

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

2019 Welsh 10 mile Time Trial Championship

Promoted by

Pontypool Road Cycling Club

Sunday 11 August 2019 – R10/17 – 8.31 am

Event Sec: Roger Wood 18 Oaklands Park Drive, Rhiwderin, Newport NP10 8RB

Mobile: 07510961945

Timekeepers: Starter – Phyl Harradine. Finish – Robin Field.

Many thanks to the Timekeepers and the members of Pontypool Road Cycling Club who assisted with the event.

Position	Name		Club		Time
1	Joshua	Tarling	Team Backstedt Bike Performance	Juv	20:04
2	Finlay	Tarling	Team Backstedt Bike Performance	Juv	22:16
3	Morgan	Lloyd	Cycle Specific	Juv	23:00
4	Ryan	Abram	Newport Phoenix CC	Juv	23:30
5	Aimee	Lane	Wyre Forest Cycle Racing Club	Juv F	24:32
6	Tomos	Perkins	Towy Riders Cycle Club	Juv	26:27
1	Kieran	Morris	Total Tri Training	Jun	21:39
2	Thomas	Harrington	Abergavenny RC	Jun	21:41
3	Daniel	Kain	Squadra Scozzese	Jun	22:17
4	Oliver	Rowlands	Newport Phoenix CC	Jun	23:59
5	Louis	Hay	Cwmcarn Paragon Road Club	Jun	24:05
1	Anna	Morris	AeroLab Ward WheelZ	F	21:22
2	Stephanie	Post	Team Bottrill	F	21:49
3	Jessica	Rhodes-jones	AeroCoach	F	21:57

4	Jo	Buckland	PDQ Cycle Coaching	FV	23:32
5	Joanne	Jago	Performance Cycles CC	F	23:51
6	Michelle	Fishbourne	CES Sport	FV	24:33
7	Rosey	Mushens	73 Degrees Bicycles, WestSide Coaching rt	FV	24:54
8	Deborah	Sheridan	Warwickshire Road Club	FV	25:04
9	Katherine	Brace	Tenby Aces CC	F	26:06
10	Amanda	Lane	Bynea Cycling Club	F	27:25
11	Laura	Airey	Ross on Wye & Dist CC	FV	29:14
	Claire	Bird	Pontypool Road Cycling Club	F	DNS
	Kim	Brace	Bath Cycling Club	F	DNSA
	Anita	Saycell	Ystwyth CC	FV	DNS
	Andrea	Parish	VeloSistas TT Team	FV	DNSA
1	Tom	Ward	AeroLab Ward WheelZ	M	18:48
2	Lee	Perrott	Cycle Specific	MV	19:08
3	George	Evans	Team Bottrill	M	19:21
4	B Xavier	Disley	AeroCoach	M	19:23
5	Samuel	Tillett	Wales Racing Academy	M	19:33
6	Owen	Burgess	Newport Phoenix CC	M	19:44
7	Luke	Dix	Cardiff Jif	MV	20:11
8	Andy	Davies	Cardiff Jif	M	20:18
9	Matt J	Smith	Cycling Club Hackney	MV	20:19
10	David	Dickerson	Team Echelon	MV	20:21
11	Carwyn	Davies	Cwmcarn Paragon Road Club	MV	20:22
12	Tim	May	PDQ Cycle Coaching	MV	20:23
13	Simon	Garrett	Team Echelon	MV	20:23
14	Tony	Chapman	Frome and District Wheelers	MV	20:23
15	Jack	Kellam	Cambridge University CC	M	20:24
16	Ryan	O'rourke	Cwmcarn Paragon Road Club	M	20:33
17	Frank	Kilsby	Velo Club St Raphael	M	20:37
18	Gerry	Bowditch	Pontypool Road Cycling Club	MV	20:39

19	Neil	Lewis	VELOFLOW CC	MV	20:45
20	Matt	Burden	73 Degrees Bicycles, WestSide Coaching rt	MV	20:46
21	Kevin	Lane	Successcycling.co.uk	MV	20:50
22	Paul	Hayward	Pontypool Road Cycling Club	MV	20:56
23	Jonathan	Barnes	Hereford Triathlon Club	M	20:57
24	Steven	Cottington	Bath Cycling Club	MV	21:05
25	Rob	Dyde	Pembrokeshire Velo	M	21:09
26	Andrew	Overton	Successcycling.co.uk	MV	21:10
27	Guy	Rees	Bynea Cycling Club	M	21:12
28	Mark	Hamer	Stratford Cycling Club	MV	21:13
29	David	Medhurst	Cardiff Ajax CC	M	21:17
30	Jordan	Wintle	Cheltenham & County Cycling Club	M	21:20
31	Thomas	Dye	Cardiff Ajax CC	M	21:25
32	Leon	Evans	Cardiff Ajax CC	MV	21:28
33	Darrel	Williams	Bynea Cycling Club	MV	21:28
34	Lloyd	Dobson	Army Cycling	M	21:29
35	Jamie	Best	Bynea Cycling Club	MV	21:34
36	Mark	Woolford	Team Swindon Cycles	MV	21:34
37	Michiel	Vaal	CES Sport	MV	21:36
38	Earl	Smith	Royal Dean Forest Cycle Club	MV	21:37
39	Luke	Smith	Bristol South Cycling Club	MV	21:40
40	Colin	Wallace	Merthyr CC	MV	21:52
41	Jason	Streather	PDQ Cycle Coaching	MV	21:54
42	Paul	Guest	Worcester St. Johns CC	MV	21:55
43	Martin	Osman	CC Giro	MV	21:57
44	Christopher	Davis	Giant CC Halo Films	MV	21:59
45	Steven	Loraine	Team Swift	MV	22:09
46	Jon	Wiggins	PDQ Cycle Coaching	M	22:16
47	Richard	Llewellyn	Imperial Racing Team	MV	22:17
48	Dean	Prosser	Hereford & Dist Whs CC	MV	22:20
49	Jon	Vickery	Cwmcarn Paragon Road Club	MV	22:30

