

Merthyr Cycling Club 25 Mile Time Trial

Sunday 1st April 2018

Promoted for and on behalf of Cycling Time Trials under their rules
and regulations

In association with EC Cycles

R25/3H – 09:00

Event Secretary

Thomas Few

14 Parc Cwm Pant Bach

Merthyr Tydfil

CF48 1TQ

07988422138

fewtc99@gmail.com



Timekeepers

Start: Martyn Heritage-Owen

Finish: Robin Field, Assistant: Frances Field

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD. IT IS A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE REGULATION 15 AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE

Event Headquarters – open 8am

Rhigos Rugby Club. CF44 9HJ.

There is ample parking at the Ruby club and in the lane outside the event HQ. Please remember to leave spaces for event officials and please take care not to park across drive ways or cause obstruction.

REMEMBER to sign in and sign out after the race. Failure to do so will result in a disqualification.

Tea/coffee, cakes and biscuits will be available. Please sign on as soon as possible following arrival at the venue. The event will be run on the R25/3H course. To get to the start follow the directions of the marshals and proceed with caution. Allow ample time to get to the start to ensure you do not miss your start time. The field is full so if you miss your time, you may not get to ride

Complaints and reporting accidents should be made in writing to the promoter within 72hrs.

Reserves: There are 4 reserves, on past evidence all will get a ride. If you are unable to ride please let the organiser know as soon as possible so that the next reserve can be allocated a ride.

R25/3H - Course Description	Miles
Video of the course : https://www.youtube.com/watch?v=L8KQ1sv3Lhg&t=188s	
START on access rd to Hirwaun Ind Est (E 293120/ N206180 OS 170/160) 8 yards north of lamp column No.1 & 30 yards north of junction with unclassified rd (old A465) Hirwaun to Cefn Rhigos.	0.000
Proceed south to junction with unclassified road (on to the old route) and bear left to rbt with A4061 (Rhigos mountain rd) where take 2 nd exit (straight on) to Hirwaun rbt A465 to take first exit.	1.306
Continue along A465 to Blaengwrach roundabout (McDonalds) to take second exit (straight on).	7.169
Continue on A465 to Resolven roundabout to take third exit (straight on)	10.183
Continue on A465 to exit at next junction (signpost Seven Sisters), climbing to the Tonna rbt, where take 1st exit to Aberdulais Interchange, circle rbt and take 4th exit down slip road to rejoin the A465 eastward.	15.063
Continue along A465 to Resolven roundabout to take second exit (straight on)	19.719
Continue on A465 to Blaengwrach roundabout (McDonalds).	22.764
Take 2nd exit continuing on A465, passing over river bridge and the Glynneath interchange to REMAIN ON A465 to FINISH in the SECOND layby on the left at a point 25 yards west of the 'Take Litter Home' sign and opposite the emergency telephone point.	25.014
Continue on A465 up the hill for 4 miles to take 3rd exit at rbt to Rhigos and retrace to HQ.	

H.Q. 295665 East 205663 North, Start 293120 East 206180 North
 Turn 277000 East 199000 North, Finish 288552 East 206472 North

All riders are asked to comply with the following requests.

- ✓ **Sign on at the HQ.**
- ✓ Do **call your number** to the finishing timekeeper or your time may not be recorded.
- ✓ Do keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE.**
- ✓ **IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**
- ✓ **This event may be subject to doping control.**
- ✓ **No passing the start time keeper or warming up on the course.**
- ✓ **No turbo within 100m of residential areas, especially the residential part of Halt Rd near the start. South Wales DC have already received complaints about riders parking across drives. The R25/3L has already been withdrawn because of nuisance complaints.**
- ✓ **No anti-social behaviour for example littering and urinating in public. Failure to follow these basic rules will result in a DQ & referral to the South Wales DC**

Event marshals are NOT authorised to stop traffic for competitors, so please ride safely and carefully.

