

SPORTZMAD

CYCLING EVENTS

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

Sunday May 13th 2018 R25/3H – 9.42am Overflow, 10.00 am Main Event

Timekeepers – **Start:** Martyn Heritage-Owen, **Finish:** Robin Field

EVENT SEC: Heather Williams, Southfield, 68, Cog Rd, Sully. Cardiff Cf64 5TE Mobile: 07973266315. Complaints should be made in writing to the promoting secretary within 24hrs.

Event Headquarters - Rhigos Rugby Club, CF44 9HJ – Open from 8.30am

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ 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 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 R25/3H –

Start on access road to Hirwaun Industrial Estate, 8 yards North of lamp column No 1 and 30 yards North of junction with old A465 road (Hirwaun to Rhigos). Proceed south to junction with unclassified road (on to the old route) and bear left to roundabout with A4061 (Rhigos mountain road) where take 2nd exit (straight on) to Hirwaun roundabout A465 (1.306 miles). Take first exit westwards along the A465 dual carriageway to Blaengwrach roundabout (McDonalds). Take second exit (straight on) A465 to Resolven roundabout (10.183 miles). Here take the third exit, follow the A465 to exit at the next junction at Aberdulais (sp Seven Sisters), climbing to the Tonna roundabout (15.063 miles). Now take the first exit to Aberdulais Interchange where circle and take the fourth exit down the slip road to rejoin the A465 Eastward. Continue to Resolven roundabout (19.719 miles) taking second exit (straight on) to Blaengwrach roundabout (McDonalds). Take second exit continuing on A465, passing over river bridge and the Glynneath Interchange to FINISH in the SECOND lay-by on the left at a point 25 yards west of the 'Take Litter Home' sign and opposite the emergency telephone point.

PLEASE DO NOT CROSS THE BARRIER AFTER YOUR RACE BUT CONTINUE BACK UP THE DUAL CARRIAGE WAY AND RETRACE YOUR ROUTE TO THE HEADQUARTERS

Overflow/BAR event Prize List: In each of the following categories Overflow Female BAR 1st£20, 2nd£15, 3rd, £10, and Female Veteran - 1st£15 Fastest Junior £15.

Men's Event: In each of the following categories Overall 1st£30, 2nd£25, 3rd£20 Veterans - 1st£20, 2nd£15, 3rd£10

Have a safe ride and we hope to see you again at the other Sportzmad events

Please do not use adhesive tape to affix your race number, use the pins provided.
Free tea or coffee on return of your number. A selection of cakes will be available for very reasonable prices.

**Overflow
Event**

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
102	09:42:00	Tina	Reid	trainSharp	Female	Veteran
103	09:43:00	Gaynor	Hughes	Bynea Cycling Club	Female	Veteran
104	09:44:00	Kate	Mactear	UOBCC	Female	Senior
105	09:45:00	Danuta	Tinn Hamilton-	Maidenhead & District CC	Female	Veteran
106	09:46:00	Jacintha	Love	Dulwich Paragon CC	Female	Senior
107	09:47:00	Deborah	Sheridan	Warwickshire Road Club	Female	Veteran
108	09:48:00	Thomas	Harrington	Abergavenny RC	Male	Junior
109	09:49:00	Sarah	Gatley	Cardiff Triathletes	Female	Senior
110	09:50:00	Daniel	Dixon	Gosforth RC	Male	Junior
111	09:51:00	Andrea	Parish	VeloSistas TT Team	Female	Veteran
112	09:52:00	Michelle	Lee	Royal Dean Forest Cycle Club	Female	Veteran
113	09:53:00	Charlotte	Boothman	ABC Centreville	Female	Senior
114	09:54:00	Helen	Bailey	Lyme Racing Club	Female	Veteran
115	09:55:00	Rowan	Ellis	1st Chard Wheelers	Male	Junior
116	09:56:00	Steph	Mottram	Torelli-Beastwear-Brother	Female	Senior
117	09:57:00	Louisa	Cooper	Bournemouth Jubilee Whs	Female	Senior
118	09:58:00	sharon	clifford	SheHair Racing Team VeloVitesse/ALLCAP/James	Female	Veteran
119	09:59:00	Tara	Grosvenor	Barry/	Female	Senior
120	10:00:00	Alice	Lethbridge	DRAG2ZERO	Female	Senior

