

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

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

Saturday 7<sup>th</sup> September 2019  
Starts 14:00

Timekeepers

Tudor Thomas  
Robin Field

Organiser

WilliamPring  
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 <sup>st</sup> Place - £30	2nd Place - £20	3rd Place - £10	1 <sup>st</sup> Place - £30	2nd Place - £20	3rd Place - £10

# Cardiff 100 Miles Road Cycling Club open 10 mile Time Trial

## Saturday 7<sup>th</sup> September 2019

### Order of Start

No	Name	Club	Gender	Category	Start time
1	David Steel	Hereford & Dist Whs CC	Male	Veteran	14:01
2	John Aspell	PDQ Cycle Coaching	Male	Veteran	14:02
3	Susan Shook	Bush Healthcare CRT	Female	Veteran	14:03
4	Ian Cooke	M & D Fusion RT	Male	Veteran	14:04
5	David Medhurst	Cardiff Ajax CC	Male	Senior	14:05
6	Christopher Davis	Giant CC Halo Films	Male	Veteran	14:06
7	+Paul Mulready	Stourbridge Velo	Male	Veteran	14:07
8	Clare Greenwood	Bush Healthcare CRT	Female	Veteran	14:08
9	Alan Williams	Hereford & Dist Whs CC	Male	Veteran	14:09
10	Carwyn Davies	Cwmcarn Paragon Road Club	Male	Veteran	14:10
11	Martin Andrews	Velo Club Venta	Male	Veteran	14:11
12	Roger Wood	Pontypool Road Cycling Club	Male	Veteran	14:12
13	James Hester	Clevedon & District Road Club	Male	Veteran	14:13
14	Paul Rees	Bynea Cycling Club	Male	Veteran	14:14
15	David Evans	Team Echelon	Male	Veteran	14:15
16	Jennifer George	Torelli	Female	Senior	14:16
17	Mark Palliser	Hereford & Dist Whs CC	Male	Veteran	14:17
18	Chris Udall	Gloucester City Cycling Club	Male	Veteran	14:18
19	Peter Wilson	Bath Cycling Club	Male	Veteran	14:19
20	David Dickerson	Team Echelon	Male	Veteran	14:20
21	Alexander Royle	Manchester Bicycle Club	Male	Senior	14:21
22	Richard Rees	Cardiff Ajax CC	Male	Senior	14:22
23	Kerry Trigg	Ross on Wye & Dist CC	Male	Veteran	14:23
24	Ed Hadley	Hereford & Dist Whs CC	Male	Veteran	14:24
25	Gerry Bowditch	Pontypool Road Cycling Club	Male	Veteran	14:25
26	Darrel Williams	Bynea Cycling Club	Male	Veteran	14:26
27	Josh Townsend	Bynea Cycling Club	Male	Espoir	14:27
28	Michael Williams	Hereford & Dist Whs CC	Male	Veteran	14:28
29	Adrian Brooks	Caerphilly Cycling Club	Male	Veteran	14:29
30	Matt Burden	73 Degrees Bicycles, WestSide Coaching rt	Male	Veteran	14:30
31	Andrew Clarke	North Shropshire Wheelers	Male	Veteran	14:31
32	Dean Prosser	Hereford & Dist Whs CC	Male	Veteran	14:32
33	Rosey Mushens	73 Degrees Bicycles, WestSide Coaching rt	Female	Veteran	14:33
34	Stephen Landeg	Ogmore Valley Wheelers	Male	Veteran	14:34
35	Stu Wright	QN Racing	Male	Veteran	14:35
36	Niall Foster	Cardiff Ajax CC	Male	Veteran	14:36
37	Adrian Rowley	Gloucester City Cycling Club	Male	Veteran	14:37
38	Roger Taylor	Frome and District Wheelers	Male	Veteran	14:38
39	Robert Baynton	Chepstow Cycling Club	Male	Veteran	14:39
40	Christopher Gibbard	Bynea Cycling Club	Male	Senior	14:40

Continued over

### Order of Start – Continued.

No	Name	Club	Gender	Category	Start time
41	David Francis	Tribe of one (FTV)	Male	Veteran	14:41
42	Rob Jones	Cardiff Ajax CC	Male	Veteran	14:42
43	Brad Davies	Bynea Cycling Club	Male	Veteran	14:43
44	Paul Durrant	Pontypool Road Cycling Club	Male	Veteran	14:44
45	John O'dwyer	Dursley Road Club	Male	Senior	14:45
46	Ryan O'rourke	Cwmcarn Paragon Road Club	Male	Senior	14:46
47	Marco Marletta	Cardiff Jif	Male	Veteran	14:47
48	Robert Jones	Cardiff 100 Miles RCC	Male	Veteran	14:48
49	Derek Morgan	Worcester St. Johns CC	Male	Veteran	14:49
50	Howard Shaw	trainSharp	Male	Senior	14:50
51	Jason Streather	PDQ Cycle Coaching	Male	Veteran	14:51
52	David Leighton	Severn Road Club	Male	Veteran	14:52
53	Tony martin Lake	Gloucester City Cycling Club	Male	Veteran	14:53

# 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

