



Cardiff Ajax Cycling Club

Cardiff Ajax Open 10 Mile Time Trial Saturday 21st March 2020 at 2.00 pm

Promoted for and on behalf of Cycling Time Trials
under their Rules and Regulations

Start Sheet

Event Secretary : Graeme Boswell, 16 Timbers Square, Cardiff, CF24 3SG

Tel: 0770 8086900

Email: graeme.boswell@southwales.ac.uk

Timekeepers: Start – Len Samuel **Finish** - Robin Field **Recorder** – Francis Field

Course : R10/16A

START At light standard IF 21 at southern end of layby 0.4 mile north of Abercarn on A467. Proceed southbound, taking 2nd exit at Crosskeys roundabout to continue on A467 to Wattsville roundabout and take 1st exit onto dual carriageway (A467). Proceed on dual carriageway to Risca roundabout (5.16 miles). Turn by circling roundabout to continue on dual carriageway northbound to Wattsville roundabout. Take 3rd exit signposted Abercarn to continue on A467 single carriageway to take 2nd exit at Crosskeys roundabout to continue to Abercarn. Bear left (WITH GREAT CARE) on unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200 yds FINISH at light standard IF 463 on left opposite entrance to Bridge Street (cul-de-sac) on right. 10.000 miles.

District Regulation: There are double white lines at the start. Any rider turning in the road at the start WILL BE DISQUALIFIED. Please continue for 200 yards past start to turn at roundabout.

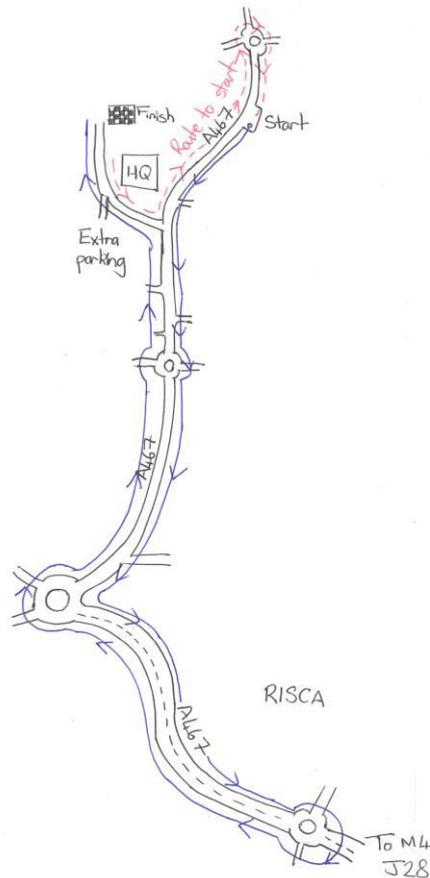
Event HQ: Scout Hall, Bridge Street, Abercarn, NP11 5AR. Very close to finish – see map.

Numbers, signing on (Open from 12:30 pm)

First aid kit, result board and prize presentation will be at the HQ.

Open event prizes : 1st - £25 2nd - £15 3rd - £10 1st Female - £25 1st Vet - £15	Non-aero event prizes : 1st - £25 2nd - £15 3rd - £10 1st Female - £25 1st Vet - £15	1st male and 1st female also receive £15 vouchers from aerocoach
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Please note: One rider, one prize. Vet prizes will be awarded by time against VTTA published target standards for age. Prizes are cash and, if the recipient does not stay to personally collect after the event, may not be posted to you.



Notes for all competitors:

1. In the interests of your own safety, CTT and the event promoters advise you to wear a hard-shell helmet that meets an international safety standard. **All competitors under the age of 18 years must wear a properly affixed helmet which must be of hard / soft shell construction.**

2. **Sign on to collect your number** – each rider must collect their own number. Only riders listed on the start sheet may ride. **Please remember to sign back in after you have completed your ride.**

3. Refreshments will be available. A complimentary tea, coffee or squash will be provided to all riders after the event. Other refreshments will be available with proceeds going to Wales Air Ambulance

NON-AERO EVENT RULES

1. No aerobars, clip on aerobars or aero extensions can be used
2. Hands must be holding the handlebars at all times while racing (i.e. do not ride with forearms resting on the handlebar)
3. Wheels must have a minimum of 12 spokes each and a maximum rim depth of 90 mm
4. Helmets must have no visor nor have a pointed tail
5. Ears must not be covered by the helmet (Giro Aerohead helmets are not permitted)

This event is part of the national series supported by **aerocoach**

ALL RIDERS PLEASE NOTE NEW REGULATION FOR 2020

All competitors – please be aware of CTT Regulation 14(i):

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

NO REAR LIGHT – NO RIDE!

