



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

Sunday 22nd July 2017 - R25/3H – 8:17 am

Timekeepers - Start: Alf Williams, Finish: Robin Field

Pusher off: Alan Haycox. Marshals: Haycox family.

Event Sec: Martyn Heritage-Owen – 28, CF3 0EJ. Email: coaching@realteam.co.uk. Complaints and reporting accidents should be made in writing to the promoter within 24hrs.

HQ: Hirwaun Community Centre (CF44 9SL) (Open 7:00). Parking is limited, there is additional parking in nearby roads and at a public car park a little further on. There is also additional parking near the start.

All riders are asked to comply with the following requests.

- ✓ **Sign on at the HQ.**
- ✓ Do **call your number** to the finishing timekeeper or your time may not be recorded.
- ✓ Do keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE.**
- ✓ **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 standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective helmets. It is 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.
- ✓ This event may be subject to doping control. It is **YOUR** responsibility to check.
- ✓ **No passing the start time keeper, warming up on the course or using a turbo within 100m of residential areas.**
- ✓ **No parking in Halt Rd or in the start road Thirteenth Avenue.**
- ✓ **No anti-social behaviour. All will result in a DQ and referral to the South Wales DC for further action.**
- ✓ **Remember to sign in and sign out – Failure to do so will result in disqualification.**

| R25/3H - Course Description | Miles |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Course Video: https://www.youtube.com/watch?v=L8KQ1sv3Lhg&t=1339s | |
| START 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 nd 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 third exit (straight on) | 10.183 |
| Continue on A465 to exit at next junction (signpost Seven Sisters), climbing to the Tonna rbt, where take 1st exit to Aberdulais Interchange, circle rbt and take 4th exit down slip road to rejoin the A465 eastward. TOP TIP – A road signs are in GREEN! | 15.063 |

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<https://www.cyclingtimetrials.org.uk/race-details/17105>

<https://www.cyclingtimetrials.org.uk/race-details/17104>

Follow us at <https://www.facebook.com/groups/realteamltd/> or @realteamcycling on twitter.

| R25/3H - Course Description | | Miles |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------|
| Course Video: https://www.youtube.com/watch?v=L8KQ1sv3Lhg&t=1339s | | |
| Continue along A465 to Resolven roundabout to take second exit (straight on) | | 19.719 |
| Continue on A465 to Blaengwrach roundabout (McDonalds). | | 22.764 |
| Take 2nd 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 |
| Continue on A465 up the hill for 5 miles to take 1st exit at rbt & 1st right into Rhigos Rd Hirwaun to retrace to HQ. | | |

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.

Overflow, Women's BAR, Jun

Men 1st - £25. Woman – 1st - £30, 2nd - £25, 3rd - £20. First Female Vet – 1st - £30, 2nd - £25, 3rd - £20.
1st Juvenile or Junior 1st - £20

