

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

10 mile Time Trial Sunday 29<sup>th</sup> August 2010. 07:00

R10/11A

promoted by

**Pembrokeshire Velo**

Starting Timekeeper: Andria Hawkins

Finishing Timekeeper: Jill Colman

**HQ- CAREW VILLAGE HALL**

Directions from St. Clears Roundabout: Take the A477 to Tenby, Pembroke Dock. At the Kilgetty roundabout take the A477 to Pembroke Dock. At the second roundabout approx 5 miles take the Carew exit, turn right as you pass the Carew Inn. The village hall is approx 300 m on the right.

**AWARDS**

**1st.** £20+ Bierspool Shield for one year, **2<sup>nd</sup>.** £15, **3<sup>rd</sup>,** £10.

**Fastest Veteran,** £10, **Fastest Lady,** £10. **Fastest Lady Veteran,** £10.

**Fastest Junior,** £10. **Fastest Juvenile,** £10.

**Fastest Veteran on standard,** £10. **Lantern Rouge,** £5.

**1<sup>st</sup> Team of three riders ( Bidlake System ),** £10 each.

**1<sup>st</sup> Team of three Juvenile riders ( Bidlake System ),** £5 each.

**1<sup>st</sup> Team of three Junior riders ( Bidlake System ),** £5 each.

Signing-on and Numbers will be at HQ – return for a free tea!

*( Bacon Rolls will be on the menu )*

**COURSE DESCRIPTION R10/11A**

*It is the riders' responsibility to read and understand the course description*

(Revised June 2009 due to due to road alignment change on A477 Nash Fingerpost to Cosherston section)

Start 046030, finish 057032

Start just off Carew Cross roundabout on Carew Cheriton spur, opposite drain cover. Proceed to Carew Cross roundabout and take 1<sup>st</sup> exit on to A477. Continue on A477 to Pembroke Dock (Waterloo) roundabout (7.3km, 4.5 miles). Circle roundabout and retrace on A477 to Carew Cross roundabout (14.6km, 9.1 miles). Take 2<sup>nd</sup> exit (straight on) and continue on A477 to Sageston roundabout (15.9km, 9.9 miles) where take 1<sup>st</sup> exit into Sageston village, bear left on the village road to finish approximately 20m beyond the Plough Inn (16.15km, 10.03 miles).

**All Riders Are Asked to Comply With the Following Requests:**

DO NOT park your car within sight of the start or finish timekeeper

DO NOT leave your number flapping

DO NOT allow your friends and family to follow you around the course – it is not allowed

DO call your number when finishing – or it may not be recorded

DO keep your head up, be aware and have a safe ride

**Important Notice to All Riders**

**Pembrokeshire Velo, CTT and the Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards;**

**For all riders under 18, these helmets are compulsory;**

**Marshalls will be positioned on the course, but they do not have authority over the traffic;**

**It is the riders' responsibility to ride within the laws of the road**

## 10 TT

No.	Time	Rider	Club	Cat / Vet Std
1	07:01			
2	07:02			
3	07:03			
4	07:03			
5	07:05			
6	07:06			
7	07:07			
8	07:08			
9	07:09			
10	07:10			
11	07:11			
12	07:12			
13	07:13			
14	07:14			
15	07:15			
16	07:16	Merrony Nigel	Pembrokeshire Velo	28:52
17	07:17	Ian Fielding	Stretford Wheelers	27:59
18	07:18	Andrew Williams	Merthyr CC	26:18
19	07:19	Martyn Heritage-Owen	Bush Healthcare CRT	26:30
20	07:20	Arwel Davies	Bynea CC	SM
21	07:21	Williams Nigel	Merthyr CC	26:54
22	07:22	Emyr Griffiths	Bynea CC	26:06
23	07:23	Lian Patterson-Hall	Stretford Wheelers	27:46
24	07:24	Shaun Griffiths	Tenby Aces	26:42
25	07:25	Nick Brown	Pembrokeshire Velo	27:59
26	07:26	John Shehan	Bynea CC	30:45
27	07:27	Jon Lear	Pembrokeshire Velo	26:42
28	07:28	Derek Pugh	Pembrokeshire Velo	32:46
29	07:29	Ian Corrie	Stretford Wheelers	SM
30	07:30	Mark Andrews	Merthyr CC	SM
31	07:31	Dan Colman	Pembrokeshire Velo	Juv
32	07:32	Chris Davies	Bynea CC	26:18
33	07:33	Melanie Morgan	Tenby Aces	SF
34	07:34	Janian Evans	Tenby Aces	27:07
35	07:35	Davies Kieron	Bynea CC	SM
36	07:36	Sally Harmer	Ystwyth CC	29:06
37	07:37	Gill Patterson-Hall	Stretford Wheelers	29:06
38	07:38	Nicola Coates	Tenby Aces	28:38
39	07:39	Tanis Hand	Tenby Aces	29:34
40	07:40	Peter Lloyd	Pembrokeshire Velo	26:18
41	07:41	Rouse Simon	Gillingham & District Wheelers	26:06
42	07:42	Jonathan Phillips	Pembrokeshire Velo	27:20
43	07:43	Phil Lawton	Stretford Wheelers	28:38
44	07:44	Les Thomas	Port Talbot Wheelers	27:07
45	07:45	Hiddlestone Mark	Bynea CC	SM
46	07:46	Thomas Clarke	Stretford Wheelers	28:38
47	07:47	Paul Colman	Pembrokeshire Velo	27:20
48	07:48	Ian Brown	Stretford Wheelers	30:30
49	07:49	David Seward	Bynea CC	27:46

50	07:50	Rhys Payne	Porth & District CC	SM
51	07:31	Steve Hulme	Congleton Wheelers	27:07
52	07:52	Cai Thompson	Bynea CC	Jun
53	07:53	Geraint Evans	Port Talbot Wheelers	26:06
54	07:54	Jon Mills	Tenbt Aces	27:20
55	07:55	Jack Lear	Pembrokeshire Velo	Jun
56	07:56	David Griffiths	Tenby Aces	Jun
57	07:58	Justyn Davies	Llandoverly CC	25:42
58	07:58	David Brice	Bynea CC	26:30
59	07:59	Carton Coates	Tenby Aces	26:54
60	08:00	Darran Carpenter	Cwmcarn Paragon / <a href="http://www.climbonbikes.com">www.climbonbikes.com</a>	SM