



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

Sunday 12TH April 2015 R25/3H – 10:16am
Timekeepers - Start: Robin Field, Finish: Julia Jones

EVENT SEC: Martyn Heritage-Owen, 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ.
Mobile: 0778 606 7819. Complaints should be made in writing to the promoting secretary within 24hrs.

Last year I received complaints from the local council about riders urinating by the side of the road in sight of customers of The New Inn. Further complaints will result in disqualification, a disciplinary charge as well as putting future events on the premier 25 mile course in the country in jeopardy.

Event Headquarters - Rhigos Rugby Club (CF44 9HJ) – open from 9am Parking at the car park is limited but there is overflow parking is on the road outside. Please park responsibly and ensure the road outside is 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 right 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 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 BIKE.

Course Description - R25/3H (Revised)

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 old A465 road (Hirwaun to Rhigos). 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 (1.306 miles).

Take first exit westwards along the A465 dual carriageway to Blaengwrach roundabout (McDonalds) 7.169 miles. Take second exit (straight on) on A465 to Resolven roundabout 10.183 miles. Here take third exit, follow the A465 to exit at the next junction at Aberdulais (sp Seven Sisters), climbing to the Tonna roundabout 15.063 miles. Now take first exit to Aberdulais Interchange where circle and take fourth exit down slip road to rejoin the A465 eastward. Continue to Resolven roundabout 19.719 miles taking second exit (straight on) to Blaengwrach roundabout (McDonalds) 22.764 miles. **Take second exit continuing on A465, passing over river bridge and the Glynneath interchange 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 miles. Note: DO NOT TAKE THE SLIP ROAD INTO Glynneath. From the finish continue on the A465 up the Neath bank and retrace the course to just short of the start before turning left into Rhigos village to return to the HQ.**

Please do not use double sided sticking tape to secure your numbers, please return numbers in the state they are provided or you may be asked to clean them! A free cup of tea is provided on return of your number at the HQ. Catering will be provided by Sharon Preddy Catering.

Have a safe ride and we hope to see you again at the other Realteam promotions:-

Tuesday 16 th June – R10/17 – Celtic Series Event	Tuesday 30 th June – R10/17 – Celtic Series Event
Sunday 19 th July – R25/3L	Sunday 23 rd August – R25/3L

Prize List (One rider one prize. Prizes will be posted.)

1st - £35, 2nd - £30, 3rd - £25, 4th - £20, 5th - £15.

Vet – 1st 25, 2nd - £20.

Woman – 1st 25, 2nd - £20, 3rd - £15.

Junior 1st - £15

No	Name	Club	Cat	LTS	Start Time
16	Gregory Holmes	Hillingdon CC	Jun	0:56:37	10:16
17	Josh Townsend	Bynea Cycling Club	Jun	1:25:07	10:17
18	Diane Hynam	Bynea Cycling Club	WV	1:15:00	10:18
19	Sally Harmer	Pembrokeshire Velo	WV		10:19
20	Hayley Simmonds	Team Velosport	W	0:53:05	10:20
21	Becky Smith	Revo Racing	W	1:02:15	10:21
22	Danielle Flawn	Bynea Cycling Club	W	1:02:43	10:22
23	Deborah Sheridan	Warwickshire RC	WV	1:04:38	10:23
24	Michelle Robertson	Abercynon Road Club	WV	1:10:00	10:24
25	Andrea Parish	Camel Valley C & TC	WV	1:00:49	10:25
26	Jon Vickery	Cwmcarn Paragon Road Club	V	0:56:10	10:26
27	John Shehan	Bynea Cycling Club	V	0:57:26	10:27
28	Chris Fishbourne	Abercynon Road Club	V	0:59:00	10:28
29	John Williams	3C Cycle Club	V		10:29
30	Edmund Bradbury	NFTO Pro Cycling	M	0:52:20	10:30
31	Joe Schwartz	Swindon RC	V	0:55:16	10:31
32	Lee Watts	Bynea Cycling Club	M	0:56:56	10:32
33	Ed Hadley	Hereford Whlrs CC	V	1:01:28	10:33
34	Ross Simpson	Urban-cyclery.co.uk RT	M		10:34
35	Chris Scawn	Plymouth Corinthian CC	V	0:53:53	10:35
36	Kevin Williams	Bournemouth Jubilee Whlrs	V	0:56:02	10:36
37	Nigel Jones	Gloucester City CC	V	0:58:50	10:37
38	Les Thomas	Port Talbot Whs CC	V	1:09:24	10:38
39	Steven Cottington	Cadence RT	V		10:39
40	John Regan	Pembrokeshire Velo	V	0:52:10	10:40
41	Rod Hicks	Port Talbot Whs CC	V	0:54:16	10:41
42	Gareth Jones	Clevedon & District RC	V	0:56:53	10:42
43	Craig Jones	Bynea Cycling Club	V	1:01:17	10:43
44	Chris Holman	Team NBCC	M		10:44
45	Jake Coward	ASFRA racing team	M	0:53:46	10:45
46	Mark Williams	Port Talbot Whs CC	V	0:56:00	10:46
47	Gary Jones	Pontypool RCC	V	0:57:00	10:47
48	Will Houghton	Hillingdon CC	M	0:56:19	10:48
49	Alistair Morgan	Pontypool RCC	V		10:49
50	Stephen Campbell	Twickenham CC	V	0:51:37	10:50

