



PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS

Result of Sunday 24th July 2016 - R25/3H

Timekeepers - Start: Tony Howell, Finish: Robin Field

Event Sec: Martyn Heritage-Owen – 28, CF3 0EJ. Email: coaching@realteam.co.uk. Mob: 0778 606 7819

Well what a day! 65 personal bests in the men's event and 43 in the BAR event, topped off by a superb 15 riders getting under 50 minute rides. Well done to James Gullen on a fantastic ride – 2nd fastest of all time and a Welsh and course record.

Congratulations to Hayley Simmonds who quite understandably had "nothing left" after breaking competition record in the Shaftsbury 50 the day before. Commiserations too to Anna Turvey who was on a blistering ride when an impact puncture put paid to her competition record attempt here. I'll try and summon up even better conditions on Sunday 21st for our final event of 2016. Links to photos here:-

http://www.kimroy-photography.co.uk/gallery2/main.php?g2_itemId=514490

http://www.kimroy-photography.co.uk/gallery2/main.php?g2_itemId=513804

Thanks once again to my team of helpers, the Haycox's and Sharon for a great spread as usual.

Prize List – Men If winners email or text me bank details I'll pay by bank transfer by return.

Pos	Name	club	Cat	LTS	Time	pb	Comment	Prize
1	James Gullen	Pedal Heaven	S	00:47:55	00:45:33	Yes	1st	£40
2	Andy Jackson	SLL Racing Team	V	00:47:15	00:47:05	Yes	2nd	£35
3	James Copeland	Fareham Wheelers CC	S	00:50:58	00:48:04	Yes	3rd	£30
4	David Allonby	Springfield Financial	S	00:50:04	00:48:09	Yes	4th	£25
5	Scott Burns	DRAG2ZERO	S	00:49:24	00:48:18	Yes	5th	£20
6	Justin Layne	CC Ashwell	S	00:48:17	00:48:25	No	6th	£15
8	Paul Ashley	Fareham Wheelers CC	V	00:50:45	00:49:16	Yes	1st Vet	£30
9	Gavin Hinxman	Kettering CC	V	00:50:55	00:49:28	Yes	2nd Vet	£25
14	Anthony Jones	Bynea Cycling Club	V	00:50:57	00:49:50	Yes	3rd Vet	£20
16	Paul Jones	Primera-Teamjobs	V	00:50:48	00:50:37	Yes	4th Vet	£15

Prize List - BAR/Overflow If winners email or text me bank details I'll pay by bank transfer by return.

Pos	Name	club	Cat	Time	pb	Comment	Prize
1	Lee Marsden	Poole Whs	Vet	00:51:54	Y	1st	£25
2	Julia Shaw	DRAG2ZERO	WV	00:52:13	Y	1st W	£40
3	Devon Round	Mid Shropshire Wheelers	Jun	00:52:15	Y	1st Jun	£20
4	Philip Bray	Plymouth Corinthian CC	S	00:52:18	Y	2nd	£20
5	Samuel Wadsley	Poole Whs	Jun	00:52:25	N	3rd	£15
25	Kirsty Murray	Pembrokeshire Velo	WV	00:58:21	Y	2nd W	£35
27	Clare Greenwood	Bush Healthcare CRT	WV	00:58:33	Y	3rd W	£30
32	Zoe Whiteside	Team Bottrill	WV	00:58:54	Y	4th W	£25
34	Susan Shook	Bush Healthcare CRT	WV	00:59:17	N	5th W	£20
35	Nadine Cannon	Acme Whs (Rhondda) CC	W	00:59:24	N	6th W	£15

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Full Result - Overflow, Women's BAR, Jun

