

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRAILS UNDER THEIR RULES AND REGULATIONS

## Saturday 26<sup>th</sup> July 2014 - R10/17

Timekeepers – Len Samuel and Glenda Fisher

**EVENT SEC: Martyn Heritage-Owen 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ**  
**Mobile: 0778 606 7819.**

A great warm up with a course record for Scott Davis. I'm looking into whether is a Welsh Competition record. I'm sure all the riders wish him all the best for the Commonwealth games TT on Thursday. It was obviously a great afternoon with 29 pb's on LTS performances. Thank you for those that stayed around – I'll be looking into a solution to the lack of mobile phone reception at the venue next year.

This event is powered by Juice Plus for more details visit [www.juiceplusbody.co.uk](http://www.juiceplusbody.co.uk) and if ordering quote Realteam. Dr Mitra Ray talks about when she found JP+ and how it changed her life forever ! Don't take our word for it, this lady is a double doctorate and biochemist <http://www.youtube.com/watch?v=DJOPIK1xuf0&feature=youtu.be>

**Many thanks to the helpers Alan Haycox and to Sharon Preddy Catering for its usual high standard cakes. Well done to all the Prize Winners. See you next weekend when we do it all again!**

| No  | Name               | Club                      | Cat | 10 lts   | Time     | PB | Prize   |
|---|--------------------|---------------------------|-----|----------|----------|----|---------|
| 1   | Scott Davies       | Towy Racing Cycling Club  | S   | 00:19:48 | 00:18:55 | Y  | 1st     |
| <b>Probable Welsh Competition Record and Course Record.</b> |                    |                           |     |          |          |    |         |
| 2   | Kieron Davies      | Team NBCC                 | S   | 00:19:08 | 00:19:42 |    | 2nd     |
| 3   | Matt Postle        | Bush Healthcare CRT       | V   | 00:20:26 | 00:20:12 | Y  | 1st Vet |
| 4   | Robert West        | RST Sport/Aero-Coach      | S   | 00:20:06 | 00:20:28 |    | 3rd     |
| 5   | Steven Powell      | Cwmcarn Paragon Road Club | S   | 00:20:41 | 00:20:43 |    |         |
| 6   | Anthony Mark Jones | Bynea Cycling Club        | V   | 00:21:01 | 00:20:47 | Y  | 2nd Vet |
| 7   | Steven Cottington  | Cadence RT                | V   | 00:21:26 | 00:21:06 | Y  | 3rd Vet |
| 8   | Peter Kibble       | Sports Traider Race Team  | Jun | 00:21:56 | 00:21:07 | Y  | Junior  |
| 9   | Chris Scawn        | Plymouth Corinthian CC    | V   | 00:21:20 | 00:21:19 | Y  |         |
| 9   | Mark Nott          | Ogmore Valley Whs         | V   | 00:22:11 | 00:21:19 | Y  |         |
| 11  | Michael Davis      | Dursley RC                | S   | 00:21:26 | 00:21:24 | Y  |         |
| 12  | David Brice        | Bynea Cycling Club        | V   | 00:21:33 | 00:21:34 |    |         |
| 13  | Christopher Lee    | Merthyr CC                | V   | 00:20:59 | 00:21:39 |    |         |
| 14  | Chris Massey       | Cwmcarn Paragon Road Club | V   | 00:22:30 | 00:21:50 | Y  |         |
| 15  | John Williams      | Towy Racing Cycling Club  | S   | 00:24:00 | 00:21:55 | Y  |         |
| 16  | Mark Woolford      | Chippenham & Dist. Whs    | V   | 00:21:01 | 00:22:08 |    |         |

