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

Sunday 2nd June 2019 R25/3H – 10.00 am Main Event

Timekeepers – Start: Norman James, Finish: Robin Field

EVENT SEC: Heather Williams, Southfield, 68, Cog Rd, Sully. Cardiff Cf64 5TE Mobile: 07973266315. Complaints should be made in writing to the promoting secretary within 24hrs.

Event Headquarters - Rhigos Rugby Club, CF44 9HJ - Open from 8.45am

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.

Course Description R25/3H -

Start on access road to Hirwaun Industrial Estate, 8 yards North of lamp column No 1 and 30 yards North of junction with old A465 road (Hirwaun to Rhigos). Proceed south to junction with unclassified road (on to the old route) and bear left to roundabout with A4061 (Rhigos mountain road) where take 2nd exit (straight on) to Hirwaun roundabout A465 (1.306 miles). Take first exit westwards along the A465 dual carriageway to Blaengwrach roundabout (McDonalds). Take second exit (straight on) A465 to Resolven roundabout (10.183 miles). Here take the third exit, follow the A465 to exit at the next junction at Aberdulais (sp Seven Sisters), climbing to the Tonna roundabout (15.063 miles). Now take the first exit to Aberdulais Interchange where circle and take the fourth exit down the slip road to rejoin the A465 Eastward. Continue to Resolven roundabout (19.719 miles) taking second exit (straight on) to Blaengwrach roundabout (McDonalds). Take second exit continuing on A465, passing over river bridge and the Glynneath Interchange to FINISH in the SECOND lay-by on the left at a point 25 yards west of the 'Take Litter Home' sign and opposite the emergency telephone point.

PLEASE DO NOT CROSS THE BARRIER AFTER YOUR RACE BUT CONTINUE BACK UP THE DUAL CARRIAGE WAY AND RETRACE YOUR ROUTE TO THE HEADQUARTERS

Men's Event: In each of the following categories Overall 1^{st} £30 , 2^{nd} £20 , 3^{rd} £10 Veterans - 1^{st} £30 , 2^{nd} £20 , 3^{rd} £10

Overflow/BAR event Prize List: In each of the following categories Overflow Female BAR 1st£30, 2nd£20, 3rd £10, and Female Veteran - 1st£20, Fastest Junior £15.

Please do not use adhesive tape to affix your race number, use the pins provided.

Free tea or coffee on return of your number. A selection of cakes will be available for a donation.

Sportzmad 25 Mile TT Main Event Start Sheet 02/06/2019 R25/3H

Bib	Start Time	Firstname	Lastname	Club	Gender	Category
1	10:01:00	Paul	Owen	UFIT TRI TEAM	Male	Veteran
2	10:02:00	Simon	Waller	Barnsley Road Club	Male	Veteran
3	10:03:00	Ciaran	Burns	UFIT TRI TEAM	Male	Senior
4	10:04:00	Ricki	Morgan	Team NBCC	Male	Senior
5	10:05:00	Kyle	Wheeler	Pembrokeshire Velo	Male	Senior
6	10:06:00	Geoff	Edgerton	North Shropshire Wheelers	Male	Veteran
7	10:07:00	Jake	Tay	Severn Road Club	Male	Veteran
8	10:08:00	Andrew	Clarke	North Shropshire Wheelers	Male	Veteran
9	10:09:00	John J	Murphy	Gloucester City Cycling Club	Male	Veteran
10	10:10:00	Richard	Rees	Cardiff Ajax CC	Male	Senior
11	10:11:00	Melvyn	Lewis	Born to Bike - Bridgtown Cycles	Male	Veteran
12	10:12:00	Seb	Tremlett	Guernsey Velo Club	Male	Senior
13	10:13:00	James	Hargreaves	Kenilworth Whs	Male	Veteran
14	10:14:00	Phil	Guy	North Shropshire Wheelers	Male	Veteran
15	10:15:00	James	Brayford	Lyme Racing Club	Male	Espoir
16	10:16:00	Huw	Morgan	Narberth Dynamos Cycling Club	Male	Veteran
17	10:17:00	Robert	Lucas	Port Talbot Whs CC	Male	Veteran
18	10:18:00	Sam	Straw	Albarosa CC	Male	Senior
19	10:19:00	Nigel	Finch	Mercia - Lloyds Cycles CC	Male	Veteran
20	10:20:00	Morris	Elphick	Exeter Whs CC	Male	Veteran
21	10:21:00	Phillip	Turner	ATAC	Male	Veteran
22	10:22:00	John	Shehan	Bynea Cycling Club	Male	Veteran
23	10:23:00	Graham	Green	Team Bottrill	Male	Veteran
24	10:24:00	Josh	Pearson	UFIT TRI TEAM	Male	Senior
25	10:25:00	Digby	Rusling	Royal Dean Forest Cycle Club	Male	Veteran
26	10:26:00	Jacob	Sparrow	Clee Cycles	Male	Senior
27	10:27:00	Fidel	Gonzalez	South Western Road Club	Male	Veteran
28	10:28:00	Russell	Kingston	Worcester St. Johns CC	Male	Veteran
29	10:29:00	Mark	German	1st Chard Wheelers	Male	Veteran
30	10:30:00	Mark	Woolford	Team Swindon Cycles	Male	Veteran
31	10:31:00	Roger	Taylor	Frome and District Wheelers	Male	Veteran
32	10:32:00	Cliff	Voller	Newbury RC	Male	Veteran
33	10:33:00	Gareth	Williams	Hereford & Dist Whs CC	Male	Senior
34	10:34:00	Michael	Tarling	West Wales Cycle Racing Team	Male	Veteran
35	10:35:00	Andrew	Curley	Warwickshire Road Club	Male	Veteran

