

Result Welsh 50 Mile Time Trial Championship 2019



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

Promoted for the
Welsh Cycling Association
by



Sunday 29th September 2019

Timekeepers: Start:- Martyn Heritage-Owen. Finish:- Robin Field & Frances Field
Pusher off: Jake Hughes, Marshals: Paul Stephens & Will Bevan. Thanks too to Sharon
Preddy Catering.

Thanks for your support and for making this a great end to the 2019 season. It was a fair day with a rising wind of the later starters and of course we were incredibly lucky with the weather window for which Robin and I were extremely grateful. It's always easier to be dry as timekeepers. I think I called in a few favours there!

Well done to Michelle on her maiden championship title. Well done also to Conrad for retaining his title. Now the dust has settled I can confirm that PDQ Cycle Coaching were the team winners.

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

Martyn

Men's Championship	Winner
1 st . Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	Conrad Moss - NOPINZ
2 nd WCA Plaque	Chris Gibbard - Bynea Cycling Club
3 rd WCA Plaque	Anthony Jones - Towy Riders Cycle Club
Women's Championship	
1 st Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)	Michelle Lee – PDQ Cycle Coaching
2 nd WCA Plaque	Jo Buckland - PDQ Cycle Coaching
3 rd WCA Plaque	Andrea Parish - VeloSistas TT Team
Champion Team	PDQ Cycle Coaching
Shield (for 1 year) WCA Medallions & invitations to BAR lunch	Chris Ooram Michelle Lee Jo Buckland
Vet on standard awards (WCA Plaque)	1. Keith Ainsworth - Sheffrec CC 2. Conrad Moss – NOPINZ 3. Michelle Lee – PDQ Cycle Coaching
Greatest Improvement in Current and Last Three Seasons (WCA Plaque)	Mark Hamer - Stratford Cycling Club
Novice (WCA Plaque)	Chris Ooram - PDQ Cycle Coaching

Full Championship Result

Pos	Name	Club	Cat	Time
1	Conrad Moss	NOPINZ	MV	01:40:37
2	Chris Gibbard	Bynea Cycling Club	M	01:43:08
3	Anthony Jones	Towy Riders Cycle Club	MV	01:45:03
4	Keith Ainsworth	Sheffrec CC	MV	01:47:22
5	Tony Chapman	Frome and District Wheelers	MV	01:48:41
6	Chris Ooram	PDQ Cycle Coaching	M	01:49:16
7	Neil Poulton	Ogmore Valley Wheelers	M	01:53:08
8	Michelle Lee	PDQ Cycle Coaching	WV	01:54:10
9	Mark Hamer	Stratford Cycling Club	MV	01:54:36
10	Ed Pitt	Salt and Sham Cycle Club	M	01:55:05

Pos	Name	Club	Cat	Time
11	Michael Hill	Chester RC	M	01:56:37
12	Tommy Barlow	Clevedon & District Road Club	MV	01:57:16
13	Darrel Williams	Bynea Cycling Club	MV	01:57:47
14	Neil Cleminshaw	Vive Le Velo	MV	01:57:52
15	James Brayford	Lyme Racing Club	M	01:58:41
16	Martin Osman	CC Giro	MV	01:59:37
17	Steve Burrows	Vive Le Velo	MV	02:01:12
18	Paul Winchcombe	Chippenham & District Wheelers	MV	02:02:39
19	Diccon Hill	Cardiff 100 Miles RCC	MV	02:03:35
20	Jordan Bow	Merthyr CC	M	02:03:39
1	Mark Bradley	Bristol South Cycling Club	MV	02:04:01
1	Kim Smale	Bristol South Cycling Club	FV	02:04:01
21	Jo Buckland	PDQ Cycle Coaching	WV	02:05:36
22	Gareth Jehu	Merthyr CC	MV	02:05:41
23	Simon Cox	Chippenham & District Wheelers	MV	02:05:49
24	Mike Gibbons	Chippenham & District Wheelers	MV	02:06:32
25	Andrea Parish	VeloSistas TT Team	WV	02:06:38
26	Emma Serjeant	Hafren CC	WV	02:06:45
27	Robert Smith	Warwickshire Road Club	MV	02:08:02
28	Colin Richards	Merthyr CC	MV	02:09:04
29	Tara Grosvenor	VeloVitesse/ALLCAP/James Barry/SiS	W	02:09:54
30	John Williams	Bynea Cycling Club	MV	02:10:21
31	Philip Sims	Newport Phoenix CC	MV	02:11:13
32	Ian Gibson	Abercynon Road Club	MV	02:11:34
33	Amanda Lane	Bynea Cycling Club	W	02:12:30
34	Peter Owen	Norwood Paragon CC	MV	02:12:59
35	Iago Williams	Towy Riders Cycle Club	Juv	02:13:06
36	Michael Collins	VC Sevale (Malvern)	MV	02:13:14
37	Ryan Williams	Merthyr CC	M	02:16:35
38	Emma Bexson	Stratford Cycling Club	WV	02:17:24
39	Bethany Kington	Chepstow Cycling Club	W	02:19:47
40	Pippa MacDougall	Tavistock Whs CC	WV	02:20:17
41	Stephen Messenger	Bicester Millennium CC	MV	02:20:18
42	Catherine Etchell	Brecon Wheelers	WV	02:21:16
43	Brian Lewis	Bicester Millennium CC	MV	02:34:43
44	John Howells	Corinium Cycle Club	MV	02:47:55
45	Philippa Crocker	Dursley Road Club	WV	02:54:00
	John Aspell	PDQ Cycle Coaching	MV	DNF
	John Murphy	Gloucester City Cycling Club	MV	DNF
	Blaine Phelps	Merthyr CC	MV	DNF
	Gavin MacDougall	Royal Navy & Royal Marines CA	MV	DNF
	Steve Bray	Salt and Sham Cycle Club	MV	DNF
	Rosey Mushens	73 Degrees Bicycles, WestSide Coaching rt	WV	DNS
	Mel Best	Bynea Cycling Club	W	DNS

