



PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS
AND CHAMPIONSHIP CONDITIONS

Event Sec: Martyn Heritage-Owen – 28 Clos Tyla Bach, Cardiff, CF3 0EJ.
Email: coaching@realteam.co.uk. Complaints and reporting accidents should be made in writing to the promoter within 72hrs.

Start: Time Keeper & Officials: Tony Howell, Phyllis Harradine, Paul Robinson.
Finish: Time Keepers & officials: Robin & Frances Field, Norman James, Simon Kinsey.

Observers: Terry Harradine, John Shehan & members of South Wales DC.

HQ – Rhigos Rugby Club (CF44 9HJ) – open from 15:00 for signing on /result board and presentation. There is ample change facilities and additional showers situated in the community hall at the bottom of the car park and at the rugby club itself.

Many thanks to Denise Lawson and all the staff at Secret Training for their generous sponsorship of a bottle and hydration for all competitors and STRIP Personal care kits for the podiums. <http://www.secret-training.com/>

District and Championship Regulations

- No parking in Halt Rd (from Rhigos Rd entrance to Sixteen Avenue Parking, and turbo usage is permitted in Sixteen Avenue (Do not block entrances to businesses).
- **No cars, except officials, are allowed in Thirteen Avenue (the start rd).**
- No cars associated with the event may park in the laybys on Rhigos Rd between the start and joining the A465 dual carriageway (a district official will be checking compliance).
- No warming up on the course once the event is underway.
- No passing the Start timekeeper or doing a U-turn in start area.
- Turboing is not permitted within 100m of residential buildings. In practice, this means the whole of Rhigos village up to Mount Rd.
- Spectators are welcome opposite the start provided they are on foot.
- A shuttle service will take clothing, bottles etc left at the start to the rugby club.



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R25/3H - Course Description	Miles
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 3 rd exit (straight on)	10.18
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. Take 4th exit down slip road to rejoin the A465 eastward. A common mistake is to take the 3rd exit onto the old road. Be careful. TOP TIP: A roads have green signs!!	15.06
Continue along A465 to Resolven rbt to take second exit (straight on)	19.72
Continue on A465 to Blaengwrach roundabout (McDonalds).	22.76
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.	25.02

PRIZE PRESENTATION – In the Rugby Club.

Juniors: 19:00 Women: 20:45



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**Junior Championship**

No	Start	Name	club	Age
1	16:01	Peter Hewson	Hillingdon Slipstreamers	15
2	16:02	Joel Ackers	Innovation Racing	15
3	16:03	Harry Butterworth	Scarborough Paragon CC	14
4	16:04	George Elliott	Innovation Racing	15
5	16:05	David Norman	Team Jewson - MI Racing - Poly Pipe - McCann	17
6	16:06	Euan Backus	Zappi Racing Team	15
7	16:07	Oliver Rowlands	Newport Phoenix CC	15
8	16:08	Gabriel Chinn	Performance Cycles CC	18
9	16:09	Alex Coates	Innovation Racing	16
10	16:10	Tom Roper	Beacon Wheelers	18
11	16:11	Sam Morris	Revolutions Racing	18
12	16:12	Tom Portsmouth	VC de Londres	15
13	16:13	Kieran Morris	Mid Shropshire Wheelers	16
14	16:14	Joshua Tarling	West Wales Cycle Racing Team	13
15	16:15	Thomas Cornwell	In-Gear Quickvit Trainsharp RT	16
16	16:16	Cavan Walker	Prologue Race Team	16
17	16:17	Ieuan Woods	Banks/Catford CC Equipe	16
18	16:18	James Tillet	Giant CC - Halo Films	18
19	16:19	Tristan Pilling	Middleton CC	15
20	16:20	Ross Prescott	LJMU Cycling Team	18
21	16:21	Samuel Tillet	Giant CC - Halo Films	18
22	16:22	Lyster Romero	TBW Bottecchia Wigmore RT	18
24	16:24	Zach Bridges	Cardiff Jif	16