| bib | Start | Name | Club | Cat | LTS |
|------------|--------------|----------------------|--------------------------------------|------------|------------|
| 17 | 08:17 | John Thompson | Severn Road Club | MV | 01:04:53 |
| 18 | 08:18 | Angela Burnikell | Sotonia CC | WV | 01:02:00 |
| 19 | 08:19 | Gillian Hopkins | Team CRANC | WV | 01:05:10 |
| 20 | 08:20 | Simon Kinsey | Virtual Cycling Club | MV | 00:57:59 |
| 21 | 08:21 | Ben Jones | Bynea Cycling Club | M | 00:58:30 |
| 22 | 08:22 | Philip Thomas | Rhondda Triathlon Club | M | 00:59:57 |
| 23 | 08:23 | Matt Price | Icknield RC | M | 01:02:32 |
| 24 | 08:24 | Lorne Ffoulkes-Jones | Tuxford Clarion C C | MV | |
| 25 | 08:25 | Ben Price | Cheltenham & County Cycling Club | M | 00:57:57 |
| 26 | 08:26 | John Shehan | Bynea Cycling Club | MV | 00:58:28 |
| 27 | 08:27 | Ryan Thomas | Rhondda Triathlon Club | M | 00:59:46 |
| 28 | 08:28 | Carson Pryce | Cardiff Triathletes | M | 01:00:38 |
| 29 | 08:29 | Kevin Grant | Frome and District Wheelers | MV | 01:10:37 |
| 30 | 08:30 | Ian Lawton | Hoppers Rollers | MV | 00:57:51 |
| 31 | 08:31 | Garry Shuker | Walsall Roads Cycling Club | MV | 00:58:25 |
| 32 | 08:32 | Andrew Lawrence | 1st Chard Wheelers | MV | 00:59:45 |
| 33 | 08:33 | Tim Brace | Team NBCC | MV | 01:02:28 |
| 34 | 08:34 | Brian Lewis | Bicester Millennium CC | MV | 01:18:25 |
| 35 | 08:35 | Roger Taylor | Frome and District Wheelers | MV | 00:57:12 |
| 36 | 08:36 | Caron Rees Jones | Energy Cycling Club/Clwb Beicio Egni | M | 00:58:24 |
| 37 | 08:37 | Andy Cole | Frome and District Wheelers | MV | 00:59:44 |
| 38 | 08:38 | Ed Hadley | Hereford & Dist Whs CC | MV | 01:01:54 |
| 39 | 08:39 | John Trout | 1st Chard Wheelers | MV | 01:06:40 |
| 40 | 08:40 | David Drew | North Shropshire Wheelers | MV | 00:57:37 |
| 41 | 08:41 | Adam Whittaker | Salt and Sham Cycle Club | M | 00:58:23 |
| 42 | 08:42 | Russell Horner | Team Sportslab | MV | 00:58:32 |

