

Welsh 25 Mile Time Trial Championship 2018 for Men, Women & Juniors + Non Championship Overflow Event



Promoted for and on behalf of Cycling Time Trials Under their rules and regulations

Promoted for the
Welsh Cycling Association
by



Sunday 6 May 2018

Timekeepers:

Start:- Tony Howell – Port Talbot Whs.

Finish:- Robin Field, Frances Field – WCA. Norman James - Ogmre Valley Whs

Pusher off: Paul Robinson, Marshalls: Haycox family and others.

Course **R25/3H (revised)** (Cefn Rhigos - Tonna – Glynneath) Starting at 08:15

H.Q. Hirwaun Village Hall (CF44 9SL)

Signing on and Numbers will be at H.Q. (open from 7:00am)

Catering: Sharon Preddy Catering - Return your number for a free tea

Event Secretary: Martyn Heritage-Owen. 28 Clos Tyla Bach, St Mellons, Cardiff. CF3 0EJ

Tel: 0778 606 7819 E-mail: coaching@realteam.co.uk **To whom any complaints must be made in writing within 72 hours**

The full result of this event will be published on www.southwalesdc.co.uk
www.cyclingtimetrials.org.uk and www.timetriallingforum.org.uk

Follow: @Realteamcycling for updates.

Course R25/3H

Follow the **BLUE SIGNS** from the HQ to the Start - **YELLOW SIGNS** during the RACE.

Course Description	Inter Miles
START on access road to Hirwaun Industrial Estate (E 293120/ N206180 OS Sheets 170/160) 8 yards north of lamp column No.1 and 30 yards north of junction with unclassified road (old A465) Hirwaun to Cefn Rhigos.	0.000
Proceed south to junction with unclassified road (on to the old route) and bear left to roundabout with A4061 (Rhigos mountain road) where take second exit (straight on) to Hirwaun roundabout A465 to take first exit.	1.306
Continue along A465 to Blaengwrach roundabout (McDonalds) to take second exit (straight on).	7.169
Continue on A465 to Resolven roundabout to take third exit (straight on)	10.183
Continue on A465 to exit at next junction (signpost Seven Sisters), climbing to the Tonna roundabout, where take first exit to Aberdulais Interchange where circle roundabout and take fourth exit down slip road to rejoin the A465 eastward.	15.063
Continue along A465 to Resolven roundabout to take second exit (straight on)	19.719
Continue on A465 to Blaengwrach roundabout (McDonalds).	22.764
Take second exit continuing on A465, passing over river bridge and the Glynneath interchange to REMAIN ON A465 to FINISH in the SECOND layby on the left at a point 25 yards west of the 'Take Litter Home' sign and opposite the emergency telephone point.	25.014

Riders please continue past the Finish on A465 up the hill for 4 miles to take 1st exit at roundabout and turn 1st right into Hirwaun to retrace to HQ.

All riders are asked to comply with the following requests.

- ✓ Do **call your number** to the finishing timekeeper or your time will not be recorded.
- ✓ Do keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE**.
- ✓ **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 standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**
- ✓ This event may be subject to doping control. It is YOUR responsibility to check.
- ✓ Sign in / Sign out failure to do so will result in a disqualification.
- ✓ No passing the start time keeper or warming up on the course.
- ✓ No turbo within 100m of residential areas or in Station Rd opposite the start timekeeper (Thirteenth Ave).
- ✓ No parking in Halt Rd near the start. South Wales DC have already received complaints about riders parking across drives.
- ✓ The R25/3L has already been withdrawn because of **nuisance complaints it seems riders still haven't got the message we are guests in the Rhigos Village area.**
- ✓ **No anti-social behaviour especially urinating in public.**
- ✓ **Failure to follow these basic rules will result in a DQ & referral to the South Wales DC for further disciplinary action. You have been fair warned that someone will be performing spot checks.**

Reminder

- ✓ The onus is on the caught rider to ensure that there is no company riding.
- ✓ **Ride on the left-hand side of the left-hand lane.**
- ✓ **Observe the 30mph speed limits on the A465 roundabouts.**

Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 30, 50, 100, 12 Hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association. Riders in all Welsh Championship events count to the final total and awards are made to the six riders with the highest score.

