

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

Sunday 6TH April 2014 R25/3L – 10:23am

Timekeepers - Start: Len Samuel, Finish: Julia Jones

EVENT SEC: Martyn Heritage-Owen 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ
Mobile: 0778 606 7819. Complaints should be made in writing to the promoting secretary within 24hrs.

Event Headquarters - Rhigos Rugby Club (CF44 9HJ) – open from 9am

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.

Have a safe ride and we hope to see you again at the other Realteam promotions:-

Tuesday 1st July – R10/17 – Celtic Series Event

Sunday 13th July – R25/3L

Saturday 26th July - R10/17

Saturday 2nd August – R10/17

This event is powered by Juice Plus for more details visit www.juiceplusbody.co.uk and if ordering quote Realteam.

This video shows our amazing natural slow release complex carb smoothie which is brilliant for us Athletes:

http://m.youtube.com/watch?feature=youtu.be&v=lhD_FFWmbqc&desktop_uri=%2Fwatch%3Fv%3DlhD_FFWmbqc%26feature%3Dyoutu.be

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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 – Main Event

1st - £40, 2nd - £35, 3rd - £30, 4th - £25, 5th - £20, 6th - £11.

Vet – 1st £30, 2nd - £25, 3rd - £20.

Prize List – Overflow, Women's BAR, Jun

Men 1st - £20, 2nd - £15, 3rd - £11.

Woman – 1st - £20, 2nd - £15, 3rd - £11

Woman Vet – 1st - £20, 2nd £15.

Junior 1st - £20, 2nd - £15

One rider one prize. Prizes will be posted.

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Women, Junior and Overflow

No	Name	Club	Cat	Time	Start
83	Adam Jones	Ride Bikes Wales	S		10:23
84	John Thompson	Severn RC (Trike)	V	01:04:54	10:24
85	John Regan	Pembrokeshire Velo	V		10:25
86	Leigh Jones	Ride Bikes Wales	S		10:26
87	Matthew Rees	Bynea Cycling Club	V		10:27
88	Michael Tarling	Pembrokeshire Velo	S		10:28
89	Simon Tarrant	Cheltenham & County CC	S		10:29
90	Paula Moseley	Climb on Bikes RT	WV	00:54:54	10:30
91	Lowenna Smith	Cadence RT	W	01:00:09	10:31
92	Heather Dennis	Cardiff Ajax CC	WV	01:02:00	10:32
93	Gaynor Hughes	Bynea Cycling Club	WV	01:04:06	10:33
94	Mark Smith	Bynea Cycling Club	S	01:15:00	10:34
95	Sam Powell	Royal Navy & Royal Marines CA	Jun	00:57:55	10:35
96	Susan Burnett	Newport Phoenix CC	WV	01:01:01	10:36
97	George Clark	High Wycombe CC	Jun	01:02:10	10:37
98	Gareth Hill	Abercynon Road Club	V	01:12:46	10:38
99	Nigel Thomas	Bynea Cycling Club	V		10:39
100	Ann Bowditch	Guernsey Velo Club - SCU	WV	00:57:02	10:40
101	Ayse Vahiboglu	Exeter Whs CC	W	01:00:03	10:41
102	Catherine Etchell	Brecon Wheelers	WV	01:01:33	10:42
103	Norman James	Ogmore Valley Whs	V	01:11:15	10:43
104	Bryan Mckinney		S	01:15:00	10:44
105	Maria Powell	Bike Science - Boardman Elite	WV	00:58:38	10:45
106	Clarice Chung	Twickenham CC	W	01:01:01	10:46
107	Andrea Parish	Camel Valley C & TC	WV	01:02:34	10:47
108	Seb Tremlett	Guernsey Velo Club - SCU	S		10:48
109	Carl Guppy	Somerset RC	V		10:49
110	Daniel Alderton	Guernsey Velo Club	Jun	0:54:14	10:50
111	Tina Reid	Trainsharp RT	WV	00:59:11	10:51
112	Zoe Betteridge	North Devon Wheelers	W	01:01:09	10:52
113	Tracy Rowlinson	Lyme RC - Swinnerton Cycles	WV	01:05:12	10:53
114	Danielle Flawn	Bynea Cycling Club	W	01:15:00	10:54
115	Marina Bleasdale	Guernsey Velo Club - SCU	W	00:58:52	10:55
116	Suzanne Warren	Cardiff Ajax CC	W	01:01:00	10:56
117	Gregory Holmes	Hillingdon CC	Jun	01:03:58	10:57
118	Philip Batch	Bynea Cycling Club	V	01:06:00	10:58
119	Wayne Thomas	Pontypool RCC	S	01:15	10:59
120	Ben Mcintosh	Crewe Clarion Whs	Jun	00:51:23	11:00

