

# 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 June 4th 2016 R25/3H – 11.00 am Main Event**

**Timekeepers** – Start: Martyn Heritage-Owen

Finish: Tudor Thomas

**Event Secretary:** 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 8.00am

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 note although there will be marshalls and signage situated at key points on the course it is the responsibility of the rider to know the course, in particular the turn point at 15.063 miles. Please familiarise yourselves with this.

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

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

**02/08/2016 R10/9, 21/08/2016 R10/22, 03/09/2016 R10/17**

### **District Regulations**

1. No turbo training devices within 100 yards of dwellings.
2. No warming up on the course once the event has started
3. No U Turns within sight of start/finish TK
4. Antisocial Behaviour will not be tolerated

### **Course Regulations R25/3H**

5. Do not park in or within the vicinity of Halt Road, Rhigos

## **Prize List**

**Men's Event:** In each of the following categories Overall 1<sup>st</sup>£40 , 2<sup>nd</sup>£30, 3<sup>rd</sup>£20 Veterans - 1<sup>st</sup>£30 , 2<sup>nd</sup>£20, 3<sup>rd</sup>£15

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

**Prizes will be posted.**

**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.**

## **Main Event Start Sheet**

<b>Bib</b>	<b>Start Time</b>	<b>Firstname</b>	<b>Lastname</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
1	11:01:00	Gray	Turnock	Finsbury Park CC	Male	Veteran
2	11:02:00	Mark	Bradley	Bristol South Cycling Club	Male	Veteran
3	11:03:00	Phil	Barnes	Team Swift	Male	Veteran
4	11:04:00	Daniel	Kempe	Bristol South Cycling Club	Male	Veteran
5	11:05:00	Dan	Sadler	RT 316	Male	Veteran
6	11:06:00	Nick	Hanson	Seacroft Whs	Male	Veteran
7	11:07:00	Ian	Bibby	Finsbury Park CC	Male	Veteran
8	11:08:00	Chris	Hall	Born to Bike - Bridgtown Cycles	Male	Veteran
9	11:09:00	Barrie	Whittaker	Lyme Racing Club	Male	Veteran

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10	11:10:00	Richard	Bradley	Media Velo	Male	Veteran
11	11:11:00	David	Wilson- Evans	Bynea CC	Male	Veteran
12	11:12:00	Steve	Curry	Ogmore Valley Wheelers CC	Male	Veteran
13	11:13:00	Chris	Fishbourne	Abercynon RC	Male	Veteran
14	11:14:00	Rob	Jones	Cardiff Ajax CC	Male	Veteran
15	11:15:00	peter	Kibble	73Degrees CC	Male	Espoir
16	11:16:00	Steve	Evans	Bynea CC	Male	Veteran
17	11:17:00	Darren	Preston	Team SS	Male	Veteran
18	11:18:00	Paul	Stephens	Ross on Wye & Dist CC	Male	Veteran
19	11:19:00	Mike	Knight	Team Bottrill / HSS Hire	Male	Senior
20	11:20:00	Graham	collins	Team Tor 2000 (Kalas)	Male	Senior
21	11:21:00	john	Regan	Pembrokeshire Velo	Male	Veteran
22	11:22:00	Jason	Williams	Cwmcarn Paragon Road Club	Male	Veteran
23	11:23:00	Andy	Cook	Chippenham & District Wheelers	Male	Veteran
24	11:24:00	Jeffrey	Rees	Acme Whs (Rhondda) CC	Male	Veteran
25	11:25:00	Alan	Murchison	DRAG2ZERO	Male	Veteran
26	11:26:00	Tom	Bowering	PMR @ Toachim House	Male	Senior
27	11:27:00	Tim	Wheeler	Selby CC	Male	Veteran
28	11:28:00	Gary	Jones	Pontypool Road Cycling Club	Male	Veteran
29	11:29:00	john	shehan	Bynea Cycling Club	Male	Veteran
30	11:30:00	Robert	West	AeroCoach	Male	Veteran
31	11:31:00	Sam	Mansfield	Manchester Bicycle Club	Male	Espoir
32	11:32:00	Rod	Hicks	Port Talbot Whs CC	Male	Veteran
33	11:33:00	Neale	Lewis	Acme Whs (Rhondda) CC	Male	Veteran
34	11:34:00	Peter	Blackwell	Solihull CC	Male	Veteran
35	11:35:00	Ian	Greenstreet	Newbury RC	Male	Veteran
36	11:36:00	Mark	Shepherd	Banjo Cycles.com/Raceware/Specialized	Male	Veteran
37	11:37:00	Simon	Kinsey	Acme Whs (Rhondda) CC	Male	Veteran
38	11:38:00	Owain	Roberts	Port Talbot Whs CC	Male	Senior

