

SPORTZMAD

CYCLING EVENTS

www.sportzmad.co.uk

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

Sunday 17th March 2019 R10/17 – 9.00am

Timekeepers – Start: Phyl Harradine, Finish: Robin Field

EVENT SEC: Heather Williams, Southfield, 68 Cog Rd, Sully. Cardiff CF64 5TE
Mobile: 07973266315. Complaints should be made in writing to the promoting secretary within 24hrs.

Event Headquarters - Llanarth Village Hall (NP15 2AU) – open from 8.00am

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ, 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 A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REGULATION 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE REGULATION 15 AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.

Course Description R10/17, Abergavenny

A40 Hardwick - Raglan and return

OS References: Sheet 161 - Start and finish 333100 Start at 1st drain cover in 3rd lay-by east of Hardwick rbt, Abergavenny, on A40, 25 yards east of Kilo post 97 and 400 yards east of bridge over road. Proceed on A40 to Raglan rbt (4.94 miles) and turn by circling rbt and retrace on A40 to finish at road joint 136 at western end of lay-by opposite start. District Regulation: No cars connected with riders are to travel on the A40 during the event. Competitors observed crossing the dual carriageway will be disqualified.

Prize List:

Overall 1st £20, 2nd £15, 3rd £10,
1st Lady £20, 2nd Lady £15, 3rd Lady £10,
1st Vet Male £15, 1st Vet Lady £15,
1st Junior £10, 1st Tandem £10

Please do not use adhesive tape to affix your race number, use the pins provided.

Free tea or coffee on return of your number. A selection of cakes will be available for a small donation.

Have a safe ride and we hope to see you again at the other Sportzmad events

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	09:01:00	Joanna	Knight	Bristol South Cycling Club	Female	Veteran
2	09:01:00	Chris	Mcdonald	PDQ Cycle Coaching	Male	Tan
3	09:03:00	Mark	Bradley	Bristol South Cycling Club	Male	Veteran
4	09:03:00	Andrew	Legge	Bristol South Cycling Club	Male	Veteran
5	09:05:00	Rachel	Bridger	UFIT TRI TEAM	Female	Veteran
6	09:06:00	Benjamin	Pearce	Maindy Flyers Youth Cycling	Male	Junior
7	09:07:00	Neil	Turner	Hereford Triathlon Club	Male	Veteran
8	09:08:00	Mathew	Atkins	UFIT TRI TEAM	Male	Veteran
9	09:09:00	Bob	Symons	PDQ Cycle Coaching	Male	Veteran
10	09:10:00	Huw	Neale	Cardiff Triathletes	Male	Senior
11	09:11:00	Howard	Coole	Wenvoe Wheelers	Male	Veteran
12	09:12:00	Evan	Richards	Giant CC Halo Films	Male	Junior
13	09:13:00	Mark	Leeming	PDQ Cycle Coaching	Male	Veteran
14	09:14:00	Ben	Pleasants	UFIT TRI TEAM	Male	Senior
15	09:15:00	Gareth	Thomas	Cardiff Triathletes	Male	Senior
16	09:16:00	Allen	Janes	Bristol South Cycling Club	Male	Veteran
17	09:17:00	Claire	Manson	Cardiff Triathletes	Female	Senior
18	09:18:00	Steve	Way	Wincanton Wheelers	Male	Veteran
19	09:19:00	Derek	Morgan	Gannet CC	Male	Veteran
20	09:20:00	Andy	Morgan	PDQ Cycle Coaching	Male	Veteran
21	09:21:00	Morgan	Thompson	Sportzmad	Male	Junior
22	09:22:00	Paul	Cann	PDQ Cycle Coaching	Male	Veteran
23	09:23:00	Tomos	Perkins	Towy Riders Cycle Club	Male	Juvenile
24	09:24:00	Robert	Tucker	PDQ Cycle Coaching	Male	Veteran
25	09:25:00	Gemma	Waterjohns	Somerset Road Club	Female	Senior
26	09:26:00	Michael	Battersby	Cardiff Triathletes	Male	Veteran
27	09:27:00	Tim	Scruton	Salt and Sham Cycle Club	Male	Veteran
28	09:28:00	Jon	Airey	Ross on Wye & Dist CC	Male	Veteran
29	09:29:00	Craig	Hopkins	Wyre Forest Cycle Racing Club	Male	Veteran
30	09:30:00	James	Manson	Cardiff Triathletes	Male	Veteran
31	09:31:00	Calum	Cheshire	Cardiff Ajax CC	Male	Senior
32	09:32:00	David	Hawkins	Cardiff Triathletes	Male	Senior
33	09:33:00	Michael	Williams	Hereford & Dist Whs CC	Male	Veteran
34	09:34:00	Bradley	Perkins	PDQ Cycle Coaching	Male	Juvenile
35	09:35:00	Bethany	Taylor	Bianchi Dama	Female	Espoir
36	09:36:00	Dafydd	Wright	West Wales Cycle Racing Team	Male	Juvenile
37	09:37:00	Kerry	Trigg	Ross on Wye & Dist CC	Male	Veteran
38	09:38:00	Jo	Buckland	PDQ Cycle Coaching	Female	Veteran
39	09:39:00	Jeffrey	Rees	Gower Riders Cycling Club	Male	Veteran
40	09:40:00	Ken	Evans	PDQ Cycle Coaching	Male	Veteran
41	09:41:00	Trish	Chalk	Velo Club St Raphael	Female	Veteran
42	09:42:00	John	Aspell	PDQ Cycle Coaching	Male	Veteran
43	09:43:00	Michelle	Fishbourne	CES Sport	Female	Veteran
44	09:44:00	Richard	Rees	Cardiff Ajax CC	Male	Senior

