

# Result Welsh 50 Mile Time Trial Championship 2018



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

Promoted for the  
**Welsh Cycling Association**  
by



**Sunday 30<sup>th</sup> September 2018**

**Timekeepers:** Start:- Martyn Heritage-Owen Harradine . Finish:- Robin Field & Frances Field  
Pusher off: Paul Robinson, Marshal: Emily Haycox. Thanks too to Sharon Preddy Catering.

Event Secretary: Martyn Heritage-Owen. 28 Clos Tyla Bach, St Mellons, Cardiff. CF3 0EJ  
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Thanks for your support and for making this a great end to the 2018 season. It was a fair day that saw Stephanie take the Women's Championship on her debut at the distance and only just shy of the course record. Conrad returned to the top step of the podium with a superb ride.

Thanks to Robin and Fran who really weren't feeling their best for their tireless work at the finish. The full result is step out over the next few pages.

Regards,

Martyn

<b>Men's Championship</b>	<b>Winner</b>
1 <sup>st</sup> . Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	<b>Conrad Moss - Mid Devon CC</b>
2 <sup>nd</sup> WCA Plaque	<b>Tom Ward - University of Derby CC</b>
3 <sup>rd</sup> WCA Plaque	<b>Christopher Gibbard - Bynea Cycling Club</b>
<b>Women's Championship</b>	
1 <sup>st</sup> Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	<b>Stephanie Post - Team Bottrill / Vanguard</b>
2 <sup>nd</sup> WCA Plaque	<b>Vicky Jowett - Plymouth Corinthian CC</b>
3 <sup>rd</sup> WCA Plaque	<b>Crystal Spearman - NOPINZ</b>
<b>Juniors Championship</b>	
WCA plaque	<b>Kyle Jones - WORX Factory Racing Powered by Silverstone</b>
<b>Champion Team</b>	
Shield (for 1 year) WCA Medallions & invitations to BAR lunch	<b>Team Backstedt Bike Performance Dean Ware, Michiel Vaal, Chris Massey</b>
<b>Vet on standard awards</b> (WCA Plaque)	<b>Keith Ainsworth - Sheffrec CC</b>
<b>Greatest Improvement in Current and Last Three Seasons</b> (WCA Plaque)	<b>Robert Grover - Velo Club Walcot</b>

## CHAMPIONSHIP

Pos	Name	Club	Cat	Imp	Plus	Time
1	Conrad Moss	Mid Devon CC	MV	00:00:01	00:37:15	01:39:44
2	Tom Ward	University of Derby CC	M	00:06:54	N/A	01:42:31
3	Chris Gibbard	Bynea CC	M	00:02:58	N/A	01:43:01
4	Keith Ainsworth	Sheffrec CC	MV		00:38:25	01:46:04
5	Robert Grover	Velo Club Walcot	M	00:10:09	N/A	01:47:22
6	Tony Chapman	Frome and District Wheelers	MV		00:30:54	01:47:24
7	Dean Ware	Team Backstedt Bike Performance	M		N/A	01:48:22
8	Oliver Simon	Team NBCC	M	00:00:49	N/A	01:48:34
9	Will Bevan	Ross on Wye & Dist CC	M		N/A	01:49:45
10	Michiel Vaal	Team Backstedt Bike Performance	MV		00:32:53	01:49:56
11	Darren Webb	Somerset RC	M	00:00:59	N/A	01:50:55
12	David Francis	Tribe of one (FTV)	MV	00:00:56	00:25:21	01:52:57
13	Rob Jones	Cardiff Ajax CC	MV		00:23:12	01:53:20
14	Stephanie Post	Team Bottrill / Vanguard	W		N/A	01:53:37
15	Lee Francis	Velo Club Bristol	M	00:06:48	N/A	01:53:41
16	Chris Massey	Team Backstedt Bike Performance	MV	00:01:41	00:24:33	01:53:45
17	Lee Williams	North Hampshire RC	M	00:01:05	N/A	01:54:01
18	David Lugton	Portsdown Hill CC	M	00:01:29	N/A	01:54:34
19	Grant Whiteside	Pontypool Road CC	MV	00:02:56	00:22:41	01:54:45
20	Diccon Hill	Cardiff 100 Miles RCC	MV	00:04:00	00:22:46	01:55:32
21	Andrew Martin	Port Talbot Whs CC	MV		00:20:56	01:55:36
22	Toby Hopper	Cardiff Ajax CC	M		N/A	01:56:10
23	Neil Poulton	Abergavenny RC	M		N/A	01:56:42
24	Steve Bray	Salt and Sham CC	MV		00:21:57	01:57:12
25	Dave Williams	Cycle Specific	MV		00:21:32	01:57:37
26	Mark Gateshill	PDQ Cycle Coaching	M		N/A	01:58:05
27	Simon Cox	Chippenham & District Wheelers	MV		00:20:26	01:58:17
28	Tommy Barlow	Clevedon & District RC	MV	00:08:25	00:24:50	01:58:31
29	Vicky Jowett	Plymouth Corinthian CC	W	00:04:25	N/A	01:58:38
30	Leon Evans	Cardiff Ajax CC	MV		00:18:41	01:58:45
31	Chris Goulden	Merthyr CC	MV		00:25:55	01:59:10
32	Daniel Kempe	Bristol South CC	MV	00:01:12	00:21:19	01:59:35
33	Jon Knight	Pontypool Road CC	MV		00:17:59	01:59:53
34	Mike Griffiths	N.E.W.T Triathlon Club	M	00:03:28	N/A	02:00:12
35	Tom James	Portsmouth Triathletes	M	00:06:29	N/A	02:00:37
36	Colin Mooney	Portsdown Hill CC	MV		00:16:05	02:00:54
37	Richard Howes	Coventry RC	MV		00:22:43	02:01:11
38	Richard Parker	New Forest CC	MV		00:16:22	02:01:56
39	Crystal Spearman	NOPINZ	W		N/A	02:02:05
40	Andrea Parish	VeloSistas TT Team	WV	00:00:34	00:28:33	02:02:39
41	Mark Andrews	Merthyr CC	MV		00:15:11	02:03:32
42	Robert Hughes	Rhondda Triathlon Club	MV		00:17:27	02:04:22
43	Richard Elgar	N.E.W.T Triathlon Club	M	00:05:12	N/A	02:04:59
44	Paul Winchcombe	Chippenham & District Wheelers	MV		00:19:12	02:05:17
45	Andy Kelly	Bristol South CC	MV		00:15:36	02:05:45

