

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

PORT TALBOT WHEELERS C.C.

Founded 1926

In Conjunction with its Sponsors



C.J. CONSTRUCTION (WALES) LTD and lyndonjones@hotmail.co.uk



PROUDLY PRESENT

OPEN 25 MILE 4UP TEAM TIME TRIAL

Thursday 23rd June 2016, starting at 18:18 hours
Headquarters – Rhigos Rugby Club, CF44 9HJ
(Sign on and collect race numbers from 17:00 hours)
HQ Open from 17:00

AWARDS (ONE AWARD PER TEAM)

Fastest Club Team £80
Second Fastest Club Team £60
Third Fastest Club Team £40
Fastest Ladies Team £60
Fastest Veteran Team £60
Fastest Team with a Junior £50
Fastest Composite Team £60
Any unused prizes will be passed down

TIMEKEEPERS

Start: Julia Jones – Bynea C.C.
Finish: Tudor Thomas – Bynea C.C.

EVENT SECRETARY

Geraint Evans
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Port Talbot
SA13 1YW.

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Port Talbot Wheelers 25 Mile 4-UP Team Time Trial, Thursday 23rd June 2016

Team	Bib	Rider Name	Team Name / Club	Start Time
1	1	Dai Triggs	Port Talbot Wheelers	18:18
	2	Wendy Lacey	Port Talbot Wheelers	
	3	John Thomas	Port Talbot Wheelers	
	4	Phil Newton	Port Talbot Wheelers	
2	5	Philip Tucker	Bynea Cycling Club	18:21
	6	Will Roberts	Bynea Cycling Club	
	7	anthony jones	Bynea Cycling Club	
	8	Christopher Gibbard	Bynea Cycling Club	
3	9	Les Thomas	Port Talbot Wheelers	18:24
	10	Chris Jones	Port Talbot Wheelers	
	11	Dave Smith	Port Talbot Wheelers	
	12	Russell Ley	Port Talbot Wheelers	
4	13	Diane Wilson-Evans	Bynea Cycling Club	18:27
	14	Amanda Evans	Bynea Cycling Club	
	15	Gaynor Hughes	Bynea Cycling Club	
	16	Lee-Michelle Jones	Bynea Cycling Club	
5	17	Charlotte Jennings	Bynea Cycling Club	18:30
	18	Sarah Rees	Bynea Cycling Club	
	19	Natalie Nethell	Bynea Cycling Club	
	20	Daisy Williams	Bynea Cycling Club	
6	21	Paul Hayward	Cwmcarn Paragon Road Club	18:33
	22	Gareth Rees	Cwmcarn Paragon Road Club	
	23	Carwyn Davies	Cwmcarn Paragon Road Club	
	24	Steven Powell	Cwmcarn Paragon Road Club	
7	25	Steven Madeley	Ogmore Valley Wheelers CC	18:36
	26	Mark Nott	Ogmore Valley Wheelers CC	
	27	Christopher Goodwin	Ogmore Valley Wheelers CC	
	28	Karen Rosser	Ogmore Valley Wheelers CC	
8	29	Adam Brown	Tenby Aces CC	18:39
	30	Paul Slack	Tenby Aces CC	
	31	Richard Gardiner	Tenby Aces CC	
	32	Nigel Merrony	Tenby Aces CC	

