



# Cardiff Ajax Cycling Club

## Cardiff Ajax Open 10 Mile Time Trial Saturday 18th March 2023 at 2.00 pm

Promoted for and on behalf of Cycling Time Trials  
under their Rules and Regulations

### Start Sheet

**Event Secretary :** Graeme Boswell, 16 Timbers Square, Cardiff, CF24 3SG

**Tel:** 0770 8086900

**Email:** [graemeboswell1974@gmail.com](mailto:graemeboswell1974@gmail.com)

**Timekeepers:** **Start** – Len Samuel **Finish** - Robin Field **Recorder** – Francis Field

**Course :** R10/16A

**START** At light standard IF 21 at southern end of layby 0.4 mile north of Abercarn on A467. Proceed southbound, taking 2nd exit at Crosskeys roundabout to continue on A467 to Wattsville roundabout and take 1st exit onto dual carriageway (A467). Proceed on dual carriageway to Risca roundabout (5.16 miles). Turn by circling roundabout to continue on dual carriageway northbound to Wattsville roundabout. Take 3rd exit signposted Abercarn to continue on A467 single carriageway to take 2nd exit at Crosskeys roundabout to continue to Abercarn. Bear left (WITH GREAT CARE) on unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200 yds FINISH at light standard IF 463 on left opposite entrance to Bridge Street (cul-de-sac) on right. 10.000 miles.

**District Regulation:** There are double white lines at the start. Any rider turning in the road at the start WILL BE DISQUALIFIED. Please continue for 200 yards past start to turn at roundabout.

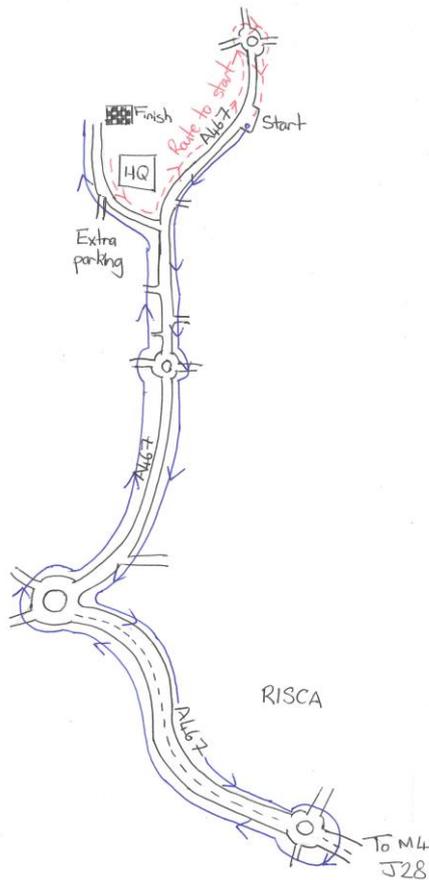
**Event HQ:** Scout Hall, Bridge Street, Abercarn, NP11 5AR. Very close to finish – see map.

Numbers, signing on (Open from 12:30 pm)

First aid kit, result board and prize presentation will be at the HQ.

| <b>2-up event (riders 1-26):</b>   | <b>Road bike event (riders 27-38):</b>  | <b>Open event (riders 39-58):</b>  |
|--|---|--|
| 1 <sup>st</sup> team men, women, mixed (trophies)<br>1 <sup>st</sup> team V40, V50, V60, jun (medal) | 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> men & women (trophies)<br>1 <sup>st</sup> vet (medal) | 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> men & women (trophies)<br>1 <sup>st</sup> vet & 1 <sup>st</sup> jun (medals) |

**Please note:** One rider, one prize with overall taking priority. Vet prizes in solo events will be awarded by time against VTTA published target standards for age. For 2-up, vets category is determined by age of oldest team member (V40 means oldest rider between 40 and 49...), junior determined by age of youngest team member.



### Notes for all competitors:

1. **You must wear a hard-shell helmet.**

2. **You must have front and rear lights fitted to your bike and working at the time of your start**

3. **Sign on to collect your number** – each rider must collect their own number. Only riders listed on the start sheet may ride. **Please remember to sign back in after you have completed your ride.**

4. Food and drinks will be available. A complimentary drink will be provided to all riders after the event.

<https://cyclingtimetrials.org.uk/course-details/r10-16a>

### **ROAD BIKE EVENT RULES**

1. No aerobars, clip on aerobars or aero extensions can be used
2. Hands must be holding the handlebars at all times while racing (i.e. do not ride with forearms resting on the handlebar)
3. Wheels must have a minimum of 12 spokes each and a maximum rim depth of 90 mm
4. Helmets must have no visor nor have a pointed tail
5. Ears must not be covered by the helmet

In short, if you'd ride it in a road race then it'll be fine.