Pos	Name	club	cat	Its	Time	pb	Comment
1	Lee Marsden	Poole Whs	Vet	00:59:45	00:51:54	Y	1st
2	Julia Shaw	DRAG2ZERO	WV	00:52:36	00:52:13	Y	1st W
3	Devon Round	Mid Shropshire Wheelers	Jun	00:53:43	00:52:15	Y	1st Jun
4	Philip Bray	Plymouth Corinthian CC	S	00:58:20	00:52:18	Y	2nd
5	Samuel Wadsley	Poole Whs	Jun	00:51:16	00:52:25	N	3rd
6	James Jenkins	successcycling.co.uk	S	00:59:08	00:53:39	Y	
7	Paul Russell	Springfield Financial	Vet	00:59:33	00:53:48	Y	
8	James Bannister	New Forest CC	Vet		00:54:22	Y	
9	Grant Arnold	Team NBCC	S		00:54:40	Y	
10	Stephen Taylor	Team NBCC	Vet		00:54:56	Y	
11	Sacha Ring	New Forest CC	Vet	00:59:27	00:55:12	Y	
12	Kieran Morris	Mid Shropshire Wheelers	Juv	00:57:58	00:56:01	Y	
13	Russell White	Forza Cycles	Vet		00:56:27	Y	
14	David Walters	Ogmore Valley Wheelers CC	S	01:02:56	00:57:14	Y	
15	Matthew Phillips	Bynea Cycling Club	S	00:59:49	00:57:29	Y	
16	Mark Gorman	Royal Navy & Royal Marines CA	Vet	01:02:03	00:57:35	Y	
17	Steven Madeley	Ogmore Valley Wheelers CC	Vet	N/A	00:57:40	N	
18	Paul Jones	Ystwyth CC	Vet	00:59:57	00:57:50	Y	
19	Christopher Goodwin	Ogmore Valley Wheelers CC	Vet	00:58:28	00:57:53	Y	
20	Gareth Chislett	CC Blaenau Gwent	Vet	01:04:43	00:57:58	Y	
21	Michael Draper	Charlotteville Cycling Club	Vet	00:58:14	00:58:01	Y	
22	James Handley	North Shropshire Wheelers	S	00:58:28	00:58:03	Y	inc 2m Is
22	Jeffrey Rees	Acme Whs (Rhondda) CC	Vet	00:58:14	00:58:03	Y	
24	Phil Guy	North Shropshire Wheelers	Vet	00:59:22	00:58:13	Y	
25	Kirsty Murray	Pembrokeshire Velo	WV	01:03:44	00:58:21	Y	2nd W
26	Simon Kinsey	Acme Whs (Rhondda) CC	Vet	00:57:59	00:58:29	N	
27	Clare Greenwood	Bush Healthcare CRT	WV	00:58:59	00:58:33	Y	3rd W
28	N Hughes-Hutchings	Morden CRC	S	01:01:18	00:58:40	Y	
29	Alan Cooper	Avonlea/Treasure RT	Vet	00:58:52	00:58:45	Y	
30	Ian Davies	CC Blaenau Gwent	Vet	00:58:59	00:58:50	Y	
31	Marco Marletta	Cardiff Jif	Vet	00:59:13	00:58:53	Y	
32	Zoe Whiteside	Team Bottrill	WV	01:01:59	00:58:54	Y	4th W
33	Michael Meadows	VC Norwich	Vet	01:06:19	00:59:13	Y	
34	Susan Shook	Bush Healthcare CRT	WV	00:57:48	00:59:17	N	5th W
35	Nadine Cannon	Acme Whs (Rhondda) CC (inc 30s Is)	W	00:58:56	00:59:24	N	6th W
36	Jennifer Smart	VC Norwich	WV	01:01:11	00:59:49	Y	
37	Russell Boon	Avonlea/Treasure RT	Vet	01:00:01	01:00:04	N	
38	Charlotte Mallin Martin	Cambridge University CC	W	01:01:31	01:00:07	Y	
39	Dave Poulter	Wrekinsport CC	Vet	00:59:12	01:00:09	N	
40	Kari Jones	Ride Bike Wales	W	01:02:53	01:00:10	Y	
41	Joanna Knight	Bristol South Cycling Club	WV	00:58:43	01:00:11	N	
42	Roger Wood	Pontypool Road Cycling Club	Vet	00:58:44	01:00:17	N	
43	John Shehan	Bynea Cycling Club	Vet	00:58:08	01:00:27	Y	
44	John Murphy	Gloucester City Cycling Club	Vet	00:59:34	01:00:44	N	
45	Dianne Tierney	Guernsey Velo Club	WV	01:02:37	01:00:57	Y	