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No	Start	Name	club	Age
26	16:26	Tom Temple	Primera-Teamjobs	17
28	16:28	Harry Buxton	T.H.R.E. Datawolves R.T.	16
30	16:30	Zak Coleman	Team PedalRevolution.co.uk	18
32	16:32	Adam Robertson	Verulam CC	18
34	16:34	Bevan Jones	Manilla Cycling	18
36	16:36	Devon Round	Mid Shropshire Wheelers	17
38	16:38	Josh Griffiths	Bristol South Cycling Club	17
40	16:40	Harrison Wood	Mid Devon CC	17

Junior Ladies

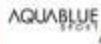
44	16:44	Savannah Hewson	Liv AWOL	17
46	16:46	Hannah Bayes	Liv AWOL	17
48	16:48	Caitlin Peters	i-Team Cyclists Club	15
50	16:50	Pfeiffer Georgi	Liv CC - Epic Coaching	16

Women's Championship

No	Start	Name	club	Age
53	16:53	Philippa Crocker	Dursley Road Club	C
54	16:54	Francesca Hall	Clay Cross RT	
55	16:55	Jacqueline Hobson	Born to Bike - Bridgtown Cycles	C
56	16:56	Rachel Przybylski	Charlottesville Cycling Club	
57	16:57	Amanda Davies	Bynea Cycling Club	B
58	16:58	Jo Buckland	Velo Club St Raphael	C
59	16:59	Florence Cox	Equipe Flamme Rouge	
60	17:00	Gill Henshaw	Velo Club Long Eaton	I
61	17:01	Kate Robinson	Berkshire Tri Squad	



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SOUTH WALES DC and



No	Start	Name	club	Age
62	17:02	Cheryl Trueman	Team Swift	G
63	17:03	Diane Hynam	Bynea Cycling Club	F
64	17:04	Joanne Jago	Performance Cycles CC	
65	17:05	Sarah Short	Bonito Squadra Corse	C
66	17:06	Anna Covey	Southampton University Road Club	
67	17:07	Hope Kerry	Team Lusso	
68	17:08	Trudy Sharam	Lea Valley CC	A
69	17:09	Christie Jones	Hereford & Dist Whs CC	
70	17:10	Janet Fairclough	St Helens CRC	D
71	17:11	Becky Schofield	Tri- Anglia Triathlon Club	
72	17:12	April Lewis	Born to Bike - Bridgtown Cycles	D
73	17:13	Sarah Croucher	Momentum Cycles RC	
74	17:14	Charlotte Chapman	Nova Raiders CC	
75	17:15	Susan Boe	Royal Air Force Cycling Association	
76	17:16	Wendy Gooding	Team Bottrill / HSS Hire	C
77	17:17	Claire Lee	Momentum Cycles RC	B
78	17:18	Amy Pritchard	Giant Camden Team Liv	
79	17:19	Chelsea Mccloskey-Lambert	Manchester Wheelers	
80	17:20	Louise Georgi	Giant CC - Halo Films	C
81	17:21	Deborah Sheridan	Warwickshire Road Club	E
82	17:22	Lucy Austin	Army Cycling Union	
83	17:23	Helen Tudor	Oswestry Paragon CC	B
84	17:24	Trish Chalk	Velo Club St Raphael	
85	17:25	Joanna Butcher	Chelmer CC	B
86	17:26	Alison Vessey	Mickey Cranks Cycling Club	E



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SOUTH WALES DC and



No	Start	Name	club	Age
87	17:27	Sharon Clifford	WCS Racing Team	D
88	17:28	Deborah Moss	Chorley Cycling Club	B
89	17:29	Christina Murray	Army Cycling Union	A
90	17:30	Diane Wilson-Evans	Bynea Cycling Club	D
91	17:31	Michelle Arthurs	Norwood Paragon CC	
92	17:32	Claire Steels	Peterborough CC	
93	17:33	Julie Chasin	Twickenham CC	A
94	17:34	Dianne Tierney	Guernsey Velo Club	A
95	17:35	Theresa Taylor	Preston CC	D
96	17:36	Emma Angove	Chippenham & District Wheelers	
97	17:37	Sally Turner	GS Stella	
98	17:38	Hannah Fawcett	Liverpool Braveheart Bicycle Club	
99	17:39	Lauren Creamer	NCC Group-Kuota-Torelli	
100	17:40	Kelly Murphy	Team Ford Ecoboost	
101	17:41	Vicky Jowett	Albarosa CC	
102	17:42	Becky Smith	Mid Devon CC	A
103	17:43	Charlotte Mallinmartin	Cambridge University CC	
104	17:44	Christine Rowley	Poole Whs	B
105	17:45	Louisa Cooper	Bournemouth Jubilee Whs	
106	17:46	Anna Weaver	Manchester Tri Club	
107	17:47	Claire Clementson	Wigan Whs CC	A
108	17:48	Fiona Sharp	York Cycleworks	
109	17:49	Debbie Bradley	Team Bottrill / HSS Hire	A
110	17:50	Michelle Fishbourne	Abercynon Road Club	C
111	17:51	Kari Jones	VeloSistas TT Team	



