



CANLYNIADAU 2009 RESULTS

BOXING DAY 10 MILE TIME TRIAL - 26/12/2008

DALAR - A55

1	MARC BOWMAN	28.48
2	MEDWYN WILLIAMS	29.49
3	ARWEL JONES	29.13
4	DAVE HUGHES	29.44
5	JOHN PAUL OWEN	30.08
6	WARREN MCDONOUGH	31.31
7	STEPH FELL	34.29



**CLWB SEICLO CAERYBI - HOLYHEAD CYCLING CLUB
MONARFON 8 MILE TIME TRIAL
LLANFAELOG
APRIL 16TH**

POSITION	RIDER	CLUB	TIME
1	GARETH McGUINESS	ENERGY CYCLES	18.31
2	ERIC DEGOLIER	ENERGY CYCLES	19.34
3	IWAN PARRY	CLWB RASIO MONA	19.37
4	HARRY WICKHAM	ENERGY CYCLES	19.48
5	DEWI JONES	ENERGY CYCLES	19.59
6	GARETH BLACKSHAW	HOLYHEAD C.C.	20.05
7	MEDWYN WILLIAMS	HOLYHEAD C.C.	20.12
8	DAVE HUGHES	CLWB RASIO MONA	20.13
9	KEITH EVANS	CLWB RASIO MONA	20.37
10	DEREK SAYER	ENERGY CYCLES	21.05
11	MARK MALPASS	ENERGY CYCLES	21.27
12	MARK BOWMAN	HOLYHEAD C.C.	21.29
13	PAUL MARTIN	HOLYHEAD C.C.	21.38
14	DYLAN WILLIAMS	CLWB RASIO MONA	21.53
15	DELWYN WILLIAMS	HOLYHEAD C.C.	22.02
16	JASMINE SHARP	ENERGY CYCLES	22.35
17	DEB SHERIDAN	CLWB RASIO MONA	23.10
18	EAMON SHERIDAN	CLWB RASIO MONA	25.38

CLUB 10 MILE TIME TRIAL - APRIL 30TH

DALAR A55

1	ARTHUR THOMAS - ENERGY CYCLES	23.33
2	GARETH BLACKSHAW	24.23
3	MEDWYN WILLIAMS	24.25
4	DEWI JONES - ENERGY CYCLES	25.04
5	BARRIE WILLIAMS - CLWB RASIO MONA	26.06
6	MARK BOWMAN	26.07
7	STEVE FARRAR	26.36
8	PAUL MARTIN	27.03
9	GARETH HIND - CLWB RASIO MONA	27.30
10	BARBARA WILLIAMS - CLWB RASIO MONA	32.59

CLUB 8 MILE CHAMPIONSHIPS - SUNDAY MAY 17TH

LLANFAELOG



1	GARETH BLACKSHAW - GOLD	19.24
2	MEDWYN WILLIAMS - SILVER	20.58
3	PAUL MARTIN - BRONZE	21.31
4	DAVID WILLIAMS	21.55
5	MARK BOWMAN	22.17

CLUB 8 MILE TIME TRIAL - MAY 28TH

LLANFAELOG

1	DEWI JONES - ENERGY CYCLES	19.09
2	STEVE FARRAR - P.B	20.21
3	MEDWYN WILLIAMS	20.27
4	BARRY WILLIAMS - CLWB RASIO MONA	20.37
5	PAUL MARTIN - P.B.	20.55
6	JASMINE SHARP - ENERGY CYCLES	21.05
7	MARK MALPASS - ENERGY CYCLES	21.25
8	BARBARA WILLIAMS - CLWB RASIO MONA	26.14
2-UP	MARK BOWMAN & GARETH BLACKSHAW	20.34



CLUB MONARFON 10 MILE TIME TRIAL - JUNE 11TH

DALAR

Position	Name	Time
1	Gareth McGuinness - Energy cycles	22.12
2	Harry Wickham - Energy cycles	23.14
3	Arthur Thomas - Energy cycles	23.37
4	Medwyn Williams - Clwb Seiclo Caergybi	24.08
5=	Dewi Jones - Energy cycles	24.13
5=	Dave Hughes - Clwb rasio mona	24.13
6	Steve Farrar - Clwb Seiclo Caergybi	25.08
7=	Barry Williams - Clwb rasio mona	25.40
7=	John Williams - Energy cycles	25.40
8	Dylan Williams - Clwb rasio mona	25.43
9	Paul Martin - Clwb Seiclo Caergybi	25.57
10	Jasmine Sharp - Energy cycles	26.08
11	Derek Sayer - Energy cycles	26.12
12	Mark Bowman - Cwlb Seiclo Caergybi	26.14
13	Delwyn Williams - Clwb seiclo Caergybi	26.34

CLUB 10 MILE CHAMPIONSHIPS - JUNE 28TH

DALAR



1.	MEDWYN WILLIAMS - GOLD	24.08
2.	DEWI JONES - ENERGY CYCLES	24.28
3.	ARWEL JONES - SILVER	24.49
4.	PAUL MARTIN - BRONZE	25.16
5.	STEVE FARRAR	25.35
6.	MARK BOWMAN	26.24
7.	DAVID WILLIAMS	26.56
8.	JOHN BARNES	33.22

CLUB 8 MILE TIME TRIAL - JULY 9TH

LLANFAELOG

1	ARTHUR THOMAS - ENERGY CYCLES	18.48
2	GARETH BLACKSHAW	19.09
3	MEDWYN WILLIAMS	19.17
4	DEWI JONES - ENERGY CYCLES	19.31
5	PAUL MARTIN	19.48
6	STEVE FARRAR	20.19
7	MARK BOWMAN	20.35
8	DELWYN WILLIAMS	20.57
9	JASMINE SHARP - ENERGY CYCLES	21.27
10	ALED WILLIAMS	24.02



Cymdeithas Seiclo GWYNEDD Cycling Association. C.S Caergybi 25mile T.T , 23rd. July 2009

RESULTS.

