



Promoted for and on behalf of Cycling Time Trials
under their rules and regulations



Saturday June 9th 2018 Course: R10/16A
Celtic Series round 4

Event Headquarters: Abercarn Scout Hut
Bridge Street
Abercarn
Caerphilly
NP11 4SE

Event Secretary: Anthony Carpenter
15 North Road
Pontywaun
Caerphilly
NP11 7FZ 07875 103798
10milett@cwmcarnparagon.com

Timekeepers: Mr Leonard Barnier Samuel (start)
Mr Robin Field (finish)



Num	Start	Name	Club	Cat	LTS	Time
20	15:20:00	Carwyn Davies	Cwmcarn Paragon Cycle Club	V40	00:20:23	
21	15:21:00	Rob Jones	Cardiff Ajax CC	V41	00:21:40	
22	15:22:00	Timothy Cummings	Forza RT	V46	00:22:14	
23	15:23:00	Ray Perkins	Clevedon & District Road Club	V54	00:23:19	
24	15:24:00	Louis Hay	Cwmcarn Paragon Cycle Club	Juv	00:25:52	
25	15:25:00	Nathan Leaves	Cwmcarn Paragon Cycle Club	Esp	00:20:56	
26	15:26:00	Thomas Dye	Cardiff Ajax CC	S	00:21:58	
27	15:27:00	Jon Vickery	Cwmcarn Paragon Cycle Club	V54	00:22:47	
28	15:28:00	Richard Rees	Cardiff Ajax CC	S	00:24:14	
29	15:29:00	Patrick Jerome	Ride Bike Wales	V71	00:27:22	
30	15:30:00	Andy Davies	Cardiff Jif	S	00:20:36	
31	15:31:00	Ryan O'Rourke	Cwmcarn Paragon Cycle Club	S	00:21:11	
32	15:32:00	Stephanie Post	Team Bottrill / Vanguard	W	00:22:14	
33	15:33:00	Steve Bray	Salt and Sham Cycle Club	V48	00:23:18	
34	15:34:00	Morgan Lloyd	Towy Riders	Juv	00:25:40	
35	15:35:00	Paul Hayward	Pontypool Road Cycling Club	V46	00:20:50	
36	15:36:00	Andrew Williams	Cwmcarn Paragon Cycle Club	S	00:21:52	
37	15:37:00	Marco Marletta	Cardiff Jif	V52	00:22:47	
38	15:38:00	Neil Meredith	Abercynon Road Club	S	00:23:53	
39	15:39:00	Richard Emery	Severn Road Club	V53	00:27:08	
40	15:40:00	Christopher Gibbard	Bynea Cycling Club	S	00:19:42	
41	15:41:00	Dean Ware	Team Backstedt Bike Performance	S	00:21:04	
42	15:42:00	Alan Ward	Salisbury Tri Club	S	00:22:11	
43	15:43:00	Jeffrey Rees	Gower Riders Cycling Club	V54	00:23:00	
44	15:44:00	Gethin Davies-Jones	Abercynon Road Club	V51	00:24:41	
45	15:45:00	Joshua Tarling	West Wales Cycle Racing Team	Juv	00:20:49	
46	15:46:00	Paul Jones	Cwmcarn Paragon Cycle Club	V49	00:21:49	
47	15:47:00	Peter Ackroyd	Cheltenham & County Cycling Club	V60	00:22:17	
48	15:48:00	Roger Wood	Pontypool Road Cycling Club	V64	00:23:46	
49	15:49:00	Michael Gelder	Tricycle Association South West Region	V52Tri	00:26:14	
50	15:50:00	Chris Massey	Team Backstedt Bike Performance	V45	00:19:23	
51	15:51:00	Niall Foster	Cardiff Ajax CC	V42	00:21:03	
52	15:52:00	Leon Evans	Cardiff Ajax CC	V44	00:22:03	
53	15:53:00	Terry Anthony	Ogmore Valley Wheelers	V66	00:22:56	
54	15:54:00	Ron Boast	Ogmore Valley Wheelers	V66	00:24:19	
55	15:55:00	Will Munday	Tri Training Harder	Esp	00:20:40	
56	15:56:00	Michael Tarling	West Wales Cycle Racing Team	V42	00:21:44	
57	15:57:00	Ross Morgan	Port Talbot Whs CC	S	00:22:17	
58	15:58:00	Hannah Munday	The Trilife.com	W	00:23:23	
59	15:59:00	Helen Priest	Cardiff Ajax CC	WV43	00:25:56	
60	16:00:00	Scott Davies	Team Dimension Data for Qhubeka	Esp	00:18:34	



Welcome everyone to the first of Cwmcarn's two Open Time Trials for 2018. The 10/16A is our club course and on a good day can produce some fast times. It's going to be interesting to see what a World Tour rider makes of it, especially with a prize on offer for a new course record!

Course R10/16A:

Start at lamp standard IF21 at southern end of layby 0.4 miles north of Abercarn on A467. Proceed southbound, taking 2nd exit at roundabout to continue on A467 to Wattsville roundabout and take exit onto dual carriageway (A467). Proceed on dual carriageway to Risca roundabout (**TURN 5.16 miles**).

Turn by circling the roundabout (U Turn) to continue on dual carriageway northbound to Wattsville roundabout. Take 3rd exit signposted Abercarn to continue on A467 single carriageway to take 2nd exit at roundabout to continue to Abercarn. Bear left (WITH GREAT CARE) onto unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200 yards

FINISH at light standard IF463 on left opposite entrance to Bridge Street (cul-de-sac) on right. 10 miles.

There are double white lines at the start. Any rider turning in the road at this point WILL BE DISQUALIFIED. Please continue for 220m past the start area to turn at the roundabout and retrace

Prize List

Fastest	£30	Fastest Team of 3	£10 each
2nd	£20		
3rd	£10		
Fastest Lady	£20	Fastest Vet 50 years or older	£20
Special Prize: New Course Record		£50	

(one rider, one prize, except team, and course record)



Notes to Riders:

- Please be considerate when you park around the headquarters – do not park on double yellow lines, or in a way that endangers either yourself or other riders in the approach to the finish. It is usually possible to park within the industrial estate opposite, but heed any instructions from landowners and other involved parties. Please **DO NOT PARK** in the layby at the start area.
- All riders **must** sign on in Race HQ prior to collecting their numbers **and sign out** when handing them back
- It is around a mile from the HQ area to the start via the shortest route (up the A467 and retrace round the roundabout)
- CTT and the organisers strongly recommend the use of an approved safety helmet. Such helmets are compulsory for all riders under the age of 18
- If you enjoyed the course – or didn't, but want another go anyway, all are welcome at our weekly club TT's. Every Thursday til the end of August. Signing-on from 6 to 6.30 sharp at the clubhouse
- Our next Open TT is on the 4th August, on the R25/7. Enter online at cyclingtimetrials.org.uk or 25milet@cwmcarnparagon.com for further details.
- Any complaints or queries to be addressed to the event secretary within 24 hours

We couldn't put the event on without the help of a loyal crew. So a big thank you to: Robin and Len, the timekeepers. Lynda Carpenter, Grace and Laura Jones, and all the marshals and club members