

Result Welsh 30 Mile Time Trial Championship 2019



Promoted for and on behalf of Cycling Time Trials Under their rules and regulations

Promoted for the
Welsh Cycling Association
by



Sunday 7th July 2019

Timekeepers: Start:- Martyn Heritage-Owen. Finish:- Robin Field
Pusher off: Martyn Heritage-Owen, Marshals: Members of the Ross-On-Wye CC. Thanks too to Sharon Preddy Catering.

Thanks to Robin for turning my course idea for an emergency course into reality. To measure a new course from our records in just three days is not something many districts could do.

Congratulations to Tom Ward on a great ride and to Stephanie Post and Iago Williams for defending their titles. Well done to Rachel and Ian on their competition record.



Martyn

Event Secretary: Martyn Heritage-Owen. 28 Clos Tyla Bach, St Mellons, Cardiff. CF3 0EJ
Tel: 0778 606 7819 E-mail: coaching@realteam.co.uk

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Men's Championship	Winner
1 st . Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	Tom Ward - AeroLab Ward WheelZ
2 nd WCA Plaque	Conrad Moss - NOPINZ
3 rd WCA Plaque	Chris Gibbard - Bynea Cycling Club
Women's Championship	
1 st Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	Stephanie Post - Team Bottrill
2 nd WCA Plaque	Anna Morris - AeroLab Ward WheelZ
3 rd WCA Plaque	Michelle Lee PDQ Cycle Coaching
Juvenile Championship	
1 st Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	Iago Williams - Towy Riders
Vet on standard awards (WCA Plaque)	Rachael Elliott - Newbury RC Ian Greenstreet - AeroCoach
Fastest Tandem (WCA Plaque)	Rachael Elliott - Newbury RC Ian Greenstreet - AeroCoach

CHAMPIONSHIP

Place	Name	Club	Cat	25 LTS	Time
1	Tom Ward	AeroLab Ward WheelZ	M	00:46:27	00:59:28
2	Conrad Moss	NOPINZ	MV	00:47:24	00:59:34
3	Chris Gibbard	Bynea Cycling Club	M	00:47:16	00:59:54
4	Anthony Jones	Towy Riders Cycle Club	MV	00:49:14	01:02:02
5	Simon Garrett	Team Echelon	MV	00:50:08	01:03:11
6	Simon Adcock	Team Bottrill	MV	00:51:12	01:04:00
7	Will Bevan	Ross on Wye & Dist CC	M	00:48:39	01:04:08
8	Stephanie Post	Team Bottrill	W	00:52:30	01:04:53
9	Paul Hayward	Pontypool Road Cycling Club	MV	00:53:22	01:05:10
10	Chris Massey	CES Sport	MV	00:50:32	01:05:28
11	Anna Morris	AeroLab Ward WheelZ	W	00:53:13	01:05:38
12	Steven Cottington	Bath Cycling Club	MV	00:50:39	01:05:39
13	Darrel Williams	Bynea Cycling Club	MV	00:52:49	01:06:08
14	Phil Willoughby	Towy Riders Cycle Club	M	00:51:29	01:06:19

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Place	Name	Club	Cat	25 LTS	Time
15	Thomas Dye	Cardiff Ajax CC	M	00:52:57	01:06:32
16	Rod Hicks	Port Talbot Whs CC	MV	00:51:54	01:07:27
17	Michelle Lee	PDQ Cycle Coaching	WV	00:57:07	01:08:31
18	Jonathan Heath	Brecon Wheelers	M	00:54:14	01:08:44
19	Jon Vickery	Cwmcarn Paragon Road Club	MV	00:54:43	01:09:25
20	Andy Kelly	Bristol South Cycling Club	MV	00:56:27	01:10:57
21	David Wilson-Evans	Bynea Cycling Club	MV	00:53:32	01:11:09
22	Dean Prosser	Hereford & Dist Whs CC	MV	00:55:31	01:11:16
23	Phillip Turner	ATAC - Ammanford Tri & Cycling	MV	00:58:28	01:11:46
24	Iago Williams	Towy Riders Cycle Club	Juv	00:57:30	01:12:50
25	Jo Buckland	PDQ Cycle Coaching	WV	00:58:15	01:12:54
26	Andrea Parish	VeloSistas TT Team	WV	00:55:36	01:13:25
27	Ryan Williams	Merthyr CC	M	00:57:40	01:13:48
28	John French	Oxford City RC	MV	00:55:13	01:14:02
29	Amanda Lane	Bynea Cycling Club	W	01:10:00	01:14:22
30	Michelle Fishbourne	CES Sport	WV	00:57:46	01:14:26
31	Paul Stephens	Ross on Wye & Dist CC	MV	00:55:51	01:14:58
32	Roger Taylor	Frome and District Wheelers	MV	00:57:12	01:15:01
33	Jeffrey Rees	Gower Riders Cycling Club	MV	00:58:03	01:15:16
34	Simon Kinsey	Virtual Cycling Club	MV	00:58:01	01:15:39
35	Simon Geary	Hereford & Dist Whs CC	MV	01:00:00	01:16:29
36	Susan Shook	Bush Healthcare CRT	WV	00:58:18	01:16:43
37	Clare Greenwood	Bush Healthcare CRT	WV	00:58:33	01:16:53
38	Robert Jones	Cardiff 100 Miles RCC	MV	01:00:24	01:17:20
39	Garry Shuker	Walsall Roads Cycling Club	MV	00:58:25	01:17:53
40	John Shehan	Bynea Cycling Club	MV	00:58:28	01:20:38
41	Diane Wilson-Evans	Bynea Cycling Club	WV	01:01:21	01:20:54
42	Graham Smith	Severn Road Club	MV	01:03:37	01:22:56
43	David Steel	Hereford & Dist Whs CC	MV	01:11:24	01:27:23
44	Kevin Grant	Frome and District Wheelers	MV	01:10:23	01:28:38
45	John Murphy	Gloucester City Cycling Club	MV	01:00:57	01:29:14
46	Derek Morgan	Gannet CC	MV	01:07:08	01:34:02
	Andrew Clarke	North Shropshire Wheelers	MV	00:55:33	DNS
	Michael Williams	Hereford & Dist Whs CC	MV	01:05:04	DNS
	Scott Gurnett	Minehead Cycling Club	M	00:55:49	DNS
	Tristian Manning	ATAC - Ammanford Tri & Cycling	M	00:54:27	DNS
	Kyle Davies	SWYD Tri Club	M	00:53:38	DNS
	Rob Jones	Cardiff Ajax CC	MV	00:52:47	DNS
	Carlo Toledo	Gloucester City Cycling Club	MV	00:52:18	DNS
	Alex Leek	Velo Club St Raphael	M	00:51:13	DNS
	Mark Ellis	Team Milton Keynes	MV	00:50:03	DNS
	Andy Davies	Cardiff Jif	M	00:49:53	DNS