36	10:36:00	John	Williams	Bynea Cycling Club	Male	Veteran
37	10:37:00	Roger	Wood	Pontypool Road Cycling Club	Male	Veteran
38	10:38:00	Marco	Marletta	Cardiff Jif	Male	Veteran
39	10:39:00	Ray	Retter	Born to Bike - Bridgtown Cycles	Male	Veteran
40	10:40:00	Tom	Scorer	Royal Navy & Royal Marines CA	Male	Senior
41	10:41:00	Stuart	Evans	Port Talbot Whs CC	Male	Veteran
42	10:42:00	Colum	Foster	Ratae RC	Male	Senior
43	10:43:00	Roger	Sheridan	NOPINZ	Male	Veteran
44	10:44:00	Lloyd	Daniels	UFIT TRI TEAM	Male	Senior
45	10:45:00	Martin	Howe	VELOFLOW CC	Male	Veteran
46	10:46:00	David	Bird	VTTA (Yorkshire)	Male	Veteran
47	10:47:00	Robert	Barnard	Team Cystic Fibrosis	Male	Veteran
48	10:48:00	Lars	Luckoff	Cardiff Triathletes	Male	Senior
49	10:49:00	Edward	Smith	Islington Cycling Club	Male	Senior
50	10:50:00	lan	Wroblewski	Team Lutterworth Cycle Centre	Male	Veteran
51	10:51:00	Callum	Davies	Tribe of one (FTV)	Male	Senior
52	10:52:00	Jon	Vickery	Cwmcarn Paragon Road Club	Male	Veteran
	10:53:00		Wilkinson-			
53	10.55.00	Jonathan	lockyer	Team Tor 2000 KALAS	Male	Veteran
54	10:54:00	Neil	Poulton	Ogmore Valley Wheelers	Male	Senior
55	10:55:00	Thomas	Key	Leicester Forest CC	Male	Senior
56	10:56:00	Nick	Hanson	Seacroft Whs	Male	Veteran
57	10:57:00	Jonathan	Heath	Brecon Wheelers	Male	Senior
58	10:58:00	Michael	Portlock	Merthyr CC	Male	Veteran
59	10:59:00	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran
60	11:00:00	Joe	Schvartz	Team Swindon Cycles	Male	Veteran
61	11:01:00	Randle	Shenton	Team Swift	Male	Veteran
62	11:02:00	Chris	Scawn	Plymouth Corinthian CC	Male	Veteran
63	11:03:00	Rich	Long	Merthyr CC	Male	Senior
64	11:04:00	Simon	Drewett	Fairly United Cycling Team	Male	Veteran
65	11:05:00	Phil	Barnes	SheHair Racing Team	Male	Veteran
66	11:06:00	Tristan	Davenne	Newbury RC	Male	Veteran
67	11:07:00	Robert	Hughes	Rhondda Triathlon Club	Male	Veteran
68	11:08:00	Chris	Shakya	Exeter Whs CC	Male	Senior
69	11:09:00	Malcolm	Rose	Oxonian CC	Male	Veteran
70	11:10:00	Mark	Bradley	Bristol South Cycling Club	Male	Veteran
71	11:11:00	Gareth	Jones	Clevedon & District Road Club	Male	Veteran
72	11:12:00	Gareth	Jehu	Merthyr CC	Male	Veteran
73	11:13:00	Nic	Pillinger	Team Secret Squirrel	Male	Veteran
74	11:14:00	Wolfgang	Emmerich	London Phoenix CC	Male	Veteran
75	11:15:00	Chris	Edginton	Fairly United Cycling Team	Male	Veteran
76	11:16:00	Karl	Randell	Swansea Wheelers/CS Abertawe	Male	Senior
77	11:17:00	Chris	Jones	Bynea Cycling Club	Male	Veteran
78	11:18:00	Andrew	Newey	Ribble Valley C&RC	Male	Senior
79	11:19:00	Colin	Wallace	Merthyr CC	Male	Veteran
80	11:20:00	Mike	Logue	Fairly United Cycling Team	Male	Veteran

