

Cardiff Ajax Cycling Club



Cardiff Ajax CC Open 10 Mile Time Trial
Saturday 16th March 2024 at 14:00
Start and cover sheet

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

Kindly supported by **HARD LINES**[®]

10 MILE TIME TRIAL CARDIFF AJAX CC - OPEN EVENT

SATURDAY 16TH MARCH – 14:00

COURSE: R10/16A – (ABERCARN)



INCLUDES ROAD BIKE AND 2-UP TTT RACES



ENTRY VIA CTT WEBSITE: £15
[BIT.LY/AJAXTT2024](https://bit.ly/AJAXTT2024)

KINDLY SUPPORTED BY:

PROVIDING COFFEE AT HQ &
A SELECTION OF PRIZES



Event information

Cardiff Ajax CC look forward to welcoming you to our annual open TT, returning as usual to the R10/16a course, now kindly sponsored by Hard Lines Coffee. **This document contains further details for all competitors at the event.**

A quick note to say I'm thrilled to see so many people racing their first open TT on the start sheet – and so many people (96 in total) racing *full stop*. Thank you for supporting the race. If you're new, in particular, hopefully the below will clear up any questions you may have about what you need to do on the day. If not, you're also more than welcome to get in contact with me through the details below with any queries. Stay safe, have fun and enjoy your ride!

Officials

Event Secretary: Jack Kellam

Address: 8 Athelstan Road, Whitchurch, Cardiff, CF14 2EP

Email: kellam.jack31@gmail.com

Telephone: +44 7710177201

Timekeepers: (Start) Jake Bailey, (Finish) Robin & Francis Field

Course details

The event will take place on the **R10/16a** course. The course is a mixture of single and dual carriageway, and uses a number of roundabouts. Please take care at these points in particular, giving way as applicable.

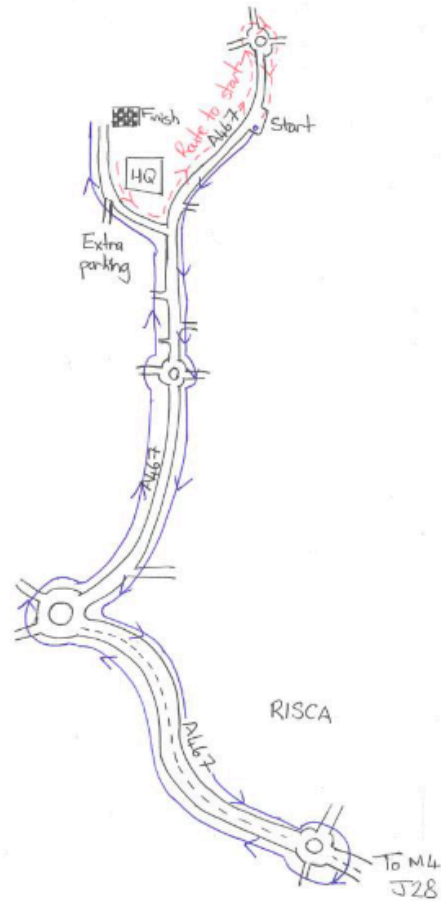
NOTE: 1) There are double white lines at the start. District regulations state any rider turning in the road at the start **WILL BE DISQUALIFIED**. To access the start from the A467, please continue for 200 yards further north, past the start, to turn at the roundabout.

2) This course contains a section of 20 mph speed limit (in the last ~150m, following the final left turn into the finish area). Riders are reminded to obey the 20mph speed limit, ride appropriately and comply with regulation 1 and not give offence to the public or bring the sport into disrepute.

A map and GPX file of the course can be found both on the Cycling Time Trials website and Strava. Links to these are copied below, along with the official route description.

CTT: <https://www.cyclingtimetrials.org.uk/course-details/r10-16a>

Strava: <https://www.strava.com/segments/1098458>



Description: 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.

Event HQ, parking and sign-on

HQ

The Event HQ is located in 1st Abercarn Scout Hut, very close to the course finish area.

The Scout Hut, Bridge St, Abercarn NP11 5EY
(<https://maps.app.goo.gl/rcyYXusF3itB6jUZ6>)

Refreshments will be available! **We are lucky to be serving coffee provided by our sponsors Hard Lines**, as well as a selection of cakes and more.

Parking

There is limited **parking** available immediately outside the HQ, however significant additional parking can be found a few hundred metres away in the industrial estate area on 'Darren Drive' (see <https://maps.app.goo.gl/cL9g4Fvh7qHvB3Da6>).

