

Promoted on behalf of Cycling time trials under their rules and Regulations.

Cardiff 100 Miles Road Cycling Club
Open 10 mile Time Trial

Saturday 10th September 2016
Starts 15:00

Timekeepers

John and Glenda Fisher
Robin Field

Organiser

William Pring
14 Lon-yr-awel
Pontyclun
CF72 9AW
07504348506
Will.pring@btinternet.com

Headquarters

Llanarth Village Hall
Llanarth
Nr Raglan
NP15 2AU

*Headquarters are approximately 8.5 miles from start.
That's 30 minutes if you average 17 MPH.*

Course R 10 /17

OS References: Sheet 161 - Start and finish 333100. **Start** at 1st 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 western end of lay-by opposite start. (*The start is approximately 3 miles east of hardwick roundabout.*)

IN THE INTERESTS OF YOUR OWN SAFETY,

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard

In accordance with regulation 15, ALL JUNIOR competitors must wear protective hard shell helmets

It is recommended that a working rear light, either flashing or constant, is fitted to your machine in a position visible to following road users and is active while the machine is in use.

| Male Prizes | | | | | | Female Prizes | | | |
|------------------------------|------------------------------|------------------------------|------------------------------|----------------------------|-------------------------------|------------------------------|------------------------------|------------------------------|----------------------------|
| 1 st Place £30 | 1 st 40-49 £15 | 1 st 50-59 £15 | 1 st 60-69 £15 | 1 st 70+ £15 | 1 st Junior £10 | 1 st Place £30 | 1 st 40-49 £15 | 1 st 50-59 £15 | 1 st 60+ £15 |

Cardiff 100 Miles Road Cycling Club open 10 mile Time Trial
Saturday 10th September 2016
Order of Start

| No | Name | Club/Team | Category | Age | Start Time |
|----|---------------------|----------------------------------|----------|-----|------------|
| 1 | Robert Jones | Cardiff 100 Miles RCC | M V | 64 | 15:01 |
| 2 | Jeffrey Rees | Acme Whs (Rhondda) CC | M V | 53 | 15:02 |
| 3 | Gerry Peppin | Corinium Cycle Club | M V | 54 | 15:03 |
| 4 | David Steel | Hereford & Dist Whs CC | M V | 69 | 15:04 |
| 5 | David Francis | Pembrokeshire Velo | M V | 44 | 15:05 |
| 6 | Jon Wiggins | Frome and District Wheelers | M S | 34 | 15:06 |
| 7 | Morgan Jones | Cwmcarn Paragon Road Club | M Jun | 16 | 15:07 |
| 8 | Arja Scarsbrook | Team Echelon - Rotor | F V | 68 | 15:08 |
| 9 | Geoffrey Baker | Velo Club Bristol - Webbs Cycles | M V | 64 | 15:09 |
| 10 | Anthony Jones | Bynea Cycling Club | M V | 44 | 15:10 |
| 11 | Chris Fishbourne | Abercynon Road Club | M V | 42 | 15:11 |
| 12 | Marco Marletta | Cardiff Jif | M V | 50 | 15:12 |
| 13 | George Barker | Beacon Roads CC | M V | 56 | 15:13 |
| 14 | kevin Fiander | VTTA (South Wales) | M V | 53 | 15:14 |
| 15 | Jason Streather | Velo Club St Raphael | M V | 42 | 15:15 |
| 16 | Stephanie Post | Onit Cycles | F S | 30 | 15:16 |
| 17 | Alan Cooper | Avonlea/Treasure RT | M V | 59 | 15:17 |
| 18 | Ed Hadley | Hereford & Dist Whs CC | M V | 60 | 15:18 |
| 19 | Owen Pocock | CC Blaenau Gwent | M V | 81 | 15:19 |
| 20 | Ben Skinner | Bath Cycling Club | M S | 33 | 15:20 |
| 21 | Adam Taylor | Royal Dean Forest Cycle Club | M S | 38 | 15:21 |
| 22 | Joshua Lewis | Bike Doctor | M S | 21 | 15:22 |
| 23 | mark pope | Ogmore Valley Wheelers CC | M V | 59 | 15:23 |
| 24 | Derek Morgan | Gannet CC | M V | 76 | 15:24 |
| 25 | Ian Heming | Stratford Cycling Club | M V | 43 | 15:25 |
| 26 | Joe Beer | North Devon Wheelers | M V | 49 | 15:26 |
| 27 | Richard Hier | EC Cycles | M S | 36 | 15:27 |
| 28 | Heather Williams | Sportzmad | F V | 43 | 15:28 |
| 29 | kathy Chinnock | Bike Doctor | F V | 50 | 15:29 |
| 30 | Christopher Gibbard | Bynea Cycling Club | M S | 34 | 15:30 |
| 31 | Martin Millington | Stratford Cycling Club | M S | 38 | 15:31 |
| 32 | Katie Price | Hereford & Dist Whs CC | F S | 32 | 15:32 |
| 33 | Craig Macdonald | Ogmore Valley Wheelers CC | M V | 47 | 15:33 |
| 34 | Robert Smith | Pembrokeshire Velo | M V | 40 | 15:34 |
| 35 | Chris Massey | Team Bottrill | M V | 44 | 15:35 |
| 36 | Paul Durrant | Pontypool Road Cycling Club | M V | 71 | 15:36 |
| 37 | Justin Di Tommaso | Gloucester City Cycling Club | M V | 44 | 15:37 |
| 38 | Michelle Robertson | Abercynon Road Club | F V | 49 | 15:38 |
| 39 | Norman James | Ogmore Valley Wheelers CC | M V | 77 | 15:39 |