We are delighted to have **Huw Fairclough Photography** at the event who will be providing photography. Huw has waived his usual fee and instead the event will be making a donation to the Nathan Ford Rehabilitation fund – this donation has been covered by your entry fee. All competitors will be sent a web link to the gallery of images after the event and photographs will be free to download.

<http://www.huwfaircloughphotography.co.uk/>

<https://www.gofundme.com/f/nathan-ford>

| BIB | START | FIRST NAME  | LAST NAME    | CLUB  |        |         | CAT       | VET STD |
|-----|-------|-------------|--------------|---|--------|---------|-----------|---------|
| 1   | 14:02 | Georgina    | Covell       | Cardiff Ajax CC                             | Female | Senior  | Woman     |         |
| 2   | 14:02 | Nichola     | Bagshaw      | Cardiff Ajax CC                             | Female | Senior  |           |         |
| 3   | 14:04 | Mark        | Allen        | UF Rowe & King                              | Male   | Veteran | V50       |         |
| 4   | 14:04 | Mark        | Keepfer      | Cwmcarn Paragon Cycling Club                | Male   | Veteran |           |         |
| 5   | 14:06 | Kevin       | Lavelle      | Cardiff Ajax CC                             | Male   | Veteran | V60       |         |
| 6   | 14:06 | Andrew      | Seary        | Cardiff Ajax CC                             | Male   | Veteran |           |         |
| 7   | 14:08 | Mohammed    | Mustafa      | Cardiff Ajax CC                             | Male   | Veteran | V50       |         |
| 8   | 14:08 | John        | Rawnsley     | UF Rowe & King                              | Male   | Veteran |           |         |
| 9   | 14:10 | Jennifer    | Cynan Jones  | Cardiff Ajax CC                             | Female | Senior  | Mixed V40 |         |
| 10  | 14:10 | Gavin R     | Jones        | Cardiff Ajax CC                             | Male   | Veteran |           |         |
| 11  | 14:12 | Steve       | Fry          | Cwmcarn Paragon Cycling Club                | Male   | Veteran | V50       |         |
| 12  | 14:12 | Darran      | Carpenter    | Cwmcarn Paragon Cycling Club                | Male   | Veteran |           |         |
| 113 | 14:14 | Lucas       | Britton-Bada | Cardiff Ajax CC                             | Male   | Junior  | Jun       |         |
| 14  | 14:14 | Matt        | Whitehouse   | 05/03                                       | Male   | Espoir  |           |         |
| 15  | 14:16 | Nathan      | Leaves       | Cwmcarn Paragon Cycling Club                | Male   | Senior  | V40       |         |
| 16  | 14:16 | Mike        | Griffiths    | Cwmcarn Paragon Cycling Club                | Male   | Veteran |           |         |
| 17  | 14:18 | Daniel      | Fox          | UF Rowe & King                              | Male   | Senior  |           |         |
| 18  | 14:18 | Mike        | Fox          | UF Rowe & King                              | Male   | Senior  |           |         |
| 19  | 14:20 | John        | Brown        | Veloflow CC                                 | Male   | Veteran | V50       |         |
| 20  | 14:20 | Neil        | Lewis        | Veloflow CC                                 | Male   | Veteran |           |         |
| 21  | 14:22 | Luke        | Protheroe    | UF Rowe & King                              | Male   | Espoir  | V40       |         |
| 22  | 14:22 | Frazer      | White        | Pontypool Road Cycling Club                 | Male   | Veteran |           |         |
| 23  | 14:24 | Callum      | McQueen      | UpShift Nutrition Race Team                 | Male   | Senior  |           |         |
| 24  | 14:24 | Chad        | Scallan      | UF Rowe & King                              | Male   | Senior  |           |         |
| 25  | 14:26 | Owen        | Burgess      | UF Rowe & King                              | Male   | Senior  | V40       |         |
| 26  | 14:26 | Andy        | Davies       | UF Rowe & King                              | Male   | Veteran |           |         |
