

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

## Sunday 13<sup>th</sup> July 2014 R25/3L – 9:00am

Timekeepers - Start: Robin Field, Finish: Julia Jones

**EVENT SEC: Martyn Heritage-Owen - 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ. Complaints should be made in writing to the promoting secretary within 24hrs. (Mobile: 0778 606 7819 or [coaching@realteam.co.uk](mailto:coaching@realteam.co.uk) . Event updates available on twitter via @realteamcycling. There were 40 personal requests so if I have made a mistake please cut me some slack.**

**Event Headquarters - Rhigos Rugby Club (CF44 9HJ) – open from 8am** Given the number of riders space will be at a premium so overflow parking is on the road outside. Please park responsibly and ensure the road outside is still 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 left 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 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.

### **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 right and take the old A465 ascending the old neath bank to Rhigos and take the right turn before the start to return to the HQ.

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

#### **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> - £11. Vet – 1<sup>st</sup> £30, 2<sup>nd</sup> - £25, 3<sup>rd</sup> - £20, 4<sup>th</sup> -£11.

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

Men 1<sup>st</sup> - £25, 2<sup>nd</sup> - £20, 3<sup>rd</sup> - £15, 4<sup>th</sup> - 11. Woman – 1<sup>st</sup> - £20, 2<sup>nd</sup> - £15, 3<sup>rd</sup> - £11 Woman Vet – 1<sup>st</sup> - £20, 2<sup>nd</sup> £15. Jun/Junior 1<sup>st</sup> - £20, 2<sup>nd</sup> - £15, 3<sup>rd</sup> - £11

**Have a safe ride and we hope to see you again at the other Realteam promotions, Saturday 26<sup>th</sup> July - R10/17 and Saturday 2<sup>nd</sup> August – R10/17. Follow us at <https://www.facebook.com/groups/realteamltd/>**

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### Women, Junior and Overflow

No	Name	Club	Cat	LTS	Time
1	Norman James	Ogmore Valley Whs	V	01:11:15	09:01
2	Mike Logue	Fairly United Cycling Team	V	00:59:23	09:02
3	Roger Wood	Pontypool RCC	V	01:00:23	09:03
4	Jeff Chambers	Bynea Cycling Club	V	01:08:22	09:04
5	John Shehan	Bynea Cycling Club	V	00:56:57	09:05
6	Peter Murrieri	M & D Cycles Scimitar Sport	V	00:57:56	09:06
7	Bob Jones	Cardiff 100 Miles RCC	V	01:00:04	09:07
8	Gerry Peppin	Corinium CC	V	01:02:41	09:08
9	Jeffrey Rees	Acme Whs (Rhondda) CC	V		09:09
10	Simon Mitchell	Lutterworth Cycle Centre Racing Team	S	00:56:46	09:10
11	Adam Jones	Brecon Wheelers	S	00:57:20	09:11
12	Stephen Ratcliffe	Brecon Wheelers	V	00:58:41	09:12
13	Julian Bullas	Cheltenham & County CC	V	01:01:09	09:13
14	Brian Smith	North Hampshire RC	V	01:03:12	09:14
15	Peter Cockbain	South Bucks CC	V	00:57:07	09:15
16	Roger Taylor	Frome & District Wheelers	V	00:57:59	09:16
17	Andrew Vaughan	City RC (Hull)	V	00:58:46	09:17
18	David Long	Acme Whs (Rhondda) CC	S	01:01:16	09:18
19	Steve Macdonald	Bristol South CC	V	01:10:00	09:19
20	Garry Shuker	Walsall Rds CC	V	00:56:47	09:20
21	Digby Rusling	Royal Forest of Dean CC	V	00:57:43	09:21
22	Steven Williams	Acme Whs (Rhondda) CC	S	00:59:14	09:22
23	Clive Chappe	Ross on Wye & District CC	V	01:01:01	09:23
24	Yeung Ng	Bynea Cycling Club	V	01:07:31	09:24
25	Lee Piercy	Performance Cycles CC	V		09:25
26	Chris Barnett	Bynea Cycling Club	S	00:58:00	09:26
27	John Franklin	Swansea Wheelers CC	S	01:00:03	09:27
28	Jason Strange	Ogmore Valley Whs	V	01:02:38	09:28
29	Ross Phillips	Cwmcarn Paragon Road Club	S		09:29
30	Neale Lewis	Acme Whs (Rhondda) CC	V	00:56:45	09:30
31	Wayne Thomas	Pontypool RCC	V	00:57:40	09:31
32	Jeff Adams	Pontypool RCC	V	00:59:11	09:32
33	Allen Janes	Bristol South CC	V	01:00:59	09:33
34	Derek Morgan	Gannet CC	V	01:07:19	09:34
35	Paul Egan	Hillingdon CC	V	00:57:04	09:35
36	Adrian Sullivan	Merthyr CC	V	00:58:17	09:36
37	Tony Krol	Pembrokeshire Velo	V	01:00:00	09:37
38	Mick Ward	Mid Shropshire Wheelers	V	01:02:31	09:38

