

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Cardiff 100 Miles Road Cycling Club open 50 Mile Time Trial
(Incorporating The South Wales VTTA 50 Championships)
Sunday 5th August 2018

Timekeepers
Glenda Fisher
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Organiser
William Pring
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Headquarters
Abergavenny Scout Hall
Fairfield car park, Park Avenue.
Abergavenny NP7 5SS.
(All Riders must sign on and sign out)

Course R50/1B

OS References: Sheet 161 - Start and Finish 308121 Start On A40 at first lay-by, approximately half a mile east of Hardwick roundabout; 39 yards west of post 13/1, at concrete joint marked 74. Proceed to Raglan roundabout (7.060) continue straight on at roundabout, then bear left onto unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy (12.080). Turn left to join A40. After passing Services, take 1st left and continue on A40 to Raglan roundabout (17.166) where straight on to Hardwick roundabout (24.766). Circle roundabout and take A40 dual carriageway to Raglan roundabout (31.811) and repeat as before (Mitchel Troy 37.831) (Raglan rbt 42.917) to Finish in 8th lay-by (opposite start) at post marked 13/1. 50.030 miles.

Open event Prize List

1st Male - £30, 2nd Male - £20, 3rd Male - £10.

1st Lady - £30, 2nd Lady - £20, 3rd Lady - £10.

South Wales VTTA 50 mile Group Championship Prize List

Best Group Vet on Standard – C W Alexander Trophy and plaque

Best Group Vet on Standard, age 40 – 49 plaque

Best Group Vet on Standard, age 50 – 59 plaque

Best Group Vet on Standard, age over 60 plaque

IN THE INTERESTS OF YOUR OWN SAFETY,
Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard

It is recommended that a working rear light, either flashing or constant, is fitted to your machine in a position visible to following road users and is active while the machine is in use

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. R50/1B
Order of Start

No	Name	club	gender	category	Start Time
1	Rob Dyde	Pembrokeshire Velo	Male	Senior	08:01
2	Cliff Voller	Newbury RC	Male	Veteran	08:02
3	Simon Kinsey	Virtual Cycling Club	Male	Veteran	08:03
4	Derek Morgan	Gannet CC	Male	Veteran	08:04
5	Tristian Manning	ATAC - Ammanford Triathlon And Cycling	Male	Senior	08:05
6	Diccon Hill	Cardiff 100 Miles RCC	Male	Veteran	08:06
7	Matthew Fallon	Ross on Wye & Dist CC	Male	Espoir	08:07
8	John Howells	Corinium Cycle Club	Male	Veteran	08:08
9	Philippa Crocker	Dursley Road Club	Female	Veteran	08:09
10	Chris Scawn	Plymouth Corinthian CC	Male	Veteran	08:10
11	Gerry Mcgarr	Gloucester City Cycling Club	Male	Veteran	08:11
12	Guy Evans	Hereford & Dist Whs CC	Male	Veteran	08:12
13	Michael Collins	VC Sevale (Malvern)	Male	Veteran	08:13
14	Nigel Williams	Ogmore Valley Wheelers	Male	Veteran	08:14
15	Emyr Griffiths	Towy Racing Cycling Club (TRCC)	Male	Veteran	08:15
16	Heath Williams	Port Talbot Whs CC	Male	Veteran	08:16
17	John Shehan	Bynea Cycling Club	Male	Veteran	08:17
18	Maris Brugis	Bristol Road Club	Male	Senior	08:18
19	Matt Grantham	Pontypool Road Cycling Club	Male	Espoir	08:19
20	John Watson	Hitchin Nomads CC	Male	Veteran	08:20
21	Matthew Thomas	Cardiff 100 Miles RCC	Male	Senior	08:21
22	Terry Anthony	Ogmore Valley Wheelers	Male	Veteran	08:22
23	Phillip Turner	Bynea Cycling Club	Male	Veteran	08:23
24	Matthew Stevens	Gloucester City Cycling Club	Male	Senior	08:24
25	Dan Cutting	Epic R C	Male	Veteran	08:25
26	Andy Hunt	Ystwyth CC	Male	Veteran	08:26
27	Geoff Thomas	Rhondda Triathlon Club	Male	Veteran	08:27
28	Emma Serjeant	Hafren CC	Female	Senior	08:28
29	Michael Williams	Hereford & Dist Whs CC	Male	Veteran	08:29
30	Lewis Donovan	Bynea Cycling Club	Male	Espoir	08:30
31	Steve Curry	Ogmore Valley Wheelers	Male	Veteran	08:31
32	Paul Stephens	Ross on Wye & Dist CC	Male	Veteran	08:32
33	Roger Wood	Pontypool Road Cycling Club	Male	Veteran	08:33
34	Gemma Waterjohns	Somerset Road Club	Female	Senior	08:34
35	Tom Ellis	Bikestrong-KTM	Male	Espoir	08:35
36	David Wilson-evans	Bynea Cycling Club	Male	Veteran	08:36
37	Claire Bird	Pontypool Road Cycling Club	Female	Senior	08:37
38	Jon Airey	Ross on Wye & Dist CC	Male	Veteran	08:38
39	Helen Tudor	Oswestry Paragon CC	Female	Veteran	08:39

Order of Start – Continued.

No	Name	club	gender	category	Start Time
40	Arthur Franklin	Portishead Cycling Club	Male	Senior	08:40
41	Jon Knight	Pontypool Road Cycling Club	Male	Veteran	08:41
42	Thomas Dye	Cardiff Ajax CC	Male	Senior	08:42
43	Andrew Curley	Warwickshire Road Club	Male	Veteran	08:43
44	Diane Wilson-evans	Bynea Cycling Club	Female	Veteran	08:44
45	Michael Hill	Chester RC	Male	Senior	08:45
46	David Medhurst	Cardiff Ajax CC	Male	Senior	08:46
47	Gareth Jones	Monmouth Tri Club	Male	Senior	08:47
48	Nichola Rorke	Exeter Whs CC	Female	Veteran	08:48
49	Peter Owen	Norwood Paragon CC	Male	Veteran	08:49
50	Dean Ware	Team Backstedt Bike Performance	Male	Senior	08:50
51	James Elgar	N.E.W.T Newport and East Wales Triathlon Club	Male	Senior	08:51
52	Andy Kelly	Bristol South Cycling Club	Male	Veteran	08:52
53	Tom Cooling	Monmouthshire Wheelers	Male	Senior	08:53
54	Bob Symons	PDQ Cycle Coaching	Male	Veteran	08:54
55	Steven Powell	Team Backstedt Bike Performance	Male	Veteran	08:55
56	Philip Sims	Newport Phoenix CC	Male	Veteran	08:56
57	William Baugh	Ludlow CC	Male	Veteran	08:57
58	Nick Williams	Cardiff 100 Miles RCC	Male	Senior	08:58
59	Dean David	Bynea Cycling Club	Male	Senior	08:59
60	Anthony Jones	Towy Racing Cycling Club (TRCC)	Male	Veteran	09:00
61	James Fritchley	Wheels of Dorset Aero Testing Bike Fitting	Male	Senior	09:01
62	Derek Dowdeswell	Gloucester City Cycling Club	Male	Veteran	09:02
63	Craig Burrows	Team CRANC	Male	Senior	09:03
64	Stephen Landeg	Ogmore Valley Wheelers	Male	Veteran	09:04



HQ

Start Area