Please avoid parking on the road immediately outside the Scout Hut, as this obscures and congests the finish area.

Sign-on

The HQ will be open for sign-on from 12:30.

*If you are new to time-trialling, note that all competitors need to collect their number and 'sign-in' on the start sheet at the event HQ prior to racing **as well as** return their number and 'sign-out' after they have finished*

Race information

Helmets and lights

Competitors are reminded of the following CTT regulations in particular.

- All competitors **must** wear helmets.
- All competitors **must** have a working red rear light and a working front white light on their bikes.

NOTE: You will not be permitted to start without a helmet or working lights.

Road bike category

We're thrilled to welcome plenty of road bike entrants this year, in both the individual and team events! Please note the following regulations to make sure your bike and equipment is eligible – **in particular, changes to helmet regulations for 2024.** [Further details can be found at CTT:](#)

- The road bike can possess drop or straight handlebars

- No tri-bars, clip-on bars or Spinacci bars are allowed
- No disc wheels
- Both front & rear wheels must have at least 12 spokes each
- The maximum rim depth allowed is 90mm

Helmets used in Road Bike category events must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked.

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars.

Warming up and start area

There is usually space for turbo trainer warm ups in the Darren Drive parking area. As ever, please be considerate/sensible to residents and pedestrians.

Please do not warm up on the course once racing is underway (14:00).

There is limited space in the start area lay-by. With over 90 competitors on the day, to avoid congestion/obstruction to the road, **please do not arrive at the start more than 5 minutes before your allotted start time.** Please make use of the parallel B road (B4591) for warm-ups, rather than the course.

Finish and results

Please remember to **return your number and sign-out** once you have finished.

There will be a provisional results board displayed in the HQ area, and prizes (see below for categories) will be handed out as soon as possible following the conclusion of racing.

Photography

Josh Kennedy has kindly agreed to provide photography for the event. A link to published photos will accompany the results sheet.

Prize list

One prize per person (excl. road bike course record). Veteran TT bike category awards taken against VTTA standards.

Road Bike (Solo)

Open: 1st (£50 & bag of Hard Lines Coffee), 2nd (£30), 3rd (£20)

Women: 1st (£50 & bag of Hard Lines Coffee), 2nd (£30), 3rd (£20)

Junior: 1st (£30)

V50 Open: 1st (£25)

V50 Women: 1st (£25)

V60 Open: 1st (£25)

V60 Women: 1st (£25)

*Bonus prize of £20 for Open and Women riders setting new road bike course records in their categories. **Open** - 21:22 (Tom Grigson, Stolen Goat RT, 2023). **Women** - 27:44 (Alex Tennant, Cardiff Ajax, 2023)*

“Riding first ever Open Time Trial”

Open: 1st (£15 & bag of Hard Lines Coffee)

Women: 1st (£15 & bag of Hard Lines Coffee)

Road Bike (Team)

Open: 1st (£20 each)

Women: 1st (£20 each)

Mixed: 1st (£20 each)

TT Bike (Solo)

Open: 1st (£20), 2nd (£10)

Women: 1st (£20), 2nd (£10)

VTTA Men (against standard): 1st (£15)

VTTA Women (against standard): 1st (£15)

Winners will be contacted via their CTT details for bank transfer following the event.

