



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

Event Sec: Martyn Heritage-Owen – 28 Clos Tyla Bach, Cardiff, CF3 0EJ.

Many thanks to all the helpers, officials from all the major clubs in South Wales without whom such a great championship would not have been possible. Can I also pay tribute to the way everyone conducted themselves both during competition and after at the presentation. The feedback I've had had been absolutely uplifting. Finally, I'm grateful to Stewart Smith for his invaluable support and to Sheila Hardy for her gracious words and to Dave Barry for all the help when we were setting up.

Many thanks to Denise Lawson and all the staff at Secret Training for their generous sponsorship of a bottle and hydration for all competitors and STRIP Personal care kits for the podiums. <http://www.secret-training.com/>
For details of some of their current offers see the the links further down.

Women – Winners

| Pos | Name | Team | Time | Award |
|-----|------------------|----------------------------|----------|------------|
| 1 | Hayley Simmonds | Team WNT Pro Cycling | 00:50:10 | Champion |
| 2 | Rachael Elliott | DRAG2ZERO | 00:51:43 | 2nd & Team |
| 3 | Anna Turvey | Tyneside Vagabonds CC | 00:51:45 | 3rd |
| 4 | Kate Allan | DRAG2ZERO | 00:51:50 | Team |
| 6 | Alice Lethbridge | DRAG2ZERO | 00:52:40 | Team |
| 13 | Liz Powell | Mike Vaughan Cycles | 00:55:06 | 1st A |
| 21 | Angela Carpenter | ...a3crg | 00:56:33 | 1st B |
| 15 | Bronwen Ewing | Rye & District Wheelers CC | 00:55:15 | 1st C |
| 32 | Sarah Matthews | ...a3crg | 00:57:52 | 1st D |
| 89 | Alison Vessey | Mickey Cranks CC | 01:06:18 | 1st E |
| 96 | Diane Hynam | Bynea Cycling Club | 01:14:50 | 1st F |
| 95 | Cheryl Trueman | Team Swift | 01:12:28 | 1st G |
| 97 | Gill Henshaw | Velo Club Long Eaton | 01:15:48 | 1st I |



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**Team****A fabulous new competition record!**

| Place | Team | Name | Ind Time | Time |
|-------|---------------------------------|--------------------|----------|----------|
| 1 | DRAG2ZERO | Rachael Elliott | 00:51:43 | 02:36:13 |
| | | Kate Allan | 00:51:50 | |
| | | Alice Lethbridge | 00:52:40 | |
| 2 | ...a3crg | Laura Bartlett | 00:55:57 | 02:50:22 |
| | | Angela Carpenter | 00:56:33 | |
| | | Sarah Matthews | 00:57:52 | |
| 3 | Team Bottrill / HSS Hire | Karen Ledger | 00:56:27 | 02:52:46 |
| | | Karina Bowie | 00:57:10 | |
| | | Wendy Gooding | 00:59:09 | |
| 4 | VeloSistas TT Team | Stephanie Post | 00:54:59 | 02:54:06 |
| | | Andrea Parish | 00:59:10 | |
| | | Nadine Cannon | 00:59:57 | |
| 5 | Born to Bike - Bridgtown Cycles | Katja Rietdorf | 00:57:18 | 02:54:11 |
| | | Lynne Biddulph | 00:58:17 | |
| | | Susan Semple | 00:58:36 | |
| 6 | Bynea CC | Diane Wilson-Evans | 01:04:35 | 03:24:18 |
| | | Amanda Davies | 01:04:53 | |
| | | Diane Hynam | 01:14:50 | |

Women's Championship (full result)

| Pos | Name | Team | Age | Time |
|-----|-----------------|-----------------------|-----|----------|
| 1 | Hayley Simmonds | Team WNT Pro Cycling | | 00:50:10 |
| 2 | Rachael Elliott | DRAG2ZERO | | 00:51:43 |
| 3 | Anna Turvey | Tyneside Vagabonds CC | | 00:51:45 |



