

Merthyr Cycling Club 25 Mile Time Trial

Sunday 31st March

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

In association with EC Cycles

R25/3H – 09:00

Event Secretary

Rob Williams

07811 137718

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Timekeepers

Start: Martyn Heritage-Owen

Finish: Robin Field, Assistant: Frances Field



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

Event Headquarters – open 8:30am

Rhigos Rugby Club. CF44 9HJ.

There is ample parking at the Ruby club and in the lane outside the event HQ. Please remember to leave spaces for event officials and please take care not to park across drive ways or cause obstruction.

REMEMBER to sign in and sign out after the race. Failure to do so will result in a disqualification.

Tea/coffee, cakes and biscuits will be available. Please sign on as soon as possible following arrival at the venue. The event will be run on the R25/3H course. To get to the start follow the directions of the marshals and proceed with caution. Allow ample time to get to the start to ensure you do not miss your start time. The field is full so if you miss your time, you may not get to ride

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

Reserves: There are 4 reserves, on past evidence all will get a ride. If you are unable to ride please let the organiser know as soon as possible so that the next reserve can be allocated a ride.

R25/3H - Course Description	Miles
Video of the course : https://www.youtube.com/watch?v=L8KQ1sv3Lhg&t=188s	
START 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 nd 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 exit at next junction (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.	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 2nd 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
Continue on A465 up the hill for 4 miles to take 3rd exit at rbt to Rhigos and retrace to HQ.	

H.Q. 295665 East 205663 North, Start 293120 East 206180 North
Turn 277000 East 199000 North, Finish 288552 East 206472 North

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.**
- ✓ **No passing the start time keeper or warming up on the course.**
- ✓ **No turbo within 100m of residential areas, especially the residential part of 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.**
- ✓ **No anti-social behaviour for example littering and urinating in public. Failure to follow these basic rules will result in a DQ & referral to the South Wales DC**

Event marshals are NOT authorised to stop traffic for competitors, so please ride safely and carefully.

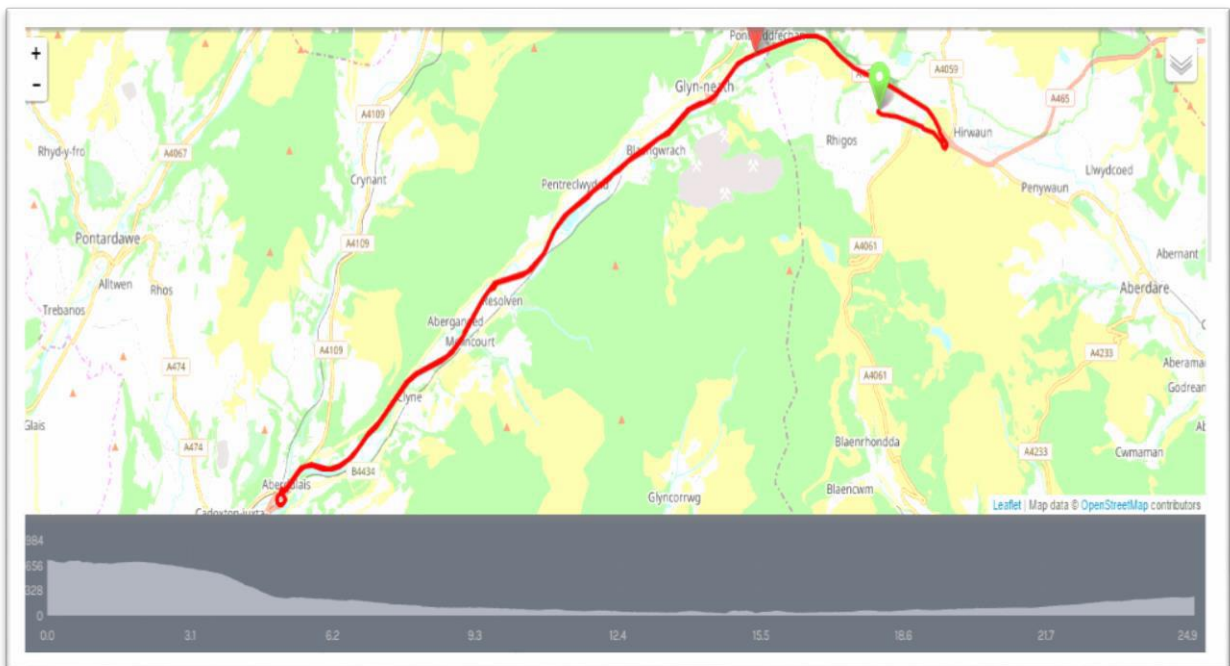
Turn - Please familiarise yourself with the on-slip back onto the A465. Whatever we do the odd rider still manages to go off course. There will be marshals on site, but it is your responsibility to do your own research.

