

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

Cardiff 100 Miles Road Cycling Club  
**Open 10 mile Time Trial**

Saturday 8<sup>th</sup> September 2018  
Starts 09:00

Timekeepers

Glenda Fisher  
Robin Field

Organiser

William Pring  
14 Lon-yr-awel  
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07504348506  
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**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 <sup>st</sup> Place - £40	2nd Place - £25	3rd Place - £15	1 <sup>st</sup> Place - £40	2nd Place - £25	3rd Place - £15

**Cardiff 100 Miles Road Cycling Club open 10 mile Time Trial**  
**Saturday 8<sup>th</sup> September 2018**  
**Order of Start**

<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>	<b>Start time</b>
1	Robert Jones	Cardiff 100 Miles RCC	Male	Veteran	09:01
2	David Singleton	Acme Whs (Rhondda) CC	Male	Veteran	09:02
3	Alan Cooper	Avonlea/Treasure RT	Male	Veteran	09:03
4	Philip Burgin	Newbury RC	Male	Veteran	09:04
5	Chris Fishbourne	Team Backstedt Bike Performance	Male	Veteran	09:05
6	Mike Amery	VC Sevale (Malvern)	Male	Veteran	09:06
7	Martin Stanley	Worcester St. Johns CC	Male	Veteran	09:07
8	Clare Greenwood	Bush Healthcare CRT	Female	Veteran	09:08
9	David Davies	Cwmcarn Paragon Road Club	Male	Veteran	09:09
10	Darren Yarwood	Vive Le Velo	Male	Veteran	09:10
11	Christopher Owram	Severn Valley Cycles	Male	Senior	09:11
12	Dean Prosser	Hereford & Dist Whs CC	Male	Veteran	09:12
13	Susan Shook	Bush Healthcare CRT	Female	Veteran	09:13
14	David Steel	Hereford & Dist Whs CC	Male	Veteran	09:14
15	Thomas Shuker	Walsall Roads Cycling Club	Male	Senior	09:15
16	Carlo Toledo	Gloucester City Cycling Club	Male	Veteran	09:16
17	Vincent Douglas	Gloucester City Cycling Club	Male	Veteran	09:17
18	John Aspell	Forza RT	Male	Veteran	09:18
19	Roger Wakeling	Antelope Racing Team	Male	Veteran	09:19
20	Luke Cornish	Cwmcarn Paragon Road Club	Male	Senior	09:20
21	Martin Osman	CC Giro	Male	Veteran	09:21
22	Simon Witts	Gloucester City Cycling Club	Male	Veteran	09:22
23	Rikky Hughes	Worcester St. Johns CC	Male	Senior	09:23
24	Ali Charles	Gloucester City Cycling Club	Female	Veteran	09:24
25	Neil Poulton	Abergavenny RC	Male	Senior	09:25
26	Chris Goulden	Merthyr CC	Male	Veteran	09:26
27	Garry Shuker	Walsall Roads Cycling Club	Male	Veteran	09:27
28	Michael Williams	Hereford & Dist Whs CC	Male	Veteran	09:28
29	Matthew Stevens	Gloucester City Cycling Club	Male	Senior	09:29
30	Dean Ware	Team Backstedt Bike Performance	Male	Senior	09:30
31	Steffan Roberts	Ystwyth CC	Male	Senior	09:31
32	Digby Rusling	Royal Dean Forest Cycle Club	Male	Veteran	09:32
33	Brad Davies	Bynea Cycling Club	Male	Veteran	09:33
34	Ed Hadley	Hereford & Dist Whs CC	Male	Veteran	09:34
35	Paul Hayward	Pontypool Road Cycling Club	Male	Veteran	09:35
36	Owen Burgess	Newport Phoenix CC	Male	Senior	09:36
37	Terry Anthony	Ogmore Valley Wheelers	Male	Veteran	09:37
38	Paul Mulready	Stourbridge Velo	Male	Veteran	09:38
39	Kevin Grant	Frome and District Wheelers	Male	Veteran	09:39
40	Christopher Gibbard	Bynea Cycling Club	Male	Senior	09:40

### Order of Start – Continued.

No	Name	Club	Gender	Category	Start time
41	Richard Coleman	Stourbridge Velo	Male	Veteran	09:41
42	Jon Wiggins	Frome and District Wheelers	Male	Senior	09:42
43	Deborah Sheridan	Warwickshire Road Club	Female	Veteran	09:43
44	Peter Murrieri	NFTO Race Club	Male	Veteran	09:44
45	Steven Powell	Team Backstedt Bike Performance	Male	Veteran	09:45
46	Andrew Derrick	Portishead Cycling Club	Male	Veteran	09:46
47	John J Murphy	Gloucester City Cycling Club	Male	Veteran	09:47
48	John Shehan	Bynea Cycling Club	Male	Veteran	09:48
49	Patrick Jerome	Ride Bike Wales	Male	Veteran	09:49
50	Chris Massey	Team Backstedt Bike Performance	Male	Veteran	09:50
51	Gareth Jones	Clevedon & District Road Club	Male	Veteran	09:51
52	Stu Hammond	Team Backstedt Bike Performance	Male	Veteran	09:52
53	Michelle Fishbourne	Team Backstedt Bike Performance	Female	Veteran	09:53
54	Russell Boon	Avonlea/Treasure RT	Male	Veteran	09:54
55	Carwyn Davies	Cwmcarn Paragon Road Club	Male	Veteran	09:55
56	Rob Jones	Cardiff Ajax CC	Male	Veteran	09:56
57	Marco Marletta	Cardiff Jif	Male	Veteran	09:57
58	Adrian Osborn	Stratford Cycling Club	Male	Veteran	09:58
59	Derek Morgan	Gannet CC	Male	Veteran	09:59
60	Dean Robson	Northover VT / Rudy Project	Male	Senior	10:00
61	Simon Adcook	Worcester St. Johns CC	Male	Veteran	10:01
62	Owain Roberts	Team Backstedt Bike Performance	Male	Senior	10:02
63	Robert Smith	365veloRacingClub	Male	Veteran	10:03
64	Hollie Labunsky	Port Talbot Whs CC	Female	Senior	10:04
65	Simon Garrett	Worcester St. Johns CC	Male	Veteran	10:05
66	Martin Millington	Stratford Cycling Club	Male	Veteran	10:06
67	Andy Kelly	Bristol South Cycling Club	Male	Veteran	10:07
68	Roger Wood	Pontypool Road Cycling Club	Male	Veteran	10:08
69	Barry Williams	Cardiff 100 Miles RCC	Male	Veteran	10:09
70	Harry Tanfield	Cleveland Wheelers CC	Male	Senior	10:10
71	Phill Sykes	Velo Club St Raphael	Male	Veteran	10:11
72	Jim Beales	Dursley Road Club	Male	Veteran	10:12
73	Mike Parry	Hereford Triathlon Club	Male	Veteran	10:13

# Cardiff 100 Miles Road Cycling Club. 10 Mile time trial.

## Course R10/17

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

