

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

Cardiff 100 Miles Road Cycling Club
Open 10 mile Time Trial

Saturday 5th October 2024
Starts 14:00

Timekeepers

Tudor Thomas
Phyllis Harradine

Organiser

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Headquarters

Abergavenny Scout hall,
Fairfield Car Park,
Abergavenny
NP7 5SG

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.*)

No competitor shall be permitted to start unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant.

No competitor shall be permitted to start unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant.

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.
Helmets should conform to a recognised standard.

Live Provisional results will be available at www.resultsheet.co.uk.

Refreshments available at event headquarters, payment by donation, bring some change.

Time trial bike awards

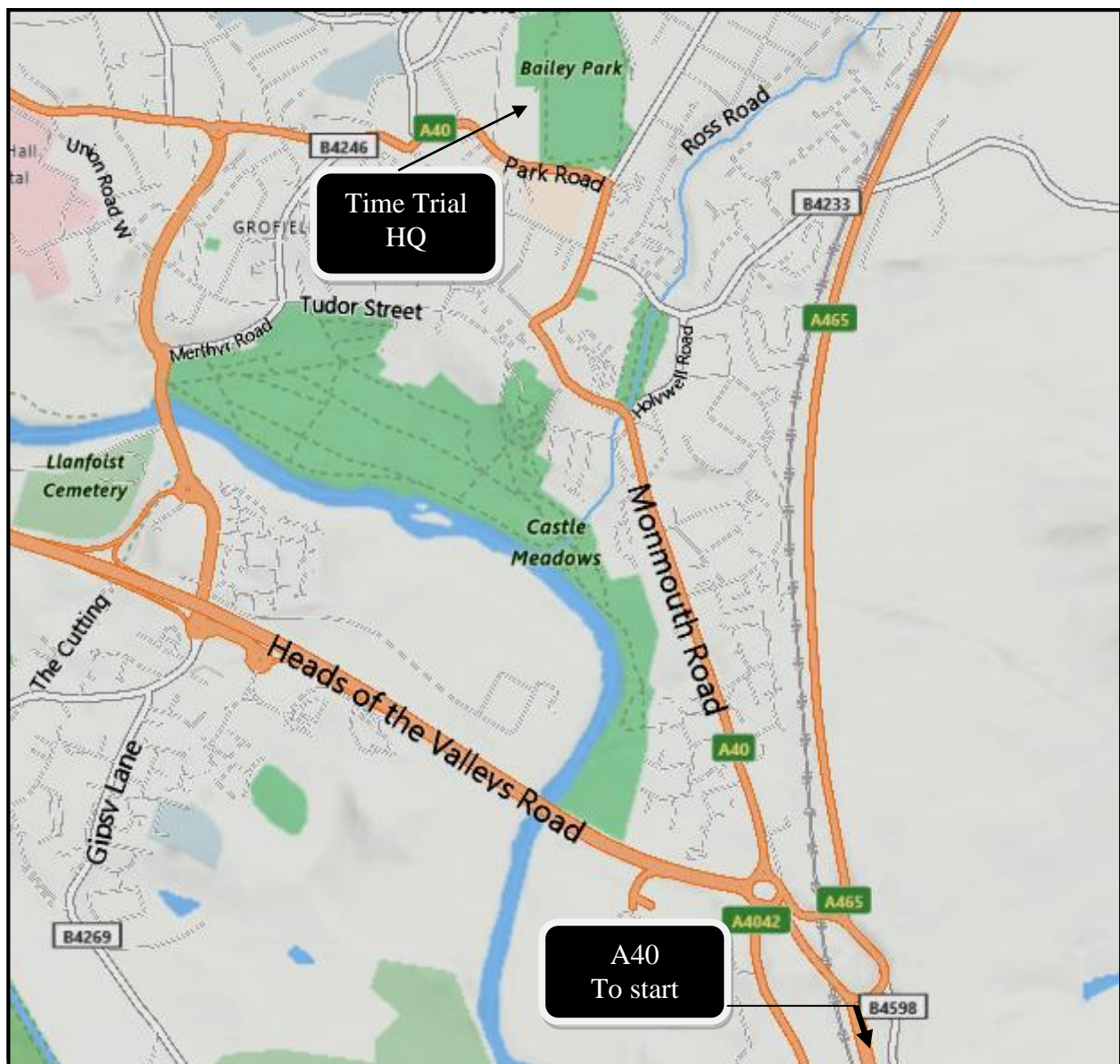
Male			Female		
1 st Place - £50	2nd Place - £30	3rd Place - £15	1 st Place - £50	2nd Place - £30	3rd Place - £15