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| bib | Start | Name | Club | Cat | LTS |
|------------|--------------|------------------|----------------------------------|------------|------------|
| 43 | 08:43 | Mark Leeming | Chepstow Cycling Club | MV | 01:00:06 |
| 44 | 08:44 | Damon Payne | Royal Navy & Royal Marines CA | MV | 01:05:55 |
| 45 | 08:45 | Mark German | 1st Chard Wheelers | MV | 00:57:19 |
| 46 | 08:46 | Paul Jones | Hereford & Dist Whs CC | MV | 00:58:19 |
| 47 | 08:47 | Danny Mccabe | Garstang CC | MV | 00:59:27 |
| 48 | 08:48 | Luke Bradford | Hereford Triathlon Club | MV | 01:01:12 |
| 49 | 08:49 | Mark Evans | Chippenham & District Wheelers | MV | 01:05:30 |
| 50 | 08:50 | Steven Madeley | Ogmore Valley Wheelers | MV | 00:56:25 |
| 51 | 08:51 | Graham Green | Team Bottrill / Vanguard | MV | 00:58:17 |
| 52 | 08:52 | Huw Morgan | Narberth Dynamos Cycling Club | MV | 00:59:09 |
| 53 | 08:53 | John J Murphy | Gloucester City Cycling Club | MV | 01:00:57 |
| 54 | 08:54 | Richard Goddard | Newport (Shropshire) CC | MV | 01:03:29 |
| 55 | 08:55 | Neil Turner | Hereford Triathlon Club | MV | 00:57:43 |
| 56 | 08:56 | Adrian Tasker | Stafford RC | MV | 00:58:16 |
| 57 | 08:57 | Russell Boon | Avonlea/Treasure RT | MV | 00:59:04 |
| 58 | 08:58 | Edward Griffin | Radeon-Cycology RT | M | 01:00:52 |
| 59 | 08:59 | Gareth Lynch | VTTA (South Wales) | MV | |
| 60 | 09:00 | Cliff Voller | Newbury RC | MV | 00:57:12 |
| 61 | 09:01 | David Ireland | East Lancashire RC | MV | 00:58:15 |
| 62 | 09:02 | Simon Westlake | Merthyr CC | MV | 00:59:04 |
| 63 | 09:03 | Chris Harper | Penzance Wheelers CC | MV | 01:02:23 |
| 64 | 09:04 | Lee Gaughan | Climb on Bikes RT | MV | 01:04:26 |
| 65 | 09:05 | Barrie Watkinson | Bournemouth Arrow CC | MV | 00:57:08 |
| 66 | 09:06 | Phil Guy | North Shropshire Wheelers | MV | 00:58:13 |
| 67 | 09:07 | Phil Bowden | Penzance Wheelers CC | MV | 00:59:03 |
| 68 | 09:08 | Roger Foster | Banbury Star Cyclists' Club | MV | 01:00:32 |
| 69 | 09:09 | John Howells | Corinium Cycle Club | MV | 01:04:20 |
| 70 | 09:10 | Andrew Curley | Warwickshire Road Club | MV | 00:57:04 |
| 71 | 09:11 | Graham Browning | VC Sevale (Malvern) | M | 00:58:11 |
| 72 | 09:12 | Mike Parry | Hereford Triathlon Club | MV | 00:58:54 |
| 73 | 09:13 | Geoff Edgerton | North Shropshire Wheelers | MV | 01:01:21 |
| 74 | 09:14 | Robert Jolliffe | New Forest CC | MV | 01:04:16 |
| 75 | 09:15 | Dan Charleston | High Wycombe CC | MV | 00:57:04 |
| 76 | 09:16 | Peter Cottington | Bath Cycling Club | MV | 00:58:08 |
| 77 | 09:17 | Neil Downes | Forza RT | MV | 00:58:40 |
| 78 | 09:18 | Robert Turner | Cheltenham & County Cycling Club | MV | 01:00:13 |
| 79 | 09:19 | Tony Emery | Dursley Road Club | MV | 01:05:20 |
| 80 | 09:20 | Paul Astin | Cult Racing | MV | 00:56:58 |
| 81 | 09:21 | Richard Bowditch | Lyme Racing Club | MV | 00:58:04 |
| 82 | 09:22 | Paul Eveleigh | Lincoln Wheelers CC | MV | 00:58:39 |
| 83 | 09:23 | Vincent Jenkins | LeisureLakesBikes.com | MV | 01:00:26 |
| 84 | 09:24 | Gerry Peppin | Corinium Cycle Club | MV | 01:03:19 |
| 85 | 09:25 | Jeffrey Rees | Gower Riders Cycling Club | MV | 00:58:03 |
| 86 | 09:26 | Edward Chilton | Liverpool Phoenix CC (Aintree) | M | 00:59:29 |
| 87 | 09:27 | Carol Bridge | Rhondda Triathlon Club | W | |

