



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

Sunday 21st July 2019 - R25/3H – 8:16 am

Timekeepers - Start: Alf Williams, Finish: Robin Field

Pusher off: Matthew Heritage-Owen. 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 7:15). 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.**

Have a safe ride and we hope to see you again at the next Realteam promotion on Sunday 18th Aug R25/3H. 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	
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
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.

Have a safe trip and a great ride

Martyn

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Overflow, Women's BAR, Jun

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

No	Name	Club	Cat	LTS	Start
16	Philip Worbey	Cyclesense CC	MV	01:07:42	08:16
17	Richard Emery	Severn Road Club	MV	01:07:08	08:17
18	Harry Cowley	Chester RC	MV	01:07:07	08:18
19	John Howells	Corinium Cycle Club	MV	01:05:30	08:19
20	Cameron Leslie	Royal Air Force Cycling Association	M	01:05:23	08:20
21	Robert Jolliffe	New Forest CC	MV	01:04:16	08:21
22	Phil Guy	North Shropshire Wheelers	MV	00:58:13	08:22
23	Ryan O'Rourke	Cwmcarn Paragon Road Club	M		08:23
24	Benjamin Stone	Milford Tritons Cycling Club	M		08:24
25	Calum Cheshire	Cardiff Ajax CC	M		08:25
26	Mike Hall	Port Talbot Whs CC	MV		08:26
27	Gerry Peppin	Corinium Cycle Club	MV	01:03:19	08:27
28	Geoff Edgerton	North Shropshire Wheelers	MV	01:01:21	08:28
29	Brian Dalling	Swansea Wheelers/CS Abertawe	MV	01:03:01	08:29
30	Patrick Weir	Team Jewson - MI Racing ~Poly Pipe~McCann	MV	01:02:00	08:30
31	David Garrett	Rugby Velo	MV	01:01:46	08:31
32	John Murphy	Gloucester City Cycling Club	MV	01:00:57	08:32
33	Richard Rees	Cardiff Ajax CC	M	01:00:39	08:33
34	Robert Jones	Cardiff 100 Miles RCC	MV	01:00:24	08:34
35	Paul Rees	Bynea Cycling Club	MV	01:00:03	08:35
36	Maris Brugis	Bristol Road Club	M	00:59:54	08:36
37	David Roe	Revo Racing	MV	00:59:53	08:37
38	David Bird	VTTA (Yorkshire)	MV	00:59:35	08:38
39	Mark Glendinning	Cowley Road Condors CC	MV	00:59:28	08:39
40	Sean O'Donnell	CC London	M	00:59:20	08:40
41	Robert Lucas	Port Talbot Whs CC	MV	00:59:03	08:41
42	Rod J Weston	Team Bottrill	MV	00:59:00	08:42
43	Neil Hughes-Hutchings	Morden CRC	MV	00:58:40	08:43
44	Robert Smith	Pembrokeshire Velo	MV	00:58:38	08:44
45	Mike Kirby	Banbury Star Cyclists' Club	MV	00:58:37	08:45
46	John Shehan	Bynea Cycling Club	MV	00:58:28	08:46
47	Kevin Grant	Frome and District Wheelers	MV	01:10:23	08:47
48	Phillip Turner	ATAC - Ammanford Triathlon And Cycling	MV	00:58:28	08:48
49	Simon Hulme	Royal Air Force Cycling Association	MV	00:58:27	08:49
50	Garry Shuker	Walsall Roads Cycling Club	MV	00:58:25	08:50
51	Blaine Phelps	Merthyr CC	MV	00:58:23	08:51
52	Jon Knight	Pontypool Road Cycling Club	MV	00:58:20	08:52
53	Jeffrey Rees	Gower Riders Cycling Club	MV	00:58:03	08:53
54	Graham Green	Team Bottrill	MV	00:58:17	08:54
55	Steven Jones	Bynea Cycling Club	MV	00:58:02	08:55
56	Andy Cole	Frome and District Wheelers	MV	00:59:44	08:56