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Pos	Name	club	cat	Its	Time	pb	Comment
46	Ceris Eslava	Paramount CRT	WV	01:04:00	01:01:12	Y	
47	Robert Lucas	Port Talbot Whs CC	Vet	01:01:36	01:01:23	Y	
48	Gaynor Hughes	Bynea Cycling Club	WV	01:03:40	01:01:43	Y	
49	Ed Hadley	Hereford & Dist Whs CC	Vet	01:02:30	01:01:55	Y	
50	Geoff Edgerton	North Shropshire Wheelers	Vet	01:03:32	01:01:59	Y	
51	Robert Jones	Cardiff 100 Miles RCC	Vet	00:59:14	01:02:06	N	
52	Simon Fairclough	Cwmcarn Paragon Road Club	S	00:59:44	01:02:14	N	
53	Richard Bowmer	Ogmore Valley Wheelers CC	Vet	01:01:29	01:03:05	N	
54	Steven Macdonald	Bristol South Cycling Club	Vet	01:03:00	01:03:08	N	
55	Les Thomas	Port Talbot Whs CC	Vet	01:00:42	01:03:15	N	
56	Jon Airey	Ross on Wye & Dist CC	Vet	01:02:35	01:03:34	N	
57	Josh Townsend	Bynea Cycling Club	Jun	01:02:54	01:03:43	N	
58	Robin Shedden	Wrekinsport CC	Vet	00:58:54	01:04:08	N	
59	Gerry Peppin	Corinium Cycle Club	Vet	01:03:32	01:04:44	N	
60	Allan Renyard	Guernsey Velo Club	Vet	01:00:50	01:05:53	N	
61	Martin Balk	3C Cyclexperience	Vet	01:06:18	01:06:14	Y	
62	Robert Jolliffe	New Forest CC	Vet	01:08:18	01:06:27	N	
63	John Howells	Corinium Cycle Club	Vet	01:06:02	01:06:32	N	inc 30s Is
64	Alexander Johnson	Fareham Wheelers CC	Vet	00:58:11	01:07:07	N	inc 10m Is
65	Kevin Bessant	Bynea Cycling Club	Vet	01:08:19	01:07:31	Y	
66	Diane Hynam	Bynea Cycling Club	WV	01:13:22	01:10:38	Y	
67	Kevin Grant	Frome and District Wheelers	Vet	01:12:11	01:13:07	N	
68	Claire Clementson	Wigan Whs CC	W	01:02:53	01:37:41	N	
	Paul Rees	Bynea Cycling Club	Vet	01:01:15	DNF	57	
	Claire Hann	Radeon-Bike Science RT	W	00:55:45	DNF	101	
	Anna Turvey	Tyneside Vagabonds CC	W	00:50:32	DNF	100	
	John Ellerby	VeloVitesse	S	01:00:49	DNS	22	
	John Hynam	Bynea Cycling Club	Vet	01:08:58	DNS	24	
	Richard Evershed	Cheltenham & County Cycling Club	S	01:00:10	DNS	42	
	Nigel Croxford	High Wycombe CC	Vet	00:59:12	DNS	51	
	Tony Emery	Dursley Road Club	Vet	01:06:33	DNS	54	
	Samuel Utting	Cardiff Ajax CC	S		DNS	59	
	Tim May	Media Velo	S	01:02:25	DNS	63	
	Wayne Jones	Bynea Cycling Club	Vet	01:01:14	DNS	67	
	Paul Archer	Newport Phoenix CC	Vet	01:03:03	DNS	68	
	Craig Macdonald	Ogmore Valley Wheelers CC	Vet	00:59:06	DNS	71	
	Josh Griffiths	Bristol South Cycling Club	Jun	00:55:41	DNS	82	
	Lee-Michelle Jones	Bynea Cycling Club	WV	01:05:00	DNS	84	
	Becky Smith	Revo Racing	W	00:58:20	DNS	85	
	Hetty Niblett	Footon Velosport	FJun	00:55:06	DNS	91	
	Andrea Parish	Camel Valley C & TC	WV	00:55:51	DNS	95	
	Emma Tilston	Chester RC	WV	01:12:28	DNS	99	
	Sarah Wise	Mud Sweatngears CC	W	01:04:00	DNS	104	
	Alice Lethbridge	Starley Racing	W	00:54:11	DNS	105	
	Danuta Tinn	Maidenhead & District CC	WV	00:56:52	DNS	106	
	Fiona Davies	Acme Whs (Rhondda) CC	WV	01:09:09	DNS	109	
	Hayley Simmonds	AeroCoach	W	00:50:32	DNS	110	