TIP: Riders generally try and turn down the old Rd but Trunk Rd signs are in GREEN

Race numbers will be available from the HQ. **Please return race numbers as soon as possible and remember to sign out!**

Prizes (one rider one prize)

First Male Solo Overall	-£30
Second Male Solo Overall	-£25
Third Male Solo Overall	-£20
First Female Solo Overall	-£30
Second Female Solo Overall	-£25
Third Female Solo Overall	-£20
First Male Vet Overall	-£20
First Female Vet Overall	-£20



Startsheet

Women & Junior

No	Name	Club	Cat	LTS	Start
102	Jennifer Aylward	Cycle Specific	WV	01:11:24	09:42
103	Heather Mayer	CC London	W	01:07:00	09:43
104	Anita Saycell	Ystwyth CC	WV	01:07:00	09:44
105	Caryl Williams-Ford	Bynea Cycling Club	WV	01:06:30	09:45
106	Emma Richards	Fit4Tri	W	01:06:00	09:46
107	Courtney Edmonds	Bike Jockey CC	W	01:01:22	09:47
108	Diane Wilson-Evans	Bynea Cycling Club	WV	01:01:21	09:48
109	Gemma Waterjohns	Somerset Road Club	W	00:58:32	09:49
110	Deborah Sheridan	Warwickshire Road Club	WV	00:58:25	09:50
111	Jo Buckland	PDQ Cycle Coaching	WV	00:58:15	09:51
112	Toni Wilkes	Project 51	Fjun	00:58:00	09:52
113	Tara Grosvenor	VeloVitesse/ALLCAP/James Barry/SiS	W	00:57:43	09:53
114	Morgan Lloyd	Cycle Specific	Juv	00:57:39	09:54
115	Emma Angove	73 Degrees Bicycles, WestSide Coaching rt	W	00:56:53	09:55
116	Fabien Large	NOPINZ	Jun	00:55:56	09:56
117	Andrea Parish	VeloSistas TT Team	WV	00:55:36	09:57
118	Elizabeth Bennett	Team Jadan-Weldtite p/b Vive Le Velo	W	00:54:33	09:58
119	Victoria Smith	AeroCoach	W	00:53:43	09:59
120	Vicky Gill	DRAG2ZERO	W	00:51:45	10:00

Men

No	Name	Club	Cat	LTS	Start
1	Gary Rickards	Cheltenham & County Cycling Club	MV	00:54:27	10:01
2	Dale Buckett	Bike Jockey CC	M	00:59:26	10:02
3	John Murphy	Gloucester City Cycling Club	MV	01:00:57	10:03
4	Julian Hynam	Tri Team Glos	MV	01:10:00	10:04
5	David Wilson-Evans	Bynea Cycling Club	MV	00:53:32	10:05
6	Cliff Voller	Newbury RC	MV	00:57:12	10:06
7	Nicholas Forbes	Bynea Cycling Club	MV	00:58:54	10:07
8	Jon Airey	Ross on Wye & Dist CC	MV	01:00:31	10:08
9	Harry Cowley	Chester RC	MV	01:07:48	10:09
10	Alan Murchison	DRAG2ZERO	MV	00:48:15	10:10
11	Lawrence Cronk	SWYD Tri Club	M	00:56:40	10:11
12	Chris Goulden	Merthyr CC	MV	00:58:45	10:12
13	Robert Jones	Cardiff 100 Miles RCC	MV	01:00:24	10:13
14	Matthew Garfield	Cycle Specific	M	01:07:00	10:14
15	Mark Palliser	Hereford & Dist Whs CC	MV	00:55:57	10:15
16	Roger Wood	Pontypool Road Cycling Club	MV	00:56:35	10:16
17	John Aspell	PDQ Cycle Coaching	MV	00:58:43	10:17
18	Paul Rees	Bynea Cycling Club	MV	01:00:03	10:18
19	Daryl Stroud	Tri Team Glos	MV	01:05:01	10:19

