



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

## Sunday 19<sup>th</sup> July 2015 - R25/3L – 9:34am

Timekeepers - Start: Robin Field, Finish: Julia Jones

**Event Sec: Martyn Heritage-Owen – 28, 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 24hrs. .**

**Event Headquarters - Glynneath Leisure Centre (SA11 5HW) – main hall open from 8:30am** Given the number of riders space will be at a premium, please park responsibly. Changing facilities and showers are available. To get to the start turn right out of the car park and go through Glynneath and straight on at the traffic lights to climb via Rhigos old road climb to the start (CF44 9YU). Allow 20 minutes especially if you are not a climber!! Parking nearer the start is available.

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

### **Warning**

**Please do not use double sided tape to affix your numbers. Return the number in good condition or you will be asked to clean it or replace it at cost. To put this into perspective a new set of numbers costs around £300 and it's particularly galling to buy new numbers and have them ruined immediately.**

**Last year I received complaints from the council and the New Inn opposite the start about men urinating in public thus putting the fastest course in the country in jeopardy. I will be at the start and riders observed behaving anti-socially will be disqualified and notified to CT for disciplinary action.**

### **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 left and retrace through the village to the leisure centre.

**Prize List (One rider one prize. Prizes will be posted or if winners email me bank details by direct transfer once the timing sheets have been checked.**

### **Main Event**

1<sup>st</sup> - £40, 2<sup>nd</sup> - £35, 3<sup>rd</sup> - £30, 4<sup>th</sup> - £25, 5<sup>th</sup> - £20, 6<sup>th</sup> - £15. Vet – 1<sup>st</sup> £30, 2<sup>nd</sup> - £25, 3<sup>rd</sup> - £20, 4<sup>th</sup> - £15.

### **Overflow, Women's BAR, Jun**

Men 1<sup>st</sup> - £25, 2<sup>nd</sup> - £20, 3<sup>rd</sup> - £15. Woman – 1<sup>st</sup> - £30, 2<sup>nd</sup> - £25, 3<sup>rd</sup> - £20, 4<sup>th</sup> £15. Jun/Junior 1<sup>st</sup> - £20

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## BAR Women,Junior and Overflow

No	Name	Club	Cat	LTS	Start Time
34	Eric Rees	Sarn Helen CC	V		09:34
35	Tony Howell	Port Talbot Whs CC	V	01:01:30	09:35
36	Dorian Rees	Sarn Helen CC	S		09:36
37	Philip Batch	Bynea CC	V	01:04:13	09:37
38	Simon Fairclough	Cwmcarn Paragon RC	S		09:38
39	Dave Francis	Alltrax	V		09:39
40	Roger Wood	Pontypool RCC	V	00:58:44	09:40
41	Thomas Leach	Gloucester City CC	S	01:00:03	09:41
42	Neil Hughes-Hutchings	Morden CRC	S	01:02:10	09:42
43	Tony Emery	Dursley RC	V	01:06:46	09:43
44	Chris Vasey	Gloucester City CC	V		09:44
45	Alan Cooper	Avonlea Treasure RT	V	00:58:52	09:45
46	Ed Hadley	Hereford & Dist Whs CC	V	01:01:28	09:46
47	Gareth Hill	Abercynon Road Club	V	01:03:50	09:47
48	Edward Wilson	Team Wallis Racing Club	S		09:48
49	Steven Cottington	Cadence RT	V		09:49
50	Simon Dighton	Beacon Roads CC	V	00:58:15	09:50
51	Graham Smith	Severn RC	V	00:59:51	09:51
52	Jeffrey Rees	Acme Whs (Rhondda) CC	V	01:01:58	09:52
53	Gethin Llewelyn	Swansea University CC	S		09:53
54	Gary Duncan	Paramount CRT	V		09:54
55	Ross Morgan	Acme Whs (Rhondda) CC	S	00:59:17	09:55
56	Andy Hazell	Mid Shropshire Wheelers	V	01:01:26	09:56
57	Andrew Gardner	Coventry RC	V	01:03:01	09:57
58	Daf Rickard	VTTA (South Wales)	V	01:15:00	09:58
59	Phill Sykes	Velo Club St Raphael	V		09:59
60	Cliff Voller	Newbury RC	V	00:58:34	10:00
61	Chris Holman	Team NBCC	S	00:59:36	10:01
62	Christopher Goodwin	Ogmore Valley Whs	V	01:01:30	10:02
63	Thomas Stoddart	Acme Whs (Rhondda) CC	S	01:05:42	10:03
64	Andrew Hayward	Cwmcarn Paragon RC	V		10:04
65	Matthew Heaman	Severn Valley Cycles	V	00:58:53	10:05
66	Nick Saunders	Verulam CC	V	01:01:22	10:06
67	Les Thomas	Port Talbot Whs CC	V	01:00:19	10:07
68	Jonathan Gough	Old Portlians CC	S	01:08:59	10:08
69	Martin Wallis	Team Wallis Racing Club	V		10:09
70	Chris Fishbourne	Abercynon Road Club	V	00:58:34	10:10
71	Ron Clews	Team Cool	V	0:59:29	10:11
72	Brian Smith	North Hampshire RC	V	01:01:52	10:12
73	Andrew Bramhall	Manchester Whs CC	V	01:04:53	10:13
74	Marcus Burkitt	Cwmcarn Paragon RC	V		10:14
75	Russel Boon	Avonlea Treasure RT	V	00:58:52	10:15
76	Neil Reynolds	Winchcombe CC	V	01:00:47	10:16
77	John Howells	Corinium CC	V	01:02:30	10:17
78	Ken Squibb	VTTA (South Wales)	V	01:08:27	10:18
79	Paul Archer	VTTA (South Wales)	V		10:19
80	Michael Bevan	Bynea CC	V	00:58:20	10:20

