2015 Welsh 10 Miles Time Trial Championship



Pontypool Road Cycling Club

Welsh Cycling Association

Sunday 16th August 2015

Event Sponsors – **Sunwise Eyewear**



Event Secretary - Dax Jenkins, Tel: 07941487785

Timekeepers – Stuart Edinborough, Robin Field & Glenda Fisher

Event Headquarters: St. Michaels Centre, Pen-Y-Pound, Abergavenny, NP7 5UD. www.stmichaelscentre.org.uk

Awards (one rider/one prize, except team)

Mens Championship

1 st	Championship Medal, Sunwise Eyewear & WCA Award
2 nd	Championship Medal, Sunwise Eyewear & WCA Award
3 rd	Championship Medal, Sunwise Eyewear & WCA Award

Ladies Championship

1 st	Championship Medal, Sunwise Eyewear & WCA Award
2 nd	Championship Medal, Sunwise Eyewear & WCA Award
3 rd	Championship Medal, Sunwise Eyewear & WCA Award

Junior Championship

1 st	Championship Medal, Sunwise Eyewear & WCA Award
2 nd	Championship Medal, Sunwise Eyewear & WCA Award
3 rd	Championship Medal, Sunwise Eyewear & WCA Award
1 st Juvenile	Championship Medal, Sunwise Eyewear & WCA Award

Also

1st Team of 3 Championship Medal & WCA Award

1st Vet on Std Championship Medal, Sunwise Eyewear & WCA Award

1st Vet (age group) WCA Award

Course Description for R10/17

O.S. References: Sheet 161 – Start and Finish 333100

Start at the first 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 136 at western end of lay-by opposite start (10 miles). District Regulations: No cars connected with riders are to travel on the A40 during the event. Competitors observed crossing the dual carriageway will be disqualified.

There should be enough parking at the HQ, as long as everyone parks considerately, but extra parking is available at the nearby Fairfields car park. The ride to the start involves navigating through the town centre and a busy roundabout – please take care and allow at least 20 minutes.

Important Notice to all Riders

The WCA, CTT and South Wales Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards. For ALL Riders under the age of 18 these helmets are COMPULSORY. Marshalls will be positioned around the course - they are there to show you the way but have no authority over the traffic. Please be familiar with the course, so there are no surprises. It is the Riders responsibility to ride within the laws of the road and with consideration to other road users.

There will be a short presentation immediately following confirmation of the results. Please stay to applaud the Welsh 10 Miles T/T Champions for 2015.

WCA awards will be presented at the annual Welsh BAR lunch.

Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 50, 100 miles, 12 hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association. Rides in all events count to the total and awards are made to the six riders with the highest score.

Any complaints or protests must be made to the Event Secretary in writing, within 24 hours of the finish of the event.

Have a good, safe ride!

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2015 Welsh Championships 10 Miles TT Juniors, Ladies, Tandem & Overflow Event

