



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

## Sunday 23rd July 2017 - R25/3H – 9:08 am

Timekeepers - Start: Alf Williams, Finish: Robin Field

Pusher off: Alan Haycox. Marshals: Haycox family.

Event Sec: Martyn Heritage-Owen – 28, CF3 0EJ. Email: [coaching@realteam.co.uk](mailto:coaching@realteam.co.uk). Complaints and reporting accidents should be made in writing to the promoter within 24hrs.

HQ: Hirwaun Community Centre (CF44 9SL) (Open 8:00). Parking is limited, there is additional parking in nearby roads and at a public car park a little further on. There is also additional parking near the start.

All riders are asked to comply with the following requests.

- ✓ **Sign on at the HQ.**
- ✓ Do **call your number** to the finishing timekeeper or your time may 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.**
- ✓ **No passing the start time keeper, warming up on the course or using a turbo within 100m of residential areas.**
- ✓ **No parking in Halt Rd or in the start road Thirteenth Avenue.**
- ✓ **No anti-social behaviour. All will result in a DQ and referral to the South Wales DC for further action.**
- ✓ **Remember to sign in and sign off – Failure to do so will result in disqualification.**

R25/3H - Course Description	Miles
<b>START</b> on access rd to Hirwaun Ind Est (E 293120/ N206180 OS 170/160) 8 yards north of lamp column No.1 & 30 yards north of junction with unclassified rd (old A465) Hirwaun to Cefn Rhigos.	0.000
Proceed south to junction with unclassified road (on to the old route) and bear left to rbt with A4061 (Rhigos mountain rd) where take 2 <sup>nd</sup> exit (straight on) to Hirwaun rbt 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 <b>exit at next junction</b> (signpost Seven Sisters), climbing to the Tonna rbt, where take 1st exit to Aberdulais Interchange, circle rbt and take 4th exit down slip road to rejoin the A465 eastward. <b>TOP TIP – A road signs are in GREEN!</b>	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

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<b>R25/3H - Course Description</b>	Miles
Take 2nd exit continuing on A465, passing over river bridge and the Glynneath interchange to <b>REMAIN ON A465 to FINISH</b> 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
<b>Continue on A465 up the hill for 5 miles to take 1<sup>st</sup> exit at rbt &amp; 1<sup>st</sup> right into Rhigos Rd Hirwaun to retrace to HQ.</b>	

**Prize List (One rider one prize. Prizes will be posted or if winners email me bank details by direct transfer once the timing sheets have been checked.**

### **Overflow, Women's BAR, Jun**

Men 1<sup>st</sup> - £25, 2<sup>nd</sup> - £20, 3<sup>rd</sup> - £15. Woman – 1<sup>st</sup> - £30, 2<sup>nd</sup> - £25, 3<sup>rd</sup> - £20. Jun/Junior 1<sup>st</sup> - £20

<b>bib</b>	<b>start_time</b>	<b>Name</b>	<b>club</b>	<b>Cat</b>	<b>LTS</b>
8	09:08	Roger Gardner (Tandem)	Leamington C & AC	MV	01:04:24
8	09:08	Tanis Hand	Leamington C & AC	WV	01:04:24
10	09:10	John Thompson (Trike)	Severn Road Club	MV	01:04:53
11	09:11	Michael Gelder (Trike)	Tricycle Association South West Region	MV	01:10:08
15	09:15	Robert Lucas	Port Talbot Whs CC	MV	00:59:31
16	09:16	Ray Perkins	Clevedon & District Road Club	MV	01:00:57
17	09:17	Stephen Warwick	Didcot Phoenix CC	MV	01:02:28
18	09:18	Gerry Peppin	Corinium Cycle Club	MV	01:03:32
19	09:19	David Cullen	Bristol South Cycling Club	M	
20	09:20	Oliver Walker-Hayes	University of Bristol Cycling Club (UOBCC)	M	00:58:40
21	09:21	Peter Warwick	Didcot Phoenix CC	MV	01:00:54
22	09:22	Jon Airey	Ross on Wye & Dist CC	MV	01:02:13
23	09:23	Simon Westlake	Merthyr CC	MV	01:02:36
24	09:24	Robin Spacie	Gower Riders Cycling Club	M	
25	09:25	Neil Hughes-Hutchings	Morden CRC	M	00:58:40
26	09:26	Dean David	Bynea Cycling Club	M	01:00:30
27	09:27	James Coxon	Bike Doctor	MV	01:02:02
28	09:28	Derek Morgan	Gannet CC	MV	01:04:34
29	09:29	Kevin Grant	Frome and District Wheelers	MV	01:12:11
30	09:30	Dave Poulter	Wrekinsport CC	MV	00:59:12
31	09:31	David Singleton	Acme Whs (Rhondda) CC	MV	00:59:37
32	09:32	Stephen Ratcliffe	Brecon Wheelers	MV	01:01:08
33	09:33	Kevin Bessant	Bynea Cycling Club	MV	01:04:14
34	09:34	Joe Hawksworth	Bristol South Cycling Club	M	
35	09:35	Paul Birkin	Buxton CC/Sett Valley Cycles	MV	00:59:12
36	09:36	Christopher Ooram	Chepstow Cycling Club	M	01:00:25
37	09:37	Alan Doney	Portsmouth Triathletes	MV	01:01:48
38	09:38	Lee Thomas	Team Bottrill / HSS Hire	MV	01:04:14
39	09:39	Ted Cross	Yorkshire Road Club	M	