**Main
Event**

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	10:01:00	Leon	Evans	Cardiff Ajax CC	Male	Veteran
2	10:02:00	David	Singleton	Acme Whs (Rhondda) CC	Male	Veteran
3	10:03:00	Dave	Driver	Yeovil Cycling Club	Male	Veteran
4	10:04:00	John	Howells	Corinium Cycle Club	Male	Veteran
5	10:05:00	Gavin	Hinxman	DRAG2ZERO	Male	Veteran
6	10:06:00	Owen	Evans	Cardiff Triathletes	Male	Senior
7	10:07:00	ALISTAIR	Morgan	Pontypool Road Cycling Club	Male	Veteran
8	10:08:00	Andrew	Newey	Ribble Valley C&RC	Male	Senior
9	10:09:00	neil	downes		Male	Veteran
10	10:10:00	Phil	Barnes	Team Swift	Male	Veteran
11	10:11:00	Ed	Tarelli	Race Hub	Male	Veteran
12	10:12:00	Gary	Jones	Pontypool Road Cycling Club	Male	Veteran
13	10:13:00	stephen	Ratcliffe	Brecon Wheelers	Male	Veteran
14	10:14:00	Vernon	Schutte	Farnborough & Camberley CC	Male	Veteran
15	10:15:00	Scott	Nash	Pembrokeshire Velo	Male	Veteran
16	10:16:00	ray	retter	Born to Bike - Bridgtown Cycles	Male	Veteran
17	10:17:00	Jairus	Soquena	Pinoy Cycling Club UK	Male	Veteran

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18	10:18:00	John J	Murphy	Gloucester City Cycling Club	Male	Veteran
19	10:19:00	russell	boon	Avonlea/Treasure RT	Male	Veteran
20	10:20:00	Dan	Cutting	Epic R C	Male	Veteran
21	10:21:00	Norman	Griffin	Vive Le Velo	Male	Veteran
22	10:22:00	jase	cakebread	Christchurch Bicycle Club	Male	Veteran
23	10:23:00	Mark	Prosser	Merthyr CC	Male	Senior
24	10:24:00	Robert	Smith	Pembrokeshire Velo	Male	Veteran
25	10:25:00	Andy	Hazell	Nova Raiders CC	Male	Veteran
26	10:26:00	Ed	Neilson	Vive Le Velo	Male	Veteran
27	10:27:00	Simon	Kinsey	Virtual Cycling Club	Male	Veteran
28	10:28:00	Barry	Quick	Reading CC	Male	Veteran
29	10:29:00	Steve	Sebburn	Bpm Coaching	Male	C5
30	10:30:00	stephen	taylor	Team NBCC	Male	Veteran
31	10:31:00	Matt	Heaman	Severn Valley Cycles	Male	Veteran
32	10:32:00	Michael	Cope	Kettering CC	Male	Veteran
33	10:33:00	john	shehan	Bynea Cycling Club	Male	Veteran
34	10:34:00	Ed	Hadley	Hereford & Dist Whs CC	Male	Veteran
35	10:35:00	Kelly	Miller	Farnborough & Camberley CC	Male	Veteran
36	10:36:00	Christopher	Bailey	Lyme Racing Club	Male	Veteran
37	10:37:00	Paul	Jones	Team Backstedt Bike Performance	Male	Veteran
38	10:38:00	Morgan	Meaney	Cardiff Ajax CC	Male	Senior
39	10:39:00	Mark	Rooke	Rhondda Triathlon Club	Male	Veteran
40	10:40:00	Phil	Gayes	Leek Cyclists' Club	Male	Veteran
41	10:41:00	nathan	gosling	Guernsey Velo Club	Male	Senior
42	10:42:00	Marco	Marletta	Cardiff Jif	Male	Veteran
43	10:43:00	Phil	Guy	North Shropshire Wheelers	Male	Veteran
44	10:44:00	James	Stewart	Cranleigh Cycling Club	Male	Veteran
45	10:45:00	Jeremy	Ponting	Velo Club Godalming & Haslemere	Male	Veteran
46	10:46:00	Adrian	Gorham	Kettering CC	Male	Veteran
47	10:47:00	Jeffrey	Davis	Farnborough & Camberley CC	Male	Veteran
48	10:48:00	Robin	Short	Performance Cycles CC	Male	Veteran
49	10:49:00	Hugh	Davies	Port Talbot Whs CC	Male	Veteran
50	10:50:00	Martin	O'Sullivan	Teddington and Turing Velo	Male	Veteran
51	10:51:00	Andrew	White	Bpm Coaching	Male	Senior
52	10:52:00	Timothy	Cummings	Forza RT	Male	Veteran
53	10:53:00	Alan	Cooper	Avonlea/Treasure RT	Male	Veteran
54	10:54:00	Geoff	Edgerton	North Shropshire Wheelers	Male	Veteran
55	10:55:00	Ian	Turner	North Road CC	Male	Veteran
56	10:56:00	Terry	Anthony	Ogmore Valley Wheelers CC	Male	Veteran
57	10:57:00	Martin	Howe	VELOFLOW CC	Male	Veteran
58	10:58:00	Nigel	Pitt	Bynea Cycling Club	Male	Veteran
59	10:59:00	BoB	Symons	PDQ Cycle Coaching	Male	Veteran
60	11:00:00	Philip	Jones	Transition Race Team	Male	Senior
61	11:01:00	Nick	Tarmey	Velo Club Venta	Male	Veteran
62	11:02:00	peter	watson	Harrogate Nova CC	Male	Senior
63	11:03:00	Michael	Portlock	Merthyr CC	Male	Veteran
64	11:04:00	Daniel	Shackleton	ABC Centreville	Male	Veteran
65	11:05:00	Keith	Ainsworth	Sheffrec CC	Male	Veteran
66	11:06:00	lewis	donovan	Bynea Cycling Club	Male	Espoir
67	11:07:00	Matthew	Rowley	Oxonian CC	Male	Veteran
68	11:08:00	Jamie	Richardson	Chippenham & District Wheelers	Male	Senior