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| Pos | Name | Team | Age | Time |
|-----|----------------------|---------------------------------|-----|----------|
| 4 | Kate Allan | DRAG2ZERO | | 00:51:50 |
| 5 | Eileen Burns | Ballymena Road Club | | 00:52:29 |
| 6 | Alice Lethbridge | DRAG2ZERO | | 00:52:40 |
| 7 | Katie Greves | AS Test Team | | 00:53:10 |
| 8 | Molly Patch | Fusion RT Fierlan | | 00:53:35 |
| 9 | Victoria Smith | AeroCoach | | 00:54:00 |
| 10 | Kimberley Morrison | North Norfolk Whs | | 00:54:25 |
| 11 | Stephanie Post | VeloSistas TT Team | | 00:54:59 |
| 12 | Anna Morris | Loughborough Students CC | | 00:55:05 |
| 13 | Liz Powell | Mike Vaughan Cycles | A | 00:55:06 |
| 14 | Jessica Rhodes-Jones | Beacon Roads CC | | 00:55:07 |
| 15 | Bronwen Ewing | Rye & District Wheelers CC | C | 00:55:15 |
| 16 | Hannah Macdonald | Liverpool Century RC | | 00:55:17 |
| 17 | Anna Weaver | Manchester Tri Club | | 00:55:23 |
| 18 | Laura Bartlett | ...a3crg | | 00:55:57 |
| 19 | Karen Ledger | Team Bottrill / HSS Hire | A | 00:56:27 |
| 20 | Ruth Summerford | Eastbourne Rovers CC | | 00:56:28 |
| 21 | Angela Carpenter | ...a3crg | B | 00:56:33 |
| 22 | Claire Steels | Peterborough CC | | 00:56:44 |
| 23 | Crystal Spearman | NOPINZ | | 00:56:49 |
| 24 | Gina Riley | Chester RC | | 00:56:54 |
| 24 | Nicki Carr | VC Equipe - Flix Oral Hygiene | | 00:56:54 |
| 26 | Karina Bowie | Team Bottrill / HSS Hire | B | 00:57:10 |
| 27 | Katja Rietdorf | Born to Bike - Bridgtown Cycles | B | 00:57:18 |
| 28 | Verity Smith | Stowmarket & District CC | A | 00:57:24 |
| 29 | Susan Triplow | Essex Roads CC | C | 00:57:30 |
| 30 | Michelle Arthurs | Norwood Paragon CC | | 00:57:50 |
| 31 | Christina Murray | Army Cycling Union | A | 00:57:51 |



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| Pos | Name | Team | Age | Time |
|-----|-------------------------------|---------------------------------|-----|----------|
| 32 | Sarah Matthews | ...a3crg | D | 00:57:52 |
| 33 | Danuta Tinn | Maidenhead & District CC | C | 00:57:53 |
| 34 | Christie Jones | Hereford & Dist Whs CC | | 00:58:00 |
| 35 | Lynne Biddulph | Born to Bike - Bridgtown Cycles | B | 00:58:17 |
| 36 | Zoe Chandler | Stratford Cycling Club | | 00:58:21 |
| 37 | Katie Crowe | Dulwich Paragon CC | A | 00:58:29 |
| 38 | Susan Semple | Born to Bike - Bridgtown Cycles | C | 00:58:36 |
| 39 | Kirsty Murray | Pembrokeshire Velo | A | 00:58:41 |
| 40 | Tina Reid | Trainsharp | C | 00:58:42 |
| 41 | Amira Mellor | Matrix Pro Cycling | | 00:58:49 |
| 42 | Becky Schofield | Tri- Anglia Triathlon Club | | 00:58:50 |
| 43 | Julie Chasin | Twickenham CC | A | 00:58:53 |
| 44 | Alex Smethurst | Team Swift | | 00:59:03 |
| 45 | Claire Emons | Newbury RC | B | 00:59:06 |
| 46 | Charlotte Mallinmartin | Cambridge University CC | | 00:59:09 |
| 46 | Wendy Gooding | Team Bottrill / HSS Hire | C | 00:59:09 |
| 48 | Andrea Parish | VeloSistas TT Team | B | 00:59:10 |
| 49 | Deborah Moss | Chorley Cycling Club | B | 00:59:20 |
| 50 | Francesca Hall | Clay Cross RT | | 00:59:27 |
| 51 | Fiona Sharp | York Cycleworks | | 00:59:29 |
| 52 | Emma Angove | Chippenham & District Whs | | 00:59:38 |
| 53 | Janet Bassett | CC Ashwell | | 00:59:41 |
| 54 | Jennifer Smart | VC Norwich | A | 00:59:52 |
| 55 | Nadine Cannon | VeloSistas TT Team | | 00:59:57 |
| 56 | Zoe Whiteside | Team Bottrill / HSS Hire | A | 00:59:58 |
| 57 | Kelly Murphy | Team Ford Ecoboost | | 01:00:09 |
| 58 | Louisa Cooper | Bournemouth Jubilee Whs | | 01:00:12 |
| 58 | Zoe Betteridge | southfork racing.co.uk | | 01:00:12 |



