

# Abergavenny Road Club

sponsored by

Gateway Cycles, Govilon Garage & Nick Lane Building Contractors Ltd

## 2009 Club Championships Results & Merit Award Winners

### 10 MILE TIME TRIAL CHAMPIONSHIPS

<b>Open</b>	1st	T. Rose	21:37
	2nd	C. Haworth	23:39
	3rd	J. Thomas	23:44
<b>Veteran</b>	1st	I. Langford	+3:33
	2nd	C. Haworth	+2:39
	3rd	J. Thomas	+2:34

### 25 MILE TIME TRIAL CHAMPIONSHIPS

<b>Open</b>	1st	T. Rose	56:50
	2nd=	J. Webb	1:02:46
	2nd=	C. Haworth	1:02:46
	3rd	A. Parry	1:04:02
<b>Veteran</b>	1st	C. Haworth	+5:14
	2nd	J. Thomas	+3:55

### 10 MILE TIME TRIAL HANDICAP SERIES

1st	J. Webb	31 pts
2nd=	J. Thomas	24 pts
2nd=	C. Haworth	24 pts
3rd	C. Welson	22 pts

### HILL CLIMB CHAMPIONSHIPS

<b>Open</b>	1st	T. Rose
	2nd	N. Lane

### CRITERIUM CHAMPIONSHIPS

<b>Open</b>	1st	A. Parry
	<b>3/4</b>	
<b>Veteran</b>	1st	S. Thomas
<b>U/12 (G)</b>	1st	F. James
<b>U/10 (G)</b>	1st	M. James
	2nd	L. Thomas
<b>U/10 (B)</b>	1st	N. Ford
<b>U/8 (B)</b>	1st	H. Higgins-Worrall
	2nd	R. Thomas

### ROAD RACE CHAMPIONSHIPS

<b>Open</b>	1st	I. Sutcliffe
	2nd	G. Rose
	3rd	S. Thomas
<b>Veteran</b>	1st	I. Sutcliffe
	2nd	S. Thomas
	3rd	G. Edwards
<b>Women</b>	1st	E. Bassy

### BEST ALL-ROUNDER AWARD

<b>Senior</b>	G. Rose
<b>Veteran</b>	S. Thomas
<b>Youth</b>	S. Beckingsale

### MOUNTAIN BIKE CHAMPIONSHIPS

<b>Youth</b>	1st	S. Beckingsale
	<b>U/12 (B)</b>	1st B. Beckingsale
<b>U/12 (G)</b>	1st	F. James
<b>U/10 (B)</b>	1st	N. Ford
	2nd	J. Beckingsale
<b>U/10 (G)</b>	1st	M. James
<b>U/8 (B)</b>	1st	H. Higgins-Worrall
	2nd	L. Price

### CYCLO - CROSS CHAMPIONSHIPS

<b>Open</b>	1st	G. Rose	
	2nd	S. Thomas	
	3rd	O. Davies	
<b>Women</b>	1st	S. Best	
	2nd	K. Higgins-Worrall	
	3rd	J. Ford	
<b>Veteran</b>	1st	S. Thomas	
	2nd	L. Lines	
	3rd	J. Thomas	
<b>Youth</b>	1st	F. James	
	<b>U/12 (B)</b>	1st	T. Best
		2nd	B. Beckingsale
3rd		I. Best	
<b>U/12 (G)</b>	1st	L. Thomas	
<b>U/10 (B)</b>	1st	J. Beckingsale	
	2nd	L. Price	
	3rd	T. Lane	
<b>U/10 (G)</b>	1st	M. James	
	2nd	E. Doheny	
<b>U/8 (B)</b>	1st	R. Thomas	
	2nd	A. Griffiths	
	3rd	A. Cole	

### TT MERIT AWARD CERTIFICATE WINNERS

<b>Gold</b>	T. Rose (10 miles)
	C. Haworth (10 miles)
	L. Williams (10 miles)
	J. Thomas (10 miles)
<b>Silver</b>	T. Rose (25 miles)
	C. Haworth (25 miles)
	J. Thomas (25 miles)
	J. Webb (10 miles)
<b>Bronze</b>	N. Cox (10 miles)

### AUDAX MERIT AWARD MEDAL WINNER

<b>Gold</b>	J. Saville
<b>Silver</b>	D. Hayhurst

### CLUBMAN OF THE YEAR

R. James

### OUTSTANDING ACHIEVEMENT AWARD

R. James  
P. Turnbull