



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

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

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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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bib	Start	Name	Club	Cat	LTS
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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bib	Start	Name	Club	Cat	LTS
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

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