

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

# Cardiff 100 Miles Road Cycling Club

**Open 50 Mile Time Trial: Saturday 11<sup>th</sup> May 2024 – Course R50/1b**

## Timekeepers

Start: Phylis Harradine  
(CC Topp)  
Finish: Robin Field  
(Cardiff Byways CC)



## Organizer

Bob Jones  
2 Little Orchard  
DINAS POWYS  
Glam CF64 4NH  
mob. 07873-353207

## RESULTS SHEET

### *AWARDS*

1 <sup>st</sup> Team of 3 solos	FTP Race Team (Matthew Cox, Christopher Gibbard, Tim McEvoy)		5:12:05	£15 ea.
1 <sup>st</sup> JO (solo TT bike)	Dylan Sage	Evolution Racing Academy	1:43:15	£15
1 <sup>st</sup> F (solo TT bike)	Gretchen Zoeller	Born to Bike - Bridgtown Cycles	2:08:11	£20
2 <sup>nd</sup> F (solo TT bike)	Emma Bexson	Stratford Cycling Club	2:08:30	£15
1 <sup>st</sup> O (solo Road Bike)	Simon Butteriss	Ely & District CC/B&T Motor Repairs	1:54:07	£15
1 <sup>st</sup> O (solo TT bike)	Jake Sargent	Team Bottrill	1:38:29	£25
2 <sup>nd</sup> O (solo TT bike)	Matthew Cox	FTP ( Fulfil The Potential ) Race Team	1:41:58	£20
3 <sup>rd</sup> O (solo TT bike)	Christopher Gibbard	FTP ( Fulfil The Potential ) Race Team	1:42:44	£15
JO New CR	Dylan Sage	Evolution Racing Academy	1:43:15	£25
O New CR	Jake Sargent	Team Bottrill	1:38:29	£25

### *THANKS*

To all who entered, especially the 37 who rode. Out of 43 entries, there were 5 on Road Bikes, all of whom finished. There were 6 DNS's, some because of illness (Covid is ongoing), and some because of uncertainty over availability of the normal course.

Although rather chilly first thing, by midday the sun made the temperature almost oppressive. A light easterly wind had the benefit of being steady, by comparison with the flukiness of westerly winds in this location.

In spite of temporary traffic lights in Mitchel Troy, at the extreme eastern end of the course, Jake Sargent took full advantage of conditions to do the fastest ride of 1:38:29 and set a new R50/1b course (and Wales) record by 47 seconds from Kieron Davies's previous record 9 years ago. Gretchen Zoeller was fastest female with 2:08:11, and

Emma Bexson was 2<sup>nd</sup> fastest with 2:08:30. Dylan Sage was fastest Junior and 4<sup>th</sup> fastest in the Open class with 1:43:15 (a new Junior course and Wales record, taking 13:09 from Josh Griffiths's previous, 8 years ago). Simon Butteris made the trip from Cambridgeshire worthwhile with 1:54:07 to take fastest Road Bike prize. FTP was the fastest club team of three with 5:12:05 on aggregate (Matt Cox 1:41:58; Chris Gibbard 1:42:44; Tim McEvoy 1:47:23); Matt and Chris also took 2<sup>nd</sup> and 3<sup>rd</sup> fastest prizes respectively in the Open class.

9 finishers improved their LTS, including the fastest in both Female and Open classes, though there were also quick results among eight riders with no LTS, which included Dylan Sage (4<sup>th</sup> O and fastest J) and Matt Cox (2<sup>nd</sup> O and fastest Team).

After Age-adjusting the results of riders over 40, Jake Sargent was still a minute and a half quicker than fastest Vet.

Brian Jones from Kimroy took photos of competitors somewhere along the back road from Raglan to Mitchel Troy:-

<https://www.kimroy-photography-2.co.uk/members/categories.php?id=79337>



Resultsheet details for the event are here:-

<https://resultsheet.app/rsd/1714863183895x895914334769381400>

Particular thanks to Owen Burgess and Simon Butteris for their advance warnings of temporary traffic lights and single lane operation at the extreme eastern end of the course. Although rather small by field size, we received entries from all over southern Britain, and the possibility of the normal course being unusable was a serious concern as our contingency FPN's were for slower alternatives. Early morning it seemed the obstruction at the Mitchel Troy turn was race-doable, since the lights were fairly close and protecting just a few yards of traffic cones on the left side, with no work taking place on the adjoining construction site. Our decision to proceed with the original course was to the relief of most, but the chagrin of those who chose to DNS rather than take a chance with their long journey.

Thanks also to Gretchen Zoeller for swiftly compiling a Strava file of contingency course R50/1c – which wasn't needed after all, but may be in future:-

<https://www.strava.com/routes/3224287866279344886>

### **AND THANKS ESPECIALLY**

to everyone who devoted their free time to make this a successful event:-

Bob Jones (signage fixer)

Phylis Harradine CC Topp (Start TK)

Bob Jones (Start Marshal & Pusher-off)

Ed Malarczyk Cwmcarn Paragon CC (Observer at Mitchel Troy)

Bob Jones (Observer at Abergavenny RB)

William Pring (Observer at Hardwick Gyratory)

Bob Jones (broom wagon)

Robin Field Cardiff Byways CC (Finish TK)

Fran Field (Finish Recorder)

Phylis Harradine CC Topp (Maîtress de HQ)

## HQ Arrangements -

Particular thanks to Melanie Mercer, Llanarth Village Hall, for making the venue available.

### **DON'T MISS OUR OTHER OPEN EVENTS DURING 2024:**

Sat 5<sup>th</sup> Oct 2024 Open 10 mile Time Trial on R10/17 (Llanarth HQ) 2pm  
solo TT bike, solo Road Bike

*and finally:-*

Wed 1<sup>st</sup> Jan 2025 Open 10 mile Time Trial on R10/9 (St Athan) 1pm  
solo TT bike, solo Road Bike, Tandem, 2-up TTT