

# 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 2<sup>nd</sup> June 2019 R25/3H – 9.44am am Overflow**

Timekeepers – Start: Norman James, 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 8.45am**

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>£20 , Fastest Junior £15.

**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 a donation.**

## **Sportzmad 25 Mile TT O/F Event Startsheet 02/06/19/2019 R25/3H**

<b>Bib</b>	<b>Start Time</b>	<b>Firstname</b>	<b>Lastname</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
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104	09:44:00	Rachel	Bridger	UFIT TRI TEAM	Female	Veteran
105	09:45:00	Vicky	Gill	DRAG2ZERO	Female	Senior
106	09:46:00	Diane	Hynam	Bynea Cycling Club	Female	Veteran
107	09:47:00	Katherine	Brace	Tenby Aces CC	Female	Senior
108	09:48:00	Karen	Dennett	Bishop's Stortford CC	Female	Veteran
109	09:49:00	Harry	Tait	Worcester St. Johns CC	Male	Junior
110	09:50:00	April	Lewis	Born to Bike - Bridgtown Cycles	Female	Veteran
111	09:51:00	Laura	Clements	UFIT TRI TEAM	Female	Senior
112	09:52:00	Kieran	Morris	Total Tri Training	Male	Junior
113	09:53:00	Finlay	Tarling	Team Backstedt Bike Performance	Male	Junior
114	09:54:00	Andrea	Parish	VeloSistas TT Team	Female	Veteran
115	09:55:00	Vicky	Jowett	Plymouth Corinthian CC	Female	Senior
116	09:56:00	Tracy	Rowlinson	Lyme Racing Club	Female	Veteran
117	09:57:00	Jackie	Field	CC Ashwell	Female	Veteran
118	09:58:00	Joshua	Tarling	Team Backstedt Bike Performance	Male	Junior
119	09:59:00	Emma	Lewis	The Independent Pedaler	Female	Senior
120	10:00:00	Olly	Wilkins	VeloVitesse/ALLCAP/James Barry/SiS	Male	Junior

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