81	11:21:00	Alastair	Semple	Stafford RC	Male	Veteran
82	11:22:00	Terry	Icke	CC Weymouth	Male	Veteran
83	11:23:00	Rod	Hicks	Port Talbot Whs CC	Male	Veteran
84	11:24:00	Ben	Dellicompagni	Stafford Triathlon Club	Male	Veteran
85	11:25:00	James	Fox	Velo Club Venta	Male	Senior
86	11:26:00	David	Francis	Tribe of one (FTV)	Male	Veteran
87	11:27:00	Daniel	Homer	London Phoenix CC	Male	Veteran
88	11:28:00	Liam	Bosley	Derby Mercury R C	Male	Senior
89	11:29:00	Lee	Frost	NOPINZ	Male	Senior
90	11:30:00	Andrew	Simpkins	Solihull CC	Male	Veteran
91	11:31:00	Steven	Cottington	Bath Cycling Club	Male	Veteran
92	11:32:00	Steven	Hilton	Warrington RC/Horton Light Engineering/RS Cyclesport	Male	Veteran
93	11:33:00	Andrew	Grant	Cambridge CC	Male	Veteran
94	11:34:00	Nicholas	Candy	North Road CC	Male	Espoir
95	11:35:00	Josh	Coyne	Bpm Coaching	Male	Senior
96	11:36:00	Mark	Flannery	Team Swift	Male	Veteran
97	11:37:00	Mark	Ellis	Team Milton Keynes	Male	Veteran
98	11:38:00	Adrian	Hughes	Seamons CC	Male	Veteran
99	11:39:00	John	Cockrill	Abellio - SFA Racing Team	Male	Senior
100	11:40:00	Alan	Chorley	Seamons CC	Male	Veteran
101	11:41:00	Robert	Francis	A2B Cycle Repair Race Team	Male	Espoir
102	11:42:00	David	Mcgaw	Cambridge CC	Male	Veteran
103	11:43:00	Nicholas	Fennell	Thanet RC	Male	Senior
104	11:44:00	Greg	Parker	Estrella Bikes	Male	Veteran
105	11:45:00	Daniel	Northover	Finsbury Park CC	Male	Veteran
106	11:46:00	Scott	Burns	DRAG2ZERO	Male	Senior
107	11:47:00	Keith	Ainsworth	Sheffrec CC	Male	Veteran
108	11:48:00	Alan	Murchison	DRAG2ZERO	Male	Veteran
109	11:49:00	Thomas	Cornwell	Zappi Racing Team	Male	Espoir
110	11:50:00	Jonathan	Gates	RAF Cycling Association	Male	Veteran
111	11:51:00	Christopher	Fennell	The Independent Pedaler	Male	Senior
112	11:52:00	Chris	Massey	CES Sport	Male	Veteran
113	11:53:00	Marcin	Bialoblocki	NOPINZ	Male	Senior