

# SPORTZMAD

## CYCLING EVENTS

[www.sportzmad.co.uk](http://www.sportzmad.co.uk)

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

### Sunday 12<sup>th</sup> May 2019 R25/3H – 9.35 am Overflow Event

Timekeepers – Start: Tudor Thomas, 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

**Men's Event:** In each of the following categories Overall 1<sup>st</sup>£30 , 2<sup>nd</sup>£20 , 3<sup>rd</sup> £10 Veterans - 1<sup>st</sup> £30 , 2<sup>nd</sup>£20, 3<sup>rd</sup>£10

**Overflow/BAR event Prize List:** In each of the following categories Overflow, Female BAR 1<sup>st</sup>£30, 2<sup>nd</sup> £20, 3rd, £10, and Female Veteran - 1<sup>st</sup> 30 , 2<sup>nd</sup>£20, Fastest Junior £20.

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.

## Sportzmad 25 Mile TT Overflow Event Startsheet 12/05/2019 R25/3H 09:35am

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
95	09:35:00	Rachel	Bridger	UFIT TRI TEAM	Female	Veteran
96	09:36:00	Sandra	Burrows	Vive Le Velo	Female	Veteran
97	09:37:00	Kim	Brace	Bath Cycling Club	Female	Senior
98	09:38:00	Diane	Wynne	VC Sevale (Malvern)	Female	Veteran
99	09:39:00	Ali	Charles	Gloucester City Cycling Club	Female	Veteran
100	09:40:00	Chelsea	Mccloskey-lambert	Manchester Wheelers	Female	Senior
101	09:41:00	Lizzy	Stocker	IRIS Race Team	Female	Senior
102	09:42:00	Carol	O'connor	Calder Clarion	Female	Veteran
103	09:43:00	Joe	Dixon	Gosforth RC	Male	Junior
104	09:44:00	Joanna	Knight	Bristol South Cycling Club	Female	Veteran
105	09:45:00	Virginia	Mcgee	...a3crg	Female	Veteran
106	09:46:00	Morgan	Thompson	Sportzmad	Male	Junior
107	09:47:00	Gemma	Waterjohns	Somerset Road Club	Female	Senior
108	09:48:00	Deborah	Sheridan	Warwickshire Road Club	Female	Veteran
109	09:49:00	Madelaine	Lee-smith	Oxted Cycle Club	Female	Veteran
110	09:50:00	Louisa	Cooper	Bournemouth Jubilee Whs	Female	Senior
111	09:51:00	Thomas	Harrington	Abergavenny RC	Male	Junior
112	09:52:00	Sue	Rust	Kettering CC	Female	Veteran
113	09:53:00	Megan	Dickerson	Bristol South Cycling Club	Female	Senior
114	09:54:00	Vicky	Jowett	Plymouth Corinthian CC	Female	Senior
115	09:55:00	Daniel	Dixon	Gosforth RC	Male	Junior
116	09:56:00	Andrea	Parish	VeloSistas TT Team	Female	Veteran

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117	09:57:00	Victoria	Smith	AeroCoach	Female	Senior
118	09:58:00	Liz	Powell	DRAG2ZERO	Female	Veteran
119	09:59:00	Angela	Carpenter	...a3crg	Female	Veteran
120	10:00:00	Katie	Greves	Cowley Road Condors CC	Female	Senior

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