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Full Result - Main Event

Pos	Name	club	Cat	LTS	Time	pb	Comment
1	James Gullen	Pedal Heaven	S	00:47:55	00:45:33	Y	1st
2	Andy Jackson	SSLL Racing Team	V	00:47:15	00:47:05	Y	2nd
3	James Copeland	Fareham Wheelers CC	S	00:50:58	00:48:04	Y	3rd
4	David Allonby	Springfield Financial	S	00:50:04	00:48:09	Y	4th
5	Scott Burns	DRAG2ZERO	S	00:49:24	00:48:18	Y	5th
6	Justin Layne	CC Ashwell	S	00:48:17	00:48:25	N	6th
7	Thomas Brazier	Team Elite/Paul Bethell Electrical	S	00:56:37	00:48:50	Y	
8	Paul Ashley	Fareham Wheelers CC	V	00:50:45	00:49:16	Y	1st Vet
9	Ben Anstie	73 Degrees Bicycles	S	00:49:01	00:49:28	N	
9	Gavin Hinxman	Kettering CC	V	00:50:55	00:49:28	Y	2nd Vet
11	Jonathan Gates	Royal Air Force Cycling Association	S	00:50:15	00:49:29	Y	
12	David Janes	Velo Club Walcot	S	00:56:00	00:49:39	Y	
13	Christopher Gibbard	Bynea Cycling Club	S	00:50:59	00:49:40	Y	
14	Anthony Jones	Bynea Cycling Club	V	00:50:57	00:49:50	Y	3rd Vet
15	Courtney Blockley-Campton	University of Birmingham CC	S	00:51:31	00:50:12	Y	
16	Paul Jones	Primera-Teamjobs	V	00:50:48	00:50:37	Y	4th Vet
17	Mark Denney	Poole Whs	V	00:52:30	00:50:38	Y	
18	Andy Turner	NOPINZ	S	00:57:51	00:50:58	Y	
19	Christopher Jones	Ride Bike Wales	V	00:50:16	00:51:12	N	
20	Chris Massey	Team Bottrill	V	00:53:35	00:51:17	Y	
21	Niall Todd	Tavistock Whs CC	S	00:52:43	00:51:18	Y	
22	Ben Phillips	Bynea Cycling Club	S	00:51:02	00:51:19	N	
23	Steven Pink	Poole Whs	S	00:53:43	00:51:24	Y	
23	Steven Cottington	Bath Cycling Club	V	00:51:51	00:51:24	Y	
23	Lawrence Burrows	Team Swift	S	00:51:40	00:51:24	Y	
26	Scott Leverington	Chorley Cycling Club	V	00:50:35	00:51:32	N	
27	Miles Earl	Plymouth Corinthian CC	S	00:52:41	00:51:36	Y	
28	Rory Barrett	Southborough & Dist. Whs	S	00:56:00	00:51:38	Y	
29	Tim Summerhayes	Clapham Chasers	S	00:51:48	00:51:43	Y	
30	Keith Ainsworth	Sheffrec CC	V	00:52:46	00:51:54	Y	
31	Nic Cleave	Swansea Wheelers/CS Abertawe	V	00:52:29	00:52:07	Y	
32	Niall Foster	Cardiff Ajax CC	V	00:51:36	00:52:08	N	
33	Gary Duncan	Paramount CRT	V	00:54:23	00:52:11	Y	
34	Emyr Griffiths	Bynea Cycling Club	V	00:53:45	00:52:12	Y	
35	Earl Smith	Severn Valley Cycles	V	00:53:18	00:52:27	Y	
36	Neil Holden	Lutterworth Cycle Centre Racing Team	V	00:53:05	00:52:39	Y	
36	Paul Coles	73 Degrees Bicycles	V	00:53:32	00:52:39	Y	
38	Richard Wilder	Sportzmad	V	00:54:00	00:52:41	Y	
39	Jon Smith	Fareham Wheelers CC	V	00:55:30	00:52:46	Y	
40	Nick Brown	Team NBCC	V	00:53:01	00:52:51	Y	
41	Mark Brambleby	Northover VT / Rudy Project	V	00:52:57	00:52:52	Y	
42	Steven Jennings	CC Ashwell	V	00:56:25	00:52:57	Y	
43	Ross Davies	NFTO Race Club	S	00:55:00	00:53:01	Y	
44	Colin Wallace	Merthyr CC	V	00:55:10	00:53:06	Y	
45	David Brice	Bynea Cycling Club	V	00:52:22	00:53:09	N	