Team	Bib No.	Rider Name	Team Name / Club	Start Time
9	33	Gareth Rees	Tenby Aces CC	18:42
	34	Huw Bridges	Tenby Aces CC	
	35	Colin Barrett	Tenby Aces CC	
	36	Billy Conner	Tenby Aces CC	
10	37	Nicola Griffiths	Bynea Cycling Club	18:45
	38	Katie Bowles	Bynea Cycling Club	
	39	Mandy Jack	Bynea Cycling Club	
	40	Sara Ann Jones	Bynea Cycling Club	
11	41	Bevan Humphries	Port Talbot Wheelers	18:48
	42	Richard Gamblin	Port Talbot Wheelers	
	43	Morgan Hendry	Port Talbot Wheelers	
	44	Neil Gregory	Port Talbot Wheelers	
12	45	Stephen Taylor	NBCC	18:51
	46	Peter Lloyd	NBCC	
	47	Nick Brown	NBCC	
	48	David Francis	NBCC	
13	49	Matthew Smith	Port Talbot Wheelers	18:54
	50	Morgan Ley	Port Talbot Wheelers	
	51	Chris Allen	Port Talbot Wheelers	
	52	David Hendry	Port Talbot Wheelers	
14	53	Martin Jenkins	Merthyr CC	18:57
	54	Desmond Astley	Merthyr CC	
	55	Jordan Bow	Merthyr CC	
	56	Nigel Williams	Merthyr CC	
15	57	Rob Allen	Milford Tritons Cycling Club	19:00
	58	Jason Cole	Milford Tritons Cycling Club	
	59	Tom Arnold	Milford Tritons Cycling Club	
	60	Dan Devine	Milford Tritons Cycling Club	
16	61	Andy Davies	Cardiff Jif	19:03
	62	john edwards	Cardiff Jif	
	63	Luke Dix	Cardiff Jif	
	64	Nathan Adams	Cardiff Jif	

Team	Bib No.	Rider Name	Team Name / Club	Start Time
17	65	James Manson	Cardiff Triathletes	19:06
	66	Patrick Lees	Cardiff Triathletes	
	67	Nigel Taylor	Cardiff Triathletes	
	68	Elliot Dudley	Cwmcarn Paragon Road Club	
18	69	Steve Curry	Ogmore Valley Wheelers CC	19:09
	70	Terry Anthony	Ogmore Valley Wheelers CC	
	71	David walters	Ogmore Valley Wheelers CC	
	72	Will John	Ogmore Valley Wheelers CC	
19	73	Gregory Brett	Ogmore Valley Wheelers CC	19:12
	74	Richard Bowmer	Ogmore Valley Wheelers CC	
	75	Andrew Samuels	Ogmore Valley Wheelers CC	
	76	Anthony Mansell	Ogmore Valley Wheelers CC	
20	77	Caryl Williams-Ford	Bynea Cycling Club	19:15
	78	Mel Best	Bynea Cycling Club	
	79	Tina Grech	Bynea Cycling Club	
	80	Nicola Howells	Bynea Cycling Club	
21	81	paul colman	Pembrokeshire Velo	19:18
	82	Scott Nash	Pembrokeshire Velo	
	83	Daryl John	Pembrokeshire Velo	
	84	Ross McNally	Pembrokeshire Velo	
22	85	Laurence Birdsey	Bath Cycling Club	19:21
	86	Steven Cottington	Bath Cycling Club	
	87	Darren Gardner	Bath Cycling Club	
	88	Jack Schofield	Bath Cycling Club	
23	89	jeremy stone	Team Bottrill	19:24
	90	Matthew Purshouse	Wolverhampton Wheelers CC	
	91	Richard Evans	Team Jewson - MI Racing	
	92	Richard Shimmell	Team Jewson - MI Racing	
24	93	Jonathon Astley	Merthyr CC	19:27
	94	blaine phelps	Merthyr CC	
	95	David Nicholas	Merthyr CC	
	96	Andrew Williams	Merthyr CC	

