

SPORTZMAD

CYCLING EVENTS

www.Sportzmad.co.uk

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

Sunday May 15th 2016 R25/3H – 9.25 am

Timekeepers – Start: Tony Howell, Finish: Tudor Thomas

EVENT SEC: Heather Dennis, 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 8.00am

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 R25/3H –

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

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

Men's Event: In each of the following categories Overall 1st £40 , 2nd £35 , 3rd £30 Veterans - 1st £30 , 2nd £25 , 3rd £20

One rider one prize. Prizes will be posted.

Please be aware that because of the poor mobile coverage in the area it may take some time to get the times back to the HQ.

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 a small donation.

Overflow Men / Junior/ Womens BAR

No	Name	Club	Cat	LTS	Start Time
85	Richard Bushell	Cardiff Triathletes	S	01:10:50	09:25
86	Jon Airey	Ross on Wye & Dist CC	V	01:11:58	09:26
87	Andrew Jones	Cardiff Triathletes	S	01:15:00	09:27
88	Mark Jennings	Royal Navy & Royal Marines CA	V	01:15:00	09:28
89	John Thompson	Severn RC	V	01:09:01	09:29
90	Peter Kibble	73 Degrees Bicycles	Jun	00:51:19	09:30
91	Eugene Cross	SSLL Racing Team	Jun	00:53:00	09:31
92	Josh Griffiths	Velo Club St Raphael	Jun	00:57:08	09:32
93	Rob Harrison	Cardiff Triathletes	V	01:18:00	09:33
94	Florence Pegler	Corinium Cycle Club	WV	01:15:07	09:34
95	Becky Smith	Revo Racing	W	00:58:20	09:35
96	Faye Faber	IOW Cycling Club	W	01:00:00	09:36
97	Gaynor Hughes	Bynea Cycling Club	WV	01:04:06	09:37
98	Mhairi-Clair Stewart	Cardiff Triathletes	WEsp	01:05:00	09:38
99	Shona Bennett	Sportzmad	W	01:20:00	09:39
100	Andrea Parish	Camel Valley C & TC	WV	00:55:51	09:40
101	Joanna Knight	Bristol South Cycling Club	WV	00:58:43	09:41
102	Leanne Cutler	Hitchin Nomads CC	WV	01:02:04	09:42
103	Kari Jones	Ride Bike Wales	W	01:04:51	09:43
104	Shirley Howell	Port Talbot Whs CC	WV	01:15:00	09:44
105	Karina Bowie	Team Bottrill	WV	00:57:34	09:45
106	Nadine Cannon	Acme Whs (Rhondda) CC	W	00:58:56	09:46
107	Diane Wilson-Evans	Bynea Cycling Club	WV	01:03:15	09:47
108	Dianne Tierney	Guernsey Velo Club	WV	01:08:21	09:48
109	Julie Stephens	Ross on Wye & Dist CC	WV	01:12:26	09:49
110	Mel Wasley	SSLL Racing Team	W	00:55:33	09:50