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SOUTH WALES DC and



No	Start	Name	club	Age
112	17:52	Sarah Matthews	...a3crg	D
113	17:53	Janet Bassett	CC Ashwell	
114	17:54	Helen Gravatt	Twickenham CC	C
115	17:55	Jennifer Smart	VC Norwich	A
116	17:56	Zoe Betteridge	southfork racing.co.uk	
117	17:57	Karen Taylor	Vertex Biemme RT	C
118	17:58	Ruth Summerford	Eastbourne Rovers CC	
119	17:59	Zoe Whiteside	Team Bottrill / HSS Hire	A
120	18:00	Kirsty Murray	Pembrokeshire Velo	A
121	18:01	Lynne Biddulph	Born to Bike - Bridgtown Cycles	B
122	18:02	Dena Ford	High Wycombe CC	C
123	18:03	Rachael Mellor	Holmfirth C C	C
124	18:04	Tina Reid	Trainsharp	C
125	18:05	Zoe Chandler	Stratford Cycling Club	
126	18:06	Alex Smethurst	Team Swift	
127	18:07	Claire Emons	Newbury RC	B
128	18:08	Susan Semple	Born to Bike - Bridgtown Cycles	C
129	18:09	Nicki Carr	VC Equipe - Flix Oral Hygiene	
130	18:10	Nadine Cannon	VeloSistas TT Team	
131	18:11	Katja Rietdorf	Born to Bike - Bridgtown Cycles	B
132	18:12	Katie Crowe	Dulwich Paragon CC	A
133	18:13	Verity Smith	Stowmarket & District CC	A
134	18:14	Karina Bowie	Team Bottrill / HSS Hire	B
135	18:15	Andrea Parish	VeloSistas TT Team	B
136	18:16	Crystal Spearman	NOPINZ	



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SOUTH WALES DC and



No	Start	Name	club	Age
137	18:17	Stephanie Post	VeloSistas TT Team	
138	18:18	Susan Triplow	Essex Roads CC	C
139	18:19	Sophie Household	Vertex Biemme RT	
140	18:20	Kimberley Morrison	North Norfolk Whs	
141	18:21	Danuta Tinn	Maidenhead & District CC	C
142	18:22	Amira Mellor	Matrix Pro Cycling	
143	18:23	Gina Riley	Chester RC	
144	18:24	Jessica Rhodes-Jones	Beacon Roads CC	
145	18:25	Angela Carpenter	...a3crg	B
146	18:26	Hannah Macdonald	Liverpool Century RC	
147	18:27	Laura Bartlett	...a3crg	
148	18:28	Anna Morris	Loughborough Students Cycling Club	
149	18:29	Katie Greves	AS Test Team	
150	18:30	Molly Patch	Fusion RT Fierlan	
152	18:32	Victoria Smith	AeroCoach	
154	18:34	Bronwen Ewing	Rye & District Wheelers CC	C
156	18:36	Karen Ledger	Team Bottrill / HSS Hire	A
158	18:38	Liz Powell	Mike Vaughan Cycles	A
160	18:40	Alice Lethbridge	DRAG2ZERO	
162	18:42	Eileen Burns	Ballymena Road Club	
164	18:44	Kate Allan	DRAG2ZERO	
166	18:46	Anna Turvey	Tyneside Vagabonds CC	
168	18:48	Rachael Elliott	DRAG2ZERO	
170	18:50	Hayley Simmonds	Team WNT Pro Cycling	



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