1. Gareth McGuinness	Energy Cycles	58m56s.	V	+ 7.04
2. Justin McIlveen	Rhos-on-Sea	59m08s.		
3. Simon Roxburgh	Rhos-on-Sea	1h 01m23s		
4. Neil Walsh	Rhos-on-Sea	1h 02m16s.		
5. Arthur Thomas	Energy Cycles	1h 03m47s.	V	+16.18
6. Ivor Wild	Rhos-on-Sea	1h 05m54s.	V	+15.23
7. David Dudley	Rhos-on-Sea	1h 06m00s.	V	+3.02
8. = Rhian Roxburgh	Rhos-on-Sea	1h 06m03s.	L	
8.= Gareth Blackshaw	C.S Caergybi	1h 06m03s		
10. Iwan Parry	Clwb Rasio Mona	1h 06m11s.		
11. Dave Thomas	Energy Cycles	1h 07m40s.	V	+15.27
12. Chris Pritchard	Rhos-on-Sea	1h 08m22s.	V	+2.45
13. Ben Beachell	Rhos-on-Sea	1h 10m07s.		
14. Derek Sayer	Energy Cycles	1h 10m20s.	V	+6.51
15. John Williams	Energy Cycles	1h 11m08s.	V	+6.03
16. Dylan Williams	Clwb Rasio Mona	1h 13m01s.	V	-3.28
17. Jasmine Sharp	Energy Cycles	1h 13m33s.	L	
18. Brian Glyn Jones	Clwb Rasio Mona	1h 14m56s.	V	-1.40
19. Graham Edwards	Rhos-on-Sea	1h 20m41s.	V	-5.46
20. Tony Lord	Rhos-on-Sea	1h 24m26s	V	-3.45

CLUB 8 MILE TIME TRIAL - AUGUST 6TH

LLANFAELOG

1.	GARETH BLACKSHAW	18.48
2.	IWAN PARRY - CLWB RASIO MONA	18.52
3.	DEWI JONES - ENERGY CYCLES	19.11
4.	PAUL MARTIN	19.52
5.	BARRY WILLIAMS - CLWB RASIO MONA	20.21
6.	HUW PARRY - CLWB RASIO MONA	20.34
7.	DELWYN WILLIAMS	20.42
8.	ANDY ???????	21.10
9.	DEBORAH SHERIDAN - CLWB RASIO MONA	21.30
10.	EAMONN SHERIDAN - CLWB RASIO MONA	22.37
11.	BARBARA WILLIAMS - CLWB RASIO MONA	25.47



CLUB 15 MILE CHAMPIONSHIPS - AUGUST 17TH

ABERFFRAW

1	GARETH BLACKSHAW - GOLD	38.56
2	PAUL MARTIN - SILVER	39.45
3	DAVID WILLIAMS - BRONZE	42.03
4	DELWYN WILLIAMS	43.57
5	MARK BOWMAN	45.16
6	DEWI JONES - ENERGY CYCLES	DNF

CLUB 10 MILE TIME TRIAL - AUGUST 27TH

DALAR



EVENT CANCELLED TO DUE TO ADVERSE WEATHER AND CONCERNS FOR RIDER SAFETY.

CLUB HILLCLIMB CHAMPIONSHIPS - ROUND 1 - SEPTEMBER 10TH

PORHFAFARCH - PENRHOSFELIW

1	GARETH BLACKSHAW	2.45
2	MARK BOWMAN	2.47
3	PAUL MARTIN	3.03
4	DAVE WILLIAMS	3.04
5	MEDWYN WILLIAMS	3.05
6	DELWYN WILLIAMS	3.06

HOLYHEAD CYCLING CLUB HILLCLIMB CHAMPIONSHIPS

ROUND 2

SEPTEMBER 12TH

SOUTH STACK

1	CHRIS PURT	ENERGY CYCLES	3.04
2	IWAN PARRY	CLWB RASIO MONA	3.09
3	GARETH WILLIAMS	CHELTENHAM C.C. – NOT IN M.A. LEAGUE	3.16
4	JAMIE HOLDING	ENERGY CYCLES	3.33
5	MARK BOWMAN	HOLYHEAD CYCLING CLUB	3.41
6	GARETH BLACKSHAW	HOLYHEAD CYCLING CLUB	3.48
7	PAUL MARTIN	HOLYHEAD CYCLING CLUB	3.52
8	MEDWYN WILLIAMS	HOLYHEAD CYCLING CLUB	3.55
9	DAVID WILLIAMS	HOLYHEAD CYCLING CLUB	4.00
10	DYLAN WILLIAMS	CLWB RASIO MONA	4.11
11	DAVE HUGHES	CLWB RASIO MONA	4.32
12	BARRY DAVIES	CLWB RASIO MONA	5.14

HOLYHEAD C. C HILLCLIMB CHAMPIONSHIPS FINAL OVERALL RESULTS

PLACING	RIDER	ROUND 1	ROUND 2	OVERALL
1	MARK BOWMAN	2.47	3.41	6.28
2	GARETH BLACKSHAW	2.45	3.48	6.33
3	PAUL MARTIN	3.03	3.52	6.55
4	MEDWYN WILLIAMS	3.05	3.55	7.00
5	DAVID WILLIAMS	3.04	4.00	7.04