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Men's Event

No	Name	Club	Cat	LTS	Start Time
1	Paul Jackson	Team Bottrill	V	00:55:00	10:01
2	Elliot Dudley	Cwmcarn Paragon Road Club	S	00:56:00	10:02
3	Paul Stephens	Ross on Wye & Dist CC	V	00:56:14	10:03
4	Stephen Tierney	Guernsey Velo Club	V	01:00:29	10:04
5	Paul Deen	Epsom CC	V	00:51:01	10:05
6	Andrew Legge	Bristol South Cycling Club	V	00:54:20	10:06
7	David Wilson-Evans	Bynea Cycling Club	V	00:56:30	10:07
8	Simon Barbour	G.S. Henley	S	00:58:37	10:08
9	John Howells	Corinium Cycle Club	V	01:02:46	10:09
10	James Lewis	NFTO Pro Cycling	S	00:49:38	10:10
11	Paul Cannon	Bynea Cycling Club	V	00:53:48	10:11
12	Phil Gayes	Leek Cyclists' Club	V	00:55:59	10:12
13	Mark Bradley	Bristol South Cycling Club	V	00:57:12	10:13
14	Ed Hadley	Hereford & Dist Whs CC	V	01:02:30	10:14
15	Michael Portlock	EC Cycles	V	00:52:30	10:15
16	Rod Hicks	Port Talbot Whs CC	V	00:54:17	10:16
17	Gareth Rees	Cwmcarn Paragon Road Club	S	00:57:01	10:17
18	John Shehan	Bynea Cycling Club	V	00:58:08	10:18
19	Rhys Thomas	Cardiff Triathletes	Esp	01:10:00	10:19
20	Daniel Gough	Swansea University Cycling Team	S	00:52:39	10:20
21	Adrian Humpage	Lyme Racing Club	V	00:54:00	10:21
22	Mark Stafford	Portsmouth North End CC	V	00:55:51	10:22
23	Andy Court	Bicester Millennium CC	V	00:57:55	10:23
24	Terry Anthony	Ogmore Valley Wheelers CC	V	01:00:00	10:24
25	Nic Cleave	Swansea Wheelers/CS Abertawe	V	00:52:29	10:25
26	Daniel Kempe	Bristol South Cycling Club	V	00:54:56	10:26
27	Joel Simpson	Cardiff Ajax CC	V	00:57:00	10:27
28	John Murphy	Gloucester City Cycling Club	V	00:59:34	10:28
29	Christopher Goodwin	Ogmore Valley Wheelers CC	V	01:01:30	10:29
30	Lyn Jones	EC Cycles	V	00:50:55	10:30
31	John Hughes	Rhondda Triathlon Club	V	00:53:52	10:31
32	Neale Lewis	Acme Whs (Rhondda) CC	V	00:55:44	10:32
33	Ray Retter	North Devon Wheelers	V	00:57:46	10:33
34	Gareth Hill	Abercynon Road Club	V	01:00:10	10:34
35	Tim Beaven	Bicester Millennium CC	V	00:52:26	10:35
36	Nick Brown	Team NBCC	V	00:54:59	10:36
37	Mike Broadbent	Swansea Wheelers/CS Abertawe	V	00:56:53	10:37
38	Freddy Bulmer	Hitchin Nomads CC	S	01:00:00	10:38
39	Kevin Thomas	Pontypool Road Cycling Club	V	01:05:00	10:39
40	Paul Jones	Army Cycling Union	S	00:50:41	10:40
41	Andy Davies	Cardiff Jif	S	00:54:15	10:41
42	Anthony Redman	Acme Whs (Rhondda) CC	S	00:55:43	10:42
43	Nick Morgan	Hitchin Nomads CC	S	00:58:00	10:43
44	Martin Waller	Somerset Road Club	V	01:01:35	10:44
45	Mark Flannery	Team Swift	V	00:52:26	10:45
46	Trevor Lloyd	Swansea Wheelers/CS Abertawe	V	00:54:59	10:46