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51	Dave Pitt	Charlotteville CC	V	0:55:03	10:51
52	Mike Hazelwood	Saracen RC	V	0:56:50	10:52
53	Paul Rees	Bynea Cycling Club	V	1:01:15	10:53
54	Gethin Llewelyn	Swansea University CC	M		10:54
55	John Hughes	Rhondda Triathlon Club	V	0:53:43	10:55
56	Mike Murray	Team Echelon - Rotor	V	0:56:00	10:56
57	Paul Jones	Cwmcarn Paragon Road Club	V	0:57:57	10:57
58	Simon Kinsey	Acme Whs (Rhondda) CC	V	1:04:32	10:58
59	Mathew Atkins	Cwmcarn Paragon Road Club	V		10:59
60	Christopher Jones	Ride Bike Wales	V	0:51:23	11:00
61	Tom Cox	Northover VT - Rudy Project	V	0:54:54	11:01
62	Lenny Brown	Royal Navy & Royal Marines CA	V	0:56:42	11:02
63	Gareth Davies	RAF CA	M	1:02:00	11:03
64	Richard Smith	Bynea Cycling Club	M		11:04
65	Richard Coleman	Stourbridge Velo	V	0:53:30	11:05
66	Robert Dyde	Pembrokeshire Velo	M	0:56:00	11:06
67	David Meacham	Wyre Forest CRC	V	0:57:52	11:07
68	Ron Boast	Ogmore Valley Whs	V	1:04:00	11:08
69	Mark Thomas	Rhondda Triathlon Club	V		11:09
70	Lyn Jones	E C Cycles	V	0:51:18	11:10
71	Mike Broadbent	Bynea Cycling Club	V	0:54:53	11:11
72	Jonathan Ellis	Royal Sutton CC	M	0:56:41	11:12
73	Paul Jones	NFTO Race	M	0:57:01	11:13
74	Paul Jones	Cwmcarn Paragon Road Club	V	1:00:00	11:14
75	Mark Woolford	Chippenham & Dist. Whs	V	0:53:25	11:15
76	Ray Retter	North Devon Whlrs	V	0:55:54	11:16
77	Matthew Rees	Bynea Cycling Club	V	0:57:50	11:17
78	Jeffrey Rees	Acme Whs (Rhondda) CC	V	1:03:54	11:18
79	John Evans	Bynea Cycling Club	V	1:15:12	11:19
80	Anthony Mark Jones	Bynea Cycling Club	V	0:50:57	11:20
81	Daniel Gough	Swansea University CC	M	0:52:39	11:21
82	Chris Massey	Cwmcarn Paragon Road Club	V	0:54:51	11:22
83	Andrew Overton	Wyre Forest CRC	V	0:57:00	11:23
84	Andrew Williams	Merthyr CC	V	0:59:59	11:24
85	Mark Rosser	Ogmore Valley Whs	V	0:53:11	11:25
86	Nicholas Cleave	Swansea Wheelers/CS Abertawe	V	0:55:49	11:26
87	Nigel Williams	Merthyr CC	V	0:57:40	11:27
88	Ian Deakin	Mid Devon CC	V	0:55:20	11:28
89	Darrel Williams	Bynea Cycling Club	V		11:29
90	Liam Maybank	Twickenham CC	V	0:50:33	11:30

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91	Daryl Godden	Gloucester City CC	V	0:54:43	11:31
92	Paul Cannon	Porth & District CC	V	0:56:25	11:32
93	Bob Jones	Cardiff 100 Miles RCC	V	0:59:47	11:33
94	Brad Davies	Bynea Cycling Club	V	1:16:49	11:34
95	David Brice	Bynea Cycling Club	V	0:52:22	11:35
96	Mark Nott	Ogmore Valley Whs	V	0:55:43	11:36
97	David Long	Acme Whs (Rhondda) CC	M	0:59:00	11:37
98	Gareth Hill	Abercynon Road Club	V	1:03:50	11:38
99	Andy Gibbs	Cwmcarn Paragon Road Club	V		11:39
100	David Woodhouse	CC Ashwell	M	0:50:20	11:40
101	Alex Allen	Royal Navy & Royal Marines CA	M		11:41
102	John Murphy	Gloucester City CC	V	0:56:21	11:42
103	Andrew Grist	Bynea Cycling Club	V	0:59:42	11:43
104	Tom Clode	Team NBCC	M		11:44
105	Christopher Gibbard	Bynea Cycling Club	M	0:52:45	11:45
106	Anthony Redman	Acme Whs (Rhondda) CC	M	0:55:43	11:46
107	Andrew Storrie	Ogmore Valley Whs	V	0:57:01	11:47
108	Wayne Thomas	Pontypool RCC	M		11:48
109	Darren Chilcott	Bike Doctor	M		11:49
110	Ioan Smallwood	Cardiff Ajax CC	M	0:50:15	11:50
111	Paul Coles	Road CC	V	0:55:10	11:51
112	Paul Gibson	Wyre Forest CRC	V	0:56:23	11:52
113	Ron Clews	Team Cool	V	0:59:29	11:53
114	Adriano Dos Santos	Swindon RC	M	1:03:53	11:54
115	Colin Wallace	Merthyr CC	V	0:53:53	11:55
116	Steven Madeley	Ogmore Valley Whs	V	0:55:21	11:56
117	Stuart Evans	Port Talbot Whs CC	V	0:58:08	11:57
118	Scott Holmes	Hillingdon CC	V	0:52:32	11:58
119	Gerry McGarr	Gloucester City CC	V	0:54:38	11:59
120	Kieron Davies	Team NBCC	M	0:48:04	12:00

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