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|----|------------------|---------------------------|-----|----------|----------|----|-----------------------|
| 17 | Alex Leek        | Wrekinsport CC            | S   | 00:22:42 | 00:22:13 | Y  |                       |
| 18 | Simon Wix        | Worcester St John's CC    | V   | 00:20:19 | 00:22:15 | Y  |                       |
| 19 | Karl Davies      | Stourbridge Velo          | V   | 00:22:38 | 00:22:23 | Y  |                       |
| 20 | Peter Ackroyd    | Cheltenham & County CC    | V   | 00:22:48 | 00:22:35 | Y  |                       |
| 21 | Andrew Storrie   | Ogmore Valley Whs         | V   | 00:22:50 | 00:22:38 | Y  |                       |
| 22 | Susan Shook      | Bush Healthcare CRT       | WV  | 00:23:14 | 00:22:42 | Y  | 1st Woman             |
| 23 | Kevin Bartlemore | Acme Whs (Rhondda) CC     | V   | 00:23:04 | 00:22:46 | Y  |                       |
| 24 | David Long       | Acme Whs (Rhondda) CC     | S   | 00:23:38 | 00:22:49 | Y  |                       |
| 25 | Paul Jones       | Cwmcarn Paragon Road Club | V   | 00:58:09 | 00:22:51 | Y  |                       |
| 25 | Gareth Jones     | Clevedon & District RC    | V   | 00:23:12 | 00:22:51 | Y  |                       |
| 27 | Andy Kelly       | Bristol South CC          | V   | 00:22:46 | 00:23:10 |    |                       |
| 28 | Nigel Jones      | Gloucester City CC        | V   | 00:22:28 | 00:23:25 |    |                       |
| 29 | Matthew Atkins   | Cwmcarn Paragon Road Club | V   | 00:23:19 | 00:23:26 |    |                       |
| 30 | Simon Geary      | Hereford & Dis Whs CC     | V   | 00:21:46 | 00:23:38 |    |                       |
| 31 | John Shehan      | Bynea Cycling Club        | V   | 00:23:04 | 00:23:52 |    |                       |
| 32 | Andrea Parish    | Camel Valley C & TC       | WV  | 00:24:20 | 00:23:55 | Y  | 2nd Woman             |
| 33 | Lowenna Smith    | Cadence RT                | W   | 00:24:08 | 00:24:00 | Y  | 3 <sup>rd</sup> Woman |
| 34 | Peter Murrieri   | M&D Cycles Scimitar Sport | V   | 00:24:55 | 00:24:25 | Y  |                       |
| 35 | Mike Hazelwood   | Saracen RC                | V   | 00:23:04 | 00:24:27 |    |                       |
| 36 | Chris Davies     | Bynea Cycling Club        | V   | 00:23:32 | 00:24:34 |    |                       |
| 37 | Mark Pope        | Ogmore Valley Whs         | V   | 00:30:00 | 00:24:35 | Y  |                       |
| 38 | Jeffrey Rees     | Acme Whs (Rhondda) CC     | V   | 00:26:45 | 00:24:49 | Y  |                       |
| 39 | Paul Rees        | Bynea Cycling Club        | V   | 00:25:44 | 00:24:54 | Y  |                       |
| 40 | Ron Boast        | Ogmore Valley Whs         | V   | 00:25:19 | 00:25:47 |    |                       |
| 41 | Clive Chappe     | Ross on Wye Dist CC       | V   | 00:24:59 | 00:25:49 | Y  |                       |
| 42 | Ed Hadley        | Hereford & Dis Whs CC     | V   | 00:24:42 | 00:25:54 |    |                       |
| 43 | Tony Emery       | Dursley RC                | V   | 00:25:36 | 00:27:04 |    |                       |
| 44 | Derek Morgan     | Gannet CC                 | V   | 00:26:20 | 00:27:33 |    |                       |
| 45 | Kevin Grant      | Frome & District Whrs     | V   | 00:28:34 | 00:28:33 | Y  |                       |
| 46 | Alan Pickard     | Bath CC                   | V   | 00:27:40 | 00:29:49 |    |                       |
| 47 | Owen Pocock      | CC Blaenau Gwent CC       | V   | 00:30:07 | 00:32:02 | Y  |                       |
|    | Kevin Thomas     | Pontypool RCC             | V   | 00:24:54 | DNS      |    |                       |
|    | Courtney Rowe    | Cardiff Jif               | V   | 00:21:17 | DNS      |    |                       |
|    | Brian Newton     | Team Echelon - Rotor      | V   | 00:23:45 | DNS      |    |                       |
|    | Arja Scarsbrook  | Team Echelon - Rotor      | WV  | 00:24:12 | DNS      |    |                       |

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|----|-------------------|------------------------------|-----|----------|------|----|-------|
|    | Geoffrey Baker    | VC Bristol                   | V   | 00:25:42 | DNS  |    |       |
|    | Digby Rusling     | Royal Forest of Dean CC      | V   | 00:21:52 | DNS  |    |       |
|    | Sally Harmer      | Pembrokeshire Velo           | WV  | 00:27:02 | DNS  |    |       |
|    | Richard Silcox    | Newport Olympic Cycling Club | V   | 00:30:00 | DNS  |    |       |
|    | James Silcox      | Newport Olympic Cycling Club | Juv | 00:30:00 | DNS  |    |       |
|    | Michael Portlock  | EC Cycles                    | V   | 00:21:05 | DNS  |    |       |
|    | Tom Silcox        | Newport Olympic Cycling Club | Juv | 00:30:00 | DNS  |    |       |
|    | Gareth Battle     | Porth & District CC          | V   | 00:26:51 | DNS  |    |       |
|    | Andrew Derrick    | Severn RC                    | S   | 00:22:08 | DNS  |    |       |
|    | Nigel Thomas      | Bynea Cycling Club           | V   | 00:25:00 | DNS  |    |       |
|    | Nick Noble        | BH Solidor WAM Youth         | V   | 00:21:27 | DNS  |    |       |
|    | Adrian Littlebury | CC Topp                      | V   | 00:24:07 | DNS  |    |       |
|    | Paul Longthorn    | Ogmore Valley Whs            | V   | 00:26:45 | DNS  |    |       |
|    | Wayne Thomas      | Pontypool RCC                | V   | 00:22:06 | DNS  |    |       |
|    | Dewi Lloyd        | Cwmcarn Paragon Road Club    | S   | 00:30:00 | DNS  |    |       |
|    | Phill Sykes       | Velo Club St Raphael         | V   | 00:19:26 | DNS  |    |       |
|    | John Murphy       | Gloucester City CC           | V   | 00:23:06 | DNS  |    |       |

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