Road Bike awards

Male	Female
1 st Place - £20	1 st Place - £10

Directions from Headquarters to start – At exit of Fairfield car park turn left onto park road, in 0.1 miles at T junction/traffic lights turn right (direction Monmouth). Follow road (A40, Monmouth Rd) for approximately 1.1 miles, then at roundabout take the 1st exit (Direction, Monmouth A40) to join the gyratory system. Take 3rd exit off the gyratory (Direction Monmouth A40) to join the A40 dual carriageway. Start is then approximately 3.0 miles along the A40 (in third lay-by you encounter).

Distance from Event headquarters to start is approximately 4.5 miles. The route to the start can be heavily congested and contains two sets of traffic lights. Please allow more than ample time.



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Order of start

CTT number	Bib no	Start time	Name	machine	Club	Clas
37378	1	14:01	Wayne Baker	Tricycle	Team Echelon	Open
24171	2	14:02	David Dickerson	Road	Team Echelon	Open
14390	3	14:03	Mike Hallgarth	Road	Anfield BC	Open
4757	4	14:04	Matthew Phillips	Road	Bynea Cycling Club	Open
25510	5	14:05	Adrian Brooks	Road	PDQ Cycle Coaching	Open
64	6	14:06	Andrea Parish	Road	VeloSistas TT Team	Female
44926	7	14:07	Russell Small	Road	Droitwich Cycling Club	Open
3707	8	14:08	Jeffrey Rees	Road	Virtual Cycling Club	Open
265	9	14:09	Ben Phillips	Road	VMCC powered by Y Beic	Open
40365	10	14:10	Luke Allen	Road	Team Enable - M.I. Racing	Open
3612	11	14:11	Claire Emons	TT	...a3crg	Female
9806	12	14:12	Josh Townsend	TT	Bynea Cycling Club	Open
42499	13	14:13	Chris Seddon	TT	UF Rowe & King	Open
6227	14	14:14	Arja Scarsbrook	TT	Team Echelon	Female
2121	15	14:15	Simon Law	TT	Team Enable - M.I. Racing	Open
1598	16	14:16	Daniel Kempe	TT	Bristol South Cycling Club	Open
42482	17	14:17	Stewart Harrison	TT	Team Bottrill	Open
14595	18	14:18	Hollie Labunsky	TT	Port Talbot Whs CC	Female
45836	19	14:19	Charlotte Mead	TT	PDQ Cycle Coaching	Female
24369	20	14:20	David Leighton	TT	Velo Club Bristol	Open
39838	21	14:21	Antony Neads	TT	PDQ Cycle Coaching	Open
26596	22	14:22	Dan Laasna Reuter	TT	Virtual Cycling Club	Open
3284	23	14:23	Paul Mulready	TT	Bridgnorth Cycling Club	Open
1265	24	14:24	Ian Davies	TT	CC Blaenau Gwent	Open
28430	25	14:25	Daniel Wyatt	TT	Hereford & Dist Whs CC	Open
1911	26	14:26	Michael Wills	TT	Team Enable - M.I. Racing	Open
4762	27	14:27	Tony Lake	TT	Gloucester City Cycling Club	Open
8020	28	14:28	Garry Shuker	TT	Walsall Roads Cycling Club	Open
5555	29	14:29	David Steel	TT	Hereford & Dist Whs CC	Open
41065	30	14:30	Tim Radley	TT	Gloucester City Cycling Club	Open
1119	31	14:31	Alastair Semple	TT	Legato Racing Team (LRT)	Open
40564	32	14:32	Rob Powell	TT	Abergavenny RC	Open
25085	33	14:33	Paul Rogoll	TT	PDQ Cycle Coaching	Open
182	34	14:34	Simon Kinsey	TT	Virtual Cycling Club	Open
18007	35	14:35	Peter Lindfield	TT	Velotik Racing Team	Open
42416	36	14:36	Graham Rogerson	TT	Port Talbot Whs CC	Open
24181	37	14:37	Roger Whittle	TT	Gloucester City Cycling Club	Open
2978	38	14:38	Deborah Sheridan	TT	...a3crg	Female
4097	39	14:39	Peter Rogers	TT	Team Tor 2000 KALAS	Open
5965	40	14:40	Tony Chapman	TT	Frome and District Wheelers	Open
26708	41	14:41	Joseph Shaw	TT	Ipswich BC	Open
4474	42	14:42	Stu Carver	TT	North Hampshire RC	Open
5875	43	14:43	Chris Ward	TT	WardPerformanceUK.com	Open
7955	44	14:44	Rachel Green	TT	Cheltenham & County Cycling Club	Female