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No	Name	Club	Cat	LTS	Time
39	Adrian Taverna	St Neots CC	V		09:39
40	Stephen Cook	Lindsey Roads CC	V	00:56:43	09:40
41	Steven Cottington	Cadence RT	V	00:57:38	09:41
42	Andrew Lawrence	1st Chard Whs	V	00:59:08	09:42
43	Gordon Clements	Frome & Dist Whs	V	01:00:50	09:43
44	Geoff Edgerton	North Shropshire Wheelers	V	01:05:07	09:44
45	Gareth Jones	Clevedon & District RC	V	00:57:01	09:45
46	Paul Jones	Cwmcarn Paragon Road Club	V	00:58:09	09:46
47	Robert Hall	Salt and Sham CC	V	01:00:00	09:47
48	Howell Mason	Ogmore Valley Whs	V	01:02:00	09:48
49	Mark German	1st Chard Whs	V	00:59:16	09:49
50	Mark Nott	Ogmore Valley Whs	V	00:57:16	09:50
51	Karl Davies	Stourbridge Velo	V	00:57:29	09:51
52	Nigel Jones	Gloucester City CC	V	00:59:03	09:52
53	Allan Renyard	Guernsey Velo Club	V	01:00:50	09:53
54	Thomas Stoddart	Acme Whs (Rhondda) CC	S	01:05:00	09:54
55	Sergio Henriques	Guernsey Velo Club	V	00:57:23	09:55
56	Phil Guy	North Shropshire Wheelers	V	00:58:07	09:56
57	Nicholas Cleave	Swansea Wheelers CC	V	01:00:00	09:57
58	Alan Cooper	Avonlea Treasure RT	V	01:01:54	09:58
59	John Trout	1st Chard Whs	V	01:09:35	09:59
60	Kevin Bartlemore	Acme Whs (Rhondda) CC	V	00:57:46	10:00
61	Andrew Sparks	Hereford & Dis Whs CC	V	00:57:29	10:01
62	Cliff Voller	Newbury RC	V	00:58:58	10:02
63	Don Tanner	Gillingham & Dist Whls	V	01:00:38	10:03
64	Neil Hughes-Hutchings	Morden CRC	S	01:04:59	10:04
65	Arthur Thomas	Holyhead CC	V	00:56:55	10:05
66	Jonathan Dorey	Guernsey Velo Club	V	00:58:06	10:06
67	Michael Wilkinson	North Notts Olympic	V	00:59:59	10:07
68	Ed Hadley	Hereford & Dis Whs CC	V	01:01:28	10:08
69	Simon Kinsey	Acme Whs (Rhondda) CC	V	01:07:48	10:09
70	Richard Beech	Ogmore Valley Whs	V	00:57:00	10:10
71	Graham Green	MG Decor Team Carbon Bikes Solutions	V	00:57:26	10:11
72	David Lancaster	VC 10	V	00:58:55	10:12
73	Craig Nilsson	Rye & District Wheelers CC	S	01:00:31	10:13
74	Gregory Holmes	Hillingdon CC	Juv	01:03:58	10:14
75	Robin Shedden	Wrekinsport CC	V	00:56:47	10:15
76	Chris Phillips	Abercynon RC	V	00:56:52	10:16