No.	Name	Club	Age/Std	Start
15	Jack Lee	Maindy Flyers Youth Cycling	14	8.15
16	Gwydion Jenkins	CC Blaenau Gwent	17	8.16
17	Josh Griffiths	Bristol South CC	15	8.17
18	Josh Townsend	Bynea Cycling Club	17	8.18
19	Huw Owen	Energy Cycles Club	15	8.19
20	Jack Williams	Energy Cycles Club	16	8.20
21	Dylan Sharratt	Pembrokeshire Velo	15	8.21
22	Alec Morris	Acme Whs (Rhondda) CC	15	8.22
23	George Evans	Mid Shropshire Whs	17	8.23
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25	Fenella Brown	Warwickshire RC	46/28.34	8.25
26	Sally Harmer	Pembrokeshire Velo	54/29.14	8.26
27	Lowenna Smith	Cadence RT	34	8.27
28	Nadine Cannon	Acme Whs (Rhondda) CC	35	8.28
29	Michelle Robertson	Abercynon Road Club	48/28.43	8.29
30	Clair Wadden	Bristol Road Club	39	8.30
31	Rebecca Timothy	Revo Racing	48/28.43	8.31
32	Arja Scarsbrook	Team Echelon - Rotor	67/30.51	8.32
33	Penny Colloff	Camel Valley C & TC	18	8.33
34	Caroline Gilroy	Camel Valley C & TC	34	8.34
35	Zoe Betteridge	North Devon Wheelers	38	8.35
36	Becky Smith	Revo Racing	38	8.36
37	Ginine Gronwalt	Camel Valley C & TC	43/28.19	8.37
38	Jill Colman	Pembrokeshire Velo	51/28.58	8.38
39	Andrea Parish	Camel Valley C & TC	47/28.39	8.39
40	Trish Chalk	Monmouth Tri Club	36	8.40
41	Diane Wilson-Evans	Bynea Cycling Club	55/29.20	8.41
42	Catherine Snell	Camel Valley C & TC	38	8.42
43	Stephanie Post	Onit Cycles Womens Racing Team	29	8.43
44	Sarah Lloyd-Stephens	Hereford & Dist Whs CC	34	8.44
45	Julie Stephens	Ross on Wye & Dist CC	50/28.53	8.45
46 47	Kate Burgoyne	NFTO Race	36	8.46
47	Crystal Spearman	Nopinz	27	8.47
50	Steven Madeley	Ogmore Valley Whs	TANDEM	8.50
50	Keith Barrett	Ogmore Valley Whs	TANDEM	8.50
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55	Jon Airey	Ross on Wye & Dist CC	62/27.51	8.55
56	Keith Weyman	Worcester St. Johns CC	79/31.17	8.56
57	Jeff Adams	Pontypool RCC	68/28.42	8.57
58	Mark Hancocks	Stourbridge Velo	45/26.23	8.58
59	Brian Parker	Abercynon Road Club	40/25.59	8.59
60	Richard Smith	Bynea Cycling Club	20	9.00
61	Roger Wakeling	Antelope Racing Team	69/28.52	9.01
62	Bob Jones	Cardiff 100 Miles RCC	63/27.59	9.02
63	Thomas Stoddart	Acme Whs (Rhondda) CC	24	9.03
64	Andrew Williams	Merthyr CC	49/26.41	9.04
65	Kenneth Squibb	VTTA (South Wales)	79/31.17	9.05
66	Brian Griffiths	Tricycle Association (SW)	76/30.23	9.06
67	Mark Usher	BikeCity T3	49/26.41	9.07
68	Paul Archer	VTTA (South Wales)	47/26.32	9.08
69	Brad Davies	Bynea Cycling Club	49/26.41	9.09
70	Derek Morgan	Gannet CC	75/30.07	9.10
71	Owen Pocock	CC Blaenau Gwent	80/31.37	9.11
72	John Beaven	1st Chard Whs	57/27.20	9.12
73	Gareth Hill	Abercynon Road Club	43/26.13	9.13
74	Simon Kinsey	Acme Whs (Rhondda) CC	45/26.23	9.14
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75	Robin Fox	Dursley RC	57/27.20	9.15
75 76	Robin Fox Alex Richards	Abercynon Road Club	30	9.16
75	Robin Fox			

82	Paul Rees	Bynea Cycling Club	50/26.45	9.22
81	Paul Griffiths	Cardiff Ajax CC	60/27.38	9.21
80	Kevin Grant	Frome & Dist Whs	58/27.26	9.20
79	Ron Boast	Ogmore Valley Whs	64/28.06	9.19