NON-AERO EVENT - SEE RULES ON FRONTSHEET

RACE NUMBER	FIRST NAME	LAST NAME	CLUB	CAT	STD	START TIME
1	Jack	Longley	Cardiff Ajax CC			14:01
2	Stephen	Davies	Cardiff Ajax CC	V	27:33	14:02
3	Robbie	Jones	Wenvoe Wheelers			14:03
4	Gareth	Jenkins	Cardiff Ajax CC	V	26:07	14:04
5	Dewi	Lord	Cardiff Ajax CC			14:05
6	Harry	Cook	Mickey Cranks Cycling Club			14:06
7	Kevin	Lavelle	Cardiff Ajax CC	V	27:17	14:07
8	Jack	Gibson	Cardiff Ajax CC			14:08
9	Robert	Hall	Cycle Specific			14:09
10	Richard	Rees	Cardiff Ajax CC			14:10
11	Emily	Tillett	Liv CC Halo Cycles			14:11
12	Samuel	Cook	Cardiff Ajax CC			14:12
13						
14	Monica	Dabkowska	Cardiff Ajax CC			14:14
15	Rob	Jones	Cardiff Ajax CC	V	26:17	14:15
16	Ryan	Evans	Rhondda Triathlon Club	V	26:40	14:16
17	Ian	Wallis	Cardiff Ajax CC			14:17
18	Dale	Lambrick	Swansea Vale Tri			14:18
19	Brian	Kiernan	Cardiff Ajax CC	V	26:36	14:19
20	Ed	Laverack	Saint Piran			14:20

AERO EVENT

RACE NUMBER	FIRST NAME	LAST NAME	CLUB	CAT	STD	START TIME
21	Leon	Evans	Cardiff Ajax CC	V	26:31	14:21
22	Dean	Prosser	Hereford & Dist Whs CC	V	26:49	14:22
23	John	Williams	Bynea Cycling Club	V	28:30	14:23
24	Louise	Burnie	Swansea Wheelers/CS Abertawe	W		14:24
25	David	Medhurst	Cardiff Ajax CC			14:25
26	Colin	Wallace	Merthyr CC	V	27:22	14:26
27	Gareth	Williams	Hereford & Dist Whs CC			14:27
28	Amanda	Lane	Bynea Cycling Club	W		14:28
29	Carl	Payne	Port Talbot Whs CC			14:29
30	Gerry	Bowditch	Pontypool Road Cycling Club	V	26:45	14:30
31	Darrel	Williams	Bynea Cycling Club	V	26:58	14:31
32	Craig	Brindley	Cwmcarn Paragon Road Club			14:32
33	Jeffrey	Rees	Gower Riders Cycling Club	V	27:17	14:33
34	Nicholas	Morgan	Port Talbot Whs CC	V	26:22	14:34
35	Philip	Tucker	Cycle Specific	V	26:02	14:35
36	Thomas	Dye	Cardiff Ajax CC			14:36
37	John	Aspell	PDQ Cycle Coaching	V	26:54	14:37
38	Andy	Kelly	Bristol South Cycling Club	V	27:12	14:38
39	Adrian	Brooks	Caerphilly Cycling Club	V	27:59	14:39
40	Chris	Smith	Cwmcarn Paragon Road Club			14:40
41	Richard	Wilder	Sportzmad	V	26:31	14:41
42	Richard	Leary	Bynea Cycling Club	V	26:40	14:42
43	Mark	Palliser	Hereford & Dist Whs CC	V	27:12	14:43
44	Peter	Rogers	Team Tor 2000 KALAS	V	28:58	14:44
45	Andy	Davies	Cardiff Jif			14:45
46	Simon	Ward	Bristol Road Club	V	26:27	14:46
47	Mike	Webb	Cardiff Ajax CC			14:47
48	Ryan	Williams	Merthyr CC			14:48
49	Liam	Lloyd	Cycle Specific			14:49
50	Scott	Davies	Team Bahrain McLaren			14:50