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69	11:09:00	Steve	Curry	Ogmore Valley Wheelers CC	Male	Veteran
70	11:10:00	Paul	Jones	Primera-Teamjobs	Male	Veteran
71	11:11:00	dean	ware	Team Backstedt Bike Performance	Male	Senior
72	11:12:00	Duncan	Mullier	Harrogate Nova CC	Male	Veteran
73	11:13:00	Owain	Roberts	Port Talbot Whs CC	Male	Senior
74	11:14:00	Rod	Hicks	Port Talbot Whs CC	Male	Veteran
75	11:15:00	James	Cook	Radeon-Cycology RT	Male	Senior
76	11:16:00	Andrew	Kirby	Velo Club St Raphael	Male	Senior
77	11:17:00	Kris	Bowditch	Lyme Racing Club	Male	Veteran
78	11:18:00	Mark	Woolford	Team Swindon Cycles	Male	Veteran
79	11:19:00	Mark	Bradley	Bristol South Cycling Club	Male	Veteran
80	11:20:00	Jeremy	Archer	RT 316	Male	Veteran
81	11:21:00	Hugh	Brshaw	University of Bristol CC	Male	Espoir
82	11:22:00	Jonathan	Gould	Cheltenham & County Cycling Club	Male	Veteran
83	11:23:00	David	Triska	Velo Club Godalming & Haslemere	Male	Senior
84	11:24:00	Rich	Long	Merthyr CC	Male	Senior
85	11:25:00	Andrew	Cooper	Bournemouth Jubilee Whs	Male	Veteran
86	11:26:00	William	Loughridge	Rapha Cycling Club	Male	Veteran
87	11:27:00	Andy	Davies	Cardiff Jif	Male	Senior
88	11:28:00	paul	colman	Pembrokeshire Velo	Male	Veteran
89	11:29:00	Tom	Cox	Northover VT / Rudy Project	Male	Veteran
90	11:30:00	Luke	Cornish	Cwmcarn Paragon Road Club	Male	Senior
91	11:31:00	Seb	Tremlett	Guernsey Velo Club	Male	Senior

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