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No	Name	Club	Cat	LTS	Start Time
81	Gordon Clements	Frome & Dist Whs	V	00:59:25	10:21
82	Steve Lawrence	Royal Leamington Spa CC	S	01:01:45	10:22
83	Simon Kinsey	Acme Whs (Rhondda) CC	V	01:04:32	10:23
84	Ian Turner	St Neots CC	S		10:24
85	Chris Hall	Lyme RC	V	00:59:17	10:25
86	Gerry Peppin	Corinium CC	V	01:02:41	10:26
87	Andrew Williams	Merthyr CC	V	01:02:30	10:27
88	Mark Haynes	Albarosa CC	V	01:07:55	10:28
89	Tim Rex	North Shropshire Whs	V	00:58:38	10:29
90	Adam Wild	Tyneside Vagabonds CC	Jun	00:52:23	10:30
91	Stewart Harrison	Andover Whs	V	00:59:23	10:31
92	Geoff Edgerton	North Shropshire Whs	V	01:01:56	10:32
93	Simon Craig-Mcfeely	...a3crg	V	01:04:26	10:33
94	Ken Rayson	...a3crg	V	01:06:42	10:34
95	Maria Powell	Bristol & District Triathletes	WV		10:35
96	Sally Harmer	Pembrokeshire Velo	WV		10:36
97	Julie Burkitt	Cwmcarn Paragon RC	WV		10:37
98	Annie Pegler	Corinium CC	WV		10:38
99	Tracy Rowlinson	Lyme RC	WV	01:04:39	10:39
100	Jamie Holmes	Crewe Clarion Whs	Jun	00:56:17	10:40
101	Sarah Lloyd-Stephens	Hereford & Dist Whs CC	W	00:58:15	10:41
102	Sharon Clifford	WCS Racing Team	WV	01:00:40	10:42
103	Becky Smith	Revo Racing	W	01:02:02	10:43
104	Michelle Robertson	Abercynon Road Club	WV	01:10:33	10:44
105	Crystal Spearman	Nopinz.com	W	00:57:19	10:45
106	Susan Shook	Bush Healthcare CRT	WV	00:57:53	10:46
107	Lowenna Smith	Cadence RT	W	00:59:38	10:47
108	Andrea Parish	Camel Valley C & TC	WV	01:00:49	10:48
109	Kari Jones	Ride Bike Wales	W		10:49
110	Danuta Tinn	Maidenhead & District CC	WV	00:56:12	10:50
111	Rebecca Timothy	Revo Racing	WV	00:58:08	10:51
112	Clare Greenwood	Bush Healthcare CRT	WV	00:59:50	10:52
113	Shirley Howell	Port Talbot Whs CC	WV	01:01:30	10:53
114	Nadine Cannon	Acme Whs (Rhondda) CC	W	01:08:06	10:54
115	George Jones	Clevedon & District RC	Jun	00:57:24	10:55
116	Devon Round	Mid Shropshire Wheelers	Juv	00:57:36	10:56
117	Libby McLaren	Born to Bike - Bridgtown Cycles	WV	00:58:29	10:57
118	Joanna Knight	Bristol South CC	WV	01:00:40	10:58
119	Amanda Witty	Wrekinsport CC	WV	01:06:40	10:59
120	Ethan Derrick	Bike Doctor	Jun	00:54:26	11:00