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| bib | Start | Name | Club | Cat | LTS |
|------------|--------------|------------------------|---------------------------------------------------------------|------------|------------|
| 88 | 09:28 | Joscelin Lowden | Storey Racing | W | |
| 89 | 09:29 | Gemma Webster | Harry Middleton CC | W | 01:08:33 |
| 90 | 09:30 | Sarah Jones | Hereford & Dist Whs CC | WV | 01:05:04 |
| 91 | 09:31 | Diane Wynne | VC Sevale (Malvern) | WV | 01:05:00 |
| 92 | 09:32 | Joy Payne | Amersham Road Cycling Club | WV | 01:04:40 |
| 93 | 09:33 | Ali Charles | Gloucester City Cycling Club | WV | 01:03:52 |
| 94 | 09:34 | Alice Earle | VeloVitesse/ALLCAP/James Barry/Johnson Controls – Hitachi/SiS | W | 01:02:41 |
| 95 | 09:35 | Katherine Brace | Tenby Aces CC | W | 01:02:28 |
| 96 | 09:36 | Lydia Watts | Team 22 | FJun | 01:02:07 |
| 97 | 09:37 | Lucy Davies | Arctic Tacx RT | W | 01:01:23 |
| 98 | 09:38 | Claire Shea-Simonds | Race Hub | WV | 01:00:23 |
| 99 | 09:39 | Jo Buckland | Bush Healthcare CRT | WV | 01:00:09 |
| 100 | 09:40 | Gaynor Hughes | Bynea Cycling Club | WV | 00:59:46 |
| 101 | 09:41 | Clare Greenwood | Bush Healthcare CRT | WV | 00:58:33 |
| 102 | 09:42 | Deborah Sheridan | Warwickshire Road Club | WV | 00:58:25 |
| 103 | 09:43 | Susan Shook | Bush Healthcare CRT | WV | 00:58:18 |
| 104 | 09:44 | Susan Sanders | Drighlington BC | WV | 01:08:49 |
| 105 | 09:45 | Oliver Rowlands | Newport Phoenix CC | M | 00:53:57 |
| 106 | 09:46 | Iago Williams | Towy Riders | Juv | 01:14:00 |
| 107 | 09:47 | Tom Temple | Primera-Teamjobs | Jun | 00:48:04 |
| 108 | 09:48 | Tomos Perkins | Towy Riders | Juv | 01:13:42 |
| 109 | 09:49 | Joshua Sandman | Team Backstedt Bike Performance | Jul | 00:47:29 |
| 110 | 09:50 | Michelle Fishbourne | Team Backstedt Bike Performance | WV | 00:57:46 |
| 111 | 09:51 | Kirsty Mcseveney | Fareham Wheelers CC | W | 00:57:46 |
| 112 | 09:52 | Dena Ford | High Wycombe CC | WV | 00:57:26 |
| 113 | 09:53 | Sarah Matthews | ...a3crg | WV | 00:57:21 |
| 114 | 09:54 | Emma Angove | 73Degrees CC, WestSide Coaching | W | 00:56:53 |
| 115 | 09:55 | Jacintha Hamilton-Love | Dulwich Paragon CC | W | 00:55:43 |
| 116 | 09:56 | Andrea Parish | VeloSistas TT Team | WV | 00:55:36 |
| 117 | 09:57 | Karen Ledger | Team Bottrill / Vanguard | WV | 00:53:13 |
| 118 | 09:58 | Hetty Niblett | Mid Shropshire Wheelers | W | 00:55:06 |
| 119 | 09:59 | Stephanie Post | Team Bottrill / Vanguard | W | 00:52:54 |
| 120 | 10:00 | Hayley Simmonds | Team WNT Pro Cycling | W | 00:49:28 |

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Main Event

Senior – 1st £30, 2nd - £25, 3rd - £20.

Vet– 1st £30, 2nd - £25, 3rd - £20.