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No	Name	Club	Cat	LTS	Start
57	Chris Harper	Penzance Wheelers CC	MV	01:00:47	08:57
58	Ian Connolly	Ludlow CC	MV	00:59:51	08:58
59	Robin Shedden	Wrekinsport CC	MV	01:02:05	08:59
60	Syd Brown	Innovation Racing	Jun	00:58:48	09:00
61	Sara James	Clevedon & District Road Club	WV		09:01
62	Joel Ackers	Innovation Racing	Jun	00:55:39	09:02
63	Vivienne Tomlin	1904RT	WV		09:03
64	Harry Kirby	Bicester Millennium CC	Jun	00:54:28	09:04
65	Diane Hynam	Bynea Cycling Club	WV	01:08:33	09:05
66	George Elliott	Innovation Racing	Jun	00:48:15	09:06
67	Helen French	Banbury Star Cyclists' Club	WV	01:07:32	09:07
68	Lorna Rowland	Twickenham CC	WV	01:07:18	09:08
69	Denise Burrows	THE Cycle Studio~Core Telecom~RPC	WV	01:05:00	09:09
70	Tasha Bevan	Bicester Millennium CC	WV	01:04:15	09:10
71	Katherine Brace	Tenby Aces CC	W	01:02:28	09:11
72	Karen Dennett	Bishop's Stortford CC	WV	01:02:06	09:12
73	Jo Wilkie	Ride 24/7	WV	01:01:45	09:13
74	Diane Wilson-Evans	Bynea Cycling Club	WV	01:01:21	09:14
75	Janet Fairclough	St Helens CRC	WV	01:01:14	09:15
76	Joy Payne	Amersham Road Cycling Club	WV	01:00:48	09:16
77	Tracy Rowlinson	Lyme Racing Club	WV	00:59:36	09:17
78	Clare Greenwood	Bush Healthcare CRT	WV	00:58:33	09:18
79	Emily Martin	Weaver Valley CC	W	00:59:28	09:19
80	Susan Shook	Bush Healthcare CRT	WV	00:58:18	09:20
81	Jo Buckland	PDQ Cycle Coaching	WV	00:58:15	09:21
82	Claire Shea-Simonds	Race Hub	WV	00:57:35	09:22
83	Karen Taylor	Team Sportslab	WV	00:57:29	09:23
84	Michelle Arthurs-Brennan	1904RT	W	00:56:03	09:24
85	Kelly Murphy	Storey Racing	W	00:56:00	09:25
86	Stephanie Post	Team Bottrill	W	00:52:30	09:26
87	Kirsty Mcseveney	...a3crg	W	00:55:40	09:27
88	Anna Turvey	DRAG2ZERO	W	00:50:32	09:28
89	Andrea Parish	VeloSistas TT Team	WV	00:55:36	09:29
90	Emma Lewis	The Independent Pedaler	W	00:49:41	09:30

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Main Event

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

Vet– 1st £30, 2nd - £25, 3rd - £20.