Team	Bib No.	Rider Name	Team Name / Club	Start Time
25	97	Paul Thomas	Team NBCC	19:30
	98	Grant Arnold	Team NBCC	
	99	Jon Williams	Team NBCC	
	100	Lee Brazier	Team NBCC	
26	101	Chris Massey	Team Bottrill	19:33
	102	Christopher Holman	Team Bottrill	
	103	Michiel Vaal	Team Bottrill	
	104	Daniel Barnett	Team Bottrill	
27	105	Toby Hopper	Cardiff Ajax CC	19:36
	106	Rob Jones	Cardiff Ajax CC	
	107	Niall Foster	Cardiff Ajax CC	
	108	Joel Simpson	Cardiff Ajax CC	
28	109	Simon Thomas	Port Talbot Wheelers	19:39
	110	Simon Denny	Port Talbot Wheelers	
	111	Matthew Bacon	Port Talbot Wheelers	
	112	Dave Lloyd	Port Talbot Wheelers	
29	113	Tom Smith	Tenby Aces CC	19:42
	114	Ryan Semper	Tenby Aces CC	
	115	James Harries	Tenby Aces CC	
	116	Harry Goforth	Tenby Aces CC	
30	117	Anne Learmonth	Port Talbot Wheelers	19:45
	118	Karyss Hockin	Port Talbot Wheelers	
	119	Hollie Labunsky	Port Talbot Wheelers	
	120	Alex Thomas	Port Talbot Wheelers	
31	121	Roscoe Howell	Pembrokeshire Velo	19:48
	122	Will Jenkins	Pembrokeshire Velo	
	123	Daniel Colman	Pembrokeshire Velo	
	124	John Regan	Pembrokeshire Velo	
32	125	Rhys Jordan	Team NBCC	19:51
	126	Owen Evans	Team NBCC	
	127	Anthony Hayward	Team NBCC	
	128	Simon Davies	Team NBCC	

Team	Bib No.	Rider Name	Team Name / Club	Start Time
33	129	Gareth Jehu	Merthyr CC	19:54
	130	Colin Wallace	Merthyr CC	
	131	Chris Lee	Merthyr CC	
	132	mark andrews	Merthyr CC	
34	133	Paul Rees	Bynea Cycling Club	19:57
	134	Darrel Williams	Bynea Cycling Club	
	135	Andrew Grist	Bynea Cycling Club	
	136	Brad Davies	Bynea Cycling Club	
35	137	Jamie Silvester	Tenby Aces CC	20:00
	138	Julie Andrasko	Tenby Aces CC	
	139	Katherine Brace	Tenby Aces CC	
	140	Tim Brace	Tenby Aces CC	

Course No: R25/3H (E 293120/ N206180 OS Sheets 170/160)

**While every effort will be made to ensure turns and junctions are marshalled, the obligation lies with each individual rider to ensure familiarity with the course. Neither the organiser, the promoting club it's officers or members take any responsibility for any riders deviation from the course.*

Course Description	Inter Miles
START on access road to Hirwaun Industrial Estate (E 293120/ N206180 OS Sheets 170/160) 8 yards north of lamp column No.1 and 30 yards north of junction with unclassified road (old A465) Hirwaun to Cefn Rhigos.	0.000
Proceed south to junction with unclassified road (on to the old route) and bear left to roundabout with A4061 (Rhigos mountain road) where take second exit (straight on) to Hirwaun roundabout 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 roundabout, where take first exit to Aberdulais Interchange where circle roundabout and take fourth exit down slip road to re-join 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 second 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

PLEASE DO NOT CROSS THE BARRIER AFTER YOUR RACE BUT CONTINUE BACK UP THE DUAL CARRIAGE WAY AND RETRACE YOUR ROUTE TO THE HEADQUARTERS.

Important Notice to all Riders

The WCA, CTT and Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards. For ALL riders under the age of 18 these helmets are **COMPULSORY**.

It is also 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.

Marshall's will be positioned around the course to show you the way but they have no authority over the traffic.

Please note we are not allowed to place direction arrows on the Dual Carriageway.

Please ensure that you are familiar with the course so that there are no surprises. It is the rider's responsibility to ride within the laws of the road and with consideration to other road users, so please do so. Thank you and have a safe ride. Any complaints regarding the event must be made in writing to the Event Secretary within 24 hours.

