



PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRAILS
UNDER THEIR RULES AND REGULATIONS

Overflow and BAR event **Sunday 30TH June 2013 R25/3L – 9am**

Start Timekeeper: Robin Field

Finish Timekeeper: Julia Jones

EVENT SEC: Martyn Heritage-Owen 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ
Mobile: 0778 606 7819

Complaints regarding this event should be made in writing to the promoting secretary within 24hrs. I've tried my best to accommodate a large number of special requests, thank you for your support.

Event Headquarters - Rhigos Community Sport Hall (CF44 9HY) – open from 8am

The HQ is the building to the left of the familiar Rhigos RFC building (it's visible on google street view). Given the number of riders space will be at a premium so overflow parking is on the road outside. Please park responsibly and ensure the road outside is still clear. Please leave spaces outside the sports hall entrance itself for the officials. Changing facilities and showers are available.

To get to the start turn left out of the car park and follow the road to the T junction. The start is on the right.

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ IN THE INTERESTS OF YOUR OWN SAFETY ,CYCLING TIME TRAILS 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.

Course Description R25/3L - Cefn Rhigos - Tonna - Resolven - Blaengwrach - A4109 slip

Start on unclassified road at Cefn Rhigos Village (top of hill), 26 yards west of electricity pole No. B29016 on north side. Proceed eastwards to roundabout with A4016, where take 2nd exit (straight on) to roundabout with A465, take 1st exit. Proceed westwards along A465 to Blaengwrach roundabout where take 2nd exit (straight on) to Resolven roundabout, where take 2nd exit (straight on) to continue on A465 to first junction to left signed A4109. Bear left around the loop to take 4th exit to rejoin A465 eastwards. Retrace to Resolven roundabout where take 2nd exit (straight on). Continue on A465 over River Neath bridges where bear left onto A4109 slip road,**turn left at T junction WITH CARE** to finish short of traffic lights at the centre of the first drain on the left after crossing river bridge (25.014 miles).



From the finish to the HQ: At the traffic light turn right and take the old A465 ascending the old neath bank to Rhigos and take the right turn before the start to return to the HQ.

Prize List – Men’s Overflow

1st - £40, 2nd - £30, 3rd - £20, 4th £11.

Fastest Male Vet - £20.

Prize List – Women’s BAR

1st woman - £40, 2nd -£30, 3rd - £20, 4th £11

Fastest Woman Vet - £20.

1st Junior - £20.

One rider one prize. Prizes will be posted.

START ORDER

No	Name	Club	Cat	LTS	Start Time
33	James White	San Domenico	V	01:15:00	09:33
34	Jonathan Ellis	Royal Sutton CC	S	01:00:46	09:34
35	Adrian Sullivan	Merthyr CC	V	00:58:17	09:35
36	Gareth Jones	Clevedon & District RC	V	00:59:59	09:36
37	Allan Renyard	Guernsey Velo Club	V	01:02:02	09:37
38	Chris Tatton	Sodbury Cycle-Sport	V	01:02:52	09:38
39	Matthew Armitage	Mid Shropshire Wheelers	V	01:03:58	09:39
40	John Shehan	Bynea Cycling Club	V	00:57:26	09:40
41	Cliff Voller	Newbury RC	V	00:58:58	09:41
42	Gareth Thomas	San Domenico	S	01:00:00	09:42
43	Mark Hancocks	Stourbridge Velo	V	01:02:02	09:43
44	Alan Pickard	Bath CC	V	01:10:15	09:44
45	Martin Williams	Pembrokeshire Velo	V	00:58:06	09:45
46	Simon Westlake	Merthyr CC	V	00:59:57	09:46
47	Stephen Cook	Lindsey Roads CC	V	01:01:51	09:47
48	David Lancaster	VC 10	V	01:03:35	09:48
49	Brian Dalling	Swansea Wheelers/CS Abertawe	V		09:49
50	Bill Gannon	Port Talbot Whs CC	V	00:57:49	09:50
51	Russell Boon	Avonlea/Treasure RT	V	00:58:52	09:51
52	Clint Welson	Hereford & Dis Whs CC	S	01:00:39	09:52
53	Paul Jones	Cardiff Ajax CC	S	01:02:20	09:53
54	Ken Squibb	Cardiff Ajax CC	V	01:08:27	09:54
55	Lee Wells	Caesarean CC (Jersey)	V	00:57:56	09:55
56	Paul Greer	EC Cycles	V	00:59:32	09:56
57	Ed Hadley	Hereford & Dis Whs CC	V	01:01:28	09:57
58	Alan Cooper	Avonlea/Treasure RT	V	01:03:31	09:58