| No | Name | Club/Team | Category | Age | Start Time |
|----|-------------------|--|----------|-----|------------|
| 40 | Michael Davis | Dursley Road Club | M S | 34 | 15:40 |
| 41 | Jef Outhwaite | Black Country Triathletes | M V | 52 | 15:41 |
| 42 | Simon Geary | Hereford & Dist Whs CC | M V | 44 | 15:42 |
| 43 | Nadine Cannon | Acme Whs (Rhondda) CC | F S | 36 | 15:43 |
| 44 | Emma Angove | Chippenham & District Wheelers | F S | 35 | 15:44 |
| 45 | Ben Phillips | Bynea Cycling Club | M S | 27 | 15:45 |
| 46 | Neale Lewis | Acme Whs (Rhondda) CC | M V | 44 | 15:46 |
| 47 | Stuart Day | City Cycle Centre.com | M V | 47 | 15:47 |
| 48 | John Beaven | 1st Chard Wheelers | M V | 58 | 15:48 |
| 49 | Diane Hynam | Bynea Cycling Club | F V | 65 | 15:49 |
| 50 | Jeremy Pile | VC Sevale (Malvern) | M V | 42 | 15:50 |
| 51 | Lloyd Morgan | Cardiff Ajax CC | M V | 42 | 15:51 |
| 52 | tony krol | Pembrokeshire Velo | M V | 46 | 15:52 |
| 53 | Ron Clews | Stourbridge Velo | M V | 55 | 15:53 |
| 54 | John Hynam | Bynea Cycling Club | M V | 60 | 15:54 |
| 55 | Carwyn Davies | Cwmcarn Paragon Road Club | M S | 38 | 15:55 |
| 56 | Matthew Smith | Port Talbot Whs CC | M S | 29 | 15:56 |
| 57 | Scott Nash | Pembrokeshire Velo | M V | 47 | 15:57 |
| 58 | Russell Boon | Avonlea/Treasure RT | M V | 51 | 15:58 |
| 59 | Peter Rogers | Tor 2000 (Kalas Sportswear, Whitelake, Scorpion C.S.) | M V | 66 | 15:59 |
| 60 | Danny Axford | Arctic Tacx RT | M V | 41 | 16:00 |
| 61 | john Regan | Pembrokeshire Velo | M V | 47 | 16:01 |
| 62 | Mike Broadbent | Swansea Wheelers/CS Abertawe | M V | 55 | 16:02 |
| 63 | John Shehan | Bynea Cycling Club | M V | 70 | 16:03 |
| 64 | Daf Rickard | VTTA (South Wales) | M V | 50 | 16:04 |
| 65 | Andy Stuart | Velo Club St Raphael | M V | 41 | 16:05 |
| 66 | Alan Warburton | Cheltenham & County Cycling Club | M V | 45 | 16:06 |
| 67 | Clare Greenwood | Bush Healthcare CRT | F V | 57 | 16:07 |
| 68 | Tony Lake | Gloucester City Cycling Club | M V | 43 | 16:08 |
| 69 | Roger Wakeling | Antelope Racing Team | M V | 70 | 16:09 |
| 70 | Scott Davies | Team Wiggins | M S | 21 | 16:10 |
| 71 | Paul Lambert | Chippenham & District Wheelers | M V | 50 | 16:11 |
| 72 | Susan Shook | Bush Healthcare CRT | F V | 58 | 16:12 |
| 73 | Brad Davies | Bynea Cycling Club | M V | 50 | 16:13 |
| 74 | Chris Jones | Bynea Cycling Club | M V | 42 | 16:14 |
| 75 | Steven Cottington | Bath Cycling Club | M V | 54 | 16:15 |
| 76 | Jeff Matthews | Team Echelon - Rotor | M V | 58 | 16:16 |
| 77 | Andrew Hayward | Cwmcarn Paragon Road Club | M V | 44 | 16:17 |
| 78 | Dean Prosser | Hereford & Dist Whs CC | M V | 47 | 16:18 |
| 79 | Kevin Grant | Frome and District Wheelers | M V | 59 | 16:19 |
| 80 | James Rix | Crawley Wheelers | M V | 40 | 16:20 |
| 81 | David Brice | Bynea Cycling Club | M V | 55 | 16:21 |
| 82 | peter ackroyd | Cheltenham & County Cycling Club | M V | 58 | 16:22 |
| 83 | Mike Hazlewood | Saracen RC | M V | 63 | 16:23 |
| 84 | Michael Williams | Hereford & Dist Whs CC | M V | 59 | 16:24 |
| 85 | Stephen Eggleton | Stratford Cycling Club | M S | 37 | 16:25 |

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Race Headquarters, Llanarth Village Hall, Llanarth, nr Raglan, NP15 2AU.

Distance from Headquarters to start is approximately 8.5 Miles. Distance from Hardwick Roundabout to start, approximately 3 miles

