

Cardiff Ajax Cycling Club

RESULTS SHEET



Cardiff Ajax CC Open 10 Mile Time Trial
Saturday 16th March 2024 at 14:00

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

Kindly supported by **HARD LINES[®]**

Officials

Event Secretary: Jack Kellam

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Timekeepers: (Start) Jake Bailey, (Finish) Robin & Francis Field

Results

First of all, I'd like to offer a massive thank you as race organiser to everyone who turned up, in what were some pretty miserable conditions, to support the race on Saturday: without marshals and timekeepers standing out in the rain for a couple of hours, we wouldn't be able to have safe racing or accurate results. Likewise, thanks to our wonderful refreshments team (and Hard Lines Coffee) for keeping everyone topped up in HQ. And of course, special thanks to the incredible Club President Reg Pharoah for his help on the day, doing everything from laying carpets to giving out prizes!

Thanks are also due to Josh Kennedy for sitting out in the rain with his camera – as a result, **photos are available from his Facebook page, linked here [\(part one\)](#) and here [\(part two\)](#)**

I'm also grateful to the South Wales District Committee, Martyn Heritage-Owen and Robin Field in particular, for patiently replying to my many emails as I worked on the event (my first, but definitely not my last!).

Chapeau, however, to all you riders for racing and giving the event its biggest startlist in a long time. It's given me real encouragement to put some more races on going forwards, and shows that time trialling remains very much alive. **I would massively appreciate feedback – especially from those racing for the first time – about the event, but also what would make racing TTs more regularly a more attractive option to you.** My contact details are on the cover!

At the very least, we'll have the Cardiff Ajax Hill Climb towards the end of October, closer to home in Castell Coch. Hope to see some of you there.

Summary of results and prizes are on page below. I'll be contacting winners shortly via email to arrange payment. Full results then follow in separate tables for the solo and TTT events.

Award winners

One rider, one prize (excl. CR). Winners of multiple categories noted.

Road Bike (Solo)

Open

1st - Owen Burgess (UF Rowe & King), 21:56 (£50)

2nd - Mathys Venter (Cardiff Ajax CC), 22:16 (£30) *(also 1st Junior)*

3rd - Rob Cowell (Ogmore Valley Wheelers), 22:26 (£20)

V40 1st - Steven Williams (Army Cycling), 22:33 (£25) *(also 1st in First Open)*

V50 1st - Marco Marletta (VTTA (South Wales group)), 25:11 (£25)

V60 1st - Colin Richard Wallace (Merthyr CC), 26:03 (£25)

First Open TT 1st - Max Hughes (Cardiff Ajax CC), 24:54 (£15)



Female

1st - Josie Harcourt (FTP (Fulfil The Potential) Race Team), 23:57 (*New CR*)
(£50 + £20)

2nd - Miranda Clements (Cambridge University CC), 24:13 (£30)

3rd - Emma Hunter (Cardiff Ajax CC), 25:58 (£20) (*also 1st in First Open*)

V50 - Andrea Parish (VeloSistas TT Team), 28:59 (£25)

First Open TT 1st - Cassia Copeland (Cardiff Ajax CC), 28:07 (£15)



TT Bike (Solo)

Open

1st - Oliver Cadin (Cardiff University Road Cycling Team p/b the WACO System), 20:44 (£20)

1st - Christopher Gibbard (FTP (Fulfil The Potential) Race Team), 20:44 (£20)
(also 1st in VTТА)

VTТА 1st - John Aspell (Port Talbot Wheelers CC), 23:10 (22:01 *adjusted*) (£15)



2-up TTT (road bikes)

Open

1st - John Brown and Neil Lewis (Veloflow CC), 21:38 (£20 each)

Mixed

1st - Jennifer Cynan Jones and Gavin R Jones (Cardiff Ajax CC), 24:09 (£20 each)

Female

1st - Helen Stevenson and Lianne Lusty (Cwmcarn Paragon CC), 28:06 (£20 each)



Results (solo event)

