



Cardiff Ajax Cycling Club

Cardiff Ajax Open 10 Mile Time Trial Saturday 23rd March 2019 at 2.00 pm

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

Start Sheet

Event Secretary : Graeme Boswell, 16 Timbers Square, Cardiff, CF24 3SG

Tel: 0770 8086900

Email: graeme.boswell@southwales.ac.uk

Timekeepers: Start – Len Samuel **Finish** - Robin Field

Course : R10/16A

START At light standard IF 21 at southern end of layby 0.4 mile north of Abercarn on A467. Proceed southbound, taking 2nd exit at Crosskeys roundabout to continue on A467 to Wattsville roundabout and take 1st exit onto dual carriageway (A467). Proceed on dual carriageway to Risca roundabout (5.16 miles). Turn by circling roundabout 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 Crosskeys roundabout to continue to Abercarn. Bear left (WITH GREAT CARE) on unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200 yds FINISH at light standard IF 463 on left opposite entrance to Bridge Street (cul-de-sac) on right. 10.000 miles.

District Regulation: There are double white lines at the start. Any rider turning in the road at the start WILL BE DISQUALIFIED. Please continue for 200 yards past start to turn at roundabout.

Event HQ: Scout Hall, Bridge Street, Abercarn, NP11 5AR. Very close to finish.

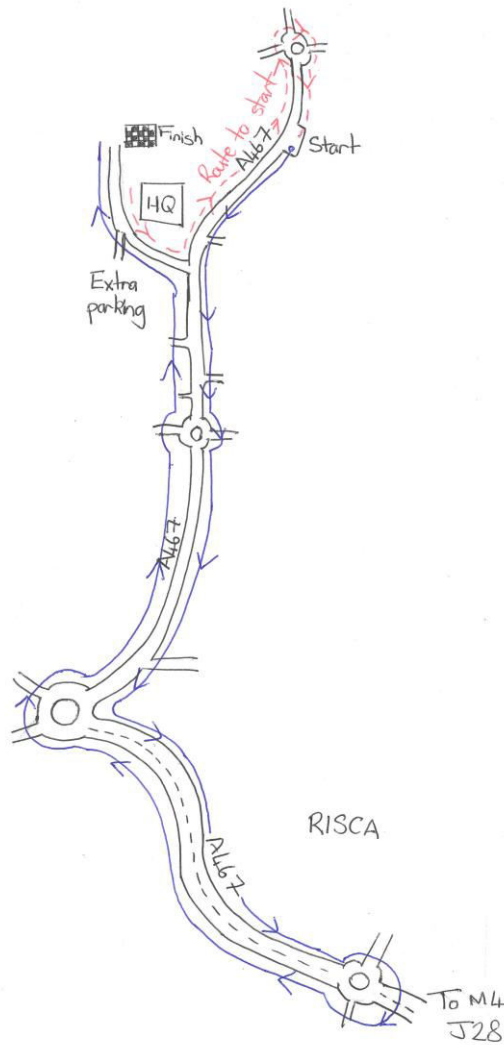
Numbers, signing on (Open from 12:00 pm)

First aid kit, result board and prize presentation will be at the HQ.

<p>Prizes : 1st - £25 2nd - £15 3rd - £10 1st Woman - £25 1st Vet - £20 1st Junior/Juvenile - £15</p>	<p>Cardiff Ajax CC will donate £100 to Qhubeka if the course record (19:07) is broken.</p> 
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Please note: One rider, one prize. Vet prizes will be awarded by time against VTTA published target standards for age. Prizes are cash and, if the recipient does not stay to personally collect after the event, will not be posted to you.