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No	Name	Club	Cat	LTS	Time
77	Simon Westlake	Merthyr CC	V	00:59:57	10:17
78	Phil Gambles	Walsall Rds CC	V	01:02:57	10:18
79	Alistair Morgan	Pontypool RCC	V	00:56:46	10:19
80	Daniel Alderton	Guernsey Velo Club	Jun	00:54:14	10:20
81	Guy Evans	Hereford & Dis Whs CC	V	00:57:25	10:21
82	Kevin Thomas	Pontypool RCC	V	01:00:28	10:22
83	David Jones	Oxonian CC	V	01:00:30	10:23
84	Brian Dalling	Swansea Wheelers CC	V	01:03:38	10:24
85	Nigel Williams	Merthyr CC	V	00:56:54	10:25
86	Steve Mountford	Solihull CC	V	00:58:19	10:26
87	Alex Leek	Wrekinsport CC	S	00:59:54	10:27
88	Stewart Harrison	Andover Whs	V	01:01:31	10:28
89	Martin Balk	New Forest CC	V	01:08:56	10:29
90	George Clark	High Wycombe CC	Jun	00:52:06	10:30
91	Clifford Grant	High Wycombe CC	V	00:57:06	10:31
92	Barry Williams	Cardiff 100 Miles RCC	V	00:59:41	10:32
93	Alastair MccHesney	VC Bristol	V	01:00:19	10:33
94	Graeme Davis	Dursley RC	V		10:34
95	Sam Powell	Royal Navy & Royal Marines CA	Jun	00:54:46	10:35
96	Peter Blackwell	Solihull CC	V	00:58:21	10:36
97	Susan Shook	Bush Healthcare CRT	WV	00:59:42	10:37
98	Sophie Dorey	Guernsey Velo Club	Wjuv	01:01:46	10:38
99	Debbie Clark	Hereford & Dis Whs CC	WV	01:11:05	10:39
100	Ben Mcintosh	Crewe Clarion Whs	Jun	00:50:29	10:40
101	Cynthia Kunschke	High Wycombe CC	W	00:58:00	10:41
102	Emma Mcdermott	Oxonian CC	W	00:58:47	10:42
103	Jill Bartlett	Hounslow & District Whrs	WV	01:01:11	10:43
104	Rhiannon Davies	University of Birmingham CC	W	01:09:11	10:44
105	Gillian Pears	Procyling Magazine RT	WV	00:55:12	10:45
106	Cathy Wood	Chelmer CC	WV	00:57:57	10:46
107	Lowenna Smith	Cadence RT	WV	01:00:09	10:47
108	Chris Holmes	Chelmer CC	WV	01:11:30	10:48
109	Sally Harmer	Pembrokeshire Velo	WV		10:49
110	Mary Bower	gbcycles.co.uk	W	00:55:46	10:50
111	Claire Lee	Chelmer CC	WV	00:57:46	10:51
112	Maria Powell	Bristol & District Triathletes (BAD TRI)	WV	00:58:30	10:52
113	Sharon Clifford	Coventry RC	WV	01:00:40	10:53
114	Joanna Knight	Bristol South CC	WV	01:03:25	10:54

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No	Name	Club	Cat	LTS	Time
115	Helen Reynolds	Hemel Hempstead CC	WV	00:55:28	10:55
116	Alice Lethbridge	Kingston Wheelers CC	W	00:58:23	10:56
117	Teresa Goddard	Kingston Wheelers CC	WV	00:59:33	10:57
118	Andrea Parish	Camel Valley C & TC	WV	01:01:12	10:58
119	Marie King	Manchester Wheelers Club	W	01:11:32	10:59
120	Danuta Tinn	Maidenhead & District CC	WV	00:56:12	11:00