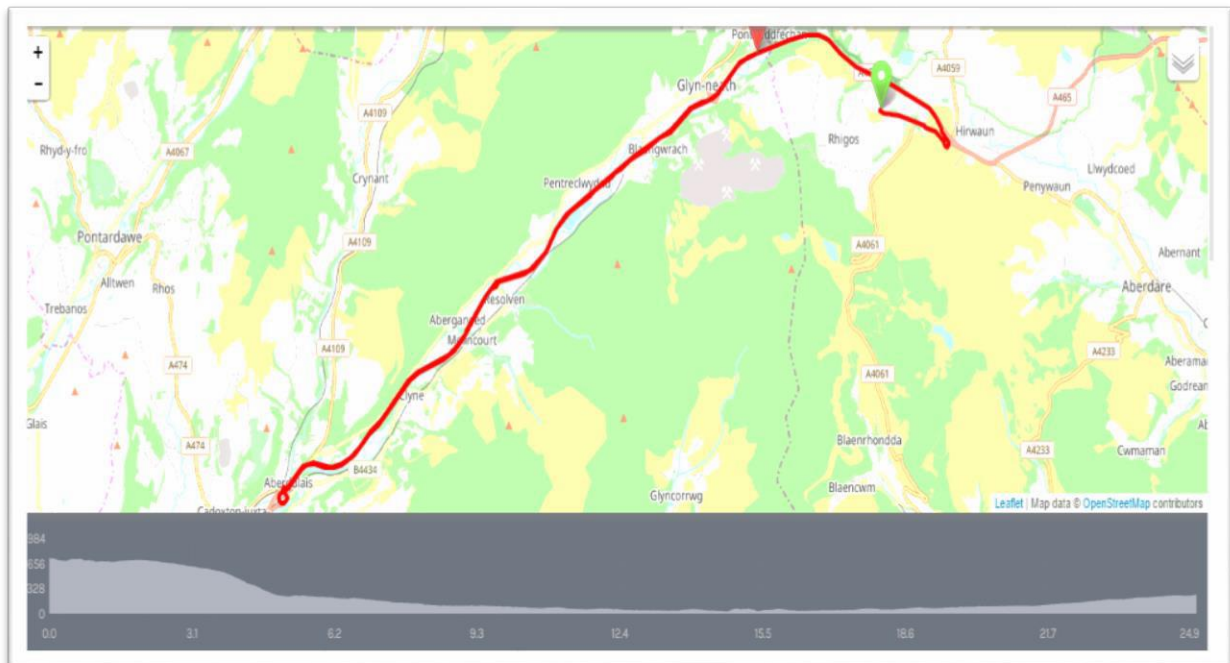
Turn - Please familiarise yourself with the on-slip back onto the A465. Whatever we do the odd rider still manages to go off course. There will be marshals on site, but it is your responsibility to do your own research.

TIP: Riders generally try and turn down the old Rd but Trunk Rd signs are in GREEN

Race numbers will be available from the HQ. **Please return race numbers as soon as possible and remember to sign out!**

Prizes (one rider one prize)

First Male Solo Overall	-£30
Second Male Solo Overall	-£25
Third Male Solo Overall	-£20
First Female Solo Overall	-£30
Second Female Solo Overall	-£25
Third Female Solo Overall	-£20
First Male Vet Overall	-£20
First Female Vet Overall	-£20
First Junior Overall	-£20



Startsheet

No	Name	Club	Cat	Start
1	Mark Binding	Merthyr CC	M	09:01
2	David Singleton	Acme Whs (Rhondda) CC	MV	09:02
3	Mathew Atkins	Cardiff Triathletes	MV	09:03
4	Ross Phillips	Cwmcarn Paragon Road Club	MV	09:04
5	Phil Wright	Hartlepool CC	MV	09:05
6	Christopher Oworm	Severn Valley Cycles	M	09:06
7	Paul Freegard	Chippenham & District Wheelers	MV	09:07
8	Dorian Rees	Sarn Helen Club	MV	09:08
9	Harry Cowley	Chester RC	MV	09:09
10	Stuart Stow	Twickenham CC	MV	09:10
11	James Churchard	Reading CC	MV	09:11
12	Alex John	Cycle Specific	M	09:12
13	Eric Rees	Sarn Helen Club	MV	09:13
14	Alice Earle	VeloVitesse/ALLCAP/James Barry/Johnson Controls – Hitachi/SiS	W	09:14
15	Will Roberts	Wales Racing Academy	M	09:15
16	David Wilson-Evans	Bynea Cycling Club	MV	09:16
17	Emma Angove	73Degrees CC, WestSide Coaching	W	09:17
18	Diane Wilson-Evans	Bynea Cycling Club	WV	09:18
19	Huw Morgam	Narberth Dynamos Cycling Club	MV	09:19
20	Michael Portlock	Merthyr CC	MV	09:20
21	Ian Turner	North Road CC	MV	09:21
22	Michael Cope	Kettering CC	MV	09:22
23	Katie Bowler	Bynea Cycling Club	W	09:23
24	Darrel Williams	Bynea Cycling Club	MV	09:24
25	Andy Davies	Cardiff Jif	M	09:25
26	Gary Flower	Acme Whs (Rhondda) CC	MV	09:26
27	Marco Marletta	Cardiff Jif	MV	09:27
28	Jose Espinosa	Pinoy Cycling Club UK	MV	09:28
29	Roxy Woodfield	Hereford Triathlon Club	W	09:29
30	Adrian Hughes	Seamons CC	MV	09:30
31	Tom Ellis	Bikestrong-KTM	M	09:31
32	James Elgar	N.E.W.T	M	09:32
33	Jairus Soquena	Pinoy Cycling Club UK	MV	09:33
34	Stuart Howe	Rhondda Triathlon Club	MV	09:34
35	Gareth Davies	Team Bottrill / Vanguard	M	09:35
36	Steve Burrows	Vive Le Velo	MV	09:36
37	Ray Retter	North Devon Wheelers	MV	09:37
38	Kirsty Mcseveney	Fareham Wheelers CC	W	09:38
39	Michael Gelder	Tricycle Association South West Region	MV	09:39
40	James Tillett	Wales Racing Academy	M	09:40
41	Neil Mackley	Fareham Wheelers CC	MV	09:41
42	Andrew Hayward	Cwmcarn Paragon Road Club	MV	09:42