Notes:

1. In the interests of your own safety, CTT and the event promoters advise you to wear a hard-shell helmet that meets an international safety standard. **All competitors under the age of 18 years must wear a properly affixed helmet which must be of hard / soft shell construction.**
2. **Sign on to collect your number** – each rider must collect their own number. Only riders listed on the start sheet may ride. **Please remember to sign back in after you have completed your ride.**
3. Refreshments will be available. A complimentary tea, coffee or squash will be provided to all riders after the event. Other refreshments will be available to purchase.
4. Marshals will be positioned around the course; they are there to show you the way, they have no authority over the traffic.
5. No first aider will be available, but a first aid kit will be available at the HQ.
6. Please do not park on the road outside the HQ, it obscures the finish line.
7. Three parking spaces in the car park outside the HQ will be reserved for Timekeepers and the Event Promotion Team.

RACE NUMBER	FIRST NAME	LAST NAME	CLUB	CAT	STD	START TIME
18	Ian	Wallis	Cardiff Ajax CC	M		14:18
19	Sam	Adamson	Bynea Cycling Club	M		14:19
20	David	Medhurst	Cardiff Ajax CC	M		14:20
21	Evan	Richards	Giant CC Halo Films	M JUN		14:21
22	Andy	Kelly	Bristol South Cycling Club	MV	27:07	14:22
23	Jasmine	Bowyer	Bynea Cycling Club	W		14:23
24	Kevin	Lavelle	Cardiff Ajax CC	MV	27:12	14:24
25	Alex	Touche	Pontypool Road Cycling Club	M		14:25
26	Morgan	Lloyd	Cycle Specific	M JUV		14:26
27	Rhodri	Lord	Cardiff Ajax CC	M		14:27
28	Stefan	Hurst	Charlotteville Cycling Club	M		14:28
29	Helen	Priest	Cardiff Ajax CC	WV	28:31	14:29
30	Andy	Davies	Cardiff Jif	M		14:30
31	Leon	Evans	Cardiff Ajax CC	MV	26:27	14:31
32	Richard	Llewellyn	Imperial Racing Team	MV	26:27	14:32
33	Richard	Rees	Cardiff Ajax CC	M		14:33
34	Dave	Symmons	Bynea Cycling Club	MV	27:28	14:34
35	Joe	Rees	Cardiff Ajax CC	M		14:35
36	Richard	Wilder	Sportzmad	MV	26:27	14:36
37	Dafydd	Thomas	Cardiff Ajax CC	M		14:37
38	Robert	Jones	Cardiff 100 Miles RCC	MV	28:30	14:38
39	Stephen	Davies	Cardiff Ajax CC	MV	27:28	14:39
40	Chris	Massey	CES Sport	MV	26:31	14:40
41	Rob	Jones	Cardiff Ajax CC	MV	26:12	14:41
42	Paul	Stephens	Ross on Wye & Dist CC	MV	27:07	14:42
43	Ralph	Carter	London Dynamo	MV	27:28	14:43
44	Dewi	Lord	Cardiff Ajax CC	M		14:44
45	Chris	Smith	Cwmcarn Paragon Road Club	M		14:45
46	Gareth	Jones	Clevedon & District Road Club	MV	26:40	14:46
47	Jake	Bailey	Cardiff Ajax CC	MV	26:12	14:47
48	John	Aspell	PDQ Cycle Coaching	MV	26:49	14:48
49	Gareth	Williams	Hereford & Dist Whs CC	M		14:49
50	Samuel	Tillett	Wales Racing Academy	M		14:50
51	Thomas	Dye	Cardiff Ajax CC	M		14:51
52	Tommy	Barlow	Clevedon & District Road Club	MV	27:22	14:52
53	Martyn	Bidwell	Cardiff Ajax CC	MV	27:07	14:53
54	Stephen	Williams	VTTA (Midlands)	MV	29:09	14:54
55	Ioan	Smallwood	Cardiff Ajax CC	M		14:55
56	Ryan	O'Rourke	Cwmcarn Paragon Road Club	M		14:56
57	Jim	Beales	Veloce	MV	26:58	14:57
58	Jeffrey	Rees	Gower Riders Cycling Club	MV	27:12	14:58
59	Calum	Cheshire	Cardiff Ajax CC	M		14:59
60	Scott	Davies	Team Dimension Data	M		15:00