## Main Event

No	Name	Club	Cat	LTS	Start Time
1	Simon Drewett	Fairly United Cycling Team	V	00:53:21	11:01
2	Tony Costello	Corinium CC	V	00:53:56	11:02
3	Ian Deakin	Mid Devon CC	V	00:55:20	11:03
4	Roger Taylor	Frome & Dist Whs	V	00:57:59	11:04
5	Maciej Wontorowski	Albarosa CC	V	00:53:29	11:05
6	Delwyn Jones	Wrekinsport CC	V	00:53:55	11:06
7	Andy Henderson	Frome & Dist Whs	V	00:55:18	11:07
8	Gareth Jones	Clevedon & District RC	V	00:56:39	11:08
9	Phil Guy	North Shropshire Whs	V	00:58:07	11:09
10	Joshua Williams	Revolutions Racing	S	00:50:23	11:10
11	Michael Portlock	Extreme Culture Cycles	V	00:52:40	11:11
12	Andi Timothy	Revo Racing	V	00:54:33	11:12
13	Anthony Ashworth	Wetherby Whs	V	00:56:07	11:13
14	Nigel Williams	Merthyr CC	V	00:57:05	11:14
15	Christopher Jones	Ride Bike Wales	V	00:51:23	11:15
16	Alex Leek	Wrekinsport CC	S	00:54:40	11:16
17	Jim Gresty	North Shropshire Whs	V	00:56:13	11:17
18	Paul Cannon	Porth & District CC	V	0:56:25	11:18
19	Paul Durrant	Club Ciclista Bicicosta	V	00:57:16	11:19
20	David Woodhouse	CC Ashwell	S	00:50:16	11:20
21	David Brice	Bynea CC	V	00:52:22	11:21
22	Jason Streater	Velo Club St Raphael	V	00:54:29	11:22
23	Michael Cliffe	Coveryourcar.co.uk RT	S	00:55:50	11:23
24	Robin Shedden	Wrekinsport CC	V	00:56:47	11:24
25	Lyn Jones	Extreme Culture Cycles	V	0:51:18	11:25
26	John Hughes	Rhondda Triathlon Club	V	00:53:43	11:26
27	Paul Egan	Hillingdon CC	V	00:55:12	11:27
28	Gerard Oram	Bynea CC	V	00:56:44	11:28
29	John Shehan	Bynea CC	V	0:57:26	11:29
30	Robert West	RST Sport/Aero-Coach	V	00:50:11	11:30
31	Adrian Taverna	St Neots CC	V	00:55:30	11:31
32	Andrew Clarke	Mid Shropshire Wheelers	V	00:54:28	11:32
33	Mike Knudsen	Macclesfield Wheelers	V	00:55:32	11:33
34	Peter Cockbain	South Bucks CC	V	00:57:07	11:34
35	Stephen Potts	Somerset Road Club/The Bicycle Chain	V	00:51:04	11:35
36	Paul Lambert	Chippenham & Dist. Whs	V	00:53:40	11:36
37	Daryl Godden	Gloucester City CC	V	00:54:43	11:37
38	Barry Quick	Reading CC	V	00:56:36	11:38
39	Howell Mason	Ogmore Valley Whs	V	00:58:06	11:39
40	David Ellis	Mapperley CC	V	00:50:04	11:40
41	John Russell	T1 Diabetes.info	V	00:52:33	11:41
42	Nicholas Cleave	Swansea Wheelers	V	00:54:28	11:42
43	Simon Geary	Hereford & Dis Whs CC	V	00:55:41	11:43
44	David Francis	Team NBCC	V	00:58:12	11:44
45	Ben Phillips	Bynea CC	S	00:51:02	11:45
46	Peter Oliver	Fairly United Cycling Team	V	00:53:33	11:46
47	Dave Pitt	Charlotteville	V	00:55:05	11:47

