



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

## Sunday 20<sup>th</sup> August 2017 - R25/3H – 9:00 am

Timekeepers - Start: Norman James, Finish: Tudor Thomas

Pusher off: Jake Hughes. Marshals: Haycox family.

Event Sec: Martyn Heritage-Owen – 28, CF3 0EJ. Email: [coaching@realteam.co.uk](mailto:coaching@realteam.co.uk), 0778 606 7819.

Complaints and reporting accidents should be made in writing to the promoter within 72hrs.

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**

Woman & Women Vet – 1<sup>st</sup> - £30, 2<sup>nd</sup> - £25, 3<sup>rd</sup> - £20

Men: 1<sup>st</sup> in each Cat (M, A, B, C, D) - £20.

<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>LTS</b>
1	Tanis Hand	Leamington C & AC	TAND	01:02:36
1	Roger Gardner	Leamington C & AC	TAND	01:02:36
2	Andrew Burnett	Bicester Millennium CC	TAND	01:01:54
2	John Bourton	Bicester Millennium CC	TAND	01:00:00
3	Ian Pike(Trike)	Fenland Road Club	TRIKE	00:58:49
4	Michael Gelder (Trike)	Tricycle Association South West	TRIKE	01:08:52
5	Andrew Curley	Warwickshire Road Club	B	00:57:37
6	Robert Lucas	Port Talbot Whs CC	C	00:59:31
7	Daniel Chapman	Gower RidersCC	M	01:00:46
8	Derek Morgan	Gannet CC	D	01:04:34
9	David Singleton	Acme Whs (Rhondda) CC	B	01:06:00
10	Ian Piper	MineheadCC	B	00:57:35
11	Simon Trehearn	Kingston Phoenix RC	A	00:59:30
12	Dean David	ByneaCC	M	01:00:30
13	Anthony Isaac	Tondu wheelers	A	01:04:00
14	Joe Harris	Maxxis 4 Racing Team	M	
15	Michael Cope	Kettering CC	B	00:57:34
16	Stuart Day	City Cycle Centre.com	A	00:59:29
17	Brad Davies	ByneaCC	B	00:59:31
18	Gerry Peppin	Corinium Cycle Club	B	01:03:32
19	Anthony Williams	Ogmore Valley Wheelers CC	A	
20	Nick Parris	G.S. Henley	A	00:57:34
21	Guy Evans	Hereford & Dist Whs CC	B	00:57:44
22	Chris Owrap	ChepstowCC	M	01:00:25
23	Michael Cox	North Lancs RC	D	01:03:41
24	Paul Cann	Salt and Sham Cycle Club	C	01:16:51
25	Mark German	1st Chard Wheelers	B	00:57:19
26	Blaine Phelps	Merthyr CC	B	00:59:00
27	Richard Bowditch	Lyme Racing Club	C	01:00:19
28	Jase Cakebread	Christchurch Bicycle Club	A	01:03:51
29	Norman Harvey	Sotonia CC	D	01:11:40
30	David Lancaster	VC 10	B	00:57:18