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45	09:45:00	Roger	Wood	Pontypool Road Cycling Club	Male	Veteran
46	09:46:00	Adrian	Osborn	Stratford Cycling Club	Male	Veteran
47	09:47:00	Finlay	Tarling	Team Backstedt Bike Performance	Male	Juvenile
48	09:48:00	Andy	Kelly	Bristol South Cycling Club	Male	Veteran
49	09:49:00	Steve	Wiltshire	Somer Valley Cycling Club	Male	Veteran
50	09:50:00	Mark	Palliser	Hereford & Dist Whs CC	Male	Veteran
51	09:51:00	Digby	Rusling	Royal Dean Forest Cycle Club	Male	Veteran
52	09:52:00	David	Mort	Cardiff Triathletes	Male	Senior
53	09:53:00	Martin	Stanley	Worcester St. Johns CC	Male	Veteran
54	09:54:00	Jon	Vickery	Cwmcarn Paragon Road Club	Male	Veteran
55	09:55:00	Rikky	Hughes	Worcester St. Johns CC	Male	Senior
56	09:56:00	Emma	Angove	73 Degrees Bicycles, WestSide Coaching rt	Female	Senior
57	09:57:00	Martin	Wiltshire	Somer Valley Cycling Club	Male	Veteran
58	09:58:00	Cliff	Voller	Newbury RC	Male	Veteran
59	09:59:00	Jon	Wiggins	PDQ Cycle Coaching	Male	Senior
60	10:00:00	Joshua	Lewis	Rhondda Triathlon Club	Male	Senior
61	10:01:00	John	French	Oxford City RC	Male	Veteran
62	10:02:00	Mark	Gateshill	PDQ Cycle Coaching	Male	Senior
63	10:03:00	Phil	Stonelake	Bristol Road Club	Male	Veteran
64	10:04:00	Dean	Prosser	Hereford & Dist Whs CC	Male	Veteran
65	10:05:00	Gareth	Rees	Cwmcarn Paragon Road Club	Male	Senior
66	10:06:00	Richard	Lloyd	Pontypool Road Cycling Club	Male	Veteran
67	10:07:00	Morgan	Lloyd	Cycle Specific	Male	Juvenile
68	10:08:00	Tom	Sharp	Bristol Road Club	Male	Senior
69	10:09:00	Leon	Evans	Cardiff Ajax CC	Male	Veteran
70	10:10:00	Laura	Clements	Cardiff Triathletes	Female	Senior
71	10:11:00	Michael	Tarling	West Wales Cycle Racing Team	Male	Veteran
72	10:12:00	Rich	Long	Merthyr CC	Male	Senior
73	10:13:00	Andy	Hoskins	Cardiff Jif	Male	Senior
74	10:14:00	Simon	Adcook	Team Bottrill	Male	Veteran
75	10:15:00	Christopher	Owram	PDQ Cycle Coaching	Male	Senior
76	10:16:00	Kieran	Morris	Total Tri Training	Male	Junior
77	10:17:00	Owen	Burgess	Newport Phoenix CC	Male	Senior
78	10:18:00	Rob	Hussey	Royal Dean Forest Cycle Club	Male	Senior
79	10:19:00	Chris	Fishbourne	CES Sport	Male	Veteran
80	10:20:00	Andrew	Overton	Successcycling.co.uk	Male	Veteran
81	10:21:00	Jason	Streather	PDQ Cycle Coaching	Male	Veteran
82	10:22:00	Andrew	Clarke	North Shropshire Wheelers	Male	Veteran
83	10:23:00	Joshua	Tarling	Team Backstedt Bike Performance	Male	Juvenile
84	10:24:00	Ross	Phelps	Bristol Road Club	Male	Senior
85	10:25:00	Nathan	Leaves	Cwmcarn Paragon Road Club	Male	Espoir
86	10:26:00	Jacob	Sparrow	Clee Cycles	Male	Senior
87	10:27:00	Tim	May	PDQ Cycle Coaching	Male	Veteran
88	10:28:00	Andy	Davies	Cardiff Jif	Male	Senior
89	10:29:00	Ted	Cross	University of Bristol Cycling Club	Male	Senior

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90	10:30:00	Simon	Garrett	Team Echelon	Male	Veteran
91	10:31:00	Michael	Knight	Team Bottrill	Male	Senior
92	10:32:00	Mark	Ellis	Team Milton Keynes	Male	Veteran
93	10:33:00	Chris	Massey	CES Sport	Male	Veteran

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