Pos	Name	Club	Cat	Time
	Stuart Day	citycyclecentre	MV	DNS
	Jac Gruffydd	Energy Cycling Club/Clwb Beicio Egni	M	DNS
	Rhys Deen	Merthyr CC	M	DNS
	Matt Unsworth	Monmouth Tri Club	MV	DNS
	Rebecca Comins	Newport Phoenix CC	WV	DNS
	George Comins	Newport Phoenix CC	M	DNS
	Lee Williams	Newport Phoenix CC	M	DNS
	Owen Burgess	Newport Phoenix CC	M	DNS
	Ian To	Swindon Wheelers	M	DNS
	Daryl Stroud	Tri Team Glos	MV	DNS
	Matt Burden	73 Degrees Bicycles, WestSide Coaching rt	MV	DNS
	David Singleton	Acme Whs (Rhondda) CC	MV	DNS
	Phillip Turner	ATAC - Ammanford Triathlon And Cycling	MV	DNS
	Ray Retter	Born to Bike - Bridgtown Cycles	MV	DNS
	Crystal Spearman	Born to Bike - Bridgtown Cycles	W	DNS
	Tom Stocker	Bournemouth Jubilee Whs	M	DNS
	Peter Davies	Brighton Mitre CC	MV	DNS
	John Shehan	Bynea Cycling Club	MV	DNS
	Jamie Best	Bynea Cycling Club	MV	DNS
	Chris Jones	Bynea Cycling Club	MV	DNS
	Leon Evans	Cardiff Ajax CC	MV	DNS
	Rob Jones	Cardiff Ajax CC	MV	DNS
	Michelle Fishbourne	CES Sport	WV	DNS
	Mark Evans	Chippenham & District Wheelers	MV	DNS
	Gerry Peppin	Corinium Cycle Club	MV	DNS
	Dan Cutting	Epic R C	MV	DNS
	Roger Taylor	Frome and District Wheelers	MV	DNS
	Matthew Stevens	Gloucester City Cycling Club	M	DNS
	Michael Williams	Hereford & Dist Whs CC	MV	DNS
	Dean Prosser	Hereford & Dist Whs CC	MV	DNS
	Jonathan Barnes	Hereford Triathlon Club	M	DNS
	Lizzy Stocker	IRIS Race Team	W	DNS
	Michael Portlock	Merthyr CC	MV	DNS
	Lee Williams	North Hampshire RC	M	DNS
	Alex Leek	PDQ Cycle Coaching	M	DNS
	Mark Gatheshill	PDQ Cycle Coaching	M	DNS
	Claire Bird	Pontypool Road Cycling Club	W	DNS
	Luke Rendell	Poole Whs	M	DNS
	Mike Hall	Port Talbot Whs CC	MV	DNS
	Geoff Thomas	Rhondda Triathlon Club	MV	DNS
	Earl Smith	Royal Dean Forest Cycle Club	MV	DNS
	Mike Lindsay	SKCC	MV	DNS
	Clive Franklin	Somerset Road Club	MV	DNS
	Lawrence Cronk	SWYD Tri Club	M	DNS

Event Secretary: Martyn Heritage-Owen. 28 Clos Tyla Bach, St Mellons, Cardiff. CF3 0EJ Tel: 0778 606 7819 E-mail: coaching@realteam.co.uk