Order of start - Continued

CTT number	Bib no	Start time	Name	machine	club	Clas
2911	45	14:45	Mark Wise	TT	Team Enable - M.I. Racing	Open
8038	46	14:46	Dean Ware	TT	Abercynon Road Club	Open
16100	47	14:47	Colin Fulford	TT	Stratford Cycling Club	Open
28472	48	14:48	Rhodri Chatfield	TT	Cardiff Triathletes	Open
3142	49	14:49	Joanna Legge-Knight	TT	Bristol South Cycling Club	Female
10335	50	14:50	Stuart Day	TT	Team Echelon	Open
31612	51	14:51	Dan Kingston	TT	FTP (Fulfil The Potential) Race Team	Open
17424	52	14:52	Diana Egerton-Warburton	TT	Team Enable - M.I. Racing	Female
3941	53	14:53	Cliff Voller	TT	VTTA West Group	Open
40859	54	14:54	Ceri Evans	TT	Stafford RC	Open
16264	55	14:55	John O'Dwyer	TT	Velo Club Bristol	Open
15038	56	14:56	John Aspell	TT	Port Talbot Whs CC	Open
38195	57	14:57	Mark Welch	TT	Oxted Cycle Club	Open
475	58	14:58	Andrew Legge-Knight	TT	Luctonians Cycling Club	Open
1672	59	14:59	Peter Wilson	TT	Bath Cycling Club	Open
5740	60	15:00	Anthony Jones	TT	VMCC powered by Y Beic	Open
3993	61	15:01	Martin Lines	TT	Team Echelon	Open
31093	62	15:02	Andrew Jackson	TT	Team Enable - M.I. Racing	Open
40751	63	15:03	Jon Mansell	TT	Royal Dean Forest Cycle Club	Open
5825	64	15:04	Richard Beech	TT	UF Rowe & King	Open
2564	65	15:05	Mark Bradley	TT	Bristol South Cycling Club	Open
39564	66	15:06	Matt McLen-Howells	TT	Pontypool Road Cycling Club	Open
17358	67	15:07	Digger Dawson	TT	Hereford Triathlon Club	Open
24527	68	15:08	Emma Davies	TT	Port Talbot Whs CC	Female
37195	69	15:09	Henry Harbord	TT	Worcester St. Johns CC	Open
198	70	15:10	Christopher Gibbard	TT	FTP (Fulfil The Potential) Race Team	Open
15862	71	15:11	Owen Burgess	TT	UF Rowe & King	Open
30209	72	15:12	Nick Cooper	TT	Yeovil Cycling Club	Open

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