

SPORTZMAD

CYCLING EVENTS

www.sportzmad.co.uk

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

Sunday 15th March 2020 R10/17 – 9.00am

Timekeepers – Start: Richard Wilder, 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 | Mark | Palliser | Hereford & Dist Whs CC | Male | Tan |
| 2 | 09:02:00 | Chris | Wilkins | Hereford & Dist Whs CC | Male | Tan |
| 3 | 09:03:00 | Rachel | Bridger | Ufit Tri Team | Female | Veteran |
| 4 | 09:04:00 | Catherine | Colleypriest | Wenvoe Wheelers | Female | Veteran |
| 5 | 09:05:00 | Mathew | Atkins | Ufit Tri Team | Male | Veteran |
| 6 | 09:06:00 | Eamonn | Sheridan | Warwickshire Road Club | Male | Veteran |
| 7 | 09:07:00 | Paul | Owen | Ufit Tri Team | Male | Veteran |
| 8 | 09:08:00 | Ryan | Jones | Abercynon Road Club | Male | Senior |
| 9 | 09:09:00 | Michael | Henson | Ufit Tri Team | Male | Senior |
| 10 | 09:10:00 | Emma | Wyatt | Hereford & Dist Whs CC | Female | Veteran |
| 11 | 09:11:00 | Bill | Snowdon | Cardiff Triathletes | Male | Veteran |
| 12 | 09:12:00 | Caryl | Williams | Bynea Cycling Club | Female | Veteran |
| 13 | 09:13:00 | Harry | Cowley | Chester RC | Male | Veteran |
| 14 | 09:14:00 | Ryan | James | Ufit Tri Team | Male | Senior |
| 15 | 09:15:00 | Nicola | Emerson | Hereford Triathlon Club | Female | Veteran |
| 16 | 09:16:00 | Ben | Pleasants | Ufit Tri Team | Male | Senior |
| 17 | 09:17:00 | Brian | Parker | Abercynon Road Club | Male | Veteran |
| 18 | 09:18:00 | Luke | Macdonald | Ufit Tri Team | Male | Senior |
| 19 | 09:19:00 | Gareth | Hill | Abercynon Road Club | Male | Veteran |
| 20 | 09:20:00 | Stephen | Landeg | Ogmore Valley Wheelers | Male | Veteran |
| 21 | 09:21:00 | Nicholas | Forbes | Bynea Cycling Club | Male | Veteran |
| 22 | 09:22:00 | Geoff | Edgerton | North Shropshire Wheelers | Male | Veteran |
| 23 | 09:23:00 | Simon | Marks | Ufit Tri Team | Male | Veteran |
| 24 | 09:24:00 | Phil | Guy | North Shropshire Wheelers | Male | Veteran |
| 25 | 09:25:00 | Michelle | Fishbourne | Abercynon Road Club | Female | Veteran |
| 26 | 09:26:00 | Adrian | Osborn | Stratford Cycling Club | Male | Veteran |
| 27 | 09:27:00 | George | Comins | Royal Navy & Royal Marines CA | Male | Espoir |
| 28 | 09:28:00 | Niall | Foster | Cardiff Ajax CC | Male | Veteran |
| 29 | 09:29:00 | Deborah | Sheridan | Warwickshire Road Club | Female | Veteran |
| 30 | 09:30:00 | Ryan | Williams | Merthyr CC | Male | Senior |
| 31 | 09:31:00 | David | Ackerley | Transition Race Team | Male | Veteran |
| 32 | 09:32:00 | Ian | Gibson | Abercynon Road Club | Male | Veteran |
| 33 | 09:33:00 | Shane | Davies | Pembrokeshire Velo | Male | Senior |
| 34 | 09:34:00 | Luke | Pryce | Ufit Tri Team | Male | Senior |
| 35 | 09:35:00 | Dan | Laasna Reuter | Virtual Cycling Club | Male | Veteran |
| 36 | 09:36:00 | Marco | Marletta | Cardiff Jif | Male | Veteran |
| 37 | 09:37:00 | Gareth | Williams | Hereford & Dist Whs CC | Male | Senior |
| 38 | 09:38:00 | Josh | Townsend | Bynea Cycling Club | Male | Espoir |
| 39 | 09:39:00 | Roger | Wood | Pontypool Road Cycling Club | Male | Veteran |
| 40 | 09:40:00 | Craig | Brindley | Cwmcarn Paragon Road Club | Male | Senior |
| 41 | 09:41:00 | Jo | Buckland | FTP (Fulfil The Potential) Racing | Female | Veteran |
| 42 | 09:42:00 | Steven | Madeley | Ogmore Valley Wheelers | Male | Veteran |
| 43 | 09:43:00 | Ross | Morgan | Port Talbot Whs CC | Male | Senior |
| 44 | 09:44:00 | Dean | Prosser | Hereford & Dist Whs CC | Male | Veteran |
| 45 | 09:45:00 | Ian | Myers | City Cycle Couriers RT | Male | Veteran |

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| 46 | 09:46:00 | James | Richards | Viceroy's Triathlon Club | Male | Veteran |
| 47 | 09:47:00 | Daniel | Wyatt | Hereford & Dist Whs CC | Male | Veteran |
| 48 | 09:48:00 | Calum | Cheshire | VELOFLOW CC | Male | Senior |
| 49 | 09:49:00 | Richard | Rees | Cardiff Ajax CC | Male | Senior |
| 50 | 09:50:00 | Stephen | Taylor | Pembrokeshire Velo | Male | Veteran |
| 51 | 09:51:00 | Jessica | Rhodes-jones | AeroCoach | Female | Senior |
| 52 | 09:52:00 | Phil | Willoughby | Towy Riders Cycle Club | Male | Senior |
| 53 | 09:53:00 | Leon | Evans | Cardiff Ajax CC | Male | Veteran |
| 54 | 09:54:00 | Martin | Lines | Worcester St. Johns CC | Male | Veteran |
| 55 | 09:55:00 | Darrel | Williams | Bynea Cycling Club | Male | Veteran |
| 56 | 09:56:00 | Ben | Phillips | Towy Riders Cycle Club | Male | Senior |
| 57 | 09:57:00 | David | Leighton | Severn Road Club | Male | Veteran |
| 58 | 09:58:00 | Jason | Streather | PDQ Cycle Coaching | Male | Veteran |
| 59 | 09:59:00 | Nathan | Leaves | Cwmcarn Paragon Road Club | Male | Senior |
| 60 | 10:00:00 | Andrew | Parnowski | City Cycle Couriers RT | Male | Veteran |
| 61 | 10:01:00 | Gerry | Bowditch | Pontypool Road Cycling Club | Male | Veteran |
| 62 | 10:02:00 | Michael | Walsh | Bikestrong-KTM | Male | Senior |
| 63 | 10:03:00 | Rob | Scott | City Cycle Couriers RT | Male | Senior |
| 64 | 10:04:00 | Anthony | Jones | Towy Riders Cycle Club | Male | Veteran |
| 65 | 10:05:00 | Owen | Burgess | Newport Phoenix CC | Male | Senior |
| 66 | 10:06:00 | Simon | Adcook | Team Bottrill | Male | Veteran |
| 67 | 10:07:00 | Chris | Smith | Cwmcarn Paragon Road Club | Male | Senior |
| 68 | 10:08:00 | B Xavier | Disley | AeroCoach | Male | Senior |
| 69 | 10:09:00 | Andy | Davies | Cardiff Jif | Male | Senior |
| 70 | 10:10:00 | David | Griffiths | Moriarty Bikes-Project GO | Male | Senior |

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