

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

Cardiff 100 Miles Road Cycling Club  
**Open 10 mile Time Trial**

Saturday 7<sup>th</sup> October 2023  
Starts 14:00

Timekeepers

Tudor Thomas  
Phyllis Harradine

Organiser

WilliamPring  
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**Headquarters**

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

*Headquarters are situated approximately 4 miles from start.*

**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.

Male Prizes			Female Prizes		
1 <sup>st</sup> Place - £50	2nd Place - £30	3rd Place - £15	1 <sup>st</sup> Place - £50	2nd Place - £30	3rd Place - £15

**Cardiff 100 Miles Road Cycling Club. 10 Mile time trial.**  
**Saturday October 7th 2023**  
**Order of start**

<b>Ctt ID</b>	<b>Bib no</b>	<b>start time</b>	<b>Name</b>	<b>Club</b>	<b>Gender</b>
8352	1	14:01	Diccon Hill	Cardiff 100 Miles RCC	Male
24181	2	14:02	Roger Whittle	Gloucester City Cycling Club	Male
8022	3	14:03	Alan Cooper	Avonlea/Treasure RT	Male
1010	4	14:04	Bob Brabbins	VTTA West Group	Male
18007	5	14:05	Peter Lindfield	Velotik Racing Team	Male
26596	6	14:06	Dan Laasna Reuter	Virtual Cycling Club	Male
4762	7	14:07	Tony Lake	Gloucester City Cycling Club	Male
4163	8	14:08	Steve Summerhayes	Somerset Road Club	Male
4097	9	14:09	Peter Rogers	Team Tor 2000   KALAS	Male
11309	10	14:10	Joe Beech	Preston Whs	Male
15038	11	14:11	John Aspell	Port Talbot Whs CC	Male
10264	12	14:12	Dean Prosser	Hereford & Dist Whs CC	Male
6227	13	14:13	Arja Scarsbrook	Team Echelon	Female
45836	14	14:14	Charlotte Mead	Monmouthshire Wheelers	Female
15862	15	14:15	Owen Burgess	UF Rowe & King	Male
266	16	14:16	Chris Lea	Buxton CC/Sett Valley Cycles	Male
40751	17	14:17	Jon Mansell	Royal Dean Forest Cycle Club	Male
40859	18	14:18	Ceri Evans	Stafford RC	Male
1753	19	14:19	Derek Morgan	Gannet CC	Male
24369	20	14:20	David Leighton	Severn Road Club	Male
42416	21	14:21	Graham Rogerson	Port Talbot Whs CC	Male
38195	22	14:22	Mark Welch	Oxted Cycle Club	Male
43951	23	14:23	Paul Brickell	Bristol South Cycling Club	Male
17972	24	14:24	Philip Morgan	Kiveton Park Cycling Club	Male
23197	25	14:25	Rikky Hughes	Droitwich Cycling Club	Male
17424	26	14:26	Diana Egerton-Warburton	Team Enable - M.I. Racing - McCann	Female
3284	27	14:27	Paul Mulready	Bridgnorth Cycling Club	Male
42586	28	14:28	Anthony Fidow	Cwmcarn Paragon Cycling Club	Male
46144	29	14:29	Phillip Felice	Pembrokeshire Velo	Male
4789	30	14:30	Andrew Derrick	Velo Club Bristol	Male
265	31	14:31	Ben Phillips	VMCC powered by Y Beic	Male
17358	32	14:32	Digger Dawson	Hereford Triathlon Club	Male
2978	33	14:33	Deborah Sheridan	Warwickshire Road Club	Female
5428	34	14:34	Russell Boon	Avonlea/Treasure RT	Male
3246	35	14:35	Vincent Douglas	Gloucester City Cycling Club	Male
39564	36	14:36	Matt McLen-Howells	Pontypool Road Cycling Club	Male
24527	37	14:37	Emma Davies	Port Talbot Whs CC	Female
6398	38	14:38	Peter Owen	Norwood Paragon CC	Male
9508	39	14:39	Christopher Finn	Monmouthshire Wheelers	Male
41065	40	14:40	Tim Radley	Gloucester City Cycling Club	Male
41040	41	14:41	Clinton Evans	CC Blaenau Gwent	Male
43940	42	14:42	Brion Thomas	VMCC powered by Y Beic	Male

## Order of start - continued

Ctt ID	Bib no	Start time	Name	Club	Gender
3142	43	14:43	Joanna Legge-Knight	Bristol South Cycling Club	Female
37378	44	14:44	Wayne Baker	Team Echelon (Trike)	Male
28430	45	14:45	Daniel Wyatt	Hereford & Dist Whs CC	Male
47232	46	14:46	Jason Price	Jubilee Park Cycling Club	Male
5568	47	14:47	Marco Marletta	VTTA (South Wales group)	Male
1989	48	14:48	Robert Jones	Cardiff 100 Miles RCC	Male
31226	49	14:49	Robert Baynton	PDQ Cycle Coaching	Male
10335	50	14:50	Stuart Day	Team Echelon	Male
15608	51	14:51	Daryl Stroud	Gloucester City Cycling Club	Male
1598	52	14:52	Daniel Kempe	Bristol South Cycling Club	Male
44926	53	14:53	Russell Small	Droitwich Cycling Club	Male
28399	54	14:54	Simon Richardson Mbe	05/03	Male
3185	55	14:55	Paul Walshe	Plymouth Corinthian CC	Male
49058	56	14:56	James Furness	VMCC powered by Y Beic	Male
9913	57	14:57	Hugh Davies	Port Talbot Whs CC	Male
8020	58	14:58	Garry Shuker	Walsall Roads Cycling Club	Male
3707	59	14:59	Jeffrey Rees	Virtual Cycling Club	Male
5740	60	15:00	Anthony Jones	VMCC powered by Y Beic	Male
1119	61	15:01	Alastair Semple	Legato Racing Team (LRT)	Male
9806	62	15:02	Josh Townsend	Bynea Cycling Club	Male
25085	63	15:03	Paul Rogoll	PDQ Cycle Coaching	Male
30294	64	15:04	Emma Wyatt	Hereford & Dist Whs CC	Female

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## Course R10/17

Distance from Headquarters to start is approximately 4 Miles. Distance from Hardwick Roundabout to start, approximately 3 miles

