

SPORTZMAD

CYCLING EVENTS

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

Sunday June 4th 2016 R25/3H – 09.56 am Overflow 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 1st£40 , 2nd£30, 3rd£20 Veterans - 1st£30 , 2nd£20, 3rd£15

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.

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 a donation.

Overflow Event Start Sheet

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
56	09:56:00	Philip	Sims	Newport Phoenix CC	Male	Veteran
57	09:57:00	BoB	Symons	Salt and Sham Cycle Club	Male	Veteran
58	09:58:00	Alexander	Jenkins	Towy Racing Cycling Club (TRCC)	Male	Veteran
59	09:59:00	Danny	Baker	National Ventilation - LSEA CRT / Notaro Windows	Male	Veteran
60	10:00:00	ALISTAIR	Morgan	Pontypool Road Cycling Club	Male	Veteran
61	10:01:00	Martin	Lee	Bury Clarion CC	Male	Veteran
62	10:02:00	James	Davidson	Worcester St. Johns CC	Male	Junior
63	10:03:00	russell	boon	Avonlea/Treasure RT	Male	Veteran
64	10:04:00	Dean	Cummings	Acme Whs (Rhondda) CC	Male	Veteran

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65	10:05:00	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran
66	10:06:00	Richard	Bennett	Newbury RC	Male	Veteran
67	10:07:00	Steven	Dyer	Team Zoyland	Male	Veteran
68	10:08:00	Paul	Cann	Salt and Sham Cycle Club	Male	Veteran
69	10:09:00	Jordan	Jones	Sportzmad	Male	Senior
70	10:10:00	lewis	donovan	Bike Doctor	Male	Junior
71	10:11:00	Brad	Davies	Bynea Cycling Club	Male	Veteran
72	10:12:00	Jon	Airey	Ross on Wye & Dist CC	Male	Veteran
73	10:13:00	Kevin	Grant	Frome and District Wheelers	Male	Veteran
74	10:14:00	Alex	John	Tredz Bikes	Male	Senior
75	10:15:00	Simon	Geary	Hereford & Dist Whs CC	Male	Veteran
76	10:16:00	Gregory	Brett	Ogmore Valley Wheelers CC	Male	Veteran
77	10:17:00	John	Howells	Corinium Cycle Club	Male	Veteran
78	10:18:00	Daniel	Davies	Cwmcarn Paragon Road Club	Male	Senior
79	10:19:00	Garry	Shuker	Walsall Roads Cycling Club	Male	Veteran
80	10:20:00	Josh	Griffiths	Bristol South Cycling Club	Male	Junior
81	10:21:00	Ricky	Stephens	Guernsey Velo Club	Male	Veteran
82	10:22:00	Ed	Hadley	Hereford & Dist Whs CC	Male	Veteran
83	10:23:00	Ray	Perkins	Clevedon & District Road Club	Male	Veteran
84	10:24:00	Robert	Powell	Ogmore Valley Wheelers CC	Male	Senior
85	10:25:00	Richard	Hier	Merthyr CC	Male	Senior
86	10:26:00	Melvyn	Lewis	Stafford RC	Male	Veteran
87	10:27:00	Michael	Cox	North Lancs RC	Male	Veteran
88	10:28:00	Andrew	Newey	Ribble Valley C&RC	Male	Senior
89	10:29:00	April	Lewis	Born to Bike - Bridgtown Cycles	Female	Veteran
90	10:30:00	EILEEN	BURNS	Ballymena Road Club	Female	Senior
91	10:31:00	Danuta	Tinn	Maidenhead & District CC	Female	Veteran
92	10:32:00	Danielle	Flawn	Tredz Bikes	Female	Senior
93	10:33:00	Emma	Angove	Chippenham & District Wheelers	Female	Senior
94	10:34:00	Sally	Harmer	Pembrokeshire Velo	Female	Veteran
95	10:35:00	Chris	Melia	Born to Bike - Bridgtown Cycles	Female	Veteran
96	10:36:00	Clare	Greenwood	Bush Healthcare CRT	Female	Veteran

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97	10:37:00	Michelle	Fishbourne	Abercynon Road Club	Female	Veteran
98	10:38:00	Catherine	Etchell	Brecon Wheelers	Female	Veteran
99	10:39:00	Gemma	Waterjohns	Somerset Road Club	Female	Senior
100	10:40:00	Kate	Allan	DRAG2ZERO	Female	Senior
101	10:41:00	Andrea	Parish	VeloSistas TT Team	Female	Veteran
102	10:42:00	Emma	Coldwell	Vertex Biemme RT	Female	Senior
103	10:43:00	Claire	Clementson	Wigan Whs CC	Female	Veteran
104	10:44:00	Helen	Priest	Cardiff Ajax CC	Female	Veteran
105	10:45:00	Crystal	Spearman	NOPINZ	Female	Senior
106	10:46:00	Susan	Shook	Bush Healthcare CRT	Female	Veteran
107	10:47:00	Kari	Jones	VeloSistas TT Team	Female	Senior
108	10:48:00	Dianne	Tierney	Guernsey Velo Club	Female	Veteran
109	10:49:00	Cheryl	Smith	Finsbury Park CC	Female	Veteran
110	10:50:00	Alice	Lethbridge	DRAG2ZERO	Female	Senior
111	10:51:00	Sophie	Household	Vertex Biemme RT	Female	Senior
112	10:52:00	Joanna	Knight	Bristol South Cycling Club	Female	Veteran
113	10:53:00	Tracy	Rowlinson	Lyme Racing Club	Female	Veteran
114	10:54:00	Julie	Stephens	Ross on Wye & Dist CC	Female	Veteran
115	10:55:00	Alex	Deck	Rutland Cycling Club	Female	Veteran
116	10:56:00	Nadine	Cannon	VeloSistas TT Team	Female	Senior
117	10:57:00	lynn	Hanson	Seacroft Whs	Female	Veteran
118	10:58:00	Diane	Wilson- Evans	Bynea Cycling Club	Female	Veteran
119	10:59:00	sharon	clifford	WCS Racing Team	Female	Veteran
120	11:00:00	Anna	Turvey	Tyneside Vagabonds CC	Female	Senior

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