50	David	Evans	Team Echelon	MV	22:30
51	Peter	Blackwell	Solihull CC	MV	22:34
52	John	Aspell	PDQ Cycle Coaching	MV	22:41
53	Michael	Stephens	Hereford Triathlon Club	MV	22:53
54	David	Singleton	Acme Whs (Rhondda) CC	MV	23:03
55	Philip	Sims	Newport Phoenix CC	MV	23:04
56	Michael	Tarling	West Wales Cycle Racing Team	MV	23:07
57	Robert	Smith	Warwickshire Road Club	MV	23:11
58	Derek	Dowdeswell	Gloucester City Cycling Club	MV	23:14
59	Jake	Tay	Severn Road Club	MV	23:20
60	Daryl	Godden	Gloucester City Cycling Club	MV	23:27
61	Luke	Bradford	Hereford Triathlon Club	MV	23:42
62	Les	Thomas	Port Talbot Whs CC	MV	23:44
63	John	Williams	Bynea Cycling Club	MV	23:45
64	Mark	Palliser	Hereford & Dist Whs CC	MV	23:48
65	Andrew	Milner	Worcester St. Johns CC	MV	23:57
66	Michael	Collins	VC Sevale (Malvern)	MV	23:59
67	Neil	Turner	Hereford Triathlon Club	MV	24:04
68	Tom	Kenderdine	Successcycling.co.uk	MV	24:08
69	Ian	Gibson	Abercynon Road Club	MV	24:14
70	Andy	Hazell	Nova Raiders CC	MV	24:21
71	Mike	Parry	Hereford Triathlon Club	MV	24:32
72	John	French	Oxford City RC	MV	24:32
73	Jeffrey	Rees	Gower Riders Cycling Club	MV	24:33
74	Simon	Kinsey	Virtual Cycling Club	MV	24:42
75	Robin	Fox	Dursley Road Club	MV	24:48
76	Chris	Hughes	Hereford & Dist Whs CC	MV	25:20
77	Cliff	Voller	Newbury RC	MV	25:20
78	Vincent	Jenkins	LeisureLakesBikes.com	MV	25:27
79	Brad	Davies	Bynea Cycling Club	MV	25:41
80	Paul	Stephens	Ross on Wye & Dist CC	MV	25:43

81	John	Shehan	Bynea Cycling Club	MV	25:59
82	Ian	Cooke	M & D Fusion RT	MV	26:21
83	Robert	Hampton	Warwickshire Road Club	M	26:23
84	Royston	Small	Newport Phoenix CC	MV	26:25
85	Michael	Brain	Abercynon Road Club	MV	26:26
86	Gareth	Hill	Abercynon Road Club	MV	26:36
87	Robert	Baynton	Chepstow Cycling Club	MV	26:37
88	Derek	Morgan	Worcester St. Johns CC	MV	28:57
89	Eamonn	Sheridan	Warwickshire Road Club	MV	31:01
	Roger	Wakeling	Antelope Racing Team	MV	DNS
	Mark	Leeming	PDQ Cycle Coaching	MV	DNF
	Terry	Harradine	CC Topp	MV	DNS
	William	Wilson	Bath Cycling Club	MV	DNS
	Jon	Airey	Ross on Wye & Dist CC	MV	DNS
	Michael	Williams	Hereford & Dist Whs CC	MV	DNS
	Robert	Jones	Cardiff 100 Miles RCC	MV	DNS
	Roger	Taylor	Frome and District Wheelers	MV	DNS
	Darren	Pitman	Sodbury Cycle Sport	MV	DNS
	Kevin	Grant	Frome and District Wheelers	MV	DNS
	Garry	Shuker	Walsall Roads Cycling Club	MV	DNS
	Geoff	Thomas	Rhondda Triathlon Club	MV	DNS
	Gareth	Williams	Hereford & Dist Whs CC	M	DNSA
	Steven	Brown	Gloucester City Cycling Club	MV	DNS
	Martin	Howe	VELOFLOW CC	MV	DNS
	Martin	Stanley	Worcester St. Johns CC	MV	DNS
	Rikky	Hughes	Worcester St. Johns CC	M	DNS
	Gary	Jones	Successcycling.co.uk	MV	DNS
	Andy	Williams	Newport Phoenix CC	MV	DNS
	Richard	Rees	Cardiff Ajax CC	M	DNS
	Ian	Lindsay	Royal Navy & Royal Marines CA	MV	DNS
	Andrew	Butcher	Cwmcarn Paragon Road Club	MV	DNF

	Calum	Cheshire	Cardiff Ajax CC	M	DNS
	Jonathan	Heath	Brecon Wheelers	M	DNS
	Carlo	Toledo	Gloucester City Cycling Club	MV	DNS
	Rich	Long	Merthyr CC	M	DNS
	Mark	Gateshill	PDQ Cycle Coaching	M	DNS
	Robert	Hughes	Rhondda Triathlon Club	MV	DNS
	Stuart	Evans	Port Talbot Whs CC	MV	DNS
	Pete	Harris	Andover Wheelers	MV	DNS
	Bob	Richardson	Bournemouth Jubilee Whs	MV	DNS
	Anthony	Jones	Towy Riders Cycle Club	MV	DNS
	Will	Bevan	Ross on Wye & Dist CC	M	DNS