



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

Sunday 18th August 2019 - R25/3H – 8:30 am

Timekeepers - Start: Alf Williams & Steve Landeg, Finish: Robin & Frances Field

Pusher off: Jake Hughes. Marshals: Andrea Parrish and others.

Event Sec: Martyn Heritage-Owen – 28, CF3 0EJ. Email: 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 7:30). 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 out – Failure to do so will result in disqualification.

*** IF YOU DO NOTHING ELSE Research the turn and read the marshalling document available for download ***

Course Video: <https://www.youtube.com/watch?v=L8KQ1sv3Lhg&t=1339s>

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R25/3H - Course Description		Miles
Course Video: https://www.youtube.com/watch?v=L8KQ1sv3Lhg&t=1339s		
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. TOP TIP – A road signs are in GREEN!		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 5 miles to take 1st exit at rbt & 1st right into Rhigos Rd Hirwaun to retrace to HQ.		

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.

Have a safe trip and a great ride

Martyn

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Overflow, Women's BAR, Jun

Men 1st - £20. Woman – 1st - £30, 2nd - £25, 3rd - £20. First Female Vet – 1st - £30, 2nd - £25, 3rd - £20.
1st Junior and Juvenile (2 prizes) - £20

No	Name	Club	Cat	LTS	Start
30	Darren Pitman	Sodbury Cycle Sport	MV	01:07:48	08:30
31	Harry Cowley	Chester RC	MV	01:07:07	08:31
32	Ken Rayson	...a3crg	MV	01:06:24	08:32
33	Richard Howes	Wrekinsport CC	MV	01:05:51	08:33
34	John Howells	Corinium Cycle Club	MV	01:05:30	08:34
35	Martin Priestley	Chippenham & District Wheelers	MV	01:05:10	08:35
36	Vernon Schutte	Farnborough & Camberley CC	MV	01:04:00	08:36
37	Brian Dalling	Swansea Wheelers/CS Abertawe	MV	01:03:01	08:37
38	Paul Mulready	Stourbridge Velo	MV	01:02:29	08:38
39	Martin Orrill	Rugby Racing Cycling Club	MV	01:02:18	08:39
40	Simon Craig-Mcfeely	...a3crg	MV	01:01:47	08:40
41	Paul Breeze	Peterborough CC	MV	01:01:35	08:41
42	Andrew Keward	Bynea Cycling Club	MV	01:01:22	08:42
43	Geoff Edgerton	North Shropshire Wheelers	MV	01:01:21	08:43
44	John J Murphy	Gloucester City Cycling Club	MV	01:01:01	08:44
45	Mark Evans	Chippenham & District Wheelers	MV	01:00:18	08:45
46	David Garrett	Rugby Velo	MV	01:00:17	08:46
47	Benjamin Stone	Milford Tritons Cycling Club	M	01:00:12	08:47
48	David Roe	Revo Racing	MV	00:59:53	08:48
49	Robert Lewis	Yeovil Cycling Club	MV	00:59:53	08:49
50	David Bird	VTTA (Yorkshire)	MV	00:59:35	08:50
51	Martyn Bidwell	Cardiff Ajax CC	MV	00:59:33	08:51
52	Mike Boyce	...a3crg	MV	00:59:27	08:52
53	Tony Baxter	Withington Wheelers	MV	00:58:55	08:53
54	Robert Smith	Pembrokeshire Velo	MV	00:58:38	08:54
55	Nigel Croxford	High Wycombe CC	MV	00:58:36	08:55
56	Ed Pitt	Salt and Sham Cycle Club	M	00:58:29	08:56
57	John Shehan	Bynea Cycling Club	MV	00:58:28	08:57
58	Ian Houvenaghel	Royal Navy & Royal Marines CA	MV	00:58:18	08:58
59	Hugh Davies	Port Talbot Whs CC	MV	00:58:17	08:59
60	Steven Jones	Bynea Cycling Club	MV	00:58:02	09:00
61	Simon Kinsey	Virtual Cycling Club	MV	00:58:01	09:01
62	Jonathan Mills-Keeling	Cycle Club Bridgnorth RWG	MV	00:58:01	09:02
63	Geoff Thomas	Rhondda Triathlon Club	MV	00:57:52	09:03
64	Richard Leary	Bynea Cycling Club	MV	00:57:51	09:04
65	Michael Collins	VC Sevale (Malvern)	MV	00:57:44	09:05
66	Les Thomas	Port Talbot Whs CC	MV	00:57:34	09:06
67	Roger Taylor	Frome and District Wheelers	MV	00:57:12	09:07
68	Cliff Voller	Newbury RC	MV	00:57:12	09:08
69	Gareth Williams	Hereford & Dist Whs CC	M	00:57:11	09:09
70	Conor Boyle	Woking Cycle Club	MV	00:57:12	09:10
71	Michael Tarling	West Wales Cycle Racing Team	MV	00:57:06	09:11
72	Roy Nield	Lancashire RC	MV	00:58:06	09:12