2015 Welsh Championships 10 Miles TT Mens Event

No.	Name	Club	Age/Std	Start
1	Emyr Griffiths	Bynea Cycling Club	48/26.36	9.31
2	Andi Timothy	Revo Racing	57/27.20	9.32
3	Roger Wood	Pontypool RCC	61/27.44	9.33
4	Karl Davies	Stourbridge Velo	53/26.59	9.34
5	Stephen Minton	Ludlow CC	45/26.23	9.35
6	Richard Gambling	Port Talbot Whs CC	42/26.09	9.36
7	Mike Broadbent	Bynea Cycling Club	54/27.04	9.37
8	David Wood	Stourbridge Velo	60/27.38	9.38
9	Barry Williams	Cardiff 100 Miles RCC	79/31.17	9.39
10	Christopher Lee	Merthyr CC	46/26.27	9.40
11	David Brice	Bynea Cycling Club	54/27.04	9.41
12	Thom Hadfield	Pontypool RCC	36	9.42
13	Gerard Oram	Bynea Cycling Club	55/27.09	9.43
14	Karl Wills	Pontypool RCC	55/27.09	9.44
15	Anthony Cowdry	Extreme Culture Cycles	33	9.45
16	Rick Johnston	Northover Vets Team	64/28.06	9.46
17	Andy Kelly	Bristol South CC	50/26.45	9.47
18	Paul Stephens	Ross on Wye & Dist CC	5026.45	9.47
19	Peter Murrieri	M & D Cycles / Fusion RT/ Worx	56/27.14	9.46
20	Earl Smith	Royal Forest of Dean CC	45/26.23	9.49
21	Stuart Evans	Port Talbot Whs	69/28.52	9.51
22	Paul Colman	Pembrokeshire Velo	54/27.04	9.52
23	Gareth Davies	RAF CA	36	9.53
24	Ron Clews	Cult Racing Cycles	54/27.04	9.54
25 25	Paul Hayward	Cunt Racing Cycles Cwmcarn Paragon Road Club	43/26.13	9.54 9.55
26	John Hughes	Rhondda Triathlon Club	51/26.50	9.56
27	Paul Jones	Cwmcarn Paragon Road Club	46/26.27	9.57
28	David Wilson-Evans	Bynea Cycling Club	58/27.26	9.58
29	Russell Boon	Avonlea Treasure RT	50/26.45	9.59
30	Mike Appleyard	Lancashire RC	49/26.41	10.00
31	Rod Hicks	Port Talbot Whs	50/26.45	10.01
32	Vincent Douglas	Gloucester City CC	45/26.23	10.01
33	Robert Parry	Royal Forest of Dean CC	65/28.14	10.02
34	Garry Strickland	Dursley RC	52/26.54	10.03
35	Anthony Mark Jones	Bynea Cycling Club	42/26.09	10.05
36	Daryl Godden	Gloucester City CC	56/27.14	10.06
37	Ian Lewis	Bush Healthcare CRT	66/28.23	10.07
38	Steven Cottington	Cadence RT	53/26.59	10.08
39	Alan Cooper	Avonlea/Treasure RT	58/27.26	10.09
40	Garry Ellis	Energy Cycles Club	48/26.36	10.09
41	Richard Coleman	Stourbridge Velo	61/27.44	10.11
42	Mark Sims	Climb on Bikes RT	36	10.11
43	Alun Williams	Energy Cycles Club	47/26.32	10.12
44	Stephen Landeg	Ogmore Valley Whs	61/27.44	10.13
45	Gerry Bowditch	Dream Cycling	45/26.23	10.14
46	Lee Jones	Severn Valley Cycles	40/25.59	10.15
47	Paul Milner	Worcester St. Johns CC	45/26.23	10.17
48	Jason Killiner	Pontypool RCC	37	10.17
49	Luke Bradford	Climb on Bikes RT	38	10.19
50	Christopher Jones	Ride Bike Wales	46/26.27	10.19
51	John Regan	Pembrokeshire Velo	46/26.27	10.21
52	Chris Fishbourne	Abercynon Road Club	41/26.04	10.21
53	David Long	Acme Whs (Rhondda) CC	28	10.22
54	Andrew Curley	Warwickshire RC	52/26.54	10.23
55	Liam Bard	Exe Velo CC	26	10.24
56	Chris Massey	Cwmcarn Paragon Road Club	43/26.13	10.25
57	Malcolm Brookling	Team Jewson - MI Racing	45/26.23	10.20
01	Ÿ	Hereford & Dist Whs CC	56/27.14	10.27
58	Guy Evans	Hereford & Dist Whs C.C.		