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No	Name	Club	Category	LTS
31	Darren Cope	Team Bottrill / HSS Hire	M	00:58:49
32	Chris Jolliffe	Crawley Wheelers	B	01:00:13
33	Robert Waldram	Twickenham CC	M	01:03:16
34	Kevin Grant	Frome and District Wheelers	C	01:10:45
35	Graham Green	Team Bottrill / HSS Hire	D	00:57:18
36	Roger Wood	Pontypool RoadCC	C	00:58:44
37	Simon Westlake	Merthyr CC	B	01:00:11
38	Graham Morrison	Newbury RC	A	01:02:40
39	Oliver Wright	Banbury StarCC	M	01:10:44
40	Cliff Voller	Newbury RC	C	00:57:12
41	Keith Barcock	Banbury StarCC	B	00:58:33
42	Gareth Hill	Abercynon Road Club	A	01:00:10
43	Stephen Warwick	Didcot Phoenix CC	B	01:02:28
44	John Trout	1st Chard Wheelers	D	01:07:50
45	Roger Taylor	Frome and District Wheelers	D	00:57:12
46	Phil Guy	North Shropshire Wheelers	C	00:58:13
47	Thomas Few	Merthyr CC	M	01:00:01
48	Philip Thomas	Rhondda Triathlon Club	M	01:02:24
49	Michael Collins	VC Sevale (Malvern)	A	01:07:03
50	Mervyn Wilson	North Lancs RC	C	00:56:17
51	John Shehan	ByneaCC	D	00:58:08
52	Fidel Gonzalez	South Western RC - Evans Cycles	A	00:59:57
53	David Drew	North Shropshire Wheelers	C	01:02:18
54	Tony Dodsworth	Sigma Sport.co.uk	M	01:06:36
55	Adam Taylor	Royal Dean Forest CC	M	00:56:50
56	Alan Cooper	Avonlea/Treasure RT	C	00:58:05
57	Martin Lee	Bury Clarion CC	B	00:59:55
58	Geoff Edgerton	North Shropshire Wheelers	C	01:01:21
59	Tony Baxter	Withington Wheelers	D	01:00:57
60	Jake Osborne	Cheltenham & CountyCC	A	00:56:44
61	Alex Hitchmough	St Helens CRC	A	00:58:05
62	Andrew Lawrence	1st Chard Wheelers	B	00:59:45
63	Robert Smith	Pembrokeshire Velo	A	01:02:04
64	Alan Smith	Gillingham & Dist Whs / Wheels Cycles	D	01:06:01
65	Paul Demicoli	Didcot Phoenix CC	B	00:56:43
66	Alistair Morgan	Pontypool RoadCC	B	00:58:00
67	Russell Boon	Avonlea/Treasure RT	B	00:59:36
68	Darren Webb	Somerset Road Club	M	01:01:46
69	Eric Rees	Clwb Sarn Helen Club	A	01:01:27
70	Steven Madeley	Ogmore Valley Wheelers CC	B	00:56:25
71	Simon Kinsey	Acme Whs (Rhondda) CC	A	00:57:59
72	Robin Spacie	Gower RidersCC	M	00:59:40
73	Dorian Rees	Clwb Sarn Helen Club	A	01:01:51
74	John Howells	Corinium Cycle Club	D	01:05:48
75	Hugh Davies	Port Talbot Whs CC	D	00:56:21
76	David Thomas	Rhondda Triathlon Club	M	00:57:51
77	Paul Eveleigh	Lincoln Wheelers CC	B	00:59:38

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No	Name	Club	Category	LTS
78	James Roberson	South Bucks RC	C	01:01:18
79	Carwyn Davies	Clwb Sarn Helen Club	M	01:05:21
80	Andrew Hayward	Cwmcarn Paragon Road Club	A	00:56:14
81	Michael Wilkinson	North Notts Olympic CC	B	00:57:52
82	Mark Haynes	Albarosa CC	A	00:59:40
83	Adriano Dossantos	Swindon Road Club	M	01:01:07
84	Tony Emery	Dursley Road Club	D	01:05:20
85	Andrew Newey	Ribble Valley C&RC	M	00:57:11
86	Paul Heggie	Birdwell Wheelers	C	00:57:52
87	Nicholas Forbes	ByneaCC	A	00:59:34
88	Gregory Brett	Ogmore Valley Wheelers CC	A	01:01:04
89	Paul Haynes	Velo Club Cycling	A	01:04:43
90	Warren Jackson	Macclesfield Wheelers	A	00:56:18
91	Nigel Croxford	High Wycombe CC	C	00:59:12
92	Vincent Jenkins	LeisureLakesBikes.com	D	01:00:26
93	Robert Jolliffe	New Forest CC	C	01:04:26
94	Mike Hallgarth	Anfield BC	C	01:07:23
95	Josh Griffiths	Bristol SouthCC	JUN	00:50:37
96	Euan Backus	Zappi Racing Team	JUV	00:53:07
97	Jake Wright	Zappi Racing Team	JUN	00:54:16
98	Harry Butterworth	Scarborough Paragon CC	JUV	00:59:52
99	Gethin Davies-Jones	Union Cycliste Ystrad Mynach	B	
100	Karen Ledger	Team Bottrill / HSS Hire	WV	00:53:25
101	Alex Smethurst	Team Swift	W	00:57:36
102	Tracy Rowlinson	Lyme Racing Club	WV	01:00:12
103	Fenella Brown	Warwickshire Road Club	WV	01:06:37
104	Katie Bowler	ByneaCC	W	
105	Katie Greves	AS Test Team	W	00:53:10
106	Nadine Cannon	VeloSistas TT Team	W	00:57:01
107	Louisa Cooper	Bournemouth Jubilee Whs	W	01:00:03
108	Jo Buckland	Velo Club St Raphael	WV	01:03:57
109	Philippa Crocker	Dursley Road Club	WV	01:18:12
110	Alice Lethbridge	DRAG2ZERO	W	00:51:47
111	Andrea Parish	VeloSistas TT Team	WV	00:55:51
112	Lynn Hanson	Seacroft Whs	WV	00:58:55
113	Michelle Morley	Team Swift	WV	01:02:47
114	Alice Leclercq	Boot Out Breast Cancer CC	W	01:18:00
115	Kate Allan	DRAG2ZERO	W	00:51:10
116	Laura Bartlett	...a3crg	W	00:55:00
117	Becky Smith	Mid Devon CC	WV	00:58:20
118	Sharon Clifford	WCS Racing Team	WV	01:00:40
119	Sally Harmer	Pembrokeshire Velo	WV	01:11:16
120	Anna Turvey	Tyneside Vagabonds CC	W	00:50:32
R1	Owen Spacie	Cardiff Ajax CC	M	

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## Main Event

Senior – 1<sup>st</sup> £35, 2<sup>nd</sup> - £30, 3<sup>rd</sup> - £25, 4<sup>th</sup> - £20. Vet – 1<sup>st</sup> (A, B, C, D, D+) £25.