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40	09:40	Craig Macdonald	Ogmore Valley Wheelers CC	MV	00:59:06
41	09:41	Gareth Hill	Abercynon Road Club	MV	01:00:10
42	09:42	Nicholas Forbes	Bynea Cycling Club	MV	01:01:37
43	09:43	Michael Cox	North Lancs RC	MV	01:04:06
44	09:44	Daniel Chapman	Gower Riders Cycling Club	M	01:23:00
45	09:45	Alan Allcock	Didcot Phoenix CC	MV	00:59:02
46	09:46	Martin Lee	Bury Clarion CC	MV	00:59:55
47	09:47	Simon Diggins	North Lancs RC	MV	01:01:33
48	09:48	Brian Parker	Abercynon Road Club	MV	01:04:04
49	09:49	Paul Cann	Salt and Sham Cycle Club	MV	01:16:51
50	09:50	Martin Wallis	Team Wallis Race Team	MV	00:59:02
51	09:51	Daniel Barnett	Ely Race Club	M	00:59:54
52	09:52	Dan Field	Royal Air Force Cycling Association	MV	01:01:27
53	09:53	Richard Bowditch	Lyme Racing Club	MV	01:03:40
54	09:54	James Roberson	South Bucks RC	MV	01:12:20
55	09:55	Dean Ward	1st Chard Wheelers	M	00:58:46
56	09:56	Simon Fairclough	Cwmcarn Paragon Road Club	M	00:59:43
57	09:57	Adrian Tasker	Stafford RC	MV	01:01:11
58	09:58	Michael Collins	Bristol South Cycling Club	MV	01:05:51
59	09:59	Anthony Mansell	Ogmore Valley Wheelers CC	MV	
60	10:00	Andrew Kirby	University of Bristol Cycling Club (UOBCC)	M	00:58:45
61	10:01	Russell Boon	Avonlea/Treasure RT	MV	00:59:36
62	10:02	John Beaven	1st Chard Wheelers	MV	01:01:11
63	10:03	Josh Townsend	Bynea Cycling Club	M	01:02:54
64	10:04	John Howells	Corinium Cycle Club	MV	01:09:02
65	10:05	Nigel Croxford	High Wycombe CC	MV	00:59:12
66	10:06	Andy Cole	Frome and District Wheelers	MV	01:00:29
67	10:07	Geoff Edgerton	North Shropshire Wheelers	MV	01:01:21
68	10:08	Andrew Jones	Cardiff Triathletes	M	01:02:47
69	10:09	Mark Collins	Salt and Sham Cycle Club	M	01:08:22
70	10:10	David Lancaster	VC 10	MV	00:59:16
71	10:11	Paul Freegard	Chippenham & District Wheelers	MV	00:59:41
72	10:12	Jonathan Peters	Team Milton Keynes	M	01:01:50
73	10:13	Tony Emery	Dursley Road Club	MV	01:05:20
74	10:14	Robert Jolliffe	New Forest CC	MV	01:06:13
75	10:15	Phil Guy	North Shropshire Wheelers	MV	00:58:13
79	10:19	James Morris	NFTO Race Club	Jun	01:01:50
80	10:20	Josh Griffiths	Bristol South Cycling Club	Jun	00:51:06
81	10:21	Thomas Cornwell	In-Gear Quickvit Trainsharp RT	Jun	00:55:37
82	10:22	Rowan Ellis	1st Chard Wheelers	Juv	00:56:42
83	10:23	Tom Temple	Primera-Teamjobs	Jun	
84	10:24	Sara Jones	Bynea Cycling Club	W	
85	10:25	Stephanie Post	VeloSistas TT Team	W	00:55:56