	59	Neil Richards	Cwmcarn Paragon Road Club	44/26.18	10.29
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117 Chris Vasey Gloucester City CC 55/27.09 11.27 118 Paul Cannon Porth & Dist CC 63/27.59 11.28 119 Ross Morgan Acme Whs (Rhondda) CC 26 11.29	91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113	Eric Grill Steve Matthews Jamie Streather Garry Shuker Dean Robson Evan Powell Kevin Williams Mark Rosser John Shehan Billy Oliver Mark Nott Simon Geary Lloyd Morgan Mike Hazlewood Paul Gamlin Michael Portlock Edward Dursley Alistair James Morgan Chris Ward Dan Evans Adam Jones Christopher Jones Vincent Jenkins	RST Sport/Aero-Coach Holyhead CC Velo Club St Raphael Walsall Roads Cycling Club Somerset Road Club/The Bicycle Chain Pontypool RCC Bournemouth Jubilee Whs CC Ogmore Valley Whs Bynea Cycling Club Nopinz Ogmore Valley Whs Hereford & Dist Whs CC Cardiff Ajax CC Saracen RC Northover Vets Team Extreme Culture Cycles (EC Cycles) Worcester St. Johns CC Pontypool RCC Team Echelon - Rotor Team Elite/Paul Bethall Electrical Climb on Bikes RT VTTA (South Wales) LeisureLakesBikes.com	33 32 36 60/27.38 28 24 52/26.54 45/26.23 69/28.52 34 46/26.27 43/26.13 41/26.04 62/27.51 43/26.13 45/26.23 41/26.04 53/26.59 60/27.38 34 21 47/26.32 75/30.07	11.01 11.02 11.03 11.04 11.05 11.06 11.07 11.08 11.09 11.10 11.11 11.12 11.13 11.14 11.15 11.16 11.17 11.18 11.19 11.20 11.21 11.22 11.23
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120 Ben Anstie 73 Degrees Bicycles 38 11.30	91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119	Eric Grill Steve Matthews Jamie Streather Garry Shuker Dean Robson Evan Powell Kevin Williams Mark Rosser John Shehan Billy Oliver Mark Nott Simon Geary Lloyd Morgan Mike Hazlewood Paul Gamlin Michael Portlock Edward Dursley Alistair James Morgan Chris Ward Dan Evans Adam Jones Christopher Jones Vincent Jenkins Jon Vickery Tom Ward Colin Parry Chris Vasey Paul Cannon	RST Sport/Aero-Coach Holyhead CC Velo Club St Raphael Walsall Roads Cycling Club Somerset Road Club/The Bicycle Chain Pontypool RCC Bournemouth Jubilee Whs CC Ogmore Valley Whs Bynea Cycling Club Nopinz Ogmore Valley Whs Hereford & Dist Whs CC Cardiff Ajax CC Saracen RC Northover Vets Team Extreme Culture Cycles (EC Cycles) Worcester St. Johns CC Pontypool RCC Team Echelon - Rotor Team Elite/Paul Bethall Electrical Climb on Bikes RT VTTA (South Wales) LeisureLakesBikes.com Cwmcarn Paragon Road Club Team Echelon - Rotor Severn Valley Cycles Gloucester City CC Porth & Dist CC Acme Whs (Rhondda) CC	33 32 36 60/27.38 28 24 52/26.54 45/26.23 69/28.52 34 46/26.27 43/26.13 41/26.04 62/27.51 43/26.13 45/26.23 41/26.04 53/26.59 60/27.38 34 21 47/26.32 75/30.07 51/26.50 21 37 55/27.09 63/27.59 26	11.01 11.02 11.03 11.04 11.05 11.06 11.07 11.08 11.09 11.10 11.11 11.12 11.13 11.14 11.15 11.16 11.17 11.18 11.19 11.20 11.21 11.22 11.23 11.24 11.25 11.26 11.27 11.28 11.29