Awards - This is NOT a One Rider One Award Event

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. **Sunday 4 November 2018 at the TRW Club Resolven**

Champions Caps and presentation medals for podium rider will be presented at the conclusion of the events, 12:00 Women & Juniors. Men 13:30. The first 3 in each event to attend. We appreciate that you may want to leave quickly, but please stay to applaud the Champions. Unclaimed WCA plaques from previous years will be available to collect at this event.

Men's Championship	Presentation 13:30
1 st .	Trophy (for one year WCA Plaque & invitation to BAR lunch)
2 nd & 3 rd	WCA Plaques
Women's Championship	Presentation 12:00
1 st	Trophy (for one year WCA Plaque & invitation to BAR lunch)
2 nd & 3 rd	WCA Plaques
Juniors Championship	Presentation 12:00
1 st MALE	Trophy (for one year WCA Plaque & invitation to BAR lunch)
1 st FEMALE	WCA Plaque & invitation to BAR lunch.
Prizes Presented at the WCA Dinner below	
Champion Team Fastest team of three riders from the Championship fields	Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch
Fastest Man from Overflow Event	WCA Plaque
Fastest Man Vet in Age Bands VA – VH (Irrespective of event ridden)	WCA Plaque
Fastest Woman Vet in Age Bands WVA – WVE	WCA Plaque
Greatest Improvement on last three seasons	WCA Plaque

Welsh Championships 2018 Including the inaugural 30 mile championship

Distance	Date	Course Code	Organised by
10 Miles	Sunday 12 August	R10/17	Pontypool RCC - (Roger Wood)
25 Miles	Sunday 6 May	R25/3H	WCA - www.realteam.co.uk - (Martyn Heritage-Owen)
30 Miles	Sunday 15 September	R30/7	Welsh CA – www.realteam.co.uk - (Martyn Heritage-Owen)
50 Miles	Sunday 30 September	R50/1b	Welsh CA – www.realteam.co.uk - (Martyn Heritage-Owen)
100 Miles	Sunday 2 September	R100/8	Welsh CA - (Robin Field)
12 Hour	Sunday 1 July	R12/16	Welsh CA - (Robin Field)
Hill Climb	Sunday 14 October	RH10X	Welsh CA - (Robin Field)

Non-Championship – Tandem Event

No	Time	Name	Club	Cat	LTS
36	08:36	Tanis Hand	Leamington C & AC		
36	00:36	Roger Gardner	Leamington C & AC		
37	08:37	Andrew Cooper	Bournemouth Jubilee Whs		
37	08:37	Louisa Cooper	Bournemouth Jubilee Whs		

Overflow Men and Junior Championship

No	Time	Name	Club	Cat	LTS
38	08:38	Harry Cowley	Chester RC	MVG	01:07:48
39	08:39	Lee Perrott	Cycle Specific	M	
40	08:40	Jonathan Lloyd	Westmead Team 88	MVC	00:57:31
41	08:41	Nicholas Forbes	Bynea Cycling Club	MVB	00:58:54
42	08:42	Gareth Hill	Abercynon Road Club	MVB	01:00:10
43	08:43	Ross Phillips	Cwmcarn Paragon Road Club	MVA	01:00:49
44	08:44	Tommy Barlow	Clevedon & District Road Club	MVD	
45	08:45	Andrew Evans	Port Talbot Whs CC	MVB	00:57:20
46	08:46	Mark Bryant	Ogmore Valley Wheelers CC	MVD	00:58:42
47	08:47	David Preece	Cwmcarn Paragon Road Club	MVC	01:00:13
48	08:48	Paul Rees	Bynea Cycling Club	MVC	01:03:32
49	08:49	Nigel Williams	Ogmore Valley Wheelers CC	MVC	
50	08:50	David Lancaster	VC 10	MVC	00:57:18
51	08:51	Lawrence Cronk	Team CRANC	M	00:58:40
52	08:52	John Williams	Bynea Cycling Club	MVF	01:00:17
53	08:53	Thomas Harrington	Abergavenny RC	Jun	01:03:03
54	08:54	Mick Braithwaite	Fylde coasters cycling club	MVB	
55	08:55	Roger Taylor	Frome and District Wheelers	MVG	00:57:12
56	08:56	John Shehan	Bynea Cycling Club	MVG	00:58:28