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86	10:26	Dena Ford	High Wycombe CC	WV	00:58:10
87	10:27	Michelle Fishbourne	Abercynon Road Club	WV	00:59:32
88	10:28	Emma Angove	Chippenham & District Wheelers	W	01:00:46
89	10:29	Jo Buckland	Velo Club St Raphael	WV	
90	10:30	Andrea Parish	VeloSistas TT Team	WV	00:55:51
91	10:31	Susan Shook	Bush Healthcare CRT	WV	00:57:48
92	10:32	Kari Jones	Ride Bike Wales	W	00:59:17
93	10:33	Trish Chalk	Velo Club St Raphael	W	01:02:00
94	10:34	Sally Harmer	Pembrokeshire Velo	WV	01:11:16
95	10:35	Angela Carpenter	...a3crg	WV	00:55:22
96	10:36	Lauren Creamer	NCC Group-Kuota-Torelli	W	00:56:35
97	10:37	Sue Rust	Kettering CC	WV	00:58:54
98	10:38	Claire Clementson	Wigan Whs CC	WV	00:59:53
99	10:39	Diane Hynam	Bynea Cycling Club	WV	01:08:33
100	10:40	Laura Bartlett	...a3crg	W	00:55:12
101	10:41	Jenny Simmonds	London Dynamo	WV	00:57:06
102	10:42	Clare Greenwood	Bush Healthcare CRT	WV	00:58:33
103	10:43	Michelle Arthurs	Norwood Paragon CC	W	01:00:35
104	10:44	Gemma Waterjohns	Somerset Road Club	W	01:03:04
105	10:45	Victoria Smith	AeroCoach	W	00:54:06
106	10:46	Nadine Cannon	VeloSistas TT Team	W	00:57:01
107	10:47	Caitlin Peters	i-Team Cyclists Club	Fjuv	00:58:27
108	10:48	Trudy Sharam	Lea Valley CC	WV	01:04:53
109	10:49	Julie Stephens	Ross on Wye & Dist CC	WV	01:07:45
110	10:50	Bronwen Ewing	Rye & District Wheelers CC	WV	00:53:57
111	10:51	Nicki Carr	VC Equipe - Flix Oral Hygiene	W	00:57:12
112	10:52	Kirsty Murray	Pembrokeshire Velo	WV	00:58:21
113	10:53	Tracy Rowlinson	Lyme Racing Club	WV	01:00:12
114	10:54	Sharon Clifford	WCS Racing Team	WV	01:00:40
115	10:55	Kate Allan	DRAG2ZERO	W	00:51:51

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## Main Event

Senior – 1<sup>st</sup> £30, 2<sup>nd</sup> - £25, 3<sup>rd</sup> - £20. Vet – 1<sup>st</sup> £30, 2<sup>nd</sup> - £25, 3<sup>rd</sup> - £20.