No	Name	Club	Cat	LTS	Start Time
59	Steve Partner	Swansea Wheelers/CS Abertawe	V		09:59
60	Les Liddiard	Team Jewson - MI Racing	V	00:57:26	10:00
61	Andrew Vaughan	City RC (Hull)	V	00:58:46	10:01
62	Iain Mcleod	Denny Road Club - SCU	V	01:00:37	10:02
63	Jason Strange	Ogmore Valley Whs	V	01:02:38	10:03
64	Jeff Chambers	Bynea Cycling Club	V	01:08:22	10:04
65	Paul O'Reilly	Guernsey Velo Club	S	00:58:04	10:05
66	Mike Logue	Fairly United Cycling Team	V	00:59:23	10:06
67	Lee Watts	Bynea Cycling Club	S	01:01:27	10:07
68	Graham Smith	Severn RC	V	01:03:20	10:08
69	Mark Ashurst	Northover Vets Team	V		10:09
70	Karl Davies	Stourbridge Velo	V	00:57:29	10:10
71	Chris Boulton	Newbury RC	V	00:58:44	10:11
72	John Howells	Corinium CC	V	01:00:35	10:12
73	Simon Crisp	Severn RC	V	01:02:14	10:13
74	Derek Morgan	Gannet CC	V	01:07:14	10:14
75	Peter Murrieri	M & D Cycles Specialised	V	00:57:56	10:15
76	Neale Lewis	Acme Whs (Rhondda) CC	V	00:59:11	10:16
77	Rod Remedios	Walsall Roads Cycling Club	V	01:01:24	10:17
78	Kevin Thomas	Pontypool RCC	V	01:03:00	10:18
79	Mark Nott	Ogmore Valley Whs	V	01:15:00	10:19
80	Steve Elcocks	Wrekinsport CC	V	00:57:30	10:20
81	Jeff Adams	Pontypool RCC	V	00:58:36	10:21
82	Chis Hall	Lyme RC - Swinnerton Cycles	V	01:00:40	10:22
83	Gerry Peppin	Corinium CC	V	01:02:41	10:23
84	Edric Hobbs	Mendip Cycling Club	V	01:04:09	10:24
85	Steve Biddulph	Borntobike - Bridgtown Cycles	S	00:58:06	10:25
86	David England	Crabwood CC	V	00:59:17	10:26
87	Jonathan Wood	Velo Sport Jersey	S	01:01:23	10:27
88	Phil Gambles	Walsall Roads Cycling Club	V	01:02:57	10:28
89	Steven Williams	Acme Whs (Rhondda) CC	S		10:29
90	Garry Mccallum	Penzance Wheelers CC	S	00:57:36	10:30
91	Graham Brant	Ciclos Uno	S	00:58:26	10:31
92	Seb Tremlett	Guernsey Velo Club	Jun	00:59:57	10:32
93	Kim Homewood	Penzance Wheelers CC	W	01:04:20	10:33
94	Margaret Coyle	Gloucester City CC	W	01:13:03	10:34
95	Rebecca Rimmington	TrainSharp RT	W	00:55:56	10:35
96	Sarah Lloyd-Stephens	Hereford & Dis Whs CC	W	00:58:15	10:36
97	Sharon Clifford	Coventry RC	WV	01:02:54	10:37
98	Tracy Rowlinson	Lyme RC - Swinnerton Cycles	WV	01:05:13	10:38
99	Diane Hynam	Bynea Cycling Club	WV	01:34:34	10:39