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| Pos | Name | Team | Age | Time |
|-----|----------------------------------|---------------------------------|-----|----------|
| 60 | Sarah Short | Bonito Squadra Corse | C | 01:00:26 |
| 61 | Joanne Jago | Performance Cycles CC | | 01:00:28 |
| 62 | Sophie Household | Vertex Biemme RT | | 01:00:32 |
| 63 | Amy Pritchard | Giant Camden Team Liv | | 01:00:36 |
| 64 | Debbie Bradley | Team Bottrill / HSS Hire | A | 01:00:39 |
| 65 | Rachael Mellor | Holmfirth C C | C | 01:00:40 |
| 66 | Hope Kerry | Team Lusso | | 01:00:54 |
| 67 | Karen Taylor | Vertex Biemme RT | C | 01:00:59 |
| 68 | Claire Lee | Momentum Cycles RC | B | 01:01:10 |
| 69 | Trish Chalk | Velo Club St Raphael | | 01:01:55 |
| 70 | Michelle Fishbourne | Abercynon Road Club | C | 01:02:05 |
| 71 | Becky Smith | Mid Devon CC | A | 01:02:22 |
| 71 | Helen Gravatt | Twickenham CC | C | 01:02:22 |
| 73 | Kate Robinson | Berkshire Tri Squad | | 01:02:26 |
| 74 | Claire Clementson | Wigan Whs CC | A | 01:02:31 |
| 75 | Theresa Taylor | Preston CC | D | 01:02:50 |
| 76 | Kari Jones | VeloSistas TT Team | | 01:03:29 |
| 77 | Rachel Przybylski | Charlottesville Cycling Club | | 01:03:31 |
| 78 | Hannah Fawcett | Liverpool Braveheart BC | | 01:03:35 |
| 79 | Janet Fairclough | St Helens CRC | D | 01:03:43 |
| 80 | Jo Buckland | Velo Club St Raphael | C | 01:03:57 |
| 81 | Jacqueline Hobson | Born to Bike - Bridgtown Cycles | C | 01:04:18 |
| 82 | Chelsea McCloskey-Lambert | Manchester Wheelers | | 01:04:31 |
| 83 | Diane Wilson-Evans | Bynea Cycling Club | D | 01:04:35 |
| 84 | Amanda Davies | Bynea Cycling Club | B | 01:04:53 |
| 85 | Sharon Clifford | WCS Racing Team | D | 01:05:05 |
| 86 | Trudy Sharam | Lea Valley CC | A | 01:05:18 |



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| Pos | Name | Team | Age | Time |
|-----|--------------------------|---------------------------------|-----|----------|
| 87 | Louise Georgi | Giant CC - Halo Films | C | 01:05:25 |
| 88 | Joanna Butcher | Chelmer CC | B | 01:05:58 |
| 89 | Alison Vessey | Mickey Cranks Cycling Club | E | 01:06:18 |
| 90 | Helen Tudor | Oswestry Paragon CC | B | 01:06:29 |
| 91 | Dianne Tierney | Guernsey Velo Club | A | 01:06:53 |
| 92 | Deborah Sheridan | Warwickshire Road Club | E | 01:07:33 |
| 93 | April Lewis | Born to Bike - Bridgtown Cycles | D | 01:09:50 |
| 94 | Anna Covey | Southampton University RC | | 01:10:06 |
| 95 | Cheryl Trueman | Team Swift | G | 01:12:28 |
| 96 | Diane Hynam | Bynea Cycling Club | F | 01:14:50 |
| 97 | Gill Henshaw | Velo Club Long Eaton | I | 01:15:48 |
| 98 | Philippa Crocker | Dursley Road Club | C | 01:19:40 |
| DNS | Vicky Jowett | Albarosa CC | | |
| DNS | Lucy Austin | Army Cycling Union | | |
| DNS | Florence Cox | Equipe Flamme Rouge | | |
| DNS | Sally Turner | GS Stella | | |
| DNS | Dena Ford | High Wycombe CC | C | |
| DNS | Sarah Croucher | Momentum Cycles RC | | |
| DNF | Lauren Creamer | NCC Group-Kuota-Torelli | | |
| DNF | Charlotte Chapman | Nova Raiders CC | | |
| DNS | Christine Rowley | Poole Whs | B | |
| DNS | Susan Boe | Royal Air Force CA | | |