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Pos	Name	club	Cat	LTS	Time	pb	Comment
46	Mark Bradley	Bristol South Cycling Club	V	00:55:05	00:53:10	Y	
47	Andrew Legge	Bristol South Cycling Club	V	00:54:04	00:53:13	Y	
48	Neil Gregory	Port Talbot Whs CC	V	00:54:20	00:53:16	Y	
49	Anthony Cowdry	EC Cycles	S	00:53:10	00:53:18	N	
50	Andrew Overton	successcycling.co.uk	V	00:53:53	00:53:27	Y	
51	Nigel Clementson	Wigan Whs CC	V	00:54:17	00:53:35	Y	
52	Richard Long	Merthyr CC	S	00:57:05	00:53:38	Y	
53	Simon Beard	Yeovil Cycling Club	V	00:55:30	00:53:42	Y	
54	Tim Butt	Banbury Star CC	V	00:56:40	00:53:43	Y	
55	Clive Franklin	Somerset Road Club	V	00:55:04	00:53:45	Y	
56	Mark Woolford	Chippenham & District Wheelers	V	00:53:25	00:53:57	N	
57	Joe Schwartz	Team Swindon Cycles	V	00:55:16	00:54:01	Y	
58	Simon Dighton	Beacon Roads CC	V	00:57:48	00:54:04	Y	
59	Daniel Kempe	Bristol South Cycling Club	V	00:54:56	00:54:07	Y	
60	Mike Lindsay	Wills Wheels CC	V	00:55:10	00:54:16	Y	
61	David Evans	Team Echelon - Rotor	V	00:52:48	00:54:18	N	
62	Mark Rosser	Ogmore Valley Wheelers CC	V	00:54:30	00:54:29	Y	
63	Adrian Humpage	Lyme Racing Club	V	00:54:00	00:54:47	N	
64	Rod Hicks	Port Talbot Whs CC	V	00:54:17	00:54:48	N	
65	Paul Clarkson	Kingston Wheelers CC	V	00:53:56	00:54:49	N	
66	Stephen Tierney	Guernsey Velo Club	V	00:57:46	00:54:53	Y	
67	Tim Childs	Westerley Cycling Club	V	00:54:10	00:54:59	N	
68	David Hargreaves	North Lancs RC	V	00:55:22	00:55:08	Y	
69	Andy Hunt	Ystwyth CC	S	00:58:04	00:55:09	Y	
70	John French	Oxford City RC	V	00:55:39	00:55:13	Y	
71	Jason Killiner	Pontypool Road Cycling Club	S	00:57:40	00:55:16	Y	
72	Sergio Henriques	Guernsey Velo Club	V	00:55:55	00:55:18	Y	
72	Norman Griffin	Vive Le Velo	V	00:55:52	00:55:18	Y	
74	Paul Winchcombe	Chippenham & District Wheelers	V	00:56:00	00:55:22	Y	
74	Nigel Jones	Gloucester City Cycling Club	V	00:55:31	00:55:22	Y	
76	Daryl Godden	Gloucester City Cycling Club	V	00:55:48	00:55:55	N	
77	Andrew Clarke	Mid Shropshire Wheelers	V	00:54:28	00:56:03	N	
78	Anthony Redman	Acme Whs (Rhondda) CC	S	00:55:43	00:56:11	N	
79	Andrew Hayward	Cwmcarn Paragon Road Club	V	00:57:03	00:56:14	Y	
80	Neale Lewis	Acme Whs (Rhondda) CC	V	00:55:44	00:56:39	N	
81	Mike Broadbent	Swansea Wheelers/CS Abertawe	V	00:56:53	00:56:41	Y	
82	Steve Evans	Bynea Cycling Club	V	00:56:03	00:57:10	N	
83	Andrew Vaughan	City RC (Hull)	V	00:57:53	00:57:17	Y	
84	Mark Smart	VC Norwich	V	00:56:20	00:57:22	N	
85	Paul Jones	Cwmcarn Paragon Road Club	S	00:58:06	00:57:28	Y	inc 3 mins ls
86	Mike Piper	Abellio - SFA Racing Team	V	00:51:30	00:57:58	N	inc 8 mins ls
87	Graham Green	Team Bottrill	V	00:57:18	00:58:50	N	
88	Hugh Davies	Port Talbot Whs CC	V	00:56:21	00:58:59	N	
	Gavin Lewis	North Road CC	S	00:52:15	DNF	N	
	Digby Rusling	Royal Dean Forest Cycle Club	V	00:57:43	DNS	N	
	Greg Parker	Velo Club St Raphael	V	00:49:27	DNS	N	

