

The Cardiff Byways RC ran an open 25 miles time trial on the Vale of Neath course. Good conditions ensured the course reputation for fast rides was maintained, with many recording their personal best or fastest for this year. There was not a member of any Welsh Club in the first fastest 10 of the result, and the winner was Oliver Jones Hampshire RC 50m.16s.

2<sup>nd</sup> Steve Walkling Ingear-Quckvik 50-46, 3<sup>rd</sup> Hywel Davies Rugby RCC 50-51. 1<sup>st</sup> lady was Lesley-Anne Allen Science in Sport 56-05. Abertillery Wheeler Martin Latewood, who only started racing late last year, clocked a personal best of 56m.12s. to become the fastest member of his club at the distance this year, and take an eight second lead over Tony Hudson for the club's 25 miles Championship. Gareth Chislett also recorded a personal best of 59m.45s, while 70 years old Owen Pocock clocked a remarkable 1h.09m.19s for his fastest at the distance for two years.

The following day The Cardiff 100 milers RCC held their open 50 on a course that uses the roads from Abergavenny to Mitchell Troy twice, and although there was strong breeze against riders as they rode back towards Abergavenny, the times were still good. The winner Nick Gardiner time trial.co.uk. clocked 1h.50m.44s, for the 50 miles which must have seemed a short distance as he won the British 24 hours championship a fortnight ago with 493 miles. 2<sup>nd</sup> Colin Wallace Port Talbot Wh. 1-51-37, 3<sup>rd</sup> Colin may Acme Wh 1-53-37.

1<sup>st</sup> Lady Michelle Parsons Evesham Wh 2-18-40. 1<sup>st</sup> Veteran Tony Thorne Bath CC 1-56-52. Abertillery Wheeler Ian Davies kept his lead in his club's 50 miles championship by clocking a personal best time of 2h.02m.54s Tony Hudson 2h.06m.03s., also a personal best.

In the latest of Abertillery Wheelers weekly 10 miles time trials on the circuit course between Pontypool and Hafodyrynys, Tony Hudson got back to his winning ways with an excellent 23m.42s. Ian Davies 23-58, Martin Latewood 24-06, Kevin Jones 24-59, Gareth Chislett 25-35, Dave Evans 25-35, Mike Waters 28-16, Gavin Rees 28-49, Owen Pocock 30-47.

Next Sunday the Welsh CA run the Welsh 100 miles Championship on roads between Abergavenny, Raglan and Monmouth.