No	Name	Club	Cat	LTS	Start Time
100	Paula Moseley	Climb on Bikes RT	WV	00:54:54	10:40
101	Gillian Pears	Bath CC	WV	00:56:43	10:41
102	Marina Bleasdale	Guernsey Velo Club	W	00:58:52	10:42
103	Fenella Brown	Redditch Road & Path CC	WV	01:03:55	10:43
104	Zoe Ludwig-Tantrum	Didcot Phoenix CC	WV	01:11:57	10:44
105	Luke Davies	Velo Club St Raphael	Jun	00:52:53	10:45
106	Karina Bowie	TrainSharp RT	WV	00:57:44	10:46
107	Kurtis Rowe	Yeovil CC	Jun	01:00:45	10:47
108	Lowenna Smith	Cadence RT	W	01:05:01	10:48
109	Philippa Crocker	Dursley RC	WV	01:18:00	10:49
110	Lynne Taylor	Borntobike - Bridgtown Cycles	WV	00:54:33	10:50
111	Danuta Tinn	Maidenhead & Dist CC	WV	00:56:30	10:51
112	Heather Greening	Keswick Bikes	WV	00:58:17	10:52
113	Joanna Watts	Guernsey Velo Club	WV	01:03:45	10:53
114	Will Houghton	Hillingdon CC	Jun	01:10:00	10:54
115	Daniel Alderton	Guernsey Velo Club	Juv	00:54:50	10:55
116	Rachael Mellor	Holme Valley Whs	WV	00:56:56	10:56
117	Gregory Holmes	Hillingdon CC	Juv	01:00:00	10:57
118	Susan Burnett	Newport Phoenix CC	WV	01:04:32	10:58
119	Sally Harmer	Pembrokeshire Velo	WV	01:15:00	10:59
120	Wendy Houvenaghel	Bike Chain Ricci Ltd	W	00:50:18	11:00



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Men's Event

Sunday 30th June 2013 R25/3L – 11:01am

Start Timekeeper: Robin Field

Finish Timekeeper: Julia Jones

EVENT SEC: Martyn Heritage-Owen 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ
Mobile: 0778 606 7819

Complaints regarding this event should be made in writing to the promoting secretary within 24hrs.

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From the finish to the HQ: At the traffic light turn right and take the old A465 riding underneath the dual carriageway and ascending the old neath bank to Rhigos and take the right turn before the start to return to the HQ.

Prize List

1st - £50, 2nd - £40, 3rd - £30, 4th - £20, 5th - £11

Fastest Vet - £30.

One rider one prize. All prizes will be paid by post.

START ORDER

No	Name	Club	Cat	LTS	Start Time
1	Stuart Evans	Port Talbot Whs CC	V	00:56:10	11:01
2	Delwyn Jones	Wrekingsport CC	V	00:53:55	11:02
3	Damian Ayling	Penzance Wheelers CC	V	00:54:57	11:03
4	Graham Hughes	Corinium CC	V	00:56:40	11:04
5	Richard Berriman	LeisureLakesBikes.com	S	00:52:00	11:05
6	Scott Holmes	Hillingdon CC	V	00:53:42	11:06
7	Stuart Martingale	Sotonia CC	V	00:54:43	11:07
8	Shaun Walsh	Yeovil CC	V	00:55:59	11:08
9	Paul Clarkson	Kingston Wheelers CC	V	00:56:06	11:09
10	Daniel Barnett	NNORC	S	00:50:52	11:10
11	Phil Barnes	Team Swift	V	00:52:53	11:11
12	Matthew Rowley	Oxonian CC	V	00:54:06	11:12
13	Hugh Davies	Port Talbot Whs CC	V	00:55:09	11:13
14	Alistair Morgan	Cwmcarn Paragon Road Club	V	00:56:46	11:14
15	Paul Friday	Penzance Wheelers CC	V	00:51:38	11:15
16	Matthew Nicholls	Walsall Roads Cycling Club	S	00:53:42	11:16
17	Mike Broadbent	Bynea Cycling Club	V	00:54:53	11:17
18	Darren Avery	Somerset RC	V	00:56:00	11:18
19	Guy Evans	Hereford & Dis Whs CC	V	00:57:25	11:19
20	P Gamlin	Avonlea/Treasure RT	V	00:50:46	11:20
21	Robert Scott	Plymouth Corinthian CC	S	00:53:02	11:21
22	Leighton Girling	Poole Wheelers	S	00:54:16	11:22
23	Emyr Griffiths	Bynea Cycling Club	V	00:55:13	11:23
24	Peter Crofts	Southborough & District Whrs	V	00:56:11	11:24
25	Steve Wright	VC 10	S	00:51:57	11:25
26	Jim Mcloughlin	Gloucester City CC	V	00:53:41	11:26
27	Martin Latewood	CC Blaenau Gwent	V	00:54:52	11:27
28	Ray Retter	North Devon Wheelers	V	00:56:05	11:28
29	Peter Cockbain	South Bucks RC	V	00:57:07	11:29
30	Rob Weare	Leamington C & AC	V	00:50:44	11:30
31	Tony Chapman	Dream Cycling	V	00:52:54	11:31
32	Robert Jones	Ogmore Valley Whs	S	00:54:12	11:32