| bib | Start | Name | Club | Cat | LTS |
|------------|--------------|-------------------|-------------------------------------|------------|------------|
| 1 | 10:01 | Michael Parker | TMG Horizon Cycling Team | MV | 00:53:00 |
| 2 | 10:02 | Simon Drewett | Fairly United Cycling Team | MV | 00:53:42 |
| 3 | 10:03 | Sean Sanders | Drighlington BC | MV | 00:53:53 |
| 4 | 10:04 | Mark Cleverley | Cheshire Maverick Cycle Club | MV | 00:56:08 |
| 5 | 10:05 | Toby Williams | Liverpool Phoenix CC (Aintree) | M | 00:51:53 |
| 6 | 10:06 | Greg Lewis | Bicester Millennium CC | MV | 00:53:28 |
| 7 | 10:07 | Andy Sharman | Baines Racing | MV | 00:53:33 |
| 8 | 10:08 | Peter Hatt | Velo Club St Raphael | MV | 00:55:28 |
| 9 | 10:09 | Andrew Clarke | Mid Shropshire Wheelers | MV | 00:55:33 |
| 10 | 10:10 | Kieron Davies | DRAG2ZERO | M | 00:45:24 |
| 11 | 10:11 | Colin Wallace | Merthyr CC | MV | 00:52:30 |
| 12 | 10:12 | Lewis Donovan | Bynea Cycling Club | M | 00:54:05 |
| 13 | 10:13 | Stuart Evans | Port Talbot Whs CC | MV | 00:55:24 |
| 14 | 10:14 | Steve Bray | Salt and Sham Cycle Club | MV | 00:55:08 |
| 15 | 10:15 | Sean Hunt | Lincoln Wheelers CC | MV | 00:52:08 |
| 16 | 10:16 | Mike Anslow | Stourbridge Velo | MV | 00:53:21 |
| 17 | 10:17 | Simon Dighton | Beacon Roads CC | MV | 00:54:04 |
| 18 | 10:18 | Eddie Humphreys | Loughborough Phoenix CC | MV | 00:55:23 |
| 19 | 10:19 | Roger Wood | Pontypool Road Cycling Club | MV | 00:56:35 |
| 20 | 10:20 | Mark Woolford | Team Swindon Cycles | MV | 00:52:27 |
| 21 | 10:21 | Richard Coleman | Stourbridge Velo | MV | 00:53:19 |
| 22 | 10:22 | Chris Ford | High Wycombe CC | MV | 00:54:01 |
| 23 | 10:23 | Peter Blackwell | Solihull CC | MV | 00:55:18 |
| 24 | 10:24 | Jonathan Goh | Paramount CRT | MV | 00:56:42 |
| 25 | 10:25 | Joseph Costello | Walsall Roads Cycling Club | MV | 00:52:21 |
| 26 | 10:26 | Neil Mackley | Fareham Wheelers CC | MV | 00:52:28 |
| 27 | 10:27 | Martin O'Sullivan | Teddington and Turing Velo | MV | 00:53:57 |
| 28 | 10:28 | Steve Franklin | Team Salesengine.co.uk | M | 00:55:16 |
| 29 | 10:29 | Marco Marletta | Cardiff Jif | MV | 00:56:33 |
| 30 | 10:30 | Nic Stevenson | Westerley Cycling Club | M | 00:52:28 |
| 31 | 10:31 | Thomas Dye | Cardiff Ajax CC | M | 00:53:02 |
| 32 | 10:32 | Gareth Jones | Clevedon & District Road Club | MV | 00:53:34 |
| 33 | 10:33 | Simon Smith | Shutt Ridley RT | MV | 00:54:11 |
| 34 | 10:34 | Timothy Cummings | Forza RT | MV | 00:56:32 |
| 35 | 10:35 | Daniel Barnett | Ely Race Club | M | 00:52:05 |
| 36 | 10:36 | Marc Preece | Royal Air Force Cycling Association | MV | 00:53:25 |
| 37 | 10:37 | Chris Scawn | Plymouth Corinthian CC | MV | 00:53:56 |
| 38 | 10:38 | Karl Randell | Swansea Wheelers/CS Abertawe | M | 00:55:29 |
| 39 | 10:39 | Gaynor Davies | Port Talbot Whs CC | MV | 00:56:21 |
| 40 | 10:40 | Michael Portlock | Merthyr CC | MV | 00:51:58 |
| 41 | 10:41 | John Wingfield | Team Milton Keynes | M | 00:52:54 |