Start Time	Number	First Name	Last Name	Club	Machine	Classification	Category	First Open?
14:02	1	Joseph	Carpenter	Cardiff Ajax CC	Road Bike	Open	Senior	
	2	Matthew	Williams	Cardiff Ajax CC			Senior	
14:04	3	Rod	Bowen	Cardiff Ajax CC	Road Bike	Open	Veteran	
	4	Robert	Berry	Cardiff Ajax CC			Veteran	
14:06	5	Aled	Jones	Cardiff Ajax CC	Road Bike	Open	Veteran	
	6	Darran	Carpenter	Cwmcarn Paragon Cycling Club			Veteran	
14:08	7	John	Jackson	CC Abergavenny / Owen Associates	Road Bike	Open	Veteran	
	8	Alun	Owen	CC Abergavenny / Owen Associates			Veteran	
14:10	9	Chris	Seddon	Cardiff Ajax CC	Road Bike	Open	Veteran	
	10	John	Rawnsley	UF Rowe & King			Veteran	
14:12	11	Richard	Beech	UF Rowe & King	Road Bike	Open	Veteran	
	12	Courtney	Rowe	UF Rowe & King			Veteran	
14:14	13	Luke	Dix	UF Rowe & King	Road Bike	Open	Veteran	
	14	Andy	Davies	UF Rowe & King			Veteran	
14:16	15	Daniel	Fox	UF Rowe & King	Road Bike	Open	Senior	
	16	Paul	Hayward	Pontypool Road Cycling Club			Veteran	
14:18	17	Helen	Stevenson	Cwmcarn Paragon Cycling Club	Road Bike	Female	Youth	
	18	Lianne	Lusty	Cwmcarn Paragon Cycling Club			Senior	
14:20	19	Andrew	Seary	Cardiff Ajax CC	Road Bike	Open	Veteran	
	20	Kevin	Lavelle	Cardiff Ajax CC			Veteran	
14:22	21	Jack	Longley	Cardiff Ajax CC	Road Bike	Mixed	Senior	
	22	Marta	Gawryszczak	Cardiff Ajax CC			Senior	
14:24	23	Kevin	Parry	Hereford Cycle Hub Cycling Club	Road Bike	Mixed	Veteran	
	24	Lisa	Francis	Hereford Cycle Hub Cycling Club			Senior	
14:26	25	Jennifer	Cynan Jones	Cardiff Ajax CC	Road Bike	Mixed	Senior	
	26	Gavin R	Jones	Cardiff Ajax CC			Veteran	
14:28	27	Daniel	Hatch	Veloflow CC	Road Bike	Open	Senior	
	28	Alex	Ball	Veloflow CC			Senior	
14:30	29	Jon	Phipps	Cardiff Ajax CC	Road Bike	Open	Veteran	
	30	Samuel	Cook	Cardiff Ajax CC			Senior	
14:32	31	John	Brown	Veloflow CC	Road Bike	Open	Veteran	
	32	Neil	Lewis	Veloflow CC			Veteran	
14:33	33	Owen	Burgess	UF Rowe & King	Road Bike	Open	Senior	
14:34	34	Wayne	Baker	Team Echelon	Tricycle	Open	Veteran	
14:35	35	Kaitlin	Anstice	Cardiff Ajax CC	Road Bike	Female	Senior	First Open
14:36	36	Richard	Phipps	Cardiff Ajax CC	Road Bike	Open	V40	First Open
14:37	37	Norman	Gibson	Cardiff Ajax CC	Road Bike	Open	V60	First Open
14:38	38	Christopher	Myhill	Cardiff Ajax CC	Road Bike	Open	V40	First Open
14:39	39	Carwyn	Hardiman	Cardiff University Road Cycling Team p/b the WACO System	Road Bike	Open	Espoir	First Open
14:40	40	Gruff	Jones	Cardiff Ajax CC	Road Bike	Open	Senior	First Open
14:41	41	Jake	Flynn	Cardiff Ajax CC	Road Bike	Open	Senior	First Open

