

Welsh 25 Mile Time Trial Championship 2019 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 5 May 2019

Timekeepers:

Start:- Norman James / Steve Landeg – Ogmore Valley Whs.

Finish:- Robin Field, Frances Field – WCA.

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

Course **R25/3H (revised)** (Cefn Rhigos - Tonna – Glynneath) Starting at 09:11

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

Signing on and Numbers will be at H.Q. (open from 8:15am)

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 3 November 2019 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. As well as an opportunity for a photo with the trophies. 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 Vet in Age Bands VA – VH (Irrespective of event ridden)	WCA Plaque
Fastest Woman Vet in Age Bands WVA – WVF	WCA Plaque
Greatest Improvement on last three seasons	WCA Plaque

Welsh Championships 2019

Distance	Date	Course Code	Organised by
10 Miles	Sunday 11 August	R10/17	Pontypool RCC - (Roger Wood)
25 Miles	Sunday 5 May	R25/3H	WCA - www.realteam.co.uk - (Martyn Heritage-Owen)
30 Miles	Sunday 7 July	R30/7	Welsh CA – www.realteam.co.uk - (Martyn Heritage-Owen)
50 Miles	Sunday 29 September	R50/1b	Welsh CA – www.realteam.co.uk - (Martyn Heritage-Owen)
100 Miles	Sunday 16 June	R100/9	Welsh CA - (Robin Field)
12 Hour	Sunday 1 September	R12/16	Welsh CA - (Robin Field)
Hill Climb	Sunday 13 October	RH10X	Welsh CA - (Robin Field)

South Wales National Championships 2019

Distance	Date	Course Code	Organised by
50 Miles	Sunday 30 June	R50/5	South Wales DC - (Alf Williams)

Overflow Men and Junior Championship (care non-contiguous numbers)

No	Name	Club	Cat	LTS	Start
71	Kevin Grant	Frome and District Wheelers	MVE	01:10:37	09:11
72	Richard Leary	Bynea Cycling Club	MVB		09:12
73	Robert Powell	Ogmore Valley Wheelers	MVA		09:13
74	Craig Hopkins	Wyre Forest Cycle Racing Club	MVD		09:14
75	Harry Cowley	Chester RC	MVG	01:07:07	09:15
76	John Howells	Corinium Cycle Club	MVH	01:05:30	09:16
77	Graham Smith	Severn Road Club	MVC	01:03:37	09:17
78	Geoff Thomas	Rhondda Triathlon Club	MVF	01:03:23	09:18
79	Matthew Garfield	Cycle Specific	M	01:01:46	09:19
80	James Greenaway	Exeter Whs CC	M	01:01:38	09:20
81	Euan Taylor	Salt and Sham Cycle Club	JUN	01:01:35	09:21
82	John Murphy	Gloucester City Cycling Club	MVH	01:00:57	09:22
83	James Davies	Cycle Specific	MVE	01:00:35	09:23
84	Mark Leeming	PDQ Cycle Coaching	MVA	01:00:06	09:24
85	Tony Harvey	Mid Shropshire Wheelers	MVD	01:00:12	09:25
91	David Garrett	Rugby Velo	MVD	01:04:40	09:31
103	Iago Williams	Towy Riders Cycle Club	JUV	01:03:58	09:43
104	Luke Protheroe	Abergavenny RC	JUN	00:59:50	09:44
105	Morgan Lloyd	Cycle Specific	JUV	00:57:39	09:45
106	Thomas Harrington	Abergavenny RC	JUN	00:57:10	09:46
107	Fabien Large	NOPINZ	JUN	00:54:12	09:47
108	Joel Ackers	Innovation Racing	JUN	00:53:00	09:48
109	Thomas Day	Giant CC Halo Films	JUN	00:54:06	09:49
110	George Elliott	Innovation Racing	JUN	00:51:51	09:50

Womens Championship (care non-contiguous numbers)