No	Name	Club	Cat	LTS	Start
31	David Wilson-Evans	Bynea Cycling Club	MV	00:53:32	09:31
32	Steve Bray	Salt and Sham Cycle Club	MV	00:54:25	09:32
33	Philip Elliott	Liverpool Century RC	MV	00:55:33	09:33
34	Phil Bowden	Penzance Wheelers CC	MV	00:56:19	09:34
35	William Wallace	CC London	MV	00:49:13	09:35
36	Simon Drewett	Fairly United Cycling Team	MV	00:52:58	09:36
37	Jon Wilkinson-Lockyer	Team Tor 2000 KALAS	MV	00:54:40	09:37
38	Andrew Clarke	North Shropshire Wheelers	MV	00:55:33	09:38
39	Roger Taylor	Frome and District Wheelers	MV	00:57:12	09:39
40	Leon Evans	Cardiff Ajax CC	MV	00:52:50	09:40
41	Max Lees	Leicestershire RC	M	00:53:38	09:41
42	William Grainger	Andover Wheelers	MV	00:54:31	09:42
43	Christopher Bailey	Lyme Racing Club	MV	00:55:40	09:43
44	Neil Turner	Hereford Triathlon Club	MV	00:57:43	09:44
45	Simon Cox	Chippenham & District Wheelers	MV	00:52:49	09:45
46	Alastair Luxford	Full Gas Racing Team	M	00:53:37	09:46
47	Steve Franklin	Rugby Velo	M	00:54:29	09:47
48	Daryl Godden	Gloucester City Cycling Club	MV	00:55:55	09:48
49	Michael Cope	Kettering CC	MV	00:56:10	09:49
50	Andy Ashurst	Manchester Wheelers	MV	00:52:48	09:50
51	Thomas Dye	Cardiff Ajax CC	M	00:52:57	09:51
52	Simon Inman	OVB	MV	00:53:45	09:52
53	Barrie Whittaker	Lyme Racing Club	MV	00:55:54	09:53
54	Les Thomas	Port Talbot Whs CC	MV	00:57:34	09:54
55	Rob Jones	Cardiff Ajax CC	MV	00:52:47	09:55
56	Joe Rees	Cardiff Ajax CC	M	00:53:33	09:56
57	Jon Vickery	Cwmcarn Paragon Road Club	MV	00:54:43	09:57
58	Matt Robinson	Westbury Wheelers	MV	00:55:30	09:58
59	Ricki Morgan	Team NBCC	M	00:57:29	09:59
60	Martin O'Sullivan	Teddington and Turing Velo	MV	00:52:11	10:00
61	Russell Horner	Team Sportslab	MV	00:53:45	10:01
62	Robert Jones	Performance Cycles CC	MV	00:54:21	10:02
63	Sam Taylor	Weaver Valley CC	M	00:55:03	10:03
64	Luke Vallance	Wrexham RC	MV	00:57:20	10:04
65	Richard Tully	Elite Cycling	MV	00:52:39	10:05
66	David Hargreaves	North Lancashire Road Club	MV	00:53:24	10:06
67	David Singleton	Acme Whs (Rhondda) CC	MV	00:54:14	10:07
68	Jeremy Redford	Army Cycling	MV	00:55:13	10:08
69	Michael Collins	VC Sevale (Malvern)	MV	00:57:44	10:09
70	David Medhurst	Cardiff Ajax CC	M	00:52:28	10:10
71	Philip Sims	Newport Phoenix CC	MV	00:53:22	10:11
72	James Fritchley	Westbury Wheelers	M	00:53:53	10:12
73	Dean Prosser	Hereford & Dist Whs CC	MV	00:54:55	10:13

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74	Gareth Williams	Hereford & Dist Whs CC	M	00:57:11	10:14
75	Mark Woolford	Team Swindon Cycles	MV	00:52:27	10:15
76	Wolfgang Emmerich	London Phoenix CC	MV	00:53:09	10:16
77	Tommy Barlow	Clevedon & District Road Club	MV	00:54:08	10:17
78	Dave Johnson	VC 10	MV	00:55:10	10:18
79	David Ireland	East Lancashire RC	MV	00:56:43	10:19
80	Ben Price	Cheltenham & County Cycling Club	M	00:52:26	10:20
81	James Churchar	Reading CC	MV	00:53:05	10:21
82	Mark Hamer	Stratford Cycling Club	MV	00:54:06	10:22
83	Steve Mountford	Solihull CC	MV	00:55:10	10:23
84	Colin Carefoot	Preston CC	MV	00:56:27	10:24
85	Daniel Homer	London Phoenix CC	MV	00:52:26	10:25
86	Gareth Jones	Clevedon & District Road Club	MV	00:53:03	10:26
87	Simon Dighton	Beacon Roads CC	MV	00:54:02	10:27
88	Peter Blackwell	Solihull CC	MV	00:55:17	10:28
89	Marco Marletta	Cardiff Jif	MV	00:56:25	10:29
90	Antony Brown	Kettering CC	MV	00:52:22	10:30
91	Edward Priddy	Solihull CC	MV	00:52:59	10:31
92	Chris Scawn	Plymouth Corinthian CC	MV	00:53:56	10:32
93	Steven Loraine	Team Swift	MV	00:54:55	10:33
94	Simon Kinsey	Virtual Cycling Club	MV	00:58:01	10:34
95	Tim Phillips	St Ives CC	MV	00:52:14	10:35
96	Adam Whittaker	Salt and Sham Cycle Club	M	00:53:44	10:36
97	Diccon Hill	Cardiff 100 Miles RCC	MV	00:53:55	10:37
98	Andy Hazell	Nova Raiders CC	MV	00:54:55	10:38
99	Phil Smith	Mid Devon CC	MV	00:57:42	10:39
100	Robert Francis	A2B Cycle Repair Race Team	M	00:52:46	10:40
101	Gerry Bowditch	Pontypool Road Cycling Club	MV	00:53:37	10:41
102	Terry Icke	CC Weymouth	MV	00:54:13	10:42
103	John French	Oxford City RC	MV	00:55:13	10:43
104	Stuart Evans	Port Talbot Whs CC	MV	00:56:09	10:44
105	Paul Hayward	Pontypool Road Cycling Club	MV	00:52:01	10:45
106	Rich Long	Merthyr CC	M	00:52:50	10:46
107	Gary Rickards	Cheltenham & County Cycling Club	MV	00:54:27	10:47
108	Owen Burgess	Newport Phoenix CC	M	00:54:44	10:48
109	Roger Wood	Pontypool Road Cycling Club	MV	00:56:06	10:49
110	Rod Hicks	Port Talbot Whs CC	MV	00:51:54	10:50
111	Jonathan Barnes	Hereford Triathlon Club	M	00:51:48	10:51
112	Phil Willoughby	Towy Riders Cycle Club	M	00:51:29	10:52
113	Andy Thomas	Lindsey Roads Cycling Club	MV	00:51:19	10:53
114	Gavin Tillson	cyclisme du loup solitaire	MV	00:51:17	10:54
115	Alex Leek	Velo Club St Raphael	M	00:51:13	10:55
116	Ross McNally	Pembrokeshire Velo	M	00:51:05	10:56
117	Neil Mackley	...a3crg	MV	00:51:03	10:57
118	Andrew Thomas	...a3crg	M	00:51:01	10:58
119	Duncan Shea-Simonds	Race Hub	MV	00:51:00	10:59
120	Tim Wood	Team Echelon	MV	00:50:55	11:00