No	Name	Club	Cat	LTS	Start
20	Barrie Whittaker	Lyme Racing Club	MV	00:55:54	10:20
21	Marco Marletta	Cardiff Jif	MV	00:56:33	10:21
22	Donald Parker	Brighton Mitre CC	MV	00:58:32	10:22
23	Alexander Royle	Manchester Bicycle Club	M	01:00:00	10:23
24	Noelwyn Daniel	Cycle Specific	MV	01:05:00	10:24
25	Paul Stephens	Ross on Wye & Dist CC	MV	00:55:51	10:25
26	John Marinko	Brighton Mitre CC	MV	00:56:28	10:26
27	Phillip Turner	ATAC - Ammanford Tri	MV	00:58:28	10:27
28	Rob Wild	Velo Club Long Eaton	M	00:59:40	10:28
29	Ian Bailey	Rhondda Triathlon Club	MV	01:05:00	10:29
30	Martin Howe	VELOFLOW CC	MV	00:55:34	10:30
31	Jack Kellam	Cambridge University CC	M	00:56:24	10:31
32	John Shehan	Bynea Cycling Club	MV	00:58:28	10:32
33	Gary Pamment	3T-RACING	MV	00:59:38	10:33
34	Phil Wright	Hartlepool CC	MV	01:02:40	10:34
35	Dean Prosser	Hereford & Dist Whs CC	MV	00:55:31	10:35
36	Ray Retter	Born to Bike - Bridgtown Cycles	MV	00:56:18	10:36
37	Jeffrey Rees	Gower Riders Cycling Club	MV	00:58:03	10:37
38	Les Thomas	Port Talbot Whs CC	MV	00:59:37	10:38
39	Frankie Whitwell	Bradford-on-Avon Cycling Club	M	01:02:28	10:39
40	Tim May	PDQ Cycle Coaching	MV	00:55:20	10:40
41	Matt Fisher	Race Hub	MV	00:56:16	10:41
42	Gareth Williams	Hereford & Dist Whs CC	M	00:58:00	10:42
43	Mathew Bissett	Cheltenham & County Cycling Club	M	00:59:34	10:43
44	Alex Mccree	VeloVitesse/ALLCAP/James Barry/SiS	MV	01:01:58	10:44
45	Tommy Barlow	Clevedon & District Road Club	MV	00:55:21	10:45
46	David Wright	Cotswold Veldrijden	MV	00:56:02	10:46
47	Roger Sheridan	NOPINZ	MV	00:58:00	10:47
48	Brad Davies	Bynea Cycling Club	MV	00:59:31	10:48
49	David Das	Bradford-on-Avon Cycling Club	MV	01:01:14	10:49
50	Tom Cox	Northover VT / Rudy Project / SCS	MV	00:55:27	10:50
51	Neil Poulton	Abergavenny RC	M	00:54:50	10:51
52	Darrel Williams	Bynea Cycling Club	MV	00:54:32	10:52
53	Steve Bray	Salt and Sham Cycle Club	MV	00:54:25	10:53
54	Terry Icke	CC Weymouth	MV	00:54:13	10:54
55	Stu Wright	QN Racing	MV	00:54:12	10:55
56	Antony Brown	Kettering CC	MV	00:53:35	10:56
57	Robert Hughes	Rhondda Triathlon Club	MV	00:53:24	10:57
58	Steve Curry	Ogmore Valley Wheelers	MV	00:53:17	10:58
59	David Brice	Bynea Cycling Club	MV	00:53:09	10:59
60	Gareth Jones	Clevedon & District Road Club	MV	00:53:03	11:00
61	Thomas Dye	Cardiff Ajax CC	M	00:52:57	11:01
62	Rich Long	Merthyr CC	M	00:52:50	11:02
63	Richard Tully	Elite Cycling	MV	00:52:39	11:03
64	Craig Seaman	Bynea Cycling Club	M	00:52:36	11:04
65	Colin Wallace	Merthyr CC	MV	00:52:30	11:05
66	Stuart Stow	Twickenham CC	MV	00:52:04	11:06

No	Name	Club	Cat	LTS	Start
67	Rod Hicks	Port Talbot Whs CC	MV	00:51:54	11:07
68	Pierre Scrase	Bicester Millennium CC	M	00:51:53	11:08
69	Richard Hancock	Team Secret Squirrel	MV	00:51:51	11:09
70	Gavin Tillson	cyclisme du loup solitaire	MV	00:51:17	11:10
71	Rory Gilling	Velo Club Montpellier	M	00:50:28	11:11
72	Josh Coyne	Bpm Coaching	M	00:50:15	11:12
73	Mark Ellis	Team Milton Keynes	MV	00:50:03	11:13
74	Andy Davies	Cardiff Jif	M	00:49:53	11:14
75	Andrew White	Bpm Coaching	M	00:49:20	11:15
76	Richard Harrison	DRAG2ZERO	MV	00:48:56	11:16
77	Felix Wilkinson	Velo Club Montpellier	M	00:48:47	11:17
78	Joseph Dobson	Manchester Bicycle Club	M	00:48:34	11:18
79	Samuel Tillett	Wales Racing Academy	M	00:48:21	11:19
80	Chris Gibbard	Bynea Cycling Club	M	00:47:16	11:20
81	Ioan Smallwood	Cardiff Ajax CC	M	00:46:53	11:21