No	Name	Club	Cat	LTS	Start Time
33	Matt Burden	Severn RC	S	00:55:08	11:33
34	Alan Taylor	M & D Cycles Specialised	V	00:56:33	11:34
35	George Rose	Cycle Coaching Wales RT	S	00:52:00	11:35
36	Sean Townsend	Gloucester City CC	S	00:53:41	11:36
37	Gary Jones	Pontypool RCC	V	00:54:49	11:37
38	Paul Lambert	Chippenham & Dist. Whs	V	00:55:58	11:38
39	Clifford Grant	VC 10	V	00:57:06	11:39
40	Peter Lawrence	Team MDT	V	00:50:38	11:40
41	Steve Batsford	Fairly United Cycling Team	V	00:53:02	11:41
42	Trevor Lloyd	Swansea Wheelers/CS Abertawe	V	00:53:53	11:42
43	Darran Carpenter	Cwmcarn Paragon Road Club	S	00:55:15	11:43
44	Andrew Curley	Beacon Roads CC	V	00:56:28	11:44
45	Ian Cox	North Lancs RC	V	00:51:32	11:45
46	Karl Moseley	Stourbridge Velo	V	00:53:39	11:46
47	Tom Cox	Northover Vets Team	V	00:54:54	11:47
48	Martin Grant	VC 10	S	00:55:23	11:48
49	Wayne Dudley	Pontypool RCC	V	00:57:02	11:49
50	Jason Bateman	Pendle Forest CC	V	00:50:30	11:50
51	Phil Brown	Didcot Phoenix CC	V	00:52:47	11:51
52	Ben Williams	Wigan Wheelers	S	00:54:00	11:52
53	Andrew Evans	Port Talbot Whs CC	V	00:55:05	11:53
54	Dave Poulter	Wrekinsport CC	V	00:56:23	11:54
55	Blake Pond	North Devon Wheelers	S	00:51:25	11:55
56	Paul Granger	Fairly United Cycling Team	V	00:53:37	11:56
57	Chris Mattews	Forza Cycles RT	V	00:54:42	11:57
58	Anthony Redman	Porth & District CC	S	00:55:50	11:58
59	Robin Sheddon	Wrekinsport CC	V	00:56:47	11:59
60	Paul Jones	Bristol South CC	S	00:50:21	12:00
61	Liam Maybank	Twickenham CC	V	00:52:42	12:01
62	Mark Woolford	Chippenham & Dist. Whs	V	00:54:19	12:02
63	David Leighton	Severn RC	S	00:55:05	12:03
64	Duncan Hassall	Liverpool Century RC	S	00:56:22	12:04
65	Derek Smetham	Dursley RC	V	00:51:24	12:05
66	Anthony Mark Jones	Towy Racing Cycling Club	V	00:53:13	12:06
67	Andy Shapland	Dursley RC	V	00:54:42	12:07
68	Richard Lawton	Newport Phoenix CC	V	00:55:46	12:08
69	Rob Chalker	Severn RC	S	00:57:00	12:09
70	Jon Wynn	Northover Vets Team	V	00:49:49	12:10
71	Ian Houvenaghel	One and All Cycling	V	00:52:07	12:11
72	Phil Ember	Kingston Wheelers CC	S	00:54:18	12:12