Pos	Name	Club	Cat	Time
	Stephanie Post	Team Bottrill	W	DNS
	Oliver Simon	Team NBCC	M	DNS
	Arran Armstrong	Velo Club Walcot	MV	DNS
	Simon Kinsey	Virtual Cycling Club	MV	DNS
	Sandra Burrows	Vive Le Velo	WV	DNS
	Derek Morgan	Worcester St. Johns CC	MV	DNS
	Andy Hunt	Ystwyth CC	MV	DNS

Team Championship

Club	Time
PDQ Cycle Coaching	05:49:02
Bynea Cycling Club	05:51:16
Chippenham & District Wheelers	06:15:00
Merthyr CC	06:18:24

Vet on Standard

Pos	Name	Club	Cat	Plus
1	Keith Ainsworth	Sheffrec CC	MV	00:36:35
2	Conrad Moss	NOPINZ	MV	00:36:22
3	Michelle Lee	PDQ Cycle Coaching	WV	00:35:50
4	Anthony Jones	Towy Riders Cycle Club	MV	00:32:46
5	Tony Chapman	Frome and District Wheelers	MV	00:29:33
6	Jo Buckland	PDQ Cycle Coaching	WV	00:26:39
7	Tommy Barlow	Clevedon & District Road Club	MV	00:25:11
8	Andrea Parish	VeloSistas TT Team	WV	00:25:10
9	Steve Burrows	Vive Le Velo	MV	00:22:45
10	Darrel Williams	Bynea Cycling Club	MV	00:22:29
11	Mark Hamer	Stratford Cycling Club	MV	00:22:23
12	Paul Winchcombe	Chippenham & District Wheelers	MV	00:21:18
13	Neil Cleminshaw	Vive Le Velo	MV	00:21:11
14	Emma Serjeant	Hafren CC	WV	00:19:47
15	John Williams	Bynea Cycling Club	MV	00:18:05
16	Martin Osman	CC Giro	MV	00:17:47
17	Colin Richards	Merthyr CC	MV	00:17:14
18	Mark Bradley	Bristol South Cycling Club	MV	00:16:47
19	Kim Smale	Bristol South Cycling Club	FV	00:16:47
20	Diccon Hill	Cardiff 100 Miles RCC	MV	00:14:39
21	Gareth Jehu	Merthyr CC	MV	00:14:10
22	Mike Gibbons	Chippenham & District Wheelers	MV	00:13:44
23	Catherine Etchell	Brecon Wheelers	WV	00:12:54
24	Simon Cox	Chippenham & District Wheelers	MV	00:12:49
25	Ian Gibson	Abercynon Road Club	MV	00:11:51
26	Emma Bexson	Stratford Cycling Club	WV	00:11:12

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Pos	Name	Club	Cat	Plus
27	Brian Lewis	Bicester Millennium CC	MV	00:11:05
28	Pippa MacDougall	Tavistock Whs CC	WV	00:11:04
29	Robert Smith	Warwickshire Road Club	MV	00:10:36
30	Peter Owen	Norwood Paragon CC	MV	00:09:56
31	Michael Collins	VC Sevale (Malvern)	MV	00:06:13
32	Philip Sims	Newport Phoenix CC	MV	00:05:46

Best Improvement

Pos	Name	Club	Cat	Imp
1	Mark Hamer	Stratford Cycling Club	MV	00:07:34
2	James Brayford	Lyme Racing Club	M	00:07:28
3	Mike Gibbons	Chippenham & District Wheelers	MV	00:07:09
4	Jo Buckland	PDQ Cycle Coaching	WV	00:04:46
5	Gareth Jehu	Merthyr CC	MV	00:04:46
6	Robert Smith	Warwickshire Road Club	MV	00:04:37
7	Amanda Lane	Bynea Cycling Club	W	00:03:12
8	Bethany Kington	Chepstow Cycling Club	W	00:03:01
9	Tommy Barlow	Clevedon & District Road Club	MV	00:01:15
10	Emma Serjeant	Hafren CC	WV	00:00:21

Novice

Pos	Name	Club	Cat	Time
1	Chris Owram	PDQ Cycle Coaching	M	01:49:16
2	Ed Pitt	Salt and Sham Cycle Club	M	01:55:05
3	Martin Osman	CC Giro	MV	01:59:37
4	Jordan Bow	Merthyr CC	M	02:03:39
5	Colin Richards	Merthyr CC	MV	02:09:04
6	Ian Gibson	Abercynon Road Club	MV	02:11:34
7	Ryan Williams	Merthyr CC	M	02:16:35
8	Pippa MacDougall	Tavistock Whs CC	WV	02:20:17
9	Stephen Messenger	Bicester Millennium CC	MV	02:20:18
10	Brian Lewis	Bicester Millennium CC	MV	02:34:43

Tandem Event

Pos	Name	Club	Cat	Time
1	Mark Bradley	Bristol South Cycling Club	MV	02:04:01
1	Kim Smale	Bristol South Cycling Club	FV	02:04:01