No	Name	Club	Cat	LTS
1	Tim Humphries	Team Swift	C	00:52:53
2	Martin Bullen	Peterborough CC	D+	00:55:57
3	Phil Barnes	Team Swift	D+	00:53:41
4	Nick Hanson	Seacroft Whs	C	00:56:04
5	Stephen Williamson	...a3crg	B	00:49:44
6	Michael Portlock	Merthyr CC	B	00:52:30
7	Steve Curry	Ogmore Valley Wheelers CC	C	00:53:17
8	Simon Geraci	Team Swift	B	00:54:48
9	Chris Hall	Born to Bike - Bridgtown Cycles	D+	00:56:09
10	Dean Robson	Northover VT / Rudy Project	S	00:48:33
11	Andrew Cooper	Bournemouth Jubilee Whs	S	00:52:26
12	Ross Holland	Cheltenham & County Cycling Club	S	00:53:17
13	Richard Jones	Abellio - SFA Racing Team	A	00:54:42
14	Anthony Hayward	Milford Tritons Cycling Club	S	00:56:11
15	Hadyn James	Reading CC	S	00:50:39
16	Jason Swann	Mapperley CC	A	00:52:25
17	Daniel Shaw	Halifax Imperial Whs	B	00:53:15
18	David Hargreaves	North Lancs RC	D+	00:55:02
19	Martin Foord	Abellio - SFA Racing Team	D	00:56:09
20	Mark Denney	Poole Whs	B	00:50:38
21	Earl Smith	Severn Valley Cycles	B	00:52:24
22	Alex Leek	Velo Club St Raphael	S	00:53:14
23	Owain Roberts	Port Talbot Whs CC	S	00:54:56
24	Dale Lush	Kingston Phoenix RC	S	00:55:03
25	Chris Boddy	Didcot Phoenix CC	S	00:50:30
26	Adrian Lane	1st Chard Wheelers	S	00:52:23
27	Peter Garnett	Swindon Road Club	B	00:53:09
28	Simon Drewett	Fairly United Cycling Team	C	00:54:43
29	Dean Prosser	Hereford & Dist Whs CC	B	00:56:02
30	Paul Fleming	Preston Whs	C	00:50:24
31	Neil Cleminshaw	Hull Thursday RC	B	00:51:11
32	Jon White	Pro Vision Cycle Clothing	S	00:53:07
33	Jon Vickery	Cwmcarn Paragon Road Club	C	00:54:43
34	Terry Anthony	Ogmore Valley Wheelers CC	D+	00:55:59
35	Ben Phillips	Towy Racing Cycling Club (TRCC)	S	00:50:23
36	Philip Murrell	Finsbury Park CC	B	00:52:18
37	Chris Siepen	Seamons CC	S	00:53:01
38	Chris Edginton	Fairly United Cycling Team	C	00:54:37
39	Gary Jones	Pontypool Road Cycling Club	D	00:55:59
40	Chris Ledger	Rutland Cycling Club	D	00:50:21
41	Jason Streater	Velo Club St Raphael	A	00:52:18
42	Paul Elcock	AS Test Team	S	00:53:00
43	Richard Bowditch	Lyme Racing Club	A	00:54:36
44	Adrian Gorham	Kettering CC	D	00:56:13
45	David J Williams	Velotik Racing Team	S	00:50:17