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48	Neale Lewis	Acme Whs (Rhondda) CC	V	00:56:37	11:48
49	Neil Downes	Ogmore Valley Whs	V	00:57:59	11:49
50	Justin Layne	CC Ashwell	S	00:49:31	11:50
51	Andrew Halliday	Westerley Cycling Club	V	00:52:20	11:51
52	Ian Turner	North Road CC	V	00:54:20	11:52
53	Mike Knudsen	Macclesfield Wheelers	V	00:55:32	11:53
54	Lee Watts	Bynea CC	S	00:57:03	11:54
55	Dan Sadler	RT 316	S	00:50:32	11:55
56	Andrew Moore	Kingston Wheelers CC	V	00:53:29	11:56
57	Dominic White	Avonlea Treasure RT	S	00:55:00	11:57
58	Lee Jones	Severn Valley Cycles	V	00:56:25	11:58
59	Philip Murrell	Finsbury Park CC	V	00:57:20	11:59
60	Conrad Moss	Mid Devon CC	V	00:49:24	12:00
61	Gavin Hinxman	Kettering CC	V	00:52:16	12:01
62	Graham Giggs	Bath Road Club	S	00:54:18	12:02
63	Stuart Evans	Port Talbot Whs CC	V	00:55:45	12:03
64	Andrew Storrie	Ogmore Valley Whs	V	00:57:01	12:04
65	Jeremy Archer	RT 316	V	00:50:58	12:05
66	Matthew Rowley	Oxonian CC	V	00:51:31	12:06
67	Michael Allen	Team Jewson - MI Racing	V	00:54:53	12:07
68	Christopher Matthews	Forza Cycles	V	00:56:22	12:08
69	Peter Murrieri	M & D Cycles Scimitar Sport	V	00:57:56	12:09
70	Paul Hayward	Cwmcarn Paragon RC	V	00:49:29	12:10
71	Mark Sanders	Mid Devon CC	V	00:52:11	12:11
72	Rod Hicks	Port Talbot Whs CC	V	0:54:16	12:12
73	Kevin Williams	Bournemouth Jubilee Whlrs	V	0:55:31	12:13
74	Simon Cox	Chippenham & Dist. Whs	V	00:56:57	12:14
75	Anthony Mark Jones	Bynea CC	V	00:50:57	12:15
76	Mark Woolford	Chippenham & Dist. Whs	V	00:53:25	12:16
77	Mike Broadbent	Bynea CC	V	0:54:53	12:17
78	John Murphy	Gloucester City CC	V	0:56:21	12:18
79	Andrew Overton	Wyre Forest CRC	V	00:58:13	12:19
80	P Gamlin	Northover Vets Team	V	00:49:04	12:20
81	John Regan	Pembrokeshire Velo	V	00:52:10	12:21
82	Andrew Barnes	Hillingdon CC	V	00:54:10	12:22
83	Neil Gregory	Port Talbot Whs CC	V	00:55:30	12:23
84	Arthur Thomas	Holyhead CC	V	00:56:55	12:24
85	Tony Chapman	Frome & Dist Whs	V	00:50:56	12:25
86	Christopher Gibbard	Bynea CC	S	00:52:45	12:26
87	Geoff Reynolds	Hemel Hempstead CC	V	00:54:53	12:27
88	Justin Ford	CC Blaenau Gwent	V	00:55:13	12:28
89	Nigel Jones	Gloucester City CC	V	00:57:32	12:29
90	Ben Anstie	73 Degrees Bicycles	S	00:49:01	12:30
91	Paul Jones	Severn Valley Cycles	S	00:52:10	12:31
92	Colin Mcdermott	Festival Road Club	V	00:54:07	12:32
93	Christopher Aj Jones	VTTA (South Wales)	V	00:55:26	12:33
94	David Long	Acme Whs (Rhondda) CC	S	00:56:52	12:34
95	Keith Lea	Paceline RT	V	00:50:38	12:35

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96	Richard Hancock	St Neots CC	V	00:53:19	12:36
97	Chris Massey	Cwmcarn Paragon RC	V	00:54:51	12:37
98	Jon Vickery	Cwmcarn Paragon RC	V	00:56:10	12:38
99	Steve Mountford	Solihull CC	V	00:57:49	12:39
100	Luke Dix	Cardiff Jif	S	00:49:01	12:40
101	Graeme Boswell	Cardiff Ajax CC	V	00:52:01	12:41
102	Ed Priddy	Solihull CC	V	00:54:04	12:42
103	Andrew Evans	Port Talbot Whs CC	V	00:55:25	12:43
104	Mike Hazelwood	Saracen RC	V	0:56:50	12:44
105	Richard Spink	T1 Diabetes.info	S	00:50:33	12:45
106	Earl Smith	Royal Forest of Dean CC	V	00:53:18	12:46
107	Peter Blackwell	Solihull CC	V	00:55:06	12:47
108	Phil Gayes	Leek CC - Den Engles Belgian Bar	V	00:56:08	12:48
109	Sergio Henriques	Guernsey Velo Club	V	00:57:23	12:49
110	Rob Pears	Procyling Magazine RT	V	00:48:14	12:50
111	Tim Summerhayes	Kingston Wheelers CC	S	00:51:54	12:51
112	Andrew Wright	VC 10	V	00:53:59	12:52
113	Mark Williams	Port Talbot Whs CC	V	00:56:00	12:53
114	Shaun Walsh	Yeovil CC	V	00:57:04	12:54
115	Howard Lewis	Fibrax-Wrexham RC	V	00:51:03	12:55
116	Mark Denney	Poole Whs	V	00:52:50	12:56
117	Graeme Davis	Dursley RC	V	00:54:40	12:57
118	Hugh Davies	Port Talbot Whs CC	V	00:55:50	12:58
119	Thomas Woollard	Northover Vets Team	V	00:57:23	12:59
120	Kieron Davies	www.drag2zero.com	S	00:47:19	13:00