25.59	8.45
46	Clive Chappe	Ross on Wye & Dist CC	66/28.23	8.46
47	Peter Wilson	Bath CC	79/31.17	8.47
48	Paul Griffiths	Acme Whs (Rhondda) CC	58/27.26	8.48
49	Paul Rees	Bynea CC	48/26.36	8.49
50	Ed Hadley	Hereford & Dist Whs CC	57/27.20	8.50
51	Christopher Davies	Bynea CC	47/26.32	8.51
52	Terry Harradine	CC Topp	66/28.23	8.52
53	Jeff Chambers	Bynea CC	72/29.26	8.53
54	Owen Pocock	CC Blaenau Gwent	78/30.58	8.54
55	Andrew Grist	Bynea CC	46/26.27	8.55
56	Alan Cooper	Avonlea/Treasure RT	56/27.14	8.56
57	Tony Emery	Dursley RC	66/28.23	8.57
58	Kenneth Squibb	Cardiff Ajax CC	77/30.40	8.58
59	Kevin Grant	Frome & Dist Whs	56/27.14	8.59

2013 Welsh Championships 10 Miles TT
Mens Event

No.	Name	Club	Age/Std	Start
1	Clinton Evans	CC Blaenau Gwent	40/25.59	9.01
2	Andi Timothy	Revo Racing	55/27.09	9.02
3	Nick Merrony	Pembrokeshire Velo	53/26.59	9.03
4	Carl Spencer	Hafren CC		9.04
5	Arwel Davies	Bynea CC	40/25.59	9.05
6	Anthony Cowdry	Porth & Dist CC		9.06
7	Richard Wilder	San Domenico	40/25.59	9.07
8	Stephen Landeg	Ogmore Valley Whs CC	59/27.32	9.08
9	Nic Forbes	Bynea CC	42/26.09	9.09
10	Anthony Jones	Towy Racing CC	40/25.59	9.10
11	John Hughes	Porth & Dist CC	49/26.41	9.11
12	Nigel Jones	Gloucester City CC	55/27.09	9.12
13	Roger Taylor	Frome & Dist Whs	67/28.32	9.13
14	David Evans	Pontypool RCC	47/26.32	9.14
15	George Rose	Cycle Coaching Wales RT		9.15
16	Paul Colman	Pembrokeshire Velo	52/26.54	9.16
17	Mike Broadbent	Bynea CC	52/26.54	9.17
18	Andy Kelly	Bristol South CC	48/26.36	9.18
19	Kevin Thomas	Pontypool RCC	42/26.09	9.19
20	Mark Woolford	Chippenham & Dist Whs	47/26.32	9.20
21	Gerard Oram	Bynea CC	53/26.59	9.21
22	Vincent Douglas	RAF CA	43/26.13	9.22
23	Desmond Astley	Merthyr CC	50/26.45	9.23
24	Peter Murrieri	M&D Cycles Specialized	54/27.04	9.24
25	Paul Merryweather	Team Diabetes UK		9.25
26	Simon Geary	Hereford & Dist Whs CC	41/26.04	9.26
27	Alistair Scott	Pontypool RCC	44/26.18	9.27
28	Adrian Brewster	Gloucester City CC	60/27.38	9.28
29	Edward Malarczyk	Cwmcarn Paragon RC	62/27.51	9.29
30	Dewi Hughes	Ystwyth CC		9.30
31	Emyr Griffiths	Bynea CC	46/26.27	9.31
32	Alistair Morgan	Pontypool RCC	51/26.50	9.32
33	Graeme Boswell	Cardiff Ajax CC		9.33
34	Simon Westlake	Merthyr CC	47/26.32	9.34
35	Ben Phillips	Bynea CC		9.35
36	Nick Green	Stratford CC	47/26.32	9.36
37	Richard Lawton	Newport Phoenix CC	59/27.32	9.37
38	Mike Hazlewood	Saracen RC	60/27.38	9.38
39	Andrew Curley	Beacon Roads CC	50/26.45	9.39
40	Christopher Jones	M&D Cycles Specialized	45/26.23	9.40
41	Ian Rees	Pontypool RCC	46/26.27	9.41
42	Will Jenkins	Pembrokeshire Velo	40/25.59	9.42
43	John Shehan	Bynea CC	67/28.32	9.43
44	Jeff Adams	Pontypool RCC	66/28.23	9.44
45	Leon Boulton	Bath CC		9.45
46	Ben Davis	Bristol RC		9.46
47	Andy Davies	Cardiff JIF		9.47
48	Jon Vickery	Cwmcarn Paragon RC	49/26.41	9.48
49	Dave Wigmore	Northover VT	65/28.14	9.49
50	Lyn Jones	EC Cycles	40/25.59	9.50
51	Paul Cannon	Porth & Dist CC	61/27.44	9.51
52	Andrew Derrick	Severn RC		9.52
53	Adam Jones	Brecon Whs		9.53
54	John Murphy	Gloucester City CC	73/29.39	9.54
55	Gareth Rees	Cwmcarn Paragon RC		9.55
56	Mark Rosser	Ogmore Valley Whs CC	42/26.09	9.56
57	Paul Jones	Ystwyth CC		9.57
58	Wayne Dudley	Pontypool RCC	51/26.50	9.58
59	Richard Barker	Pembrokeshire Velo		9.59
60	Jeremy Pile	VC Sevale (Malvern)		10.00