Pos	Name	Club	Cat	Imp	Plus	Time
46	Ray Retter	Born to Bike - Bridgtown Cycles	MV		00:29:39	02:06:04
47	Terry Anthony	Ogmore Valley Wheelers	MV		00:23:06	02:06:23
48	John Williams	Bynea CC	MV	00:05:38	00:22:39	02:06:50
49	Neil Meredith	Abercynon RC	M		N/A	02:08:40
50	Blaine Phelps	Merthyr CC	MV		00:12:06	02:08:48
51	Cliff Voller	Newbury RC	MV		00:21:33	02:08:49
52	Paul Stephens	Ross on Wye & Dist CC	MV		00:12:26	02:08:55
53	Peter Owen	Norwood Paragon CC	MV	00:03:21	00:13:54	02:09:27
54	Geoff Thomas	Rhondda Triathlon Club	MV		00:18:06	02:09:45
55	Mark Evans	Chippenham & District Wheelers	MV	00:05:35	00:11:51	02:09:58
56	Simon Kinsey	Virtual CC	MV	00:00:32	00:09:25	02:10:09
57	Jo Buckland	Bush Healthcare CRT	WV		00:21:19	02:10:22
58	Mik Bradley	Wyre Forest CRC	MV		00:10:11	02:10:43
59	Roger Wood	Pontypool Road CC	MV		00:17:06	02:10:45
60	Michael Collins	VC Sevale (Malvern)	MV		00:07:28	02:12:06
61	Kevin Bessant	Bynea CC	MV	00:01:48	00:04:50	02:17:29
62	Roxy Woodfield	Hereford Triathlon Club	W	00:07:57	N/A	02:20:31
63	Kyle Jones	WORX Factory Racing Powered by Silverstone	Juv		N/A	02:21:43
64	Jon Airey	Ross on Wye & Dist CC	MV		00:06:30	02:22:08
65	Bethany Kington	Chepstow CC	W		N/A	02:22:48
66	Matthew Stevens	Gloucester City CC	M	00:00:05	N/A	02:27:30
67	Michael Williams	Hereford & Dist Whs CC	MV			02:32:51
	Joanna Knight	Bristol South CC	WV			DNF
	David Nicholas	Merthyr CC	MV			DNF
	Philip Thomas	Rhondda Triathlon Club	M		N/A	DNF
	John J Murphy	Gloucester City CC	MV			DNF
	David Thomas	Rhondda Triathlon Club	M		N/A	DNF
	Roger Taylor	Frome and District Wheelers	MV			DNF
	Richard Coomer	Pembrokeshire Velo	MV			DNF
	Philippa Crocker	Dursley RC	WV			DNS
	Derek Morgan	Gannet CC	MV			DNS
	Emma Bexson	Stratford CC	WV			DNS
	Peter Davies	Brighton Mitre CC	MV			DNS
	Patrick Kelly	Velo Club Long Eaton	M		N/A	DNS
	Sion Gibby	Abergavenny RC	MV			DNS
	Alex Leek	Velo Club St Raphael	M			DNS
	Phillip Turner	Bynea CC	MV			DNS
	Gethin Davies-Jones	Abercynon RC	MV			DNS
	Robert Jones	Cardiff 100 Miles RCC	MV			DNS
	Michelle Lee	Royal Dean Forest CC	WV			DNS
	John Shehan	Bynea CC	MV			DNS
	Paddy Coombe	Mid Devon CC	MV			DNS
	Marianne Holt	Team Bottrill / Vanguard	W		N/A	DNS
	Claire Bird	Pontypool Road CC	W		N/A	DNS
	Dominic Norcross	Team NBCC	MV			DNS