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47	Nick Hickman	Hitchin Nomads CC	V	00:56:42	10:47
48	Paul Nicholls	VC 10	V	00:59:31	10:48
49	Terry Davies	Hitchin Nomads CC	V	01:03:39	10:49
50	Tony Chapman	Frome and District Wheelers	V	00:50:38	10:50
51	Alex Leek	Velo Club St Raphael	S	00:53:43	10:51
52	Simon Tarrant	Cheltenham & County Cycling Club	V	00:55:40	10:52
53	Charles Crookes	Rutland Cycling Club	V	00:57:36	10:53
54	Huw Bridges	Tenby Aces CC	V	01:07:30	10:54
55	Gavin Lewis	North Road CC	S	00:52:17	10:55
56	Iain Cade	Bath Cycling Club	S	00:54:56	10:56
57	Derek Dowdeswell	Gloucester City Cycling Club	V	00:56:34	10:57
58	Sam Mansfield	Champion System/VCUK	Esp	00:59:10	10:58
59	Gareth Rees	Tenby Aces CC	V	01:03:59	10:59
60	David Woodhouse	G.S. Henley	S	00:50:16	11:00
61	Nick Young	Yeovil Cycling Club	V	00:53:36	11:01
62	Mick Black	Springfield Financial	V	00:55:28	11:02
63	Ross Morgan	Acme Whs (Rhondda) CC	S	00:57:19	11:03
64	Paul Slack	Tenby Aces CC	V	01:03:00	11:04
65	Michael Cross	Yorkshire Road Club	V	00:52:15	11:05
66	Lawrence Burrows	Team Swift	S	00:54:49	11:06
67	Stuart Thompson	Andover Whs	V	00:57:01	11:07
68	Oliver Bridgewood	Addiscombe CC	S	00:58:23	11:08
69	Steven Macdonald	Bristol South Cycling Club	V	01:03:00	11:09
70	Carl Whitwell	St Ives CC	V	00:49:50	11:10
71	John McClelland	Bush Healthcare CRT	V	00:53:33	11:11
72	Stuart Evans	Port Talbot Whs CC	V	00:55:24	11:12
73	Paul Durrant	Pontypool Road Cycling Club	V	00:57:16	11:13
74	Brad Davies	Bynea Cycling Club	V	01:02:44	11:14
75	Tim Summerhayes	Clapham Chasers	S	00:51:54	11:15
76	Chris Woolley	Acme Whs (Rhondda) CC	V	00:54:43	11:16
77	Liam Somerville	IOW Cycling Club	S	00:58:00	11:17
78	Neil Downes	Forza Cycles	V	00:58:54	11:18
79	Paul Davies	Bush Healthcare CRT	V	01:03:00	11:19
80	Matthew Postle	Bush Healthcare CRT	V	00:51:04	11:20
81	Mark Woolford	Chippenham & District Wheelers	V	00:53:25	11:21
82	Alasdair Bruce	Yorkshire Road Club	V	00:55:20	11:22
83	Andrew Hayward	Cwmcarn Paragon Road Club	V	00:57:44	11:23
84	Dave Driver	Yeovil Cycling Club	V	01:01:59	11:24
85	Christopher Gibbard	Bynea Cycling Club	S	00:51:14	11:25
86	Simon Coles	Northover VT / Rudy Project	V	00:54:40	11:26
87	Ian Lindsay	Royal Navy & Royal Marines CA	V	00:56:07	11:27
88	Steven Brown	Gloucester City Cycling Club	V	01:00:00	11:28
89	Ian Lewis	Bush Healthcare CRT	V	01:01:20	11:29
90	Ben Anstie	73 Degrees Bicycles	S	00:49:01	11:30
91	Luke Danckert	Army Cycling Union	S	00:53:07	11:31
92	Tom Cox	Northover VT / Rudy Project	V	00:55:08	11:32
93	Michael Bennett	Bicester Millennium CC	V	00:57:07	11:33
94	Mark Ayling	CC Abergavenny / JP Signs & Print	V	01:00:02	11:34

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95	James Rix	Crawley Wheelers	V	00:51:23	11:35
96	Steve Burrows	Team Swift	V	00:54:30	11:36
97	Nicholas Morgan	Tapitout Cycle Club	V	00:56:03	11:37
98	Roger Taylor	Frome and District Wheelers	V	00:58:26	11:38
99	Kevin Bessant	Bynea Cycling Club	V	01:10:10	11:39
100	Justin Layne	CC Ashwell	S	00:48:17	11:40
101	Charles Rees	Gillingham and District Wheelers / Wheels Cycles	S	00:53:05	11:41
102	Clive Franklin	Somerset Road Club	V	00:55:04	11:42
103	Dave Pitt	Charlotteville Cycling Club	V	00:57:05	11:43
104	Steve Curry	Ogmore Valley Wheelers CC	V	01:00:00	11:44
105	Steven Powell	Cwmcarn Paragon Road Club	S	00:51:21	11:45
106	Toby Hopper	Cardiff Ajax CC	S	00:55:00	11:46
107	Steve Evans	Bynea Cycling Club	V	00:56:03	11:47
108	Robin Shedden	Wrekinsport CC	V	00:58:54	11:48
109	Ricki Morgan	Cardiff Triathletes	S	01:05:00	11:49
110	Rob Pears	Bath Cycling Club	V	00:48:14	11:50
111	Chris Martin	Yeovil Cycling Club	V	00:52:59	11:51
112	Paul Coles	73 Degrees Bicycles	V	00:55:04	11:52
113	Ryan Davies	G.S. Henley	S	00:57:05	11:53
114	Adam Fletcher	Cardiff Triathletes	S	01:02:00	11:54
115	Justin Ford	CC Blaenau Gwent	V	00:51:39	11:55
116	Rob Jones	Cardiff Ajax CC	S	00:54:18	11:56
117	Christopher Bailey	Lyme Racing Club	V	00:56:02	11:57
118	Les Thomas	Port Talbot Whs CC	V	01:00:00	11:58
119	David Walters	Ogmore Valley Wheelers CC	S	01:02:56	11:59
120	Kieron Davies	DRAG2ZERO	S	00:46:50	12:00

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