<b>bib</b>	<b>start_time</b>	<b>Name</b>	<b>club</b>	<b>category</b>	<b>LTS</b>
1	11:01	Michael Portlock	Merthyr CC	V	00:52:30
2	11:02	Phil Barnes	Team Swift	V	00:53:41
3	11:03	John Shehan	Bynea Cycling Club	V	00:58:08
4	11:04	Roger Taylor	Frome and District Wheelers	V	00:57:12
5	11:05	Henrik Persson	Kingston Wheelers CC	M	00:50:25
6	11:06	Steve Potts	Velo Club St Raphael	V	00:52:11
7	11:07	Mike Lindsay	Pembrokeshire Velo	V	00:54:16
8	11:08	Paul Stephens	Ross on Wye & Dist CC	V	00:55:59
9	11:09	Andrew Newey	Ribble Valley C&RC	M	00:57:13
10	11:10	Ben Phillips	Towy Racing Cycling Club (TRCC)	M	00:50:23
11	11:11	Joe Schwartz	Team Swindon Cycles	V	00:54:01
12	11:12	Owain Roberts	Port Talbot Whs CC	M	00:55:34
13	11:13	Chris Fishbourne	Abercynon Road Club	V	00:54:19
14	11:14	Chris Hall	Born to Bike - Bridgtown Cycles	V	00:56:09
15	11:15	Tom Pritchard	Hampshire RC	M	00:50:20
16	11:16	Richard Coomer	Pembrokeshire Velo	M	00:52:23
17	11:17	Chris Ford	High Wycombe CC	V	00:54:01
18	11:18	Stuart Evans	Port Talbot Whs CC	V	00:55:24
19	11:19	Andrew Hayward	Cwmcarn Paragon Road Club	V	00:56:14
20	11:20	Dael Sidwell	Hinckley Cycle Racing Club	V	00:50:17
21	11:21	Adrian Lane	1st Chard Wheelers	M	00:52:23
22	11:22	Adrian Humpage	Lyme Racing Club	V	00:54:00
23	11:23	Michael Bennett	Bicester Millennium CC	V	00:55:20
24	11:24	Simon Kinsey	Acme Whs (Rhondda) CC	V	00:57:59
25	11:25	Andrew Perkins	Mid Devon CC	V	00:50:16
26	11:26	Philip Murrell	Finsbury Park CC	V	00:52:18
27	11:27	Mattj Smith	Port Talbot Whs CC	V	00:54:00
28	11:28	Mike Broadbent	Swansea Wheelers/CS Abertawe	V	00:55:19
29	11:29	Terry Anthony	Ogmore Valley Wheelers CC	V	00:57:57
30	11:30	Jeremy Archer	RT 316	V	00:50:16
31	11:31	Andy Davies	Cardiff Jif	M	00:52:30
32	11:32	Randle Shenton	Team Swift	V	00:53:57
33	11:33	Paul Winchcombe	Chippenham & District Wheelers	V	00:55:12
34	11:34	Paul Jones	Ystwyth CC	V	00:57:50
35	11:35	Oliver Bridgewood	Spokes BPC Racing	M	00:50:07
36	11:36	Gary Duncan	Paramount CRT	V	00:52:11
37	11:37	Paul Cannon	Porth & District CC	V	00:53:48
38	11:38	Steve Curry	Ogmore Valley Wheelers CC	V	00:54:15
39	11:39	Jonathan Barnes	Herefordshire Cycling Club	M	00:57:39
40	11:40	Anthony Jones	Towy Racing Cycling Club (TRCC)	V	00:49:50

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41	11:41	Simon Holder	Kingfisher Triathletes	V	00:53:46
42	11:42	Phil Willoughby	Towy Racing Cycling Club (TRCC)	M	00:54:03
43	11:43	Robert Taylor	Echelon Cycling	M	00:55:05
44	11:44	Ian Piper	Minehead Cycling Club	V	00:57:35
45	11:45	Luke Cornish	Cwmcarn Paragon Road Club	M	00:49:45
46	11:46	Nigel Clementson	Wigan Whs CC	V	00:51:56
47	11:47	Clive Franklin	Somerset Road Club	V	00:53:45
48	11:48	Danny Baker	National Ventilation - LSEA CRT / Notaro Windows	V	00:54:58
49	11:49	Michael Cope	Kettering CC	V	00:57:34
50	11:50	Lee Morgan	Team Bottrill / HSS Hire	V	00:49:45
51	11:51	Nic Cleave	Swansea Wheelers/CS Abertawe	V	00:51:42
52	11:52	Rod Hicks	Port Talbot Whs CC	V	00:54:05
53	11:53	Jon Elliott	Maidenhead & District CC	M	00:54:55
54	11:54	Martin Tolley	Stafford RC	V	00:57:22
55	11:55	Phil Williams	Liverpool Phoenix CC (Aintree)	M	00:49:44
56	11:56	Adrian Hughes	Seamons CC	V	00:51:40
57	11:57	Ben Brandon	Team Bottrill / HSS Hire	V	00:53:30
58	11:58	Stephen Taylor	Pembrokeshire Velo	V	00:54:52
59	11:59	Mark German	1st Chard Wheelers	V	00:57:21
60	12:00	Gavin Hinxman	DRAG2ZERO	V	00:49:28
61	12:01	Steven Cottington	Bath Cycling Club	V	00:51:24
62	12:02	Mark Woolford	Trainsharp	V	00:53:25
63	12:03	Daryl Godden	Gloucester City Cycling Club	V	00:55:55
64	12:04	Marco Marletta	Cardiff Jif	V	00:57:21
65	12:05	Greg Parker	Velo Club St Raphael	V	00:49:27
66	12:06	Keith Ainsworth	Langsett Cycles Race Team	V	00:51:18
67	12:07	Thomas Pfeiffer	Dulwich Paragon CC	V	00:53:24
68	12:08	Richardkarl Bowditch	Lyme Racing Club	V	00:54:45
69	12:09	Charles Crookes	Rutland Cycling Club	V	00:57:20
70	12:10	Adam Bidwell	Kingston Wheelers CC	V	00:49:20
71	12:11	Michael Cross	Yorkshire Road Club	V	00:51:10
72	12:12	Nick Young	Yeovil Cycling Club	V	00:53:13
73	12:13	Jon Vickery	Cwmcarn Paragon Road Club	V	00:54:43
74	12:14	Alan Cooper	Avonlea/Treasure RT	V	00:58:05
75	12:15	Richard Harrison	DRAG2ZERO	M	00:48:56
76	12:16	David Bucknall	Royal Dean Forest Cycle Club	V	00:51:01
77	12:17	Tom Bertenshaw	Severn Road Club	M	00:52:42
78	12:18	Jonathan Thomas	Epsom CC	V	00:54:40
79	12:19	Alistair Morgan	Pontypool Road Cycling Club	V	00:58:00
80	12:20	George Fox	Team Bottrill / HSS Hire	M	00:48:44
81	12:21	Stephen Vanes	Successcycling.co.uk	M	00:51:01
82	12:22	Arwel Davies	Towy Racing Cycling Club (TRCC)	V	00:53:00