| 27  | 14:27 | Tom         | Coles        | Cardiff Ajax CC                             | Male   | Senior  |           |         |
| 28  | 14:28 | Andy        | Gibbs        | Cwmcarn Paragon Cycling Club                | Male   | Veteran | V         | 27:24   |
| 29  | 14:29 | Daniel      | Williams     | Cardiff Ajax CC                             | Male   | Senior  |           |         |
| 30  | 14:30 | Adrian      | Brooks       | PDQ Cycle Coaching                          | Male   | Veteran | V         | 28:39   |
| 31  | 14:31 | Holly       | Thomas       | Cardiff Ajax CC                             | Female | Senior  | W         |         |
| 32  | 14:32 | Darren      | Hughes       | Cwmcarn Paragon Cycling Club                | Male   | Veteran | V         | 26:46   |
| 33  | 14:33 | Alex        | Tennant      | Cardiff Ajax CC                             | Female | Senior  | W         |         |
| 34  | 14:34 | Adrien      | Grubb        | Cardiff Ajax CC                             | Male   | Senior  |           |         |
| 35  | 14:35 | Rob         | Jones        | Cardiff Ajax CC                             | Male   | Veteran | V         | 26:32   |
| 36  | 14:36 | Rhys        | Lloyd        | Port Talbot Whs CC                          | Male   | Senior  |           |         |
| 37  | 14:37 | Rob         | Sanderson    | Cardiff Ajax CC                             | Male   | Veteran | V         | 26:10   |
| 38  | 14:38 | Tom         | Grigson      | Stolen Goat Race Team                       | Male   | Senior  |           |         |
| 39  | 14:39 | Paul        | Griffiths    | Cardiff Ajax CC                             | Male   | Veteran | V         | 29:08   |
| 40  | 14:40 | Wayne       | Baker        | Team Echelon                                | Male   | Veteran | V/Trike   | 30:48   |
| 41  | 14:41 | Jon         | Finch        | Caerphilly Cycling Club                     | Male   | Veteran | V         | 27:37   |
| 42  | 14:42 | Charles     | Ryder        | National Clarion CC                         | Male   | Veteran | V         | 29:30   |
| 43  | 14:43 | Khalid      | Rahmani      | Cwmcarn Paragon Cycling Club                | Male   | Veteran | V         | 26:27   |
| 44  | 14:44 | Bob         | Brabbins     | VTTA West Group                             | Male   | Veteran | V         | 31:22   |
| 45  | 14:45 | Robert      | Jones        | Cardiff 100 Miles RCC                       | Male   | Veteran | V         | 29:30   |
| 46  | 14:46 | Paul        | Jones        | Pontypool Road Cycling Club                 | Male   | Veteran | V         | 27:12   |
| 47  | 14:47 | Anthony     | Fidow        | Cwmcarn Paragon Cycling Club                | Male   | Veteran | V         | 28:58   |
| 48  | 14:48 | Mark        | Ayling       | CC Abergavenny / Owen Associates            | Male   | Veteran | V         | 26:41   |
| 49  | 14:49 | Samuel      | Cook         | Cardiff Ajax CC                             | Male   | Senior  |           |         |
| 50  | 14:50 | Jon         | Vickery      | Cwmcarn Paragon Cycling Club                | Male   | Veteran | V         | 27:44   |
| 51  | 14:51 | Dean        | Prosser      | Hereford & Dist Whs CC                      | Male   | Veteran | V         | 27:07   |
| 52  | 14:52 | Seth        | Jones        | Backstedt Bike Performance Junior Race Team | Male   | Junior  | J         |         |
| 53  | 14:53 | Ross        | Hamilton     | Port Talbot Whs CC                          | Male   | Senior  |           |         |
| 54  | 14:54 | Dan         | Kingston     | VTTA (South Wales group)                    | Male   | Veteran | V         | 26:10   |
| 55  | 14:55 | David       | Medhurst     | Cardiff Ajax CC                             | Male   | Senior  |           |         |
| 56  | 14:56 | Theo        | Tadros       | trainSharp                                  | Male   | Espoir  |           |         |
| 57  | 14:57 | Jack        | Kellam       | Cambridge University CC                     | Male   | Senior  |           |         |
| 58  | 14:58 | Christopher | Gibbard      | Bynea Cycling Club                          | Male   | Veteran | V         | 26:10   |