No	Time	Name	Club	Cat	LTS
57	08:57	Graham Smith	Severn Road Club	MVC	01:02:30
58	08:58	Martin Mason	Performance Cycles CC	MVD	01:03:00
59	08:59	Mark Binding	Merthyr CC	M	
60	09:00	Roger Wood	Pontypool Road Cycling Club	MVE	00:57:12
61	09:01	Dave Williams	Energy Cycling Club/Clwb Beicio Egni	MVA	00:58:20
62	09:02	Neil Meredith	Abercynon Road Club	M	00:59:56
63	09:03	Phillip Turner	Bynea Cycling Club	MVC	01:00:03
64	09:04	Andy Hoskins	Cardiff Jif	M	
65	09:05	David Singleton	Acme Whs (Rhondda) CC	MVC	00:57:10
66	09:06	Hugh Davies	Port Talbot Whs CC	MVG	00:58:17
67	09:07	Brad Davies	Bynea Cycling Club	MVC	00:59:31
68	09:08	Dorian Rees	Sarn Helen Club	MVA	01:01:51
69	09:09	Paul Lacey	Royal Navy & Royal Marines CA	M	
70	09:10	Andy Gibbs	Cwmcarn Paragon Road Club	MVC	00:57:10
71	09:11	Jason Roberts	Bynea Cycling Club	MVB	00:58:14
72	09:12	Colin Barrett	Tenby Aces CC	MVB	00:59:43
73	09:13	Eric Rees	Sarn Helen Club	MVB	01:01:40
74	09:14	Ben Jones	Bynea Cycling Club	M	
75	09:15	Steven Madeley	Ogmore Valley Wheelers CC	MVD	00:56:25
76	09:16	Phil Guy	North Shropshire Wheelers	MVF	00:58:13
77	09:17	Ricki Morgan	Cardiff Triathletes	M	00:59:30
78	09:18	Geoff Edgerton	North Shropshire Wheelers	MVG	01:01:21
79	09:19	Gareth Hodgson	Team CRANC	M	
80	09:20	Rob Dyde	Pembrokeshire Velo	M	00:56:06
81	09:21	Alan Cooper	Avonlea/Treasure RT	MVE	00:58:05
82	09:22	Gethin Davies-Jones	Abercynon Road Club	MVC	00:59:26
83	09:23	John Murphy	Gloucester City Cycling Club	MVH	01:00:57
84	09:24	Joshua Sandman	Team Backstedt Bike Performance	Jun	
85	09:25	Daryl Godden	Gloucester City Cycling Club	MVD	00:55:55
86	09:26	Guy Rees	Bynea Cycling Club	M	00:58:03
87	09:27	Dylan Morris	Cycle Specific	MVB	00:59:21
88	09:28	Brian Parker	Abercynon Road Club	MVA	01:04:04
89	09:29	David Middleton	Cardiff Ajax CC	Jun	
90	09:30	Oliver Rowlands	Newport Phoenix CC	Jun	00:53:57
91	09:31	Simon Kinsey	Virtual Cycling Club	MVB	00:57:59
92	09:32	Digby Rusling	Royal Dean Forest Cycle Club	MVB	00:59:12
93	09:33	William Murtagh	Ashford Road CC	M	01:00:46
94	09:34	Will Munday	Tri Training Harder	M	
95	09:35	Matthew Hanford	Bynea Cycling Club	Jun	00:53:17
96	09:36	Alistair Morgan	Pontypool Road Cycling Club	MVD	00:57:49
97	09:37	Russell Boon	Avonlea/Treasure RT	MVC	00:59:04
98	09:38	Robert Jolliffe	New Forest CC	MVF	01:04:26
99	09:39	Elena Shaw	Cardiff Ajax CC	FJun	
100	09:40	Zach Bridges	Ribble Pro Cycling	Jun	00:49:37