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39	11:39:00	Roger	Wood	Pontypool Road Cycling Club	Male	Veteran
40	11:40:00	Gavin	Hinxman	DRAG2ZERO	Male	Veteran
41	11:41:00	Les	Liddiard	Team Jewson - MI Racing ~Poly Pipe~McCann	Male	Veteran
42	11:42:00	Adrian	Humpage	Lyme Racing Club	Male	Veteran
43	11:43:00	Steve	Mountford	Solihull CC	Male	Veteran
44	11:44:00	Chris	Jones	Bynea Cycling Club	Male	Veteran
45	11:45:00	Martin	Jones	Team Bottrill / HSS Hire	Male	Veteran
46	11:46:00	Edward	Priddy	Solihull CC	Male	Veteran
47	11:47:00	Simon	Hogg	Minehead Cycling Club	Male	Veteran
48	11:48:00	Adrian	Gorham	Kettering CC	Male	Veteran
49	11:49:00	Alan	Cooper	Avonlea/Treasure RT	Male	Veteran
50	11:50:00	Howard	Lewis	Mid Shropshire Wheelers	Male	Veteran
51	11:51:00	nigel	clementson	Wigan Whs CC	Male	Veteran
52	11:52:00	Robert	Hughes	Ride Bike Wales	Male	Veteran
53	11:53:00	mark	andrews	Merthyr CC	Male	Veteran
54	11:54:00	Michael	Cope	Kettering CC	Male	Veteran
55	11:55:00	Mark	Flannery	Team Swift	Male	Veteran
56	11:56:00	David	Evans	Team Echelon	Male	Veteran
57	11:57:00	Chris	Wallis	Team Bottrill / HSS Hire	Male	Veteran
58	11:58:00	tony	krol	Pembrokeshire Velo	Male	Veteran
59	11:59:00	Andrew	Hellowell	Revolutions Racing	Male	Veteran
60	12:00:00	Dean	Robson	Northover VT / Rudy Project	Male	Senior
61	12:01:00	Andrew	Rowles	Cardiff Ajax CC	Male	Senior
62	12:02:00	Andy	Davies	Cardiff Jif	Male	Senior
63	12:03:00	Anthony	Redman	Acme Whs (Rhondda) CC	Male	Senior
64	12:04:00	Nigel	Taylor	Cardiff Triathletes	Male	Veteran
65	12:05:00	Oliver	Bridgewood	Spokes BPC Racing	Male	Senior
66	12:06:00	Simon	Coles	Northover VT / Rudy Project	Male	Veteran
67	12:07:00	Jon	Vickery	Cwmcarn Paragon Road Club	Male	Veteran