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Tandem

Place	Name	Club	Cat	25 LTS	Time
1	Rachael Elliott	Newbury RC	TAN	00:47:06	00:59:55
1	Ian Greenstreet	AeroCoach	TAN	00:47:09	00:59:55
2	Andrew Legge	Bristol South Cycling Club	TAN	00:51:47	01:07:19
2	Joanna Knight	Bristol South Cycling Club	TAN	01:00:29	01:07:19
3	Mark Bradley	Bristol South Cycling Club	TAN	00:52:47	01:11:12
3	Kim Smale	Bristol South Cycling Club	TAN	00:59:07	01:11:12

Vet on Standard

Place	Name	Club	Cat	Plus
1	Rachael Elliott	Newbury RC	TAN	00:21:38
1	Ian Greenstreet	AeroCoach	TAN	00:21:38
2	Conrad Moss	NOPINZ	MV	00:21:04
3	Michelle Lee	PDQ Cycle Coaching	WV	00:19:30
4	Anthony Jones	Towy Riders Cycle Club	MV	00:19:05
5	Steven Cottington	Bath Cycling Club	MV	00:18:11
6	Simon Garrett	Team Echelon	MV	00:17:42
7	Simon Adcock	Team Bottrill	MV	00:16:53
8	Jo Buckland	PDQ Cycle Coaching	WV	00:16:42
9	Paul Hayward	Pontypool Road Cycling Club	MV	00:16:12
10	Darrel Williams	Bynea Cycling Club	MV	00:16:10
11	Andrea Parish	VeloSistas TT Team	WV	00:15:55
12	Chris Massey	CES Sport	MV	00:15:54
13	Roger Taylor	Frome and District Wheelers	MV	00:15:47
14	Susan Shook	Bush Healthcare CRT	WV	00:15:41
15	Rod Hicks	Port Talbot Whs CC	MV	00:15:35
16	Andrew Legge	Bristol South Cycling Club	TAN	00:15:16
17	Michelle Fishbourne	CES Sport	WV	00:15:10
18	Clare Greenwood	Bush Healthcare CRT	WV	00:15:09
19	David Wilson-Evans	Bynea Cycling Club	MV	00:14:15
20	Jon Vickery	Cwmcarn Paragon Road Club	MV	00:13:53
21	John French	Oxford City RC	MV	00:12:57
22	Andy Kelly	Bristol South Cycling Club	MV	00:12:05
23	Mark Bradley	Bristol South Cycling Club	TAN	00:11:40
24	Dean Prosser	Hereford & Dist Whs CC	MV	00:10:48
25	Diane Wilson-Evans	Bynea Cycling Club	WV	00:10:47
26	Phillip Turner	ATAC - Ammanford Tri & Cycling	MV	00:10:32
27	John Shehan	Bynea Cycling Club	MV	00:10:10
28	Robert Jones	Cardiff 100 Miles RCC	MV	00:10:06
29	Jeffrey Rees	Gower Riders Cycling Club	MV	00:08:18
30	Paul Stephens	Ross on Wye & Dist CC	MV	00:08:04

Place	Name	Club	Cat	Plus
31	Garry Shuker	Walsall Roads Cycling Club	MV	00:07:53
32	John Murphy	Gloucester City Cycling Club	MV	00:06:31
33	Simon Kinsey	Virtual Cycling Club	MV	00:06:11
34	Simon Geary	Hereford & Dist Whs CC	MV	00:04:53
35	David Steel	Hereford & Dist Whs CC	MV	00:02:46
36	Derek Morgan	Gannet CC	MV	00:01:43
37	Graham Smith	Severn Road Club	MV	-00:24
38	Kevin Grant	Frome and District Wheelers	MV	-03:34