Position	Name	Classification	Club	Machine	Time	
1	Oliver	Cadin	Open	Cardiff University Road Cycling Team p/b the WACO System	TT Bike	20:44
1	Christopher	Gibbard	Open	FTP (Fulfil The Potential) Race Team	TT Bike	20:44
3	Theo	Tadros	Open	Cardiff University Road Cycling Team p/b the WACO System	TT Bike	21:13
4	Owen	Burgess	Open	UF Rowe & King	Road Bike	21:56
5	Mathys	Venter	Open	Cardiff Ajax CC	Road Bike	22:16
6	Rob	Cowell	Open	Ogmore Valley Wheelers	Road Bike	22:26
7	Chris	Groves	Open	Port Talbot Whs CC	TT Bike	22:32
8	Steven	Williams	Open	Army Cycling	Road Bike	22:33
9	John	Aspell	Open	Port Talbot Whs CC	TT Bike	23:10
10	Mark	Hazell	Open	Clevedon & District Road Club	TT Bike	23:19
11	Matthew	Williams	Open	Cardiff Ajax CC	Road Bike	23:28
12	Nick	Cox	Open	Merthyr CC	Road Bike	23:33
13	Dan	Craig	Open	Caerphilly Cycling Club	TT Bike	23:35
14	Matt	Davies	Open	Newport Phoenix CC	TT Bike	23:37
15	Rob	Sanderson	Open	Cardiff Ajax CC	Road Bike	23:56
16	Josie	Harcourt	Female	FTP (Fulfil The Potential) Race Team	Road Bike	23:57
17	Harry	Cook	Open	Wenvoe Wheelers	TT Bike	24:02
18	Miranda	Clements	Female	Cambridge University CC	Road Bike	24:13
19	Jonathan	Morgan	Open	Caerphilly Triers	TT Bike	24:20
20	Jon	Vickery	Open	Cwmcam Paragon Cycling Club	TT Bike	24:25
21	Callum	Amor	Open	Watford Velo Sport	Road Bike	24:30
22	John	Seaward	Open	Caerphilly Triers	TT Bike	24:49
23	Rob	Powell	Open	Abergavenny RC	TT Bike	24:52
24	Max	Hughes	Open	Cardiff Ajax CC	Road Bike	24:54
25	Marco	Marletta	Open	VTTA (South Wales group)	Road Bike	25:11
26	Reuben	Keating	Open	Cardiff Ajax CC	Road Bike	25:14
27	Jason	Rayner	Open	Veloflow CC	TT Bike	25:15

28	Darren	Hughes	Open	Cwmcarn Paragon Cycling Club	Road Bike	25:48
29	Emma	Hunter	Female	Cardiff Ajax CC	Road Bike	25:58
30	Rowan	Clayton	Open	Cardiff University Road Cycling Team p/b the WACO System	Road Bike	26:01
31	Colin Richard	Wallace	Open	Merthyr CC	Road Bike	26:03
32	Conrad	Venter	Open	Cardiff Ajax CC	Road Bike	26:07
33	Cliff	Voller	Open	VTTA West Group	TT Bike	26:13
34	Adam	Smith	Open	Cardiff Ajax CC	Road Bike	26:19
35	Mark	Ayling	Open	CC Abergavenny / Owen Associates	Road Bike	26:25
36	Nye	Jayne	Open	Cardiff Ajax CC	Road Bike	26:34
37	Tom	Eames	Open	Cardiff Ajax CC	Road Bike	26:43
38	Daniel	Williams	Open	Cardiff Ajax CC	Road Bike	26:49
39	Anthony	Fidow	Open	Newport Phoenix CC	TT Bike	26:52
39	Stephen	Davies	Open	Cardiff Ajax CC	Road Bike	26:52
41	Richard	Phipps	Open	Cardiff Ajax CC	Road Bike	27:09
42	Tadhgh	Keating	Open	Cardiff Ajax CC	Road Bike	27:13
43	Carwyn	Hardiman	Open	Cardiff University Road Cycling Team p/b the WACO System	Road Bike	27:37
43	Joe	Woodley	Open	Bristol South Cycling Club	Road Bike	27:37
45	Will	James	Open	Cardiff University Road Cycling Team p/b the WACO System	Road Bike	27:44
46	Rosie	May-Bennett	Female	Tri Logic Cornwall	Road Bike	27:52
47	Cassia	Copeland	Female	Cardiff Ajax CC	Road Bike	28:07
48	Adrian	Brooks	Open	PDQ Cycle Coaching	Road Bike	28:30
49	Andrea	Parish	Female	VeloSistas TT Team	Road Bike	28:59
50	Gruff	Jones	Open	Cardiff Ajax CC	Road Bike	29:02
51	Kaitlin	Anstice	Female	Cardiff Ajax CC	Road Bike	29:10
52	Wayne	Baker	Open	Team Echelon	Tricycle	30:04
53	Jake	Flynn	Open	Cardiff Ajax CC	Road Bike	31:00
54	Norman	Gibson	Open	Cardiff Ajax CC	Road Bike	32:12
	Iwan	Jones	Open	Total Tri Training	TT Bike	DNF
	Tom	Grigson	Open	Stolen Goat Race Team	Road Bike	DNS
	Christopher	Myhill	Open	Cardiff Ajax CC	Road Bike	DNS