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No	Name	Club	Cat	LTS	Start
73	James Moss	North Road CC	MV	00:58:04	09:13
74	Garry Shuker	Walsall Roads Cycling Club	MV	00:58:25	09:14
75	Phillip Turner	ATAC - Ammanford Triathlon And Cycling	MV	00:57:02	09:15
76	Gary Rickards	Cheltenham & County Cycling Club	MV	00:54:27	09:16
77	Kevin Grant	Frome and District Wheelers	MV	01:10:23	09:17
78	David Medhurst	Cardiff Ajax CC	M	00:52:28	09:18
79	Claire Thompson	Twickenham CC	WV	01:25:49	09:19
80	George Mills-Keeling	Cycle Club Bridgnorth RWG	Jun	00:56:09	09:20
81	Alison Stephenson	Congleton CC	WV	01:16:12	09:21
82	Finlay Tarling	Team Backstedt Bike Performance	Juv	00:54:09	09:22
83	Amanda Lane	Bynea Cycling Club	W	01:10:00	09:23
84	Harry Kirby	Bicester Millennium CC	Jun	00:54:28	09:24
85	Tracy Wilkinson-Begg	Folkestone Velo Club	WV	01:06:51	09:25
86	Kieran Morris	Total Tri Training	Jun	00:52:13	09:26
87	Lynsey Astles	Weaver Valley CC	WV	01:06:15	09:27
88	Fabien Large	NOPINZ	Jun	00:52:05	09:28
89	Ali Charles	Gloucester City Cycling Club	WV	01:03:52	09:29
90	Joshua Tarling	Team Backstedt Bike Performance	Juv	00:49:14	09:30
91	Karen Bailey	East Lancashire RC	WV	01:03:25	09:31
92	Sharon Clifford	SheHair Racing Team	WV	01:03:14	09:32
93	Catherine Etchell	Brecon Wheelers	WV	01:03:00	09:33
94	Jo Wilkie	Ride 24/7	WV	01:01:45	09:34
95	Lizzy Stocker	IRIS Race Team	W	01:01:39	09:35
96	Diane Wilson-Evans	Bynea Cycling Club	WV	01:01:21	09:36
97	Lindsey Styler	Croston Velo	W	01:01:17	09:37
98	Claire Lee	Glendene CC	WV	01:01:10	09:38
99	Joanna Knight	Bristol South Cycling Club	WV	01:00:29	09:39
100	Virginia Mcgee	...a3crg	WV	01:00:14	09:40
101	Joanne Jago	Performance Cycles CC	W	00:57:22	09:41
102	Rachel Przybylski	Charlotteville Cycling Club	W	00:54:24	09:42
103	Tracy Rowlinson	Lyme Racing Club	WV	00:59:36	09:43
104	Louisa Cooper	Bournemouth Jubilee Whs	W	00:57:27	09:44
105	Angela Carpenter	...a3crg	WV	00:52:30	09:45
106	Debbie Bradley	Team Bottrill	WV	00:59:34	09:46
107	Emma Angove	73 Degrees Bicycles, WestSide Coaching rt	W	00:56:53	09:47
108	Stephanie Post	Team Bottrill	W	00:52:30	09:48
109	Emily Martin	Weaver Valley CC	W	00:58:55	09:49
110	Anastasia Bowler	AS Test Team	W	00:56:20	09:50
111	Victoria Smith	AeroCoach	W	00:52:03	09:51
112	Deborah Sheridan	Warwickshire Road Club	WV	00:58:25	09:52
113	Marianne Holt	Team Bottrill	W	00:56:15	09:53
114	Vicky Gill	DRAG2ZERO	W	00:51:45	09:54
115	Jo Buckland	PDQ Cycle Coaching	WV	00:58:15	09:55
116	Danuta Tinn	Maidenhead & District CC	WV	00:55:40	09:56
117	Anna Turvey	DRAG2ZERO	W	00:50:32	09:57
118	Michelle Lee	PDQ Cycle Coaching	WV	00:57:07	09:58

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No	Name	Club	Cat	LTS	Start
119	Lauren Kirchel	Chelmer CC	W	00:55:18	09:59
120	Alice Lethbridge	DRAG2ZERO	W	00:50:10	10:00

Main Event

Senior – 1st £30, 2nd - £25, 3rd - £20.

Vet– 1st £30, 2nd - £25, 3rd - £20.