No	Name	Club	Cat	LTS	Start Time
73	Will Jenkins	Pembrokeshire Velo	V	00:55:03	12:13
74	John Murphy	Gloucester City CC	V	00:56:21	12:14
75	William Bevan	Ross on Wye & Dist CC	S	00:51:18	12:15
76	Mark Rosser	Ogmore Valley Whs	V	00:53:11	12:16
77	Colin Wallace	Merthyr CC	V	00:54:35	12:17
78	Justin Ford	Blaenau Gwent CC	V	00:55:40	12:18
79	Mike Hazelwood	Saracen RC	V	00:56:50	12:19
80	Steve Irwin	Kingston Wheelers CC	V	00:49:49	12:20
81	Andrew Halliday	Westerley Cycling Club	V	00:52:32	12:21
82	John Hughes	Porth & District CC	V	00:53:51	12:22
83	Daniel Kempe	Bristol South CC	V	00:54:59	12:23
84	Chris Hughes	Hereford & Dis Whs CC	V	00:56:21	12:24
85	Tom Ward	Team Echelon - Rotor	S	00:51:17	12:25
86	Tom Boulton	Finsbury Park CC	V	00:53:07	12:26
87	Daryl Godden	Gloucester City CC	V	00:54:31	12:27
88	Steve Davies	Addiscombe CC	V	00:55:23	12:28
89	Paul Darknell	Cwmcarn Paragon Road Club	V	00:56:49	12:29
90	Keith Murray	Strategic Lions	S	00:49:31	12:30
91	Danny Lowthorpe	Langsett Cycles RT	S	00:52:27	12:31
92	Christopher Lee	Merthyr CC	V	00:53:47	12:32
93	Andrew Clarke	Mid Shropshire Wheelers	V	00:54:58	12:33
94	Barry Quick	Reading CC	V	00:56:36	12:34
95	Aaron Bailey	Guernsey Velo Club	V	00:51:12	12:35
96	Ben Phillips	Bynea Cycling Club	S	00:53:07	12:36
97	Peter Tantrum	Didcot Phoenix CC	V	00:54:30	12:37
98	David Evans	Worcester St. Johns CC	V	00:55:51	12:38
99	Gary Shuker	Walsall Roads Cycling Club	V	00:56:47	12:39
100	Kieron Davies	Bynea Cycling Club	S	00:49:16	12:40
101	Lyn Jones	EC Cycles	V	00:52:08	12:41
102	Earl Smith	Cycle Coaching Wales RT	V	00:53:44	12:42
103	Nick Young	Yeovil CC	V	00:55:16	12:43
104	Jon Vickery	Cwmcarn Paragon Road Club	V	00:56:10	12:44
105	Stephen Potts	Somerset RC	V	00:51:04	12:45
106	John Sullivan	Westerley Cycling Club	V	00:53:06	12:46
107	Kevin Jones	M & D Cycles Specialised	V	00:54:23	12:47
108	Jason Williams	Cwmcarn Paragon Road Club	V	00:55:18	12:48
109	Dave Pitt	Charlotteville Cycling Club	V	00:57:00	12:49
110	Rob Pears	Bath CC	V	00:49:02	12:50
111	Daniel Thorogood	Ystwyth CC	V	00:52:28	12:51
112	Tony Harvey	Mid Shropshire Wheelers	V	00:53:44	12:52
113	David Constance	Mammoth Lifestyle RT	V	00:54:55	12:53



No	Name	Club	Cat	LTS	Start Time
114	Michael Portlock	EC Cycles	V	00:56:10	12:54
115	Neil Ridley	Guernsey Velo Club	V	00:51:02	12:55
116	Robin Ovenden	Caesarean CC (Jersey)	V	00:53:03	12:56
117	Howard Lewis	Fibrax Wreham RC - Alf Jones Cycles	V	00:54:22	12:57
118	Joe Schvartz	Swindon RC	V	00:55:17	12:58
119	Nigel Williams	Merthyr CC	V	00:56:47	12:59
120	Justyn Cannon	RAF CA	S	00:48:36	13:00