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No	Name	Club	Cat	LTS
46	Steve Biddulph	Born to Bike - Bridgtown Cycles	A	00:52:13
47	Phil Willoughby	Towy Racing Cycling Club (TRCC)	S	00:52:47
48	Leslie Thomas	Tri UK	A	00:54:32
49	Barrie Whittaker	Lyme Racing Club	D+	00:55:54
50	Rob Stephenson	Southborough & Dist. Whs	B	00:50:14
51	Emyr Griffiths	Towy Racing Cycling Club (TRCC)	C	00:52:12
52	Kris Bowditch	Lyme Racing Club	A	00:53:20
53	Joe Schwartz	Team Swindon Cycles	D	00:54:01
54	Nick Burton	Newark Castle C C	A	00:55:54
55	Tony Chapman	Frome and District Wheelers	B	00:50:11
56	Steve Potts	Velo Club St Raphael	D	00:52:11
57	Mark Woolford	Trainsharp	C	00:52:52
58	Ian Turner	North Road CC	C	00:54:20
59	Phil Gayes	Leek Cyclists' Club	B	00:55:50
60	Chris Jones	Port Talbot Whs CC	B	00:49:58
61	Stuart Stow	Twickenham CC	C	00:52:04
62	Edward Priddy	Solihull CC	D	00:52:50
63	Rob Jones	Cardiff Ajax CC	A	00:54:18
64	Steve Mountford	Solihull CC	D	00:55:10
65	Scott Nash	Pembrokeshire Velo	B	00:52:00
66	Ted Cross	Yorkshire Road Club	S	00:52:34
67	Rod Hicks	Port Talbot Whs CC	C	00:52:50
68	Shaun Mchugh	North Lancs RC	A	00:54:17
69	Peter Blackwell	Solihull CC	B	00:55:06
70	Chris Gibbard	Bynea Cycling Club	S	00:49:35
71	Thomas Pfeiffer	Dulwich Paragon CC	B	00:51:52
72	Nigel Jones	Stourbridge Velo	A	00:52:49
73	James Garrett	Rugby Velo	S	00:54:29
74	Mark Brock	Team Tor 2000 (Kalas)	B	00:55:36
75	Samuel Wadsley	Poole Whs	S	00:49:31
76	Ben Stowe	Hemel Hempstead CC	S	00:51:51
77	Anthony Ashworth	Wetherby Whs	B	00:52:49
78	Chris Ford	High Wycombe CC	C	00:54:01
79	Luke Smith	Bristol South Cycling Club	B	00:55:32
80	Eugene Cross	University of Sheffield Cycling Club	S	00:49:27
81	Jonathan Barnes	Herefordshire Cycling Club	S	00:51:48
82	Ian Cullen	Mid Devon CC	A	00:52:47
83	Mark Shepherd	Banjo Cycles.com/Raceware/Specialized	B	00:53:58
84	Steve Franklin	Team Salesengine.co.uk	S	00:55:25
85	Nick Dwyer	Lewes Wanderers CC	C	00:49:05
86	Neal Parkin	Team Bottrill / HSS Hire	S	00:51:01
87	Chris Martin	Yeovil Cycling Club	C	00:52:59
88	Robert Hughes	Ride Bike Wales	C	00:53:52
89	Stuart Evans	Port Talbot Whs CC	D+	00:55:24
90	Daniel Barnett	Team Bottrill / HSS Hire	A	00:48:51
91	Michael Davis	Dursley Road Club	S	00:51:35
92	Scott Mcardle	Cheltenham & County Cycling Club	D+	00:53:30

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No	Name	Club	Cat	LTS
93	Clive Franklin	Somerset Road Club	C	00:53:45
94	Paul Arnold	Mapperley CC	D	00:55:18
95	Ross Davies	Dambusters	S	00:50:42
96	Robert Watson	Team Bottrill / HSS Hire	D	00:51:31
97	Mark Smejkal	St Austell Whs CC	S	00:52:31
98	John Dowling	Hemel Hempstead CC	D+	00:52:38
99	John French	Oxford City RC	D+	00:55:13
100	Scott Burns	DRAG2ZERO	S	00:48:18
101	Keith Ainsworth	Langsett Cycles Race Team	D	00:51:18
102	Desmond Gayler	Kenton RC	C	00:52:38
103	Tim Childs	Westerley Cycling Club	D	00:53:39
104	Richard Giles	Serpentine Running Club	A	00:55:46
105	David Woodhouse	AS Test Team	S	00:48:07
106	Chris Halford	Stourbridge Velo	B	00:52:36
107	Mick Black	Springfield Financial Racing Team	D+	00:53:37
108	Diccon Hill	Cardiff 100 Miles RCC	B	00:55:03
109	Tom Cox	Northover VT / Rudy Project	D+	00:55:08
110	Lewis Keightley	Team Bottrill / HSS Hire	S	00:47:18
111	Mark Ellis	Team Milton Keynes	C	00:52:20
112	Peter Weir	AeroCoach	A	00:52:35
113	Lee Francis	Velo Club Bristol - Webbs Cycles	S	00:53:33
114	Roderick Macfadyen	Reading CC	D	00:55:39
115	Andy Jackson	SSLL Racing Team	A	00:47:05
116	Steven Hilton	Warrington Road Club	B	00:50:47
117	Jay Hookins	Velo Club Cycling	S	00:51:14
118	Alan Chorley	Seamons CC	B	00:51:34
119	Paul Coles	73Degrees CC	A	00:52:39
120	Marcin Bialoblocki	Somerset Road Club	S	00:44:04

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