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Pos	Name	club	Cat	LTS	Time	pb	Comment
	Paul Cannon	Porth & District CC	V	00:53:48	DNS	N	
	Philip Murrell	Finsbury Park CC	V	00:52:18	DNS	N	
	Andy Davies	Cardiff Jif	S	00:53:47	DNS	N	
	Stuart Evans	Port Talbot Whs CC	V	00:55:24	DNS	N	
	Jason Streather	Velo Club St Raphael	V	00:52:18	DNS	N	
	David Francis	Team NBCC	V	00:51:16	DNS	N	
	Matt Heaman	Severn Valley Cycles	V	00:58:01	DNS	N	
	John Warrington	Tyneside Vagabonds CC	V	00:50:00	DNS	N	
	Stuart Stow	Twickenham CC	V	00:52:16	DNS	N	
	Aled Roberts	Team Elite/Paul Bethell Electrical	S	00:53:44	DNS	N	
	Ron Clews	Stourbridge Velo	V	00:57:00	DNS	N	
	Rob Jones	Cardiff Ajax CC	S	00:54:18	DNS	N	
	Nicholas Hastler	Essex Roads CC	V	00:57:32	DNS	N	
	Tom Trimble	CC Ashwell	S	00:49:59	DNS	N	
	Richard Newey	Paceline RT	V	00:55:13	DNS	N	
	Michael Portlock	EC Cycles	V	00:52:30	DNS	N	
	Graeme Boswell	Cardiff Ajax CC	V	00:51:57	DNS	N	
	Paul Lambert	Chippenham & District Wheelers	V	00:53:40	DNS	N	
	Steuart Saunders	National Ventilation	V	00:55:50	DNS	N	
	Gavin Tillson	Oxonian CC	V	00:51:51	DNS	N	
	Karl Davies	Stourbridge Velo	V	00:57:45	DNS	N	
	Wayne Pitman	Poole Whs	V	00:53:25	DNS	N	
	Mark German	1st Chard Wheelers	V	00:57:21	DNS	N	
	Christopher Holman	Team Bottrill	S	00:52:39	DNS	N	
	Michael Wilkinson	North Notts Olympic CC	V	00:58:08	DNS	N	
	Paul Granger	Fairly United Cycling Team	V	00:51:38	DNS	N	
	Paul Hayward	Cwmcarn Paragon Road Club	V	00:53:23	DNS	N	
	Peter Ackroyd	Cheltenham & County Cycling Club	V	00:56:04	DNS	N	
	Kieron Davies	DRAG2ZERO	S	00:46:32	DNS	N	

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