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Main Event

No	Name	Club	Cat	Time	Start
1	Scott Holmes	Hillingdon CC	V	00:52:57	11:01
2	Alun Owen	CC Abergavenny	V	00:55:30	11:02
3	Allan Renyard	Guernsey Velo Club	V	01:00:50	11:03
4	Chris Hall	Lyme RC - Swinnerton Cycles	V	01:00:40	11:04
5	Aaron Bailey	Guernsey Velo Club	V	00:51:12	11:05
6	Mark Mccartney	Nottingham Clarion CC	V	00:53:55	11:06
7	David Woodhouse	Twickenham CC	S	00:54:23	11:07
8	John Shehan	Bynea Cycling Club	V	00:56:57	11:08
9	Craig Nilsson	Rye & District Wheelers CC	S	01:04:19	11:09
10	Neil Ridley	Guernsey Velo Club	V	00:51:02	11:10
11	Tim Hastie	Team Jewson - MI Racing	S	00:52:46	11:11
12	Mark Woolford	Chippenham & Dist. Whs	V	00:54:19	11:12
13	Paul Gibson	Wyre Forest CRC	V	00:56:23	11:13
14	Kevin Bartlemore	Acme Whs (Rhondda) CC	V	01:00:05	11:14
15	Richard Spink	Bristol South CC	S	00:51:20	11:15
16	Chris Martin	Yeovil CC	V	00:53:00	11:16
17	Gary Jones	Pontypool RCC	V	0:55:30	11:17
18	Adrian Sullivan	Merthyr CC	V	00:58:17	11:18
19	Ron Boast	Ogmore Valley Whs	V	01:04:18	11:19
20	Paul Jones	Bristol South CC	S	00:50:21	11:20
21	Paul Cannon	Porth & Dist Whs	V	00:52:41	11:21
22	Darren Avery	Somerset RC	V	00:54:12	11:22
23	Chris Matthews	Forza Cycles RT	V	00:56:22	11:23
24	Andrew Wellings	Somerset RC	V	01:00:03	11:24
25	Blake Pond	North Devon Wheelers	S	00:51:20	11:25
26	Steuart Saunders	Somerset RC	V	00:53:32	11:26
27	Steven Madeley	Ogmore Valley Whs	V	00:55:21	11:27
28	Thomas Weir	CC Ashwell	S	00:58:00	11:28
29	Steven Williams	Acme Whs (Rhondda) CC	S	01:03:59	11:29
30	Gary Dighton	Primera-sports.com	V	00:50:12	11:30
31	David Brice	Bynea Cycling Club	V	00:52:22	11:31
32	Andy Millward	Yeovil CC	V	00:54:16	11:32
33	John Murphy	Gloucester City CC	V	00:56:21	11:33
34	Kevin Thomas	Pontypool RCC	V	01:00:00	11:34
35	Lyn Jones	EC Cycles	V	00:51:18	11:35
36	Richard Coleman	Stourbridge Velo	V	00:53:30	11:36

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No	Name	Club	Cat	Time	Start
37	David Evans	Worcester St. Johns CC	V	00:55:16	11:37
38	Paul Hayward	Cwmcarn Paragon Road Club	V	00:58:00	11:38
39	Brian Dalling	Swansea Wheelers/CS Abertawe	V	01:03:38	11:39
40	Rob Sharland	Kingston Wheelers CC	S	00:50:00	11:40
41	Andrew Halliday	Westerley Cycling Club	V	00:52:20	11:41
42	Steven Powell	Cwmcarn Paragon Road Club	S	00:54:15	11:42
43	Stuart Evans	Port Talbot Whs	V	00:56:10	11:43
44	Mark Nott	Ogmore Valley Whs	V	00:59:49	11:44
45	Simon Williams	Dursley RC	S	00:51:25	11:45
46	Michael Portlock	EC Cycles	V	00:53:16	11:46
47	Chris Tatton	Sodbury Cycle-Sport	V	00:55:12	11:47
48	David Meacham	Wyre Forest CRC	V	00:57:52	11:48
49	Paul Crook	Wyre Forest CRC	V	01:03:36	11:49
50	Peter Lawrence	Team Swift	V	00:48:54	11:50
51	Phil Brown	Didcot Phoenix CC	V	00:52:17	11:51
52	Brian Mccartney	Extreme Culture Cycles (EC Cycles)	S	0:54:13	11:52
53	Dave Pitt	Charlotteville CC	V	00:56:10	11:53
54	Brian Jones	Halesowen C & AC	V	00:58:58	11:54
55	Paul Flemming	Preston Whs	V	00:51:07	11:55
56	Colin Wallace	Port Talbot Whs	V	00:53:15	11:56
57	Ian Turner	North Road CC	V	00:55:05	11:57
58	Lee Watts	Bynea Cycling Club	S	00:57:40	11:58
59	James White	San Domenico	V	01:03:10	11:59
60	Kieron Davies	Team NBCC	S	00:50:00	12:00
61	Mark Turnbull	Leigh Premier RC	V	00:52:17	12:01
62	Rod Hicks	Port Talbot Whs	V	00:54:16	12:02
63	Justin Ford	Blaenau Gwent CC	V	00:56:01	12:03
64	Jeff Adams	Pontypool RCC	V	00:59:11	12:04
65	John Madden	NICF	V	00:51	12:05
66	Anthony Mark Jones	Bynea Cycling Club	V	00:53:13	12:06
67	Emyr Griffiths	Bynea Cycling Club	V	00:55:01	12:07
68	Daniel Gough	Swansea University Cycling Club	S	00:57:00	12:08
69	Paul Griffiths	Cardiff Ajax CC	V	01:03:00	12:09
70	Billy Oliver	RST Sport/Aero-Coach	S	00:50:00	12:10
71	Gavin Hinxman	Kettering Â CC	V	00:52:16	12:11
72	Anthony Cowdry	EC Cycles	S	00:54:10	12:12
73	Oliver Simon	Team NBCC	S	00:56:00	12:13
74	Andrew Overton	Wyre Forest CRC	V	00:59:11	12:14