Womens Championship

No	Time	Name	Club	Cat	LTS
101	09:41	Ruth Burrows	Mid Devon CC	W	00:58:53
102	09:42	Michelle Fishbourne	Team Backstedt Bike Performance	VWC	00:59:32
103	09:43	Laura Clements	Cardiff Triathletes	W	01:06:22
104	09:44	Tara Grosvenor	VeloVitesse/ALLCAP/James Barry/Johnson Controls – Hitachi/SiS	W	
105	09:45	Emma Angove	73Degrees CC, WestSide Coaching	W	00:56:53
106	09:46	Rebecca Richardson	Hafren CC	W	00:57:10
107	09:47	Jasmine Bowyer	Cardiff Ajax CC	W	00:59:22
108	09:48	Michelle Walter	Bournemouth Arrow CC	VWD	01:04:05
109	09:49	Emma Serjeant	Hafren CC	W	01:08:43
110	09:50	Andrea Parish	VeloSistas TT Team	VWC	00:55:51
111	09:51	Caitlin Peters	i-Team Cyclists Club	FJun	00:57:15
112	09:52	Deborah Sheridan	Warwickshire Road Club	VWE	00:59:21
113	09:53	Hollie Labunsky	Port Talbot Whs CC	W	01:00:59
114	09:54	Diane Hynam	Bynea Cycling Club	VWE	01:08:33
115	09:55	Stephanie Post	Team Bottrill / Vanguard	W	00:53:12
116	09:56	Joanna Knight	Bristol South Cycling Club	VWD	00:58:43
117	09:57	Kari Jones	VeloSistas TT Team	W	00:59:17
118	09:58	Gaynor Hughes	Bynea Cycling Club	VWC	01:00:12
119	09:59	Karen Brooks	Team Sportslab	VWD	01:06:51
120	10:00	Alice Lethbridge	DRAG2ZERO	W	00:50:20

Mens Championship

No	Time	Name	Club	Cat	LTS
1	10:01	Mark Woolford	Team Swindon Cycles	MVC	00:52:29
2	10:02	Mark Bradley	Bristol South Cycling Club	MVC	00:53:04
3	10:03	Danny Glyn Roberts	Anglesey Cycling Group	M	00:54:54
4	10:04	Jeff Lawrence	Salt and Sham Cycle Club	MVA	01:01:31
5	10:05	Jon Surtees	NOPINZ	MVC	00:50:22
6	10:06	Carwyn Davies	Cwmcarn Paragon Road Club	MVA	00:52:27
7	10:07	Patryk Witkowski	Poole Whs	M	00:53:40
8	10:08	Neil Lauder	PMR @ Toachim House	M	00:53:51
9	10:09	Paul Fregard	Chippenham & District Wheelers	MVE	00:57:09
10	10:10	Luke Cornish	Cwmcarn Paragon Road Club	M	00:48:00
11	10:11	Andrew Legge	Bristol South Cycling Club	MVA	00:51:47
12	10:12	Gareth Jones	Clevedon & District Road Club	MVB	00:53:34
13	10:13	Michael Hill	Chester RC	M	00:54:58
14	10:14	Joshua Clark	Royal Navy & Royal Marines CA	M	00:57:07