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83	12:23	Luke Smith	Bristol South Cycling Club	V	00:54:33
84	12:24	Gareth Chislett	CC Blaenau Gwent	V	00:57:12
85	12:25	Aaron Ward	Team Bottrill / HSS Hire	M	00:48:39
86	12:26	Alan Murchison	DRAG2ZERO	V	00:50:52
87	12:27	Andrew Overton	Successcycling.co.uk	V	00:53:00
88	12:28	Andrew Clarke	Mid Shropshire Wheelers	V	00:54:28
89	12:29	Lee Francis	Velo Club Bristol - Webbs Cycles	M	00:56:46
90	12:30	Dean Robson	Northover VT / Rudy Project	M	00:48:33
91	12:31	Barry Charlton	Swinnerton Cycles	V	00:50:49
92	12:32	Colin Wallace	Merthyr CC	V	00:52:59
93	12:33	Nathan Leaves	NFTO Race Club	M	00:54:24
94	12:34	Adrian Gorham	Kettering CC	V	00:56:35
95	12:35	Chris Bartley	AS Test Team	M	00:48:24
96	12:36	Ross Davies	Dambusters	M	00:50:45
97	12:37	Tim Davies	Icknield RC	V	00:52:55
98	12:38	Chris Lee	Merthyr CC	V	00:54:23
99	12:39	Hugh Brashaw	University of Bristol Cycling Club (UOBCC)	M	00:56:18
100	12:40	Rob Pears	Bath Cycling Club	V	00:48:14
101	12:41	Graeme Boswell	Cardiff Ajax CC	V	00:50:39
102	12:42	Iain Cade	Bath Cycling Club	M	00:54:12
103	12:43	Shay Giles	VC Elan - Harry Perry Cycles	V	00:55:59
104	12:44	Steve Hancock	Calder Clarion	MV	00:58:25
105	12:45	Lewis Keightley	Team Bottrill / HSS Hire	M	00:48:05
106	12:46	Mark Denney	Poole Whs	V	00:50:38
107	12:47	Terry Icke	Velo Club St Raphael	V	00:52:38
108	12:48	Michael Waterjohns	Somerset Road Club	V	00:54:51
109	12:49	Jon Brumfield	Poundbury Cyclesport	V	00:56:13
110	12:50	James Rix	Crawley Wheelers	V	00:47:33
111	12:51	Tony Chapman	Frome and District Wheelers	V	00:50:35
112	12:52	Paul Coles	73Degrees CC	V	00:52:39
113	12:53	Tom Cox	Northover VT / Rudy Project	V	00:55:08
114	12:54	Dean Prosser	Hereford & Dist Whs CC	V	00:57:58
115	12:55	Liam Maybank	Twickenham CC	V	00:47:01
116	12:56	Howard Shaw	Eastbourne Rovers CC	M	00:50:35
117	12:57	Tony Harvey	Mid Shropshire Wheelers	V	00:52:01
118	12:58	Nick Brown	Team NBCC	V	00:52:51
119	12:59	Jim Trevor	Hull Thursday RC	V	00:53:09
120	13:00	Joshua Williams	Team Bottrill / HSS Hire	M	00:46:41

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