No	Name	Club	Cat	Start
43	Mark Leeming	Chepstow Cycling Club	MV	09:43
44	John Williams	Bynea Cycling Club	MV	09:44
45	Joe Hawksworth	Bristol South Cycling Club	M	09:45
46	Phil Barnes	Team Swift	MV	09:46
47	Adrian Gorham	Kettering CC	MV	09:47
48	Sharon Clifford	SheHair Racing Team	WV	09:48
49	Sally Harmer	Pembrokeshire Velo	WV	09:49
50	Alan Murchison	DRAG2ZERO	MV	09:50
51	Paul Hayward	Cwmcarn Paragon Road Club	MV	09:51
52	Stu Wright	Planet X - Carnac	MV	09:52
53	Dominic Norcross	Team NBCC	MV	09:53
54	Thomas Harrington	Abergavenny RC	MJun	09:54
55	Lawrence Burrows	Vive Le Velo	M	09:55
56	Richard Coleman	Stourbridge Velo	MV	09:56
57	Rob Dyde	Pembrokeshire Velo	M	09:57
58	Brad Davies	Bynea Cycling Club	MV	09:58
59	Caryl Williams-Ford	Bynea Cycling Club	WV	09:59
60	Alan Spurden	Chelmer CC	MV	10:00
61	Steve Curry	Ogmore Valley Wheelers CC	MV	10:01
62	Andrew Clarke	Mid Shropshire Wheelers	MV	10:02
63	Janet Bassett	Team Bottrill / Vanguard	W	10:03
64	Andrew Lewis	Port Talbot Whs CC	MV	10:04
65	Samuel Tillet	Wales Racing Academy	M	10:05
66	Neil Gregory	Port Talbot Whs CC	MV	10:06
67	Phillip Turner	Bynea Cycling Club	MV	10:07
68	Nicholas Forbes	Bynea Cycling Club	MV	10:08
69	Guy Rees	Bynea Cycling Club	M	10:09
70	Richard Gambling	Team Backstedt Bike Performance	MV	10:10
71	Stephanie Post	Team Bottrill / Vanguard	W	10:11
72	Christopher Bailey	Lyme Racing Club	MV	10:12
73	Danielle Flawn	Cycle Specific	W	10:13
74	Neil Meredith	Abercynon Road Club	M	10:14
75	Katie Greves	AS Test Team	W	10:15
76	Chris Fairclough	Cwmcarn Paragon Road Club	M	10:16
77	Robert Hall	Cycle Specific	M	10:17
78	Steven Jones	Bynea Cycling Club	MV	10:18
79	Caitlin Shaw	M & D Fusion RT / Gearclub / Worx	W	10:19
80	Mark Flannery	Team Swift	MV	10:20
81	Owen Line	Wales Racing Academy	M	10:21
82	Brett Davis	Lewes Wanderers CC	MV	10:22
83	Anastasia Bowler	AS Test Team	W	10:23
84	Andy Morgan	PDQ Cycle Coaching	MV	10:24
85	Rob Stephenson	Southborough & Dist. Whs	MV	10:25
86	Rod Hicks	Port Talbot Whs CC	MV	10:26
87	Jonathan Wilkinson-Lockyer	Team Tor 2000 KALAS	MV	10:27
88	John Shehan	Bynea Cycling Club	MV	10:28
89	Vicky Gill	DRAG2ZERO	W	10:29