No	Time	Name	Club	Cat	LTS
15	10:15	Nicholas Cousins	Derby Mercury R C	M	00:50:19
16	10:16	Jonathan Gould	Cheltenham & County Cycling Club	MVA	00:51:15
17	10:17	Nick Livermore	Bristol South Cycling Club	M	00:53:33
18	10:18	Philip Sims	Newport Phoenix CC	MVA	00:54:53
19	10:19	Jase Cakebread	Christchurch Bicycle Club	MVB	00:56:51
20	10:20	Dean Ware	Team Backstedt Bike Performance	M	00:50:17
21	10:21	Daren Austin	Twickenham CC	MVC	00:52:15
22	10:22	Robert Hughes	Rhondda Triathlon Club	MVC	00:53:24
23	10:23	Stephen Evans	Bynea Cycling Club	M	00:54:50
24	10:24	Patrick Dunn	CC Weymouth	MVA	00:56:35
25	10:25	Gavin Macdougall	Tavistock Whs CC	MVC	00:50:15
26	10:26	Emyr Griffiths	Towy Racing Cycling Club (TRCC)	MVC	00:52:12
27	10:27	Joe Hawksworth	Bristol South Cycling Club	M	00:53:22
28	10:28	Mike Booker	Chester RC	M	00:54:49
29	10:29	Mark Andrews	Merthyr CC	MVB	00:55:44
30	10:30	Josh Griffiths	Bristol South Cycling Club	M	00:49:55
31	10:31	Michael Portlock	Merthyr CC	MVB	00:51:58
32	10:32	Chris Smith	Cwmcarn Paragon Road Club	M	00:53:23
33	10:33	Marco Marletta	Cardiff Jif	MVC	00:56:33
34	10:34	Anthony Jones	Towy Racing Cycling Club (TRCC)	MVB	00:49:38
35	10:35	Eric Grill	AeroCoach	M	00:51:56
36	10:36	Paul Hayward	Pontypool Road Cycling Club	MVB	00:53:23
37	10:37	Jon Vickery	Cwmcarn Paragon Road Club	MVC	00:54:43
38	10:38	Jon Brumfield	CC Weymouth	MVB	00:56:13
39	10:39	James Elgar	N.E.W.T Newport and East Wales Triathlon Club	M	00:56:22
40	10:40	Robert West	AeroCoach	MVA	00:49:35
41	10:41	Mark Rosser	Ogmore Valley Wheelers CC	MVB	00:53:02
42	10:42	Owain Roberts	Port Talbot Whs CC	M	00:54:56
43	10:43	Jonathan Williams	Amersham Road Cycling Club	MVA	00:54:58
44	10:44	Adrian Gorham	Kettering CC	MVD	00:56:13
45	10:45	Jonathan Gates	Royal Air Force Cycling Association	MVA	00:49:29
46	10:46	Nathan Leaves	Cwmcarn Paragon Road Club	M	00:51:49
47	10:47	Richard Coleman	Stourbridge Velo	MVE	00:53:19
48	10:48	Gareth Rees	Cwmcarn Paragon Road Club	M	00:54:25
49	10:49	Greg Parker	CC Weymouth	MVC	00:49:27
50	10:50	Michael Lewis	Rhyl CC	M	00:52:22
51	10:51	Steve Curry	Ogmore Valley Wheelers CC	MVC	00:53:17
52	10:52	Ian Turner	North Road CC	MVC	00:54:20
53	10:53	Terry Anthony	Ogmore Valley Wheelers CC	MVF	00:55:59
54	10:54	Samuel Wadsley	Primera-Teamjobs	M	00:49:12
55	10:55	Andy Davies	Cardiff Jif	M	00:51:45
56	10:56	Neil Gregory	Port Talbot Whs CC	MVC	00:53:16
57	10:57	Gary Flower	Acme Whs (Rhondda) CC	MVB	00:54:16
58	10:58	Richard Porter	CC Weymouth	MVB	00:55:58