61	Toby Hopper	Cardiff Ajax CC		10.01
62	Steven Bennett	Acme Whs (Rhondda) CC	40/25.59	10.02
63	Paul Lambert	Chippenham & Dist Whs	47/26.32	10.03
64	Michael Skelton	Cwmcarn Paragon RC	40/25.59	10.04
65	Andrew Butcher	Cwmcarn Paragon RC		10.05
66	Julian Harper	Exe Velo CC	44/26.18	10.06
67	Max Hale	Ystwyth CC		10.07
68	Justin Ford	CC Blaenau Gwent	40/25.59	10.08
69	Barry Williams	Cardiff 100 Miles RCC	77/30.40	10.09
70	Ben Simmons	Team Wiggle		10.10
71	Michael Portlock	EC Cycles	43/26.13	10.11
72	Rhydian Evans	CC Blaenau Gwent		10.12
73	Peter Ackroyd	Cheltenham & County CC	55/27.09	10.13
74	Bob Jones	Cardiff 100 Miles RCC	61/27.44	10.14
75	Matthew Nicholls	Walsall Roads CC		10.15
76	Mark Hiddlestone	Team Tredz	40/25.59	10.16
77	Earl Smith	Cycle Coaching Wales RT	42/26.09	10.17
78	Robert Dyde	Pembrokeshire Velo		10.18
79	Dan Taylor	Acme Whs (Rhondda) CC		10.19
80	Luke Cornish	West Wales CRT		10.20
81	Michael Amery	VC Sevale (Malvern)	55/27.09	10.21
82	Steven Powell	Cwmcarn Paragon RC		10.22
83	Alex Brace	West Wales CRT		10.23
84	Mark Ayling	CC Abergavenny		10.24
85	Derek Smetham	Dursley RC	44/26.18	10.25
86	Darran Carpenter	Cwmcarn Paragon RC		10.26
87	Colin Wallace	Merthyr CC	50/26.45	10.27
88	Stuart Evans	Port Talbot Whs CC	67/28.32	10.28
89	Stephen Ratcliffe	Brecon Whs	45/26.23	10.29
90	Tom Ward	Team Echelon - Rotor		10.30
91	Andrew Stokoe	Cwmcarn Paragon RC		10.31
92	Courtney Rowe	Cardiff JIF	52/26.54	10.32
93	Neale Lewis	Acme Whs (Rhondda) CC	41/26.04	10.33
94	Chris Ward	Redditch Road & Path CC	58/27.26	10.34
95	Luke Dix	Cardiff JIF		10.35
96	Rhys Payne	Porth & Dist CC		10.36
97	Rick Johnston	Northover VT	62/27.51	10.37
98	Guy Evans	Hereford & Dist Whs CC	54/27.04	10.38
99	Matthew Phillips	Bynea CC		10.39
100	Paul Gamlin	Avonlea/Treasure RT	41/26.04	10.40
101	David Brice	Bynea CC	52/26.54	10.41
102	Digby Rusling	Royal Forest of Dean CC	44/26.18	10.42
103	Karl Davies	Stourbridge Velo	51/26.50	10.43
104	Mark Nott	Ogmore Valley Whs CC	44/26.18	10.44
105	Kieron Davies	Bynea CC		10.45
106	David Evans	Worcester St Johns CC	56/27.14	10.46
107	Robert Jones	Ogmore Valley Whs CC		10.47
108	David Wood	Wyre Forest CRC	58/27.26	10.48
109	Clint Welson	Hereford & Dist Whs CC		10.49
110	Justyn Cannon	RAF CA		10.50
111	David Griffiths	Glasgow Whs		10.51
112	James Griffiths	Ludlow CC	40/25.59	10.52
113	Steven Madeley	Ogmore Valley Whs CC	52/26.54	10.53
114	Gavin Jones	CC Topp		10.54
115	Ben Anstie	Team Cycology Bikes		10.55
116	Simon Wix	Evesham & Dist Whs	50/26.45	10.56
117	Derek Dowdeswell	Gloucester City CC	59/27.32	10.57
118	Richard Hopkins	Cwmcarn Paragon RC	42/26.09	10.58
119	Adrian Sullivan	Merthyr CC	65/28.14	10.59
120	Rob Pears	Bath CC	50/26.45	11.00