



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](mailto: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
<b>START</b> 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 <sup>nd</sup> 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 <sup>rd</sup> exit (straight on)	10.18
Continue on A465 to <b>exit at next junction</b> (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. <b>A common mistake is to take the 3<sup>rd</sup> exit onto the old road. Be careful. TOP TIP: A roads have green signs!!</b>	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 <b>REMAIN ON A465 to FINISH</b> 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	<b>Peter Hewson</b>	Hillingdon Slipstreamers	15
2	16:02	<b>Joel Ackers</b>	Innovation Racing	15
3	16:03	<b>Harry Butterworth</b>	Scarborough Paragon CC	14
4	16:04	<b>George Elliott</b>	Innovation Racing	15
5	16:05	<b>David Norman</b>	Team Jewson - MI Racing - Poly Pipe - McCann	17
6	16:06	<b>Euan Backus</b>	Zappi Racing Team	15
7	16:07	<b>Oliver Rowlands</b>	Newport Phoenix CC	15
8	16:08	<b>Gabriel Chinn</b>	Performance Cycles CC	18
9	16:09	<b>Alex Coates</b>	Innovation Racing	16
10	16:10	<b>Tom Roper</b>	Beacon Wheelers	18
11	16:11	<b>Sam Morris</b>	Revolutions Racing	18
12	16:12	<b>Tom Portsmouth</b>	VC de Londres	15
13	16:13	<b>Kieran Morris</b>	Mid Shropshire Wheelers	16
14	16:14	<b>Joshua Tarling</b>	West Wales Cycle Racing Team	13
15	16:15	<b>Thomas Cornwell</b>	In-Gear Quickvit Trainsharp RT	16
16	16:16	<b>Cavan Walker</b>	Prologue Race Team	16
17	16:17	<b>Ieuan Woods</b>	Banks/Catford CC Equipe	16
18	16:18	<b>James Tillet</b>	Giant CC - Halo Films	18
19	16:19	<b>Tristan Pilling</b>	Middleton CC	15
20	16:20	<b>Ross Prescott</b>	LJMU Cycling Team	18
21	16:21	<b>Samuel Tillet</b>	Giant CC - Halo Films	18
22	16:22	<b>Lyster Romero</b>	TBW Bottecchia Wigmore RT	18
24	16:24	<b>Zach Bridges</b>	Cardiff Jif	16



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

### Junior Ladies

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

### Women's Championship

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



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# SOUTH WALES DC and



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



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# SOUTH WALES DC and



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



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# SOUTH WALES DC and



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



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# SOUTH WALES DC and



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



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