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No	Name	Club	Cat	Time	Start
75	Ken Buckley	AW Cycles.co.uk	S	00:51:02	12:15
76	Mark Rosser	Ogmore Valley Whs	V	00:53:11	12:16
77	Ian Rees	Pontypool RCC	V	0:54:55	12:17
78	Ian Davies	CC Blaenau Gwent	V	00:58:18	12:18
79	Jason Strange	Ogmore Valley Whs	V	01:02:38	12:19
80	Mark Lees	North Devon Wheelers	S	00:50:00	12:20
81	Mike Piper	Abellio SFA RT	S	00:52:07	12:21
82	Ed Priddy	Solihull CC	V	00:54:04	12:22
83	Graeme Boswell	Cardiff Ajax CC	S	00:56	12:23
84	Dave Spragg	Kingston Wheelers CC	V	00:59:05	12:24
85	Andrew Green	Lutterworth Cycle Centre Racing Team	S	00:50:29	12:25
86	John Sullivan	Westerley Cycling Club	V	00:53:06	12:26
87	Tom Cox	Northover VT - Rudy Project	V	00:54:54	12:27
88	Mike Hazlewood	Saracen RC	V	00:56:50	12:28
89	Steve Mountford	Solihull CC	V	00:58:19	12:29
90	Steve Irwin	Kingston Wheelers CC	V	00:49:20	12:30
91	Peter Georgi	Giant CC	V	00:52:00	12:31
92	Simon Coles	Northover VT - Rudy Project	V	00:54:00	12:32
93	David Medhurst	Cardiff Ajax CC	S	00:56:00	12:33
94	Cliff Voller	Newbury RC	V	00:58:58	12:34
95	Liam Maybank	Twickenham CC	V	00:50:52	12:35
96	Tony Harvey	Mid Shropshire Whs	V	00:53:02	12:36
97	Mike Broadbent	Bynea Cycling Club	V	00:54:53	12:37
98	Simon Mitchell	Lutterworth Cycle Centre Racing Team	S	00:56:42	12:38
99	David Francis	Team NBCC	V	01:01:58	12:39
100	Matt Sinclair	Lutterworth Cycle Centre Racing Team	S	00:48:54	12:40
101	Steve Wright	Didcot Phoenix CC	S	00:51:44	12:41
102	Jason Streater	VC St Raphael - Waite Contracts	V	00:54:00	12:42
103	Joe Schwartz	Swindon RC	V	0:55:47	12:43
104	Barry Williams	Cardiff 100 Miles CC	V	00:59:41	12:44
105	Paul Gamlin	Avonlea/Treasure RT	V	00:50:46	12:45
106	Sean Townsend	Gloucester City CC	S	00:53:41	12:46
107	Steven Bennett	Acme Whs (Rhondda) CC	V	00:54:39	12:47
108	Robin Shedden	Wrekingsport	V	00:56:47	12:48
109	Ed Hadley	Hereford & Dis Whs CC	V	01:01:28	12:49
110	Nick English	AW Cycles.co.uk	S	00:48:53	12:50
111	Gareth Rees	Cwmcarn Paragon Road Club	S	00:51:42	12:51
112	Alistair Morgan	Pontypool RCC	V	00:54:00	12:52

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No	Name	Club	Cat	Time	Start
113	Richard Lawton	Newport Phoenix CC	V	00:55:46	12:53
114	Rhys Jordan	Team NBCC	S	01:01:58	12:54
115	Daniel Barnett	www.drag2zero.com - SCU	S	00:50:38	12:55
116	Mark Keyford	Cadence RT	S	00:52:59	12:56
117	Daryl Godden	Gloucester City CC	V	00:54:34	12:57
118	Jonathan Ellis	Royal Sutton CC	S	00:56:41	12:58
119	Barry Quick	Reading CC	V	00:56:36	12:59
120	Justyn Cannon	RAF CA	S	00:48:36	13:00

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