Pos	Name	Club	Cat	Imp	Plus	Time
	Gary Jones	Successcycling.co.uk	MV			DNS
	Steven Madeley	Ogmore Valley Wheelers	MV			DNS
	Ryan Thomas	Rhondda Triathlon Club	M		N/A	DNS
	Virginia Mcgee	Charlotteville CC	WV			DNS
	Naomi Shinkins	Bournemouth Cycleworks - UK-Biking - Trek	W		N/A	DNS
	Christina Murray	Army Cycling Union	WV			DNS
	Gary Flower	Acme Whs (Rhondda) CC	MV			DNS
	Bryn Davies	Hafren CC	MV			DNS
	Nick Green	Stratford CC	MV			DNS
	Michael Portlock	Merthyr CC	MV			DNS
	David Dickerson	Team Echelon	MV			DNS
	Michael Hill	Chester RC	M		N/A	DNS
	Carlo Toledo	Gloucester City CC	MV			DNS
	David Bucknall	Royal Dean Forest CC	MV			DNS
	Tim Wood	Team Echelon	MV			DNS
	Anthony Jones	Towy Racing CC (TRCC)	MV			DNS
	Harry Walton	Cheltenham & County CC	M		N/A	DNS
	Chris Boddy	Didcot Phoenix CC	M		N/A	DNS
	Kieron Davies	DRAG2ZERO	M		N/A	DNS

## **TEAM CHAMPIONSHIP**

Pos	Team	Total
1	Team Backstedt Bike Performance	05:32:03
2	Cardiff Ajax CC	05:48:15
3	Pontypool Road CC	06:05:23
4	Bynea CC	06:07:20
5	Merthyr CC	06:11:30
6	Chippenham & District Wheelers	06:13:32
7	Ross on Wye & Dist CC	06:20:48

## **Vet on STD**

Pos	Name	Team	Plus
1	Keith Ainsworth	Sheffrec CC	00:38:25
2	Conrad Moss	Mid Devon CC	00:37:15
3	Michiel Vaal	Team Backstedt Bike Performance	00:32:53
4	Tony Chapman	Frome and District Wheelers	00:30:54
5	Ray Retter	Born to Bike - Bridgtown Cycles	00:29:39
6	Andrea Parish	VeloSistas TT Team	00:28:33
7	Chris Goulden	Merthyr CC	00:25:55
8	David Francis	Tribe of one (FTV)	00:25:21
9	Tommy Barlow	Clevedon & District RC	00:24:50
10	Chris Massey	Team Backstedt Bike Performance	00:24:33

## **Best Improvement**

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Cat</b>	<b>Imp</b>
1	Robert Grover	Velo Club Walcot	M	00:10:09
2	Tommy Barlow	Clevedon & District RC	MV	00:08:25
3	Roxy Woodfield	Hereford Triathlon Club	W	00:07:57
4	Tom Ward	University of Derby CC	M	00:06:54
5	Lee Francis	Velo Club Bristol	M	00:06:48
6	Tom James	Portsmouth Triathletes	M	00:06:29
7	John Williams	Bynea CC	MV	00:05:38
8	Mark Evans	Chippenham & District Wheelers	MV	00:05:35
9	Richard Elgar	N.E.W.T Triathlon Club	M	00:05:12
10	Vicky Jowett	Plymouth Corinthian CC	W	00:04:25
11	Diccon Hill	Cardiff 100 Miles RCC	MV	00:04:00
12	Mike Griffiths	N.E.W.T Triathlon Club	M	00:03:28
13	Peter Owen	Norwood Paragon CC	MV	00:03:21
14	Chris Gibbard	Bynea CC	M	00:02:58
15	Grant Whiteside	Pontypool Road CC	MV	00:02:56
16	Kevin Bessant	Bynea CC	MV	00:01:48
17	Chris Massey	Team Backstedt Bike Performance	MV	00:01:41
18	David Lugton	Portsmouth Hill CC	M	00:01:29
19	Daniel Kempe	Bristol South CC	MV	00:01:12
20	Lee Williams	North Hampshire RC	M	00:01:05
21	Darren Webb	Somerset RC	M	00:00:59
22	David Francis	Tribe of one (FTV)	MV	00:00:56
23	Oliver Simon	Team NBCC	M	00:00:49
24	Andrea Parish	VeloSistas TT Team	WV	00:00:34
25	Simon Kinsey	Virtual CC	MV	00:00:32
26	Rob Jones	Cardiff Ajax CC	MV	00:00:21
27	Matthew Stevens	Gloucester City CC	M	00:00:05
28	Conrad Moss	Mid Devon CC	MV	00:00:01