Photographs

http://www.kimroy-photography.co.uk/gallery2/main.php?g2_itemId=682766



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Junior Championship

Boys Awards

| Name | Team | Time | Award |
|-----------------------|------------------------------|----------|-------------------------|
| Cavan Walker | Prologue Race Team | 00:48:52 | Champion |
| Harrison Wood | Mid Devon CC | 00:49:18 | 2nd & 1st 17 |
| Lyster Romero | TBW Bottecchia Wigmore RT | 00:49:42 | 3rd & 1st 18 |
| George Elliott | Innovation Racing | 00:52:50 | 1st 15 |
| Joshua Tarling | West Wales Cycle Racing Team | 00:57:39 | 1st 13 |

Team

| Team | Name | Time | Award |
|--------------------------|----------------|----------|---------|
| Innovation Racing | George Elliott | 00:52:50 | 2:47:11 |
| | Alex Coates | 00:55:29 | |
| | Joel Ackers | 00:58:52 | |

Girls (Full result)

| Pos | Name | club | Age | Time | Award |
|-----|------------------------|------------------------|-----|----------|-------------------------|
| 1 | Pfeiffer Georgi | Liv CC - Epic Coaching | 16 | 00:54:51 | Champion |
| 2 | Caitlin Peters | i-Team Cyclists Club | 15 | 00:59:21 | 2nd & 1st 15 |
| 3 | Savannah Hewson | Liv AWOL | 17 | 01:02:08 | 3rd & 1st 17 |
| 4 | Hannah Bayes | Liv AWOL | 17 | 01:03:28 | |

Boys (Full Result)

| Pos | Name | Team | Age | Time |
|-----|-----------------------|---------------------------|-----|----------|
| 1 | Cavan Walker | Prologue Race Team | 16 | 00:48:52 |
| 2 | Harrison Wood | Mid Devon CC | 17 | 00:49:18 |
| 3 | Lyster Romero | TBW Bottecchia Wigmore RT | 18 | 00:49:42 |
| 4 | Samuel Tillet | Giant CC - Halo Films | 18 | 00:50:32 |
| 5 | Tom Temple | Primera-Teamjobs | 17 | 00:50:45 |
| 6 | James Tillet | Giant CC - Halo Films | 18 | 00:50:57 |
| 7 | Harry Buxton | T.H.R.E. Datawolves R.T. | 16 | 00:51:13 |
| 8 | Adam Robertson | Verulam CC | 18 | 00:51:20 |



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| Pos | Name | Team | Age | Time |
|-----|--------------------------|--|-----|----------|
| 9 | Zak Coleman | Team PedalRevolution.co.uk | 18 | 00:51:33 |
| 10 | Josh Griffiths | Bristol South Cycling Club | 17 | 00:51:37 |
| 11 | Devon Round | Mid Shropshire Wheelers | 17 | 00:51:38 |
| 12 | Tom Roper | Beacon Wheelers | 18 | 00:52:07 |
| 13 | Ieuan Woods | Banks/Catford CC Equipe | 16 | 00:52:08 |
| 14 | Bevan Jones | Manilla Cycling | 18 | 00:52:43 |
| 15 | Thomas Cornwell | In-Gear Quickvit Trainsharp RT | 16 | 00:52:45 |
| 16 | George Elliott | Innovation Racing | 15 | 00:52:50 |
| 17 | Euan Backus | Zappi Racing Team | 15 | 00:53:07 |
| 18 | David Norman | Team Jewson - MI Racing - Poly Pipe - McCann | 17 | 00:53:08 |
| 19 | Ross Prescott | LJMU Cycling Team | 18 | 00:53:35 |
| 20 | Sam Morris | Revolutions Racing | 18 | 00:53:41 |
| 21 | Tristan Pilling | Middleton CC | 15 | 00:54:06 |
| 22 | Tom Portsmouth | VC de Londres | 15 | 00:54:35 |
| 23 | Oliver Rowlands | Newport Phoenix CC | 15 | 00:55:10 |
| 24 | Alex Coates | Innovation Racing | 16 | 00:55:29 |
| 25 | Joshua Tarling | West Wales Cycle Racing Team | 13 | 00:57:39 |
| 26 | Kieran Morris | Mid Shropshire Wheelers | 16 | 00:57:44 |
| 27 | Joel Ackers | Innovation Racing | 15 | 00:58:52 |
| 28 | Peter Hewson | Hillingdon Slipstreamers | 15 | 01:01:22 |
| | Harry Butterworth | Scarborough Paragon CC | 14 | DNF |
| | Gabriel Chinn | Performance Cycles CC | 18 | DNF |
| | Zach Bridges | Cardiff Jif | 16 | DNS |

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