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## Main Event

No	Name	Club		LTS	Time
1	Paul Williams	West Drayton MBC	V	00:52:23	11:01
2	Stephen Campbell	Twickenham CC	V	00:52:57	11:02
3	Ed Priddy	Solihull CC	V	00:54:04	11:03
4	Jonathan Ellis	Royal Sutton CC	S	00:56:41	11:04
5	Neil Ridley	Guernsey Velo Club	V	00:51:02	11:05
6	Phil Barnes	Team Swift	V	00:52:53	11:06
7	Trevor Lloyd	Swansea Wheelers CC	V	00:53:53	11:07
8	Martin Grant	VC 10	S	00:54:30	11:08
9	Geoffrey Reynolds	Hemel Hempstead CC	V	00:55:13	11:09
10	Kieron Davies	Team NBCC	S	00:48:00	11:10
11	Andrew Halliday	Westerley Cycling Club	V	00:52:20	11:11
12	Will Jenkins	Pembrokeshire Velo	V	00:52:56	11:12
13	Andrew Moore	Kingston Wheelers CC	V	00:54:17	11:13
14	John Golder	Chelmer CC	V	00:55:05	11:14
15	Derek Smetham	Dursley RC	V	00:51:24	11:15
16	Ian Cox	North Lancs RC	V	00:52:24	11:16
17	Philip Murrell	Finsbury Park CC	V	00:53:53	11:17
18	Chris Herbert	Redhill CC	S	00:54:58	11:18
19	Dave Poulter	Wrekinsport CC	V	00:56:23	11:19
20	Scott Burns	Manchester Wheelers Club	S	00:49:43	11:20
21	Andre Dyason	Team Swift	V	00:51:42	11:21
22	Joseph Beech	Ogmore Valley Whs	S	00:53:00	11:22
23	Paul Smith	Catford CC	V	00:54:19	11:23
24	Justin Layne	CC Ashwell	S	00:55:41	11:24
25	Jim Moffatt	Virgin Active Cycling Team	V	00:51:18	11:25
26	David Brice	Bynea Cycling Club	V	00:52:22	11:26
27	Michael Amery	VC Sevale (Malvern)	V	00:53:50	11:27
28	Daniel Kempe	Bristol South CC	V	00:54:59	11:28
29	Barry Quick	Reading CC	V	00:56:36	11:29
30	Gary Dighton	Primera-sports.com	V	00:50:10	11:30
31	Gavin Hinxman	Kettering CC	V	00:52:16	11:31
32	Robert West	RST Sport/Aero-Coach	S	00:53:11	11:32
33	Rob Jones	Ogmore Valley Whs	S	00:54:12	11:33
34	Chris Edginton	Fairly United Cycling Team	V	00:55:40	11:34
35	Michael Westwell	Mapperley CC	S	00:51:13	11:35
36	Peter Wilson	Frome & District Wheelers	V		11:36
37	Anthony Mark Jones	Bynea Cycling Club	V	00:53:49	11:37

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No	Name	Club		LTS	Time
38	Dave Pitt	Charlottesville CC	V	00:55:03	11:38
39	Hamish Walker	Hampshire RC	V	00:56:29	11:39
40	Sebastian Ader	...a3crg	V	00:50:08	11:40
41	Richard Howes	Coventry RC	V	00:52:12	11:41
42	Michael Portlock	EC Cycles	V	00:53:10	11:42
43	Andrew Barnes	Hillingdon CC	V	00:54:10	11:43
44	Martin Winter	Twickenham CC	V	00:55:33	11:44
45	Andrew Perkins	Mid Devon CC	V	00:51:12	11:45
46	Michael Davis	Dursley RC	S	00:52:40	11:46
47	David Kingsbury	High Wycombe CC	S	00:53:41	11:47
48	Paul Clarkson	Kingston Wheelers CC	V	00:54:45	11:48
49	Justin Ford	CC Blaenau Gwent	V	00:55:49	11:49
50	Luke Dix	Cardiff Jif	S	00:50:00	11:50
51	John Madden	NICF	V	00:52:00	11:51
52	Tony Harvey	Mid Shropshire Wheelers	V	00:53:02	11:52
53	John Regan	Pembrokeshire Velo	V	00:54:07	11:53
54	Charles Crookes	Team Swift	V	00:55:31	11:54
55	Stephen Potts	Somerset RC	V	00:51:04	11:55
56	Terry Icke	Poole Whs	V	00:52:38	11:56
57	Paul Lambert	Chippenham & Dist. Whs	V	00:53:40	11:57
58	Daryl Godden	Gloucester City CC	V	00:54:43	11:58
59	John Murphy	Gloucester City CC	V	00:56:21	11:59
60	Ken Buckley	AW Cycles.co.uk	S	00:50:00	12:00
61	Tony Chapman	Dream Cycling	V	00:51:48	12:01
62	Marc Colclough	Rhos-on-Sea CC	S	00:53:00	12:02
63	Darren Lewis	Poole Whs	V	00:54:06	12:03
64	Nigel Thomas	Bynea Cycling Club	V		12:04
65	Steve Wright	Didcot Phoenix CC	S	00:51:27	12:05
66	Michael Allen	Team Jewson - MI Racing	V	00:52:37	12:06
67	Chris Tatton	Sodbury Cycle-Sport	V	00:53:36	12:07
68	Keith Dorling	Bishop's Stortford CC	V	00:54:42	12:08
69	David Wood	Stourbridge Velo	V	00:56:20	12:09
70	Ben Anstie	Cadence RT	S	00:50:00	12:10
71	David Ellis	Mapperley CC	V	00:51:45	12:11
72	Matthew Rowley	Oxonian CC	V	00:53:12	12:12
73	Howard Lewis	Paramount RC	V	00:54:22	12:13
74	Mark Harrison	Houghton CC	S	00:55:24	12:14
75	Geoff Powell	High Wycombe CC	V	00:50:49	12:15