No	Name	Club	Cat	LTS	Start
86	Jessica Evans	ASSOS Equipe UK	WVA		09:26
87	Diane Hynam	Bynea Cycling Club	WVF	01:08:33	09:27
88	Carrie Brookes	Blaydon CC	WVA	01:07:17	09:28
89	Caryl Williams-Ford	Bynea Cycling Club	WVA	01:06:30	09:29
90	Fenella Brown	Beacon Roads CC	WVC	01:05:56	09:30
92	Anita Saycell	Ystwyth CC	WVA	01:03:46	09:32
93	Emma Bexson	Stratford Cycling Club	WVA	01:02:23	09:33
94	Philippa Shubert	High Wycombe CC	W	01:02:12	09:34
95	Joanne Rea	Blaydon CC	W	01:02:00	09:35
96	Diane Wilson-Evans	Bynea Cycling Club	WVD	01:01:21	09:36
97	Joanna Knight	Bristol South Cycling Club	WVD	01:00:29	09:37
98	Deborah Sheridan	Warwickshire Road Club	WVE	00:58:25	09:38
99	Megan Dickerson	Bristol South Cycling Club	W	00:59:13	09:39
100	Jo Buckland	PDQ Cycle Coaching	WVC	00:58:15	09:40
101	Marianne Holt	Team Bottrill	W	00:58:03	09:41
102	Emma Serjeant	Hafren CC	W	00:57:32	09:42
111	Louisa Cooper	Bournemouth Jubilee Whs	W	00:57:27	09:51
112	Dena Ford	High Wycombe CC	WVC	00:57:26	09:52
113	Caitlin Peters	Storey Racing	FJUN	00:56:16	09:53
114	Andrea Parish	VeloSistas TT Team	WVC	00:55:36	09:54
115	Crystal Spearman	Born to Bike - Bridgtown Cycles	W	00:55:00	09:55
116	Stephanie Post	Team Bottrill	W	00:52:54	09:56
117	Anna Morris	AeroLab Ward WheelZ	W	00:54:58	09:57
118	Karen Ledger	Ace Test Team	WVB	00:52:31	09:58
119	Pip Jenkins	Southborough & Dist. Whs	W	00:55:31	09:59
120	Alice Lethbridge	DRAG2ZERO	W	00:50:10	10:00

Mens Championship

No	Name	Club	Cat	LTS	Start
1	James Garrett	Rugby Velo	M	00:51:00	10:01
2	Christopher Bailey	Lyme Racing Club	MVD	00:55:40	10:02
3	Ricki Morgan	Team NBCC	M	00:57:29	10:03
4	Richard Llewellyn	Imperial Racing Team	MVB	00:58:27	10:04
5	Dan Evans	ASSOS Equipe UK	M	00:47:46	10:05
6	Mark Bradley	Bristol South Cycling Club	MVC	00:53:04	10:06
7	David Thomas	Rhondda Triathlon Club	MVA	00:55:37	10:07
8	Gareth Williams	Hereford & Dist Whs CC	M	00:58:00	10:08
9	John Shehan	Bynea Cycling Club	MVG	00:58:28	10:09
10	Chris Ledger	Ace Test Team	MVD	00:49:44	10:10
11	David Wilson-Evans	Bynea Cycling Club	MVE	00:53:32	10:11
12	Julian Macbride	Team Kirkley Cycles	M	00:55:35	10:12