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68	12:08:00	Steven	Madeley	Ogmore Valley Wheelers CC	Male	Veteran
69	12:09:00	Paul	Durrant	Pontypool Road Cycling Club	Male	Veteran
70	12:10:00	jon	wynn	T1 Diabetes.info	Male	Veteran
71	12:11:00	Gavin	Tillson	Lone Wolf Cycling	Male	Veteran
72	12:12:00	Gareth	Jones	Clevedon & District Road Club	Male	Veteran
73	12:13:00	Karl	Randell	Swansea Wheelers/CS Abertawe	Male	Senior
74	12:14:00	Terry	Anthony	Ogmore Valley Wheelers CC	Male	Veteran
75	12:15:00	ben	Phillips	Towy Racing Cycling Club (TRCC)	Male	Senior
76	12:16:00	Ross	Davies	Dambusters	Male	Senior
77	12:17:00	Gareth	Rees	Cwmcarn Paragon Road Club	Male	Senior
78	12:18:00	Hugh	Davies	Port Talbot Whs CC	Male	Veteran
79	12:19:00	Robin	Shedden	Wrekinsport CC	Male	Veteran
80	12:20:00	Jacob	Tipper	Brother NRG Pro Cycling	Male	Senior
81	12:21:00	James	Tribble	Mid Devon CC	Male	Veteran
82	12:22:00	trevor	lloyd	Swansea Wheelers/CS Abertawe	Male	Veteran
83	12:23:00	Steve	Franklin	Team Salesengine.co.uk	Male	Senior
84	12:24:00	Gareth	Chislett	CC Blaenau Gwent	Male	Veteran
85	12:25:00	Christopher	Jones	Ride Bike Wales	Male	Veteran
86	12:26:00	craig	ball	Team Bottrill / HSS Hire	Male	Veteran
87	12:27:00	Adrian	Hughes	Seamons CC	Male	Veteran
88	12:28:00	Colin	Wallace	Merthyr CC	Male	Veteran
89	12:29:00	Dave	Poulter	Wrekinsport CC	Male	Veteran
90	12:30:00	Ken	Buckley	Spokes BPC Racing	Male	Senior
91	12:31:00	Nic	Cleave	Swansea Wheelers/CS Abertawe	Male	Veteran
92	12:32:00	Eric	Grill	AeroCoach	Male	Senior
93	12:33:00	Andy	Bevan	Velo Club St Raphael	Male	Veteran
94	12:34:00	Roger	Taylor	Frome and District Wheelers	Male	Veteran
95	12:35:00	Samuel	Harrison	Team Wiggins	Male	Senior
96	12:36:00	Michael	Portlock	Merthyr CC	Male	Veteran
97	12:37:00	Andy	Newham	Lincoln Wheelers CC	Male	Veteran

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98	12:38:00	ray	retter	North Devon Wheelers	Male	Veteran
99	12:39:00	Miles	Earl	Plymouth Corinthian CC	Male	Senior
100	12:40:00	Simon	Wilson	Brother NRG Pro Cycling	Male	Senior
101	12:41:00	michael	davis	Dursley Road Club	Male	Senior
102	12:42:00	Mark	Woolford	Trainsharp	Male	Veteran
103	12:43:00	Paul	Walshe	Plymouth Corinthian CC	Male	Veteran
104	12:44:00	Colin	Lynch	Manchester Wheelers	Male	Veteran
105	12:45:00	anthony	jones	Towy Racing Cycling Club (TRCC)	Male	Veteran
106	12:46:00	Philip	Murrell	Finsbury Park CC	Male	Veteran
107	12:47:00	chris	scawn	Plymouth Corinthian CC	Male	Veteran
108	12:48:00	peter	ackroyd	Cheltenham & County Cycling Club	Male	Veteran
109	12:49:00	philip	bray	Plymouth Corinthian CC	Male	Senior
110	12:50:00	Daniel	Bigham	Brother NRG Pro Cycling	Male	Senior
111	12:51:00	Steven	Cottingham	Bath Cycling Club	Male	Veteran
112	12:52:00	Arwel	Davies	Towy Racing Cycling Club (TRCC)	Male	Veteran
113	12:53:00	Tom	Cox	Northover VT / Rudy Project	Male	Veteran
114	12:54:00	Kris	Bowditch	Lyme Racing Club	Male	Veteran
115	12:55:00	Richard	Harrison	DRAG2ZERO	Male	Senior
116	12:56:00	Andy	Tyler	Great Yarmouth C C	Male	Veteran
117	12:57:00	Simon	Wix	VTTA (South Wales)	Male	Veteran
118	12:58:00	Daryl	Godden	Gloucester City Cycling Club	Male	Veteran
119	12:59:00	Matt	Heaman	Severn Valley Cycles	Male	Veteran
120	13:00:00	Kieron	Davies	DRAG2ZERO	Male	Senior

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