No	Time	Name	Club	Cat	LTS
59	10:59	Paul Jones	Primera-Teamjobs	MVB	00:49:11
60	11:00	Chris Fishbourne	Team Backstedt Bike Performance	MVA	00:53:14
61	11:01	Christopher Owram	Severn Valley Cycles	M	00:53:44
62	11:02	Chris Scawn	Plymouth Corinthian CC	MVF	00:54:15
63	11:03	Barrie Whittaker	Lyme Racing Club	MVE	00:55:54
64	11:04	Luke Dix	Cardiff Jif	M	00:49:01
65	11:05	Oliver Simon	Team NBCC	M	00:51:40
66	11:06	John Regan	Pembrokeshire Velo	MVB	00:52:40
67	11:07	Chris Lee	Merthyr CC	MVB	00:54:15
68	11:08	Alun Williams	Energy Cycling Club/Clwb Beicio Egni	MVB	00:55:54
69	11:09	Jonathan Wears	NOPINZ	M	00:48:31
70	11:10	Harry Walton	Cheltenham & County Cycling Club	M	00:51:39
71	11:11	James Fox	Velo Club Venta	M	00:53:21
72	11:12	Wayne Owen	Energy Cycling Club/Clwb Beicio Egni	MVB	00:53:07
73	11:13	Ross Mcnally	Pembrokeshire Velo	M	00:54:09
74	11:14	Alexander Jenkins	Towy Racing Cycling Club (TRCC)	MVA	00:55:53
75	11:15	Jeremy Archer	RT 316	MVB	00:48:42
76	11:16	Garry Ellis	Energy Cycling Club/Clwb Beicio Egni	MVC	00:52:21
77	11:17	David Pugh	Stafford RC	M	00:53:41
78	11:18	Josh Coyne	Okehampton CC	M	00:54:05
79	11:19	Paul Stephens	Ross on Wye & Dist CC	MVC	00:55:51
80	11:20	Scott Burns	DRAG2ZERO	M	00:48:18
81	11:21	Nick Tarmey	Velo Club Venta	MVA	00:51:07
82	11:22	Lewis Donovan	Bynea Cycling Club	M	00:54:05
83	11:23	Mitch Russell	Energy Cycling Club/Clwb Beicio Egni	M	00:55:50
84	11:24	Gary Chambers	NOPINZ	M	00:48:47
85	11:25	David Bucknall	Royal Dean Forest Cycle Club	MVA	00:51:01
86	11:26	Billy Leason	Shutt Ridley RT	M	00:52:57
87	11:27	Chris Martin	Yeovil Cycling Club	MVC	00:54:01
88	11:28	Jonathan Wilkinson-Lockyer	Team Tor 2000 KALAS	MVB	00:55:49
89	11:29	Tom Ward	Langdale Lightweight R T	M	00:48:03
90	11:30	Steven Cottington	Bath Cycling Club	MVD	00:50:58
91	11:31	Nick Brown	Team NBCC	MVE	00:52:51
92	11:32	Steven Powell	Team Backstedt Bike Performance	MVA	00:54:00
93	11:33	Leon Evans	Cardiff Ajax CC	MVA	00:55:45
94	11:34	Christopher Gibbard	Bynea Cycling Club	M	00:48:01
95	11:35	Nicholas Cooper	Rosendale RC	M	00:50:53
96	11:36	Rod Hicks	Port Talbot Whs CC	MVC	00:52:50
97	11:37	Stephen Taylor	Team NBCC	MVC	00:53:56
98	11:38	Alex Allen	Royal Navy & Royal Marines CA	M	00:56:34
99	11:39	Conrad Moss	Mid Devon CC	MVA	00:47:46

No	Time	Name	Club	Cat	LTS
100	11:40	Colin Wallace	Merthyr CC	MVD	00:52:30
101	11:41	Diccon Hill	Cardiff 100 Miles RCC	MVB	00:53:55
102	11:42	Rich Long	Merthyr CC	M	00:52:50
103	11:43	JP Pretorius	Vive Le Velo	M	00:55:36
104	11:44	Ioan Smallwood	Cardiff Ajax CC	M	00:47:36
105	11:45	Ian Cullen	Mid Devon CC	MVA	00:51:43
106	11:46	Terry Icke	Poole Whs	MVG	00:53:13
107	11:47	Steve Burrows	Vive Le Velo	MVD	00:54:30
108	11:48	Tom Cox	Northover VT / Rudy Project	MVE	00:55:27
109	11:49	George Evans	Team Bottrill / Vanguard	M	00:47:34
110	11:50	Lawrence Burrows	Vive Le Velo	M	00:50:39
111	11:51	Craig Seaman	Bynea Cycling Club	M	00:52:36
112	11:52	Samuel Robinson	Ashford Whs	M	00:54:47
113	11:53	Dyfan Evans	Wrexham RC	M	00:53:51
114	11:54	Gary Jones	Pontypool Road Cycling Club	MVD	00:55:11
115	11:55	Marcin Bialoblocki	NOPINZ	M	00:44:04
116	11:56	James Phillips	Bristol Road Club	M	00:50:35
117	11:57	Philip Tucker	Bynea Cycling Club	M	00:50:47
118	11:58	Will Bevan	Ross on Wye & Dist CC	M	00:50:50
119	11:59	Andrew White	Bpm Coaching	M	00:51:51
120	12:00	Kieron Davies (1)	DRAG2ZERO	M	00:45:24

(1) Defending Champion