No	Name	Club	Cat	LTS	Start
13	Chris Broad-Drake	Swindon Road Club	MVE	00:57:54	10:13
14	Benjamin Gannon	St Helens CRC	MVA	01:00:14	10:14
15	Tom Bowering	ActiveEdge Race Team P/B Cooper/BMW Inchcape	M	00:52:53	10:15
16	David Singleton	Acme Whs (Rhondda) CC	MVD	00:54:14	10:16
17	Chris Henderson	Nottingham Clarion CC	MVC	00:54:32	10:17
18	Roy Carless	Swindon Road Club	MVC	00:57:47	10:18
19	Simon Kinsey	Virtual Cycling Club	MVB	00:58:01	10:19
20	Leon Evans	Cardiff Ajax CC	MVB	00:52:50	10:20
21	Guy Rees	Bynea Cycling Club	M	00:54:14	10:21
22	Andrew Clarke	North Shropshire Wheelers	MVD	00:55:33	10:22
23	Jonathan Gall	Clevedon & District Road Club	MVC	00:57:37	10:23
24	Paul Rees	Bynea Cycling Club	MVC	01:00:03	10:24
25	Rich Long	Merthyr CC	M	00:52:50	10:25
26	Terry Icke	CC Weymouth	MVH	00:54:13	10:26
27	Matt Robinson	Westbury Wheelers	MVA	00:55:30	10:27
28	Ian Piper	Minehead Cycling Club	MVD	00:57:35	10:28
29	Philip Elliott	Liverpool Century RC	MVC	01:00:08	10:29
30	Chris Jones	Bynea Cycling Club	MVB	00:51:47	10:30
31	Daniel Kempe	Bristol South Cycling Club	MVC	00:54:07	10:31
32	Pete Harris	Andover Wheelers	MVC	00:54:33	10:32
33	Jeffrey Rees	Gower Riders Cycling Club	MVD	00:58:03	10:33
34	David Roe	Revo Racing	MVF	00:59:53	10:34
35	Rod Hicks	Port Talbot Whs CC	MVC	00:51:54	10:35
36	Diccon Hill	Cardiff 100 Miles RCC	MVB	00:53:55	10:36
37	Lee Williams	North Hampshire RC	M	00:55:23	10:37
38	Nigel Vuagniaux	Bath Cycling Club	MVD	00:57:28	10:38
39	Dominic Norcross	Team NBCC	MVA	00:59:52	10:39
40	Richard Wilder	Sportzmad	MVB	00:52:41	10:40
41	Max Lees	Leicestershire RC	M	00:53:38	10:41
42	Tommy Barlow	Clevedon & District Road Club	MVD	00:55:21	10:42
43	Roger Taylor	Frome and District Wheelers	MVG	00:57:12	10:43
44	Les Thomas	Port Talbot Whs CC	MVD	00:59:37	10:44
45	Colin Wallace	Merthyr CC	MVD	00:52:30	10:45
46	David Evans	Team Echelon	MVE	00:54:18	10:46
47	Owain Roberts	CES Sport	M	00:54:40	10:47
48	Andrew Curley	Warwickshire Road Club	MVD	00:57:04	10:48
49	Brad Davies	Bynea Cycling Club	MVC	00:59:31	10:49
50	David Medhurst	Cardiff Ajax CC	M	00:52:28	10:50
51	Kevin Baker	Andover Wheelers	M	00:53:32	10:51
52	John Osborn	Folkestone Velo Club	MVB	00:55:06	10:52
53	Paul Freegard	Chippenham & District Wheelers	MVE	00:56:59	10:53
54	Gethin Davies-Jones	Abercynon Road Club	MVC	00:59:26	10:54
55	Mark Woolford	Team Swindon Cycles	MVC	00:52:27	10:55
56	Robert Hughes	Rhondda Triathlon Club	MVD	00:53:24	10:56
57	Steve Mountford	Solihull CC	MVD	00:55:10	10:57