No	Name	Club	Cat	LTS	Start
1	Andrew Newey	Ribble Valley C&RC	M	00:52:32	10:01
2	Daniel Ryan	North Road CC	M	00:52:45	10:02
3	David Wilson-Evans	Bynea Cycling Club	MV	00:53:32	10:03
4	Daniel Kempe	Bristol South Cycling Club	MV	00:54:07	10:04
5	Martin Bullen	Peterborough CC	MV	00:54:24	10:05
6	Andy Horner	Ribble Cycles	MV	00:54:26	10:06
7	Sam Taylor	Weaver Valley CC	M	00:55:03	10:07
8	Mat Stephenson	Congleton CC	MV	00:55:06	10:08
9	David Harding	Chelmer CC	M	00:48:31	10:09
10	David Bigio	Croston Velo	M	00:56:55	10:10
11	John Williams	Bynea Cycling Club	MV	00:56:54	10:11
12	Gerry McGarr	Gloucester City Cycling Club	MV	00:56:46	10:12
13	Daniel Styler	Croston Velo	M	00:56:41	10:13
14	James Phillips	Milford Tritons Cycling Club	MV	00:56:40	10:14
15	Lawrence Cronk	SWYD Tri Club	M	00:56:40	10:15
16	Lee Spoor	Tri Preston	MV	00:56:36	10:16
17	John Aspell	PDQ Cycle Coaching	MV	00:56:29	10:17
18	Nick Young	Yeovil Cycling Club	MV	00:52:31	10:18
19	Andy Kelly	Bristol South Cycling Club	MV	00:56:27	10:19
20	Marco Marletta	Cardiff Jif	MV	00:56:25	10:20
21	Mark Gateshill	PDQ Cycle Coaching	M	00:56:25	10:21
22	Stuart Evans	Port Talbot Whs CC	MV	00:56:09	10:22
23	Roger Wood	Pontypool Road Cycling Club	MV	00:56:06	10:23
24	Mark Cleverley	3C Test Team	MV	00:56:04	10:24
25	David Wright	Cotswold Veldrijden	MV	00:56:02	10:25
26	Barrie Whittaker	Lyme Racing Club	MV	00:55:54	10:26
27	Ian Archibald	Johnstone Wheelers	MV	00:55:48	10:27
28	David Thomas	Rhondda Triathlon Club	MV	00:55:37	10:28
29	Martin Howe	VELOFLOW CC	MV	00:55:34	10:29
30	Tim Carman	Farnborough & Camberley CC	MV	00:55:30	10:30
31	Calum Cheshire	Cardiff Ajax CC	M	00:55:18	10:31
32	Chris Hall	Born to Bike - Bridgtown Cycles	MV	00:55:16	10:32
33	Chris Southworth	Leigh Premier Road Club	MV	00:55:13	10:33
34	Nick Giles	Poco Loco Cycling R.T.	MV	00:54:56	10:34
35	Andy Hazell	Nova Raiders CC	MV	00:54:55	10:35
36	Steven Loraine	Team Swift	MV	00:54:55	10:36
37	Dean Prosser	Hereford & Dist Whs CC	MV	00:54:55	10:37
38	James Lewis	Yeovil Cycling Club	M	00:54:54	10:38