	Peter	Lindfield	Open	Velotik Racing Team	TT Bike	DNS
	Rob	Jones	Open	Merthyr CC	TT Bike	DNS
	Mark	Palliser	Open	Rule 28 x ATP Performance	TT Bike	DNS
	Ben	Core	Open	Bristol South Cycling Club	Road Bike	DNS
	Finlay	Storrie	Open	Maindy Flyers Cycling Club	Road Bike	DNS(A)
	Trystan	Chilcoat	Open	Cardiff University Road Cycling Team p/b the WACO System	Road Bike	DNS(A)
	Samuel	Tillett	Open	Cardiff University Road Cycling Team p/b the WACO System	TT Bike	DNS(A)
	Robert	Baynton	Open	PDQ Cycle Coaching	TT Bike	DNS(A)

Results (2-up TTT, road bike)

Position	Name	Classification	Club	Time
1	John Brown	Open	Veloflow CC	21:38
1	Neil Lewis	Open	Veloflow CC	21:38
2	Daniel Fox	Open	UF Rowe & King	22:09
2	Paul Hayward	Open	Pontypool Road Cycling Club	22:09
3	Daniel Hatch	Open	Veloflow CC	22:39
3	Alex Ball	Open	Veloflow CC	22:39
4	Jon Phipps	Open	Cardiff Ajax CC	22:55
4	Samuel Cook	Open	Cardiff Ajax CC	22:55
5	Joseph Carpenter	Open	Cardiff Ajax CC	23:28
5	Matthew Williams	Open	Cardiff Ajax CC	23:28
6	Aled Jones	Open	Cardiff Ajax CC	23:46
6	Darran Carpenter	Open	Cwmcarn Paragon Cycling Club	23:46
7	Jennifer Cynan Jones	Female	Cardiff Ajax CC	24:09
7	Gavin R Jones	Open	Cardiff Ajax CC	24:09
8	John Jackson	Open	CC Abergavenny / Owen Associates	24:41
8	Alun Owen	Open	CC Abergavenny / Owen Associates	24:41
9	Chris Seddon	Open	Cardiff Ajax CC	24:48
9	John Rawnsley	Open	UF Rowe & King	24:48
10	Jack Longley	Open	Cardiff Ajax CC	24:50
10	Marta Gawryszczak	Female	Cardiff Ajax CC	24:50
11	Rod Bowen	Open	Cardiff Ajax CC	26:35
11	Robert Berry	Open	Cardiff Ajax CC	26:35
12	Andrew Seary	Open	Cardiff Ajax CC	27:45
12	Kevin Lavelle	Open	Cardiff Ajax CC	27:45
13	Helen Stevenson	Female	Cwmcarn Paragon Cycling Club	28:06
13	Lianne Lusty	Female	Cwmcarn Paragon Cycling Club	28:06
	Richard Beech	Open	UF Rowe & King	DNS(A)

	Courtney	Rowe	Open	UF Rowe & King	DNS(A)
	Luke	Dix	Open	UF Rowe & King	DNS(A)
	Andy	Davies	Open	UF Rowe & King	DNS(A)
	Kevin	Parry	Open	Hereford Cycle Hub Cycling Club	DNS
	Lisa	Francis	Female	Hereford Cycle Hub Cycling Club	DNS