Pembrokeshire Velo Cycling Club

Results year 2019: CTT Club Time Trials

9th April, Redberth course, 10 miles

Position	*Name*	*Time*	*Bike*	*Category*	*Points*
1	Grant Arnold	23’49	TT	Senior	10
2	Rob Dyde	25’04	R	Senior	9
3	Shane Davies	25’11	TT	Senior	8
4	Ross McNally	25’52	R	Senior	7
5	Nathan Miles	26’51	TT	Vet	6

14th May, Redberth course, 10 miles

Position	*Name*	*Time*	*Bike*	*Category*	*Points*
1	Rob Dyde	22’48	TT	Senior	10
2	Richard Coomer	23’27	TT	Vet	9
3	Grant Arnold	24’22	R	Senior	8
4	Shane Davies	24’23	TT	Senior	7
5	Daryl John	25’31	TT	Vet	6
6	Morgan Lloyd	25’33	TT	Jun	5
7	Barri Evans	26’52	R	Vet	4
1	Lizzie Ward	34’50	R	Senior W	10
2	Karen Burton	36’42	R	Senior W	9
3	Sian Adams	37’03	R	Senior W	8

18th June, Redberth course, 10 miles

Position	*Name*	*Time*	*Bike*	*Category*	*Points*
1	Richard Coomer	22’36	TT	Vet	10
2	Grant Arnold	22’45	TT	Senior	9
3	Finn Arentz	22’51	TT	Senior	8
4	Liam Rowlands	24’05	TT	Senior	7
5	Tom Clode	26’03	R	Senior	6
6	Steve Cowley	26’43	R	Vet	5
7	Lorraine Siva	30’39	R	Vet W	10

9th July, Redberth course, 10 miles

Position	*Name*	*Time*	*Bike*	*Category*	*Points*
1	Richard Coomer	22’11	TT	Vet	10
2	Grant Arnold	22’21	TT	Senior	9
3	Rob Dyde	22’23	TT	Senior	8
4	Shane Davies	23’27	TT	Senior	7
5	Katy Groves	32’52	R	Senior W	6

13th August, Redberth course, 10 miles

Position	*Name*	*Time*	*Bike*	*Category*	*Points*
1	Rob Dyde	21’54	TT	Senior	10
2	Richard Coomer	23’15	R	Senior	9
3	Morgan Lloyd	23’28	TT	Senior	8
4	Mike Lindsay	23’54	R	Senior	7
5	Brad Davies	27’36	TT	Vet	6

6	Katy Groves	30’01	R	Senior W	10
7	Lorraine Siva	30’02	R	Vet W	9

Men’s final points results:

1. **Richard Coomer, 38 points**
2. Rob Dyde, 37 points
3. Grant Arnold, 36 points

Women’s final results:

1. **Katy Groves, 20 points**
2. Lorraine Siva, 19 points
3. Lizzie Ward, 10 points

Senior women’s champion (fastest 10 TT): **Katy Groves**

Senior men’s champion (fastest 10 TT): **Rob Dyde**

Veteran women’s champion (fastest 10 TT): **Lorraine Siva**

Veteran men’s champion (fastest 10 TT): **Richard Coomer**