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39	Paul Derrick	Sodbury Cycle Sport	M	00:54:52	10:39
40	Jon Vickery	Cwmcarn Paragon Road Club	MV	00:54:43	10:40
41	Jon Wilkinson-Lockyer	Team Tor 2000 KALAS	MV	00:54:40	10:41
42	Pete Harris	Andover Wheelers	MV	00:54:33	10:42
43	Joe Graystone	Cowley Road Condors CC	MV	00:54:26	10:43
44	Steve Bray	Salt and Sham Cycle Club	MV	00:54:25	10:44
45	Joseph Moran	Team Bottrill	M	00:54:20	10:45
46	David Evans	Team Echelon	MV	00:54:18	10:46
47	David Singleton	Acme Whs (Rhondda) CC	MV	00:54:14	10:47
48	Jonathan Heath	Brecon Wheelers	M	00:54:14	10:48
49	James Brayford	Lyme Racing Club	M	00:54:09	10:49
50	Randle Shenton	Team Swift	MV	00:53:57	10:50
51	Jon Saunders	Charlotteville Cycling Club	M	00:53:55	10:51
52	James Fritchley	Westbury Wheelers	MV	00:53:53	10:52
53	Simon Inman	OVB	MV	00:53:45	10:53
54	Stephen Wilkinson	Folkestone Velo Club	MV	00:53:42	10:54
55	Max Lees	Leicestershire RC	M	00:53:38	10:55
56	Alastair Luxford	Full Gas Racing Team	M	00:53:37	10:56
57	Luke Smith	Bristol South Cycling Club	MV	00:53:36	10:57
58	Robert Cooke	Rockingham CC	MV	00:53:33	10:58
59	Peter Lloyd	N+1 - Lindfield Coffee Works	MV	00:53:28	10:59
60	Dave Roper	Ride 24/7	M	00:53:21	11:00
61	Gianni Epifani	Manx Viking Wheelers	MV	00:53:15	11:01
62	Ian Dobbie	West Lothian Clarion	MV	00:53:06	11:02
63	Edward Priddy	Solihull CC	MV	00:52:59	11:03
64	Thomas Dye	Cardiff Ajax CC	M	00:52:57	11:04
65	Daniel Shaw	Halifax Imperial Wheelers	MV	00:52:52	11:05
66	Leon Evans	Cardiff Ajax CC	MV	00:52:50	11:06
67	Dave Williams	Cycle Specific	MV	00:52:48	11:07
68	Mark Bradley	Bristol South Cycling Club	MV	00:52:47	11:08
69	Abid Hussain	Icknield RC	MV	00:52:43	11:09
70	Adrian Blacker	C and N Cycles RT	MV	00:52:42	11:10
71	Darrel Williams	Bynea Cycling Club	MV	00:52:35	11:11
72	John Dowling	Hemel Hempstead CC	MV	00:52:34	11:12
73	Harry Loader	Team Bottrill	M	00:52:34	11:13
74	Neill Keaney	Onyx RT	M	00:52:31	11:14
75	Steve Franklin	Rugby Velo	M	00:54:29	11:15
76	Mark Sanders	Mid Devon CC	MV	00:54:29	11:16
77	Terry Icke	CC Weymouth	MV	00:54:13	11:17
78	Mark Woolford	Team Swindon Cycles	MV	00:52:27	11:18
79	Tom Stocker	Bournemouth Jubilee Whs	M	00:52:22	11:19
80	Lee Sanderson	Mid Devon CC	MV	00:52:20	11:20
81	Alastair Ribbands	Manchester Wheelers	M	00:53:13	11:21
82	Stuart Stow	Twickenham CC	MV	00:52:04	11:22
83	Steve Legg	...a3crg	MV	00:52:01	11:23
84	Rod Hicks	Port Talbot Whs CC	MV	00:51:54	11:24

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85	Adam Darby	Transition Race Team	M	00:51:50	11:25
86	Antony Bee	Wigmore CC	MV	00:51:49	11:26
87	Jonathan Barnes	Hereford Triathlon Club	M	00:51:48	11:27
88	Richard Bott	Team Aspire	M	00:51:41	11:28
89	Phil Willoughby	Towy Riders Cycle Club	M	00:51:29	11:29
90	Chris Jones	Bynea Cycling Club	MV	00:51:15	11:30
91	David Francis	Tribe of one (FTV)	MV	00:51:06	11:31
92	Russell Kingston	Worcester St. Johns CC	MV	00:51:00	11:32
93	Robin Short	Performance Cycles CC	MV	00:50:53	11:33
94	Steven Pink	Poole Whs	MV	00:50:47	11:34
95	Steven Cottingham	Bath Cycling Club	MV	00:50:39	11:35
96	James Garrett	Rugby Velo	M	00:50:39	11:36
97	Henry Farrell	Full Gas Racing Team	M	00:50:33	11:37
98	David Middleton	Cardiff Ajax CC	M	00:50:32	11:38
99	Toby Williams	Velotik Racing Team	M	00:50:31	11:39
100	Peter Hutchinson	3C Test Team	M	00:50:26	11:40
101	David Triska	Team Bottrill	M	00:50:24	11:41
102	Alexander Royle	Manchester Bicycle Club	M	00:50:22	11:42
103	Tony Chapman	Frome and District Wheelers	MV	00:50:01	11:43
104	Blake Pond	NOPINZ	M	00:50:00	11:44
105	Nicholas Candy	North Road CC	M	00:49:56	11:45
106	Andy Davies	Cardiff Jif	M	00:49:53	11:46
107	Alan Chorley	Seamons CC	MV	00:49:40	11:47
108	Rory Gilling	Velo Club Montpellier	M	00:49:33	11:48
109	Paul Walshe	Plymouth Corinthian CC	MV	00:49:26	11:49
110	Anthony Jones	Towy Riders Cycle Club	MV	00:49:14	11:50
111	Darren Maironis	Transition Race Team	MV	00:49:14	11:51
112	David McGaw	Cambridge CC	MV	00:49:01	11:52
113	Nick Dwyer	Lewes Wanderers CC	MV	00:48:59	11:53
114	Henry Latimer	Didcot Phoenix CC	M	00:48:58	11:54
115	Paul Jones	Primera-Teamjobs	MV	00:48:16	11:55
116	Alan Murchison	DRAG2ZERO	MV	00:48:15	11:56
117	Keith Ainsworth	Sheffrec CC	MV	00:48:00	11:57
118	Richard Dean	Rockingham CC	MV	00:47:53	11:58
119	Arthur Franklin	Portishead Cycling Club	M	00:47:24	11:59
120	Ken Buckley	Nuun-Sigma Sport-London RT	M	00:46:27	12:00

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