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|------------|--------------|---------------------|--------------------------------------------|------------|------------|
| 42 | 10:42 | Jon Saunders | Charlottesville Cycling Club | M | 00:53:55 |
| 43 | 10:43 | Oliver Walker-Hayes | University of Bristol Cycling Club (UOBCC) | M | 00:55:00 |
| 44 | 10:44 | Keith Barcock | Banbury Star Cyclists' Club | MV | 00:56:14 |
| 45 | 10:45 | Rod Hicks | Port Talbot Whs CC | MV | 00:51:54 |
| 46 | 10:46 | Leon Evans | Cardiff Ajax CC | MV | 00:52:50 |
| 47 | 10:47 | Tom Burke-Nott | De Laune CC | MV | 00:54:54 |
| 48 | 10:48 | Steven Loraine | Team Swift | MV | 00:54:55 |
| 49 | 10:49 | Michael Cope | Kettering CC | MV | 00:56:10 |
| 50 | 10:50 | Chris Ledger | Team Bottrill / Vanguard | MV | 00:50:21 |
| 51 | 10:51 | Nigel Jones | Stourbridge Velo | MV | 00:52:49 |
| 52 | 10:52 | Simon Amies | Bicester Millennium CC | MV | 00:53:50 |
| 53 | 10:53 | Owain Roberts | Port Talbot Whs CC | M | 00:54:47 |
| 54 | 10:54 | Wolfgang Emmerich | London Phoenix CC | MV | 00:56:08 |
| 55 | 10:55 | Tim Davies | Icknield RC | MV | 00:51:51 |
| 56 | 10:56 | Sam Wightman | Chelmer CC | MV | 00:52:49 |
| 57 | 10:57 | Chris Manko | Team Milton Keynes | M | 00:53:48 |
| 58 | 10:58 | Steve Mountford | Solihull CC | MV | 00:55:10 |
| 59 | 10:59 | Ross Morgan | Port Talbot Whs CC | M | 00:55:58 |
| 60 | 11:00 | Robin Short | Performance Cycles CC | MV | 00:51:37 |
| 61 | 11:01 | Phil Willoughby | Towy Racing Cycling Club (TRCC) | M | 00:52:47 |
| 62 | 11:02 | Edward Priddy | Solihull CC | MV | 00:53:46 |
| 63 | 11:03 | Chris Dyason | Cambridge CC | MV | 00:54:46 |
| 64 | 11:04 | Daniel Homer | London Phoenix CC | MV | 00:55:57 |
| 65 | 11:05 | John Regan | Pembrokeshire Velo | MV | 00:51:46 |
| 66 | 11:06 | Chris Fishbourne | Team Backstedt Bike Performance | MV | 00:52:44 |
| 67 | 11:07 | Chris Jones | Elite Cycling | MV | 00:54:16 |
| 68 | 11:08 | Steve Hancock | Calder Clarion | MV | 00:54:42 |
| 69 | 11:09 | Daryl Godden | Gloucester City Cycling Club | MV | 00:55:55 |
| 70 | 11:10 | Andy Hoskins | Cardiff Jif | M | 00:51:45 |
| 71 | 11:11 | Abid Hussain | Icknield RC | MV | 00:52:43 |
| 72 | 11:12 | James Fawcett | Hampshire Road Club | MV | 00:53:41 |
| 73 | 11:13 | Darrel Williams | Bynea Cycling Club | MV | 00:54:32 |
| 74 | 11:14 | Nick Burton | Newark Castle C C | MV | 00:55:54 |
| 75 | 11:15 | Andy Davies | Cardiff Jif | M | 00:51:45 |
| 76 | 11:16 | Neil Holden | Lutterworth Cycle Centre Racing Team | MV | 00:52:39 |
| 77 | 11:17 | Tim Childs | Westerley Cycling Club | MV | 00:53:39 |
| 78 | 11:18 | Andy Sloan | CC Weymouth | M | 00:54:18 |
| 79 | 11:19 | Tommy Barlow | Clevedon & District Road Club | MV | 00:55:52 |
| 80 | 11:20 | Andrew Wright | High Wycombe CC | MV | 00:51:50 |
| 81 | 11:21 | David Hargreaves | North Lancashire Road Club | MV | 00:53:24 |
| 82 | 11:22 | David Lancaster | VC 10 | MV | 00:57:18 |
| 83 | 11:23 | Tristian Manning | ATAC - Ammanford Triathlon And Cycling | M | 00:54:27 |
| 84 | 11:24 | Matthew Cockerell | Aberdeen Wheelers | M | 00:55:45 |
| 85 | 11:25 | Simon Adcook | Worcester St. Johns CC | MV | 00:52:28 |
| 86 | 11:26 | Terry Icke | Poole Whs | MV | 00:53:13 |