14:42	42	Cassia	Copeland	Cardiff Ajax CC	Road Bike	Female	Senior	First Open
14:43	43	Will	James	Cardiff University Road Cycling Team p/b the WACO System	Road Bike	Open	Espoir	First Open
14:44	44	Emma	Hunter	Cardiff Ajax CC	Road Bike	Female	Espoir	First Open
14:45	45	Nye	Jayne	Cardiff Ajax CC	Road Bike	Open	V40	First Open
14:46	46	Andrea	Parish	VeloSistas TT Team	Road Bike	Female	V50	
14:47	47	Stephen	Davies	Cardiff Ajax CC	Road Bike	Open	V60	
14:48	48	Reuben	Keating	Cardiff Ajax CC	Road Bike	Open	Senior	First Open
14:49	49	Adam	Smith	Cardiff Ajax CC	Road Bike	Open	V40	
14:50	50	Daniel	Williams	Cardiff Ajax CC	Road Bike	Open	Senior	
14:51	51	Rosie	May-Bennett	Tri Logic Cornwall	Road Bike	Female	Senior	
14:52	52	Trystan	Chilcoat	Cardiff University Road Cycling Team p/b the WACO System	Road Bike	Open	Espoir	First Open
14:53	53	Tadhgh	Keating	Cardiff Ajax CC	Road Bike	Open	Senior	First Open
14:54	54	Tom	Eames	Cardiff Ajax CC	Road Bike	Open	Senior	First Open
14:55	55	Adrian	Brooks	PDQ Cycle Coaching	Road Bike	Open	V60	
14:56	56	Max	Hughes	Cardiff Ajax CC	Road Bike	Open	Senior	First Open
14:57	57	Finlay	Storrie	Maindy Flyers Cycling Club	Road Bike	Open	Youth	
14:58	58	Conrad	Venter	Cardiff Ajax CC	Road Bike	Open	V40	
14:59	59	Mark	Ayling	CC Abergavenny / Owen Associates	Road Bike	Open	V40	
15:00	60	Callum	Amor	Watford Velo Sport	Road Bike	Open	Senior	
15:01	61	Marco	Marletta	VTTA (South Wales group)	Road Bike	Open	V50	
15:02	62	Darren	Hughes	Cwmcarn Paragon Cycling Club	Road Bike	Open	V50	
15:03	63	Joe	Woodley	Bristol South Cycling Club	Road Bike	Open	Senior	First Open
15:04	64	Rowan	Clayton	Cardiff University Road Cycling Team p/b the WACO System	Road Bike	Open	Espoir	First Open
15:05	65	Josie	Harcourt	FTP (Fulfil The Potential) Race Team	Road Bike	Female	Senior	
15:06	66	Ben	Core	Bristol South Cycling Club	Road Bike	Open	Senior	
15:07	67	Nick	Cox	Merthyr CC	Road Bike	Open	Senior	
15:08	68	Steven	Williams	Army Cycling	Road Bike	Open	V40	First Open
15:09	69	Miranda	Clements	Cambridge University CC	Road Bike	Female	Senior	
15:10	70	Rob	Sanderson	Cardiff Ajax CC	Road Bike	Open	V40	
15:11	71	Rob	Cowell	Ogmore Valley Wheelers	Road Bike	Open	V50	
15:12	72	Matthew	Williams	Cardiff Ajax CC	Road Bike	Open	Senior	
15:13	73	Mathys	Venter	Cardiff Ajax CC	Road Bike	Open	Junior	
15:14	74	Tom	Grigson	Stolen Goat Race Team	Road Bike	Open	V40	
15:15	75	Jonathan	Morgan	Caerphilly Triers	TT Bike	Open	Senior	
15:16	76	John	Seaward	Caerphilly Triers	TT Bike	Open	Senior	
15:17	77	Robert	Baynton	PDQ Cycle Coaching	TT Bike	Open	Veteran	
15:18	78	Jason	Rayner	Veloflow CC	TT Bike	Open	Senior	
15:19	79	Dan	Craig	Caerphilly Cycling Club	TT Bike	Open	Senior	
15:20	80	Anthony	Fidow	Newport Phoenix CC	TT Bike	Open	Veteran	
15:21	81	Colin Richard	Wallace	Merthyr CC	TT Bike	Open	Veteran	
15:22	82	Iwan	Jones	Total Tri Training	TT Bike	Open	Senior	
15:23	83	Jon	Vickery	Cwmcarn Paragon Cycling Club	TT Bike	Open	Veteran	

15:24	84	Matt	Davies	Newport Phoenix CC	TT Bike	Open	Veteran
15:25	85	Cliff	Voller	VTTA West Group	TT Bike	Open	Veteran
15:26	86	Mark	Palliser	Rule 28 x ATP Performance	TT Bike	Open	Veteran
15:27	87	Rob	Powell	Abergavenny RC	TT Bike	Open	Veteran
15:28	88	Mark	Hazell	Clevedon & District Road Club	TT Bike	Open	Veteran
15:29	89	John	Aspell	Port Talbot Whs CC	TT Bike	Open	Veteran
15:30	90	Harry	Cook	Wenvoe Wheelers	TT Bike	Open	Senior
15:31	91	Chris	Groves	Port Talbot Whs CC	TT Bike	Open	Veteran
15:32	92	Oliver	Cadin	Cardiff University Road Cycling Team p/b the WACO System	TT Bike	Open	Espoir
15:33	93	Rob	Jones	Army Cycling	TT Bike	Open	Veteran
15:34	94	Theo	Tadros	Cardiff University Road Cycling Team p/b the WACO System	TT Bike	Open	Espoir
15:35	95	Peter	Lindfield	Velotik Racing Team	TT Bike	Open	Veteran
15:36	96	Samuel	Tillett	Cardiff University Road Cycling Team p/b the WACO System	TT Bike	Open	Senior
15:37	97	Christopher	Gibbard	FTP (Fulfil The Potential) Race Team	TT Bike	Open	Veteran