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121	Ross Holland	Cheltenham & County Cycling Club	M	00:50:53	11:01
122	Robin Short	Performance Cycles CC	MV	00:50:53	11:02
123	Richard Hancock	Team Secret Squirrel	MV	00:50:45	11:03
124	Keith Dorling	Team Bottrill	MV	00:50:32	11:04
125	David Middleton	Cardiff Ajax CC	M	00:50:32	11:05
126	Paul David Fleming	Preston Whs	MV	00:50:24	11:06
127	Sean Vincent	Race Hub	MV	00:50:23	11:07
128	Chris Jones	Bynea Cycling Club	MV	00:50:16	11:08
129	Simon Garrett	Team Echelon	MV	00:50:08	11:09
130	Stuart Wells	Lindsey Roads Cycling Club	MV	00:50:06	11:10
131	Howard Lewis	Mid Shropshire Wheelers	MV	00:50:04	11:11
132	Mark Ellis	Team Milton Keynes	MV	00:50:03	11:12
133	Tony Chapman	Frome and District Wheelers	MV	00:50:01	11:13
134	Andy Davies	Cardiff Jif	M	00:49:53	11:14
135	Mark Corbett	Worcester St. Johns CC	MV	00:49:21	11:15
136	Lee Perrott	Cycle Specific	M	00:49:21	11:16
137	Nicholas Cousins	Derby Mercury R C	M	00:49:15	11:17
138	Anthony Jones	Towry Riders Cycle Club	MV	00:49:14	11:18
139	Alex Doherty	Goode2tri Team	M	00:49:01	11:19
140	Greg Parker	Estrella Bikes	MV	00:48:46	11:20
141	Robert Willcocks	Royal Air Force Cycling Association	M	00:48:36	11:21
142	Arthur Franklin	Portishead Cycling Club	M	00:48:35	11:22
143	Grant Bigham	VeloRunner RT	M	00:48:23	11:23
144	Will Bjergfelt	AeroCoach	C5	00:48:12	11:24
145	Jonathan Gates	Royal Air Force Cycling Association	MV	00:47:42	11:25
146	Scott Davies	Team Dimension Data	M	00:45:51	11:26
147	Christopher Gibbard	Bynea Cycling Club	M	00:47:16	11:27
148	Christopher Fennell	The Independent Pedaler	M	00:45:06	11:28
149	Ioan Smallwood	Cardiff Ajax CC	M	00:46:53	11:29
150	Marcin Bialoblocki	NOPINZ	M	00:42:58	11:30

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