No	Name	Club	Cat	LTS	Start
58	John Williams	Bynea Cycling Club	MVF	00:56:54	10:58
59	Huw Morgan	Narberth Dynamos Cycling Club	MVC	00:59:09	10:59
60	Gary Flower	Acme Whs (Rhondda) CC	MVC	00:52:19	11:00
61	Paul Hayward	Pontypool Road Cycling Club	MVB	00:53:22	11:01
62	Richard Coleman	Stourbridge Velo	MVF	00:54:56	11:02
63	Roger Wood	Pontypool Road Cycling Club	MVF	00:56:35	11:03
64	Nicholas Forbes	Bynea Cycling Club	MVB	00:58:54	11:04
65	Rob Scott	City Cycle Couriers RT	M	00:52:04	11:05
66	Edward Priddy	Solihull CC	MVD	00:52:59	11:06
67	James Manson	Cardiff Triathletes	MVA	00:54:54	11:07
68	Marco Marletta	Cardiff Jif	MVC	00:56:33	11:08
69	John Aspell	PDQ Cycle Coaching	MVC	00:58:43	11:09
70	Michael Portlock	Merthyr CC	MVB	00:51:58	11:10
71	Andrew Parnowski	City Cycle Couriers RT	MVB	00:53:15	11:11
72	Jon Vickery	Cwmcarn Paragon Road Club	MVD	00:54:43	11:12
73	Patrick Kelly	Velo Club Long Eaton	M	00:56:28	11:13
74	Colin Barrett	Tenby Aces CC	MVB	00:58:43	11:14
75	Lee Sanderson	Mid Devon CC	MVC	00:52:43	11:15
76	Gareth Jones	Clevedon & District Road Club	MVB	00:53:03	11:16
77	John French	Oxford City RC	MVF	00:55:13	11:17
78	Stuart Evans	Port Talbot Whs CC	MVG	00:56:09	11:18
79	Jac Lewis	Energy Cycling Club/Clwb Beicio Egni	M		11:19
80	John Regan	Pembrokeshire Velo	MVC	00:51:46	11:20
81	Mark Sanders	Mid Devon CC	MVD	00:54:29	11:21
82	Tom Cox	Northover VT / Rudy Project / SCS	MVF	00:55:27	11:22
83	Alun Williams	Energy Cycling Club/Clwb Beicio Egni	MVC	00:55:54	11:23
84	Dave Williams	Cycle Specific	MVB		11:24
85	Michael Parker	TMG Horizon Cycling Team	MVC	00:51:45	11:25
86	Thomas Dye	Cardiff Ajax CC	M	00:52:57	11:26
87	Warren Jackson	Congleton CC	MVB	00:55:34	11:27
88	Paul Stephens	Ross on Wye & Dist CC	MVC	00:55:51	11:28
89	Jason Roberts	Cycle Specific	MVB	00:58:14	11:29
90	Graham Kemp	Team Bottrill	MVA	00:51:45	11:30
91	Andy Hoskins	Cardiff Jif	M	00:51:45	11:31
92	Garry Ellis	Energy Cycling Club/Clwb Beicio Egni	MVC	00:51:36	11:32
93	Phil Willoughby	Towy Riders Cycle Club	M	00:51:29	11:33
94	Nathan Leaves	Cwmcarn Paragon Road Club	M	00:51:28	11:34
95	Nev Martin	GS Metro	MVE	00:51:21	11:35
96	Tim May	PDQ Cycle Coaching	MVA	00:51:21	11:36
97	Joshua Clark	Royal Navy & Royal Marines CA	M	00:51:17	11:37
98	Matt Kuwertz	Southborough & Dist. Whs	MVA	00:51:00	11:38
99	Steven Cottington	Bath Cycling Club	MVD	00:50:39	11:39
100	Will Bevan	Ross on Wye & Dist CC	M	00:48:39	11:40
101	Philip Tucker	Cycle Specific	M	00:50:34	11:41
102	Joseph Dobson	Manchester Bicycle Club	M	00:48:34	11:42
103	Michael Hill	Chester RC	M	00:50:31	11:43
104	Paul Jones	Primera-Teamjobs	MVB	00:48:16	11:44

No	Name	Club	Cat	LTS	Start
105	Josh Coyne	Bpm Coaching	M	00:50:15	11:45
106	Keith Ainsworth	Sheffrec CC	MVE	00:48:00	11:46
107	Mitch Russell	The Bike Bar	M	00:50:08	11:47
108	Jonathan Gates	Royal Air Force Cycling Association	MVA	00:47:42	11:48
109	Andy Davies	Cardiff Jif	M	00:49:53	11:49
110	Chris Gibbard	Bynea Cycling Club	M	00:47:16	11:50
111	Robert West	AeroCoach	MVA	00:49:01	11:51
112	Liam Maybank	Twickenham CC	MVB	00:46:58	11:52
113	Lee Perrott	Cycle Specific	MVA	00:49:45	11:53
114	Andy Jackson	AeroCoach	MVA	00:46:56	11:54
115	Samuel Wadsley	Primera-Teamjobs	M	00:49:01	11:55
116	Ioan Smallwood	Cardiff Ajax CC	M	00:46:53	11:56
117	Felix Wilkinson	Velo Club Montpellier	M	00:48:47	11:57
118	Scott Davies	Team Dimension Data	M	00:46:33	11:58
119	Greg Parker	Estrella Bikes	MVC	00:48:46	11:59
120	Tom Ward	AeroLab Ward WheelZ	M	00:46:27	12:00