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No	Name	Club		LTS	Time
76	Les Liddiard	Team Jewson - MI Racing	V	00:52:35	12:16
77	Peter Oliver	Fairly United Cycling Team	V	00:53:32	12:17
78	Steven Bennett	Acme Whs (Rhondda) CC	V	00:54:39	12:18
79	Anthony Redman	Porth & District CC	S	00:56:14	12:19
80	P Gamlin	Northover Vets Team	V	00:49:45	12:20
81	Dewi Hughes	Ystwyth CC	S	00:52:17	12:21
82	Earl Smith	Climb on Bikes RT	V	00:53:18	12:22
83	Tim Heal	Revo Racing	V	00:54:00	12:23
84	Martin Williams	Pembrokeshire Velo	V	00:55:21	12:24
85	Ben Phillips	Bynea Cycling Club	S	00:51:02	12:25
86	Paul Jones	Primera-sports.com	V	00:52:30	12:26
87	Rick Johnston	Northover Vets Team	V	00:53:31	12:27
88	Paul Jones	Ystwyth CC	S	00:54:30	12:28
89	Stuart Evans	Port Talbot Whs CC	V	00:56:02	12:29
90	Simon Williams	Dursley RC	S	00:50:28	12:30
91	Paul Granger	Fairly United Cycling Team	V	00:51:38	12:31
92	Mark Keyford	Cadence RT	V	00:52:57	12:32
93	Timothy Wood	Chelmer CC	V	00:53:59	12:33
94	Richard Hancock	St Neots CC	V	00:56:43	12:34
95	Tim Ashton	Royal Sutton CC	S	00:50:51	12:35
96	Simon Baynes	Giant CC	V	00:52:54	12:36
97	Mark Woolford	Chippenham & Dist. Whs	V	00:53:25	12:37
98	Ian Turner	North Road CC	V	00:55:05	12:38
99	Shaun Walsh	Yeovil CC	V	00:55:59	12:39
100	Steve Irwin	Kingston Wheelers CC	V	00:49:20	12:40
101	Mike Piper	Abellio - SFA Racing Team	S	00:51:30	12:41
102	Simon Wix	Worcester St John CC	V	00:53:17	12:42
103	Andrew Wright	High Wycombe CC	V	00:53:59	12:43
104	Paul Coles	Team Cycology Bikes	V	00:55:10	12:44
105	Conrad Moss	Mid Devon CC	S	00:51:02	12:45
106	Peter Greenwood	Team Swift	V	00:52:23	12:46
107	Adrian Humpage	Lyme Racing Club	V	00:53:22	12:47
108	Andrew Clarke	Mid Shropshire Wheelers	V	00:54:28	12:48
109	Ray Retter	North Devon Whrls	V	00:55:54	12:49
110	Rob Pears	Procyling Magazine RT	V	00:48:14	12:50
111	Phil Brown	Didcot Phoenix CC	V	00:51:28	12:51
112	Scott Holmes	Hillingdon CC	V	00:52:57	12:52
113	Mark Mccartney	Nottingham Clarion CC	V	00:53:55	12:53

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No	Name	Club		LTS	Time
114	Simon Geary	Hereford & Dis Whs CC	V	00:55:41	12:54
115	Matt Molloy	Finsbury Park CC	V	00:50:35	12:55
116	Tom Boulton	Finsbury Park CC	V	00:52:46	12:56
117	Simon Drewett	Fairly United Cycling Team	V	00:53:21	12:57
118	Dan Taylor	Acme Whs (Rhondda) CC	S	00:54:24	12:58
119	Hugh Davies	Port Talbot Whs CC	V	00:55:50	12:59
120	Justyn Cannon	RAF CA	S	00:48:02	13:00

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