No	Name	Club	Cat	Start
90	Dan Coombe	Wales Racing Academy	M	10:30
91	Richard Long	Merthyr CC	M	10:31
92	Paul Stephens	Ross on Wye & Dist CC	MV	10:32
93	Lisa Davis	Lewes Wanderers CC	WV	10:33
94	Sandra Burrows	Vive Le Velo	WV	10:34
95	Stuart Birnie	Willesden CC	M	10:35
96	Paul Winchcombe	Chippenham & District Wheelers	MV	10:36
97	Thomas Dye	Cardiff Ajax CC	M	10:37
98	Timo Hendy	Chevaliers	M	10:38
99	Brian Parker	Abercynon Road Club	MV	10:39
100	Christopher Gibbard	Bynea Cycling Club	M	10:40
101	John Regan	Pembrokeshire Velo	MV	10:41
102	Derek Dowdeswell	Gloucester City Cycling Club	MV	10:42
103	Dean David	Bynea Cycling Club	M	10:43
104	Helen Bailey	Lyme Racing Club	WV	10:44
105	Cavan Walker	Cycle Team Onform	MJun	10:45
106	Andrew Newey	Ribble Valley C&RC	M	10:46
107	William Loughridge	Rapha Cycling Club	MV	10:47
108	Simon Kinsey	Virtual Cycling Club	MV	10:48
109	Trudy Sharam	Lea Valley CC	WV	10:49
110	George Fox	Team Bottrill / Vanguard	M	10:50
111	Colin Wallace	Merthyr CC	MV	10:51
112	Oliver Walker-Hayes	University of Bristol Cycling Club (UOBCC)	M	10:52
113	Richard Parker	New Forest CC	MV	10:53
114	Paul Rees	Bynea Cycling Club	MV	10:54
115	Chris Boddy	Didcot Phoenix CC	M	10:55
116	Richard Coomer	Pembrokeshire Velo	MV	10:56
117	Ian Lindsay	Gloucester City Cycling Club	MV	10:57
118	Gaynor Hughes	Bynea Cycling Club	WV	10:58
119	Martin Keable	Kettering CC	MV	10:59
120	Gavin Hinxman	DRAG2ZERO	MV	11:00
121	Lee Francis	Velo Club Bristol - Webbs Cycles	M	11:01
122	Gary Jones	Pontypool Road Cycling Club	MV	11:02
123	Deborah Sheridan	Warwickshire Road Club	WV	11:03
124	Louise Georgi	Giant CC Halo Films	WV	11:04
125	William Manfield-Yorke	Cycle Team Onform	MJun	11:05
126	Dean Ware	Team Backstedt Bike Performance	M	11:06
127	Adam Jarps	Team Bottrill / Vanguard	M	11:07
128	Paul Haig	Cheltenham & County Cycling Club	MV	11:08
129	Kevin Bessant	Bynea Cycling Club	MV	11:09
130	Luke Cornish	Cwmcarn Paragon Road Club	M	11:10
131	Ieuan Woods	Cycle Team Onform	MJun	11:11
132	James Fox	Velo Club Venta	M	11:12
133	Adrian Osborn	Stratford Cycling Club	MV	11:13
134	Alistair Morgan	Pontypool Road Cycling Club	MV	11:14
135	Lewis Keightley	Primera-Teamjobs	M	11:15

No	Name	Club	Cat	Start
136	Oliver Rowlands	Newport Phoenix CC	MJun	11:16
137	Cliff Voller	Newbury RC	MV	11:17
138	Roger Wood	Pontypool Road Cycling Club	MV	11:18
139	Robert Wadsworth	Clevedon & District Road Club	M	11:19
140	Pat Wright	Paceline RT	M	11:20
141	Jon Vickery	Cwmcarn Paragon Road Club	MV	11:21
142	Pfeiffer Georgi	Liv CC Halo Cycles	Fjun	11:22
143	Leon Evans	Cardiff Ajax CC	MV	11:23
144	Philip Sims	Newport Phoenix CC	MV	11:24
145	Stuart Travis	Team Bottrill / Vanguard	M	11:25
146	Mark Ellis	Team Milton Keynes	MV	11:26
147	Adam Robinson	Team KTM UK	M	11:27
148	Peter Kibble	Wales Racing Academy	M	11:28
149	Alice Lethbridge	DRAG2ZERO	W	11:29
150	Marcin Bialoblocki	NOPINZ	M	11:30
151	Kyle Jones	WORX Factory Racing Powered by Silverstone	Juv	Res 1
152	Simon Bowler	AS Test Team	MV	Res 2
153	Neil Turner	Hereford Triathlon Club	MV	Res 3
154	Matthew Boazman	Wyre Forest Cycle Racing Club	M	Res 4