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|------------|--------------|---------------------|-------------------------------------------------------------|------------|------------|
| 87 | 11:27 | Alan Tunnicliffe | South Normanton C C | MV | 00:55:10 |
| 88 | 11:28 | Stuart McCormick | Port Sunlight Wheelers | MV | 00:54:28 |
| 89 | 11:29 | Michael Stephens | Hereford Triathlon Club | MV | 00:56:57 |
| 90 | 11:30 | Duncan Shea-Simonds | Race Hub | MV | 00:51:30 |
| 91 | 11:31 | Matt J Smith | Port Talbot Whs CC | MV | 00:51:26 |
| 92 | 11:32 | Phil Brush | Winchcombe Cycling Club | M | 00:51:22 |
| 93 | 11:33 | David Francis | Tribe of one (FTV) | MV | 00:51:16 |
| 94 | 11:34 | Jonathan Gould | Cheltenham & County Cycling Club | MV | 00:51:15 |
| 95 | 11:35 | Pete Dyson | East London Velo | M | 00:51:14 |
| 96 | 11:36 | Alex Leek | Velo Club St Raphael | M | 00:51:13 |
| 97 | 11:37 | Rob Dyde | Pembrokeshire Velo | M | 00:51:11 |
| 98 | 11:38 | Chris Massey | Team Backstedt Bike Performance | MV | 00:51:02 |
| 99 | 11:39 | Simon Garrett | Worcester St. Johns CC | MV | 00:50:55 |
| 100 | 11:40 | Philip Tucker | Cycle Specific | M | 00:50:47 |
| 101 | 11:41 | Steven Cottingham | Bath Cycling Club | MV | 00:50:39 |
| 102 | 11:42 | Howard Lewis | Mid Shropshire Wheelers | MV | 00:50:38 |
| 103 | 11:43 | Steven Hilton | Warrington Road Club/Horton Light Engineering/RS Cyclesport | MV | 00:50:37 |
| 104 | 11:44 | Michael Hill | Chester RC | M | 00:50:31 |
| 105 | 11:45 | Adrian Lane | Loughborough Students C C | M | 00:50:25 |
| 106 | 11:46 | Paul David Fleming | Preston Whs | MV | 00:50:24 |
| 107 | 11:47 | Patryk Witkowski | Poole Whs | M | 00:50:16 |
| 108 | 11:48 | Dan Sadler | RT 316 | MV | 00:50:12 |
| 109 | 11:49 | Mitch Russell | Energy Cycling Club/Clwb Beicio Egni | M | 00:50:08 |
| 110 | 11:50 | Mark Ellis | Team Milton Keynes | MV | 00:50:03 |
| 111 | 11:51 | James Cook | Radeon-Cycology RT | M | 00:49:56 |
| 112 | 11:52 | Alan Chorley | Seamons CC | MV | 00:49:46 |
| 113 | 11:53 | Darren Maironis | Velotik Racing Team | MV | 00:49:22 |
| 114 | 11:54 | Nick Dwyer | Lewes Wanderers CC | MV | 00:49:05 |
| 115 | 11:55 | Richard Harrison | DRAG2ZERO | MV | 00:48:56 |
| 116 | 11:56 | Dean Ware | Team Backstedt Bike Performance | M | 00:48:48 |
| 117 | 11:57 | Lee Tunnicliffe | Lutterworth Cycle Centre Racing Team | M | 00:48:42 |
| 118 | 11:58 | Joseph Dobson | Manchester Bicycle Club | M | 00:48:34 |
| 119 | 11:59 | Luke Cornish | Cwmcarn Paragon Road Club | M | 00:48:00 |
| 120 | 12:00 | Jeremy Archer | RT 316 | MV | 00:47:44 |

Have a safe ride and we hope to see you again at the next Realteam promotion on Sunday 19th Aug R25/3H.

<https://www.cyclingtimetrials.org.uk/race-details/17105>

<https://www.cyclingtimetrials.org.uk/race-details/17104>

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