



# Merthyr Cycling Club 25 Mile Time Trial

## Sunday 8<sup>st</sup> July 2018

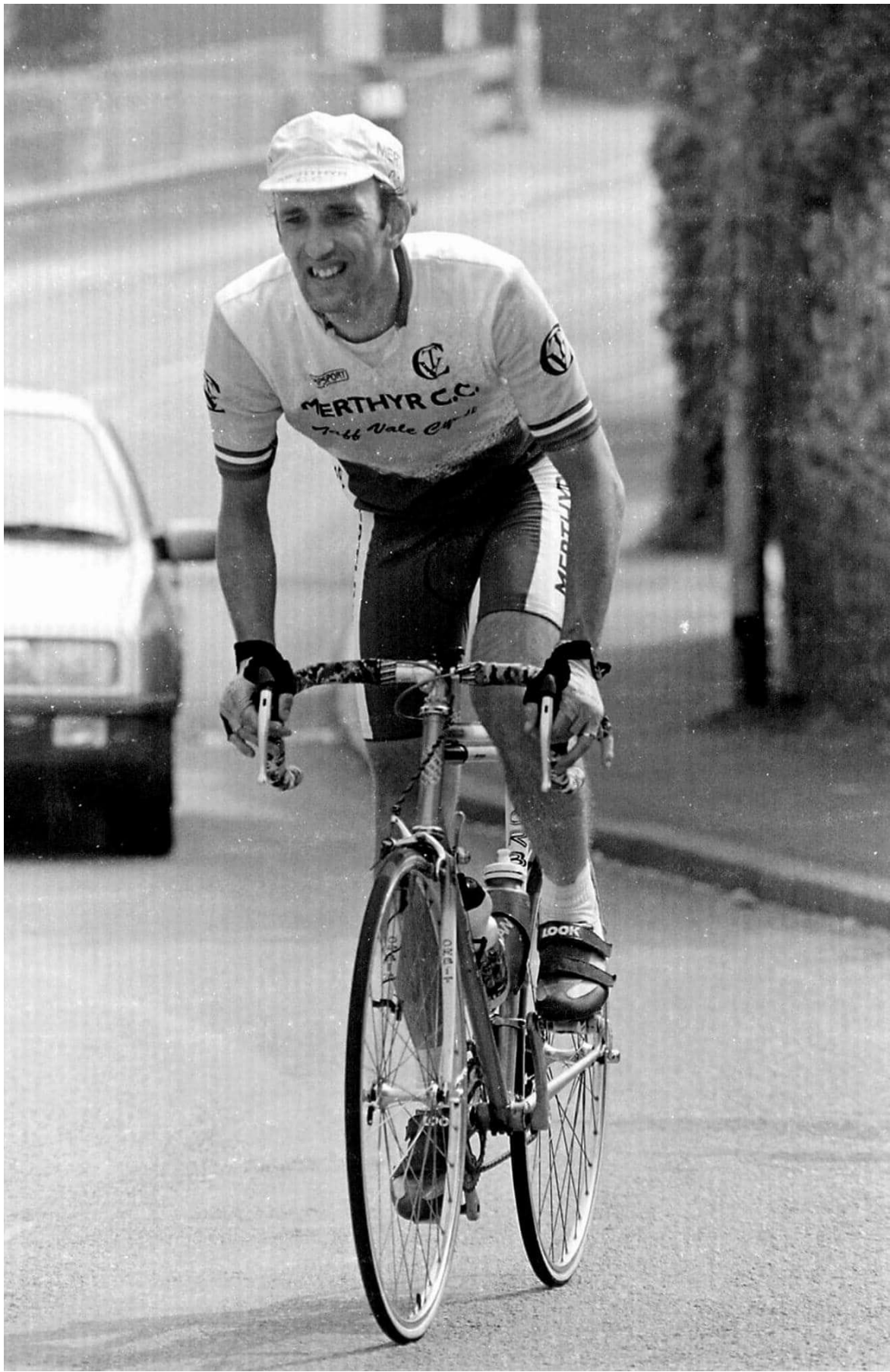
Promoted for and on behalf of Cycling Time Trials under their rules  
and regulations

In association with EC Cycles

This event is being  
promoted in celebration  
of Dave Jones

This event is being held in fond memory of David Jones, a founding member of Merthyr Cycling Club who sadly passed away last year. David was among a group of keen Merthyr cyclists who started the club in 1987. David was a strong racing cyclist for many years and enjoyed adventures on his bike all over the world. David, along with his parents, Adrian and Mary were the beating heart of MCC for many years and is sadly missed by all at the club. A keen runner in more recent times, David took his infectious enthusiasm with him to Merthyr Running Club, where he quickly became established as a firm favourite at the club. The prize giving ceremony following the event will be conducted by David's parents, who until recently gave up their time every Wednesday evening, to run our club time trial series during the summer months. We look forward to welcoming them at the event.

The photo attached was taken during the 1999 Welsh 12 hour.



## R25/3H – 08:29

### Event Secretary

Thomas Few  
14 Parc Cwm Pant Bach  
Merthyr Tydfil  
CF48 1TQ  
07988422138  
fewtc99@gmail.com



### 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 TRAILS 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 7:30am

*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 main 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.**

R25/3H - Course Description	Miles
Video of the course : <a href="https://www.youtube.com/watch?v=L8KQ1sv3Lhg&amp;t=188s">https://www.youtube.com/watch?v=L8KQ1sv3Lhg&amp;t=188s</a>	
<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.	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 <b>REMAIN ON A465</b> to <b>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 4 miles to take 3<sup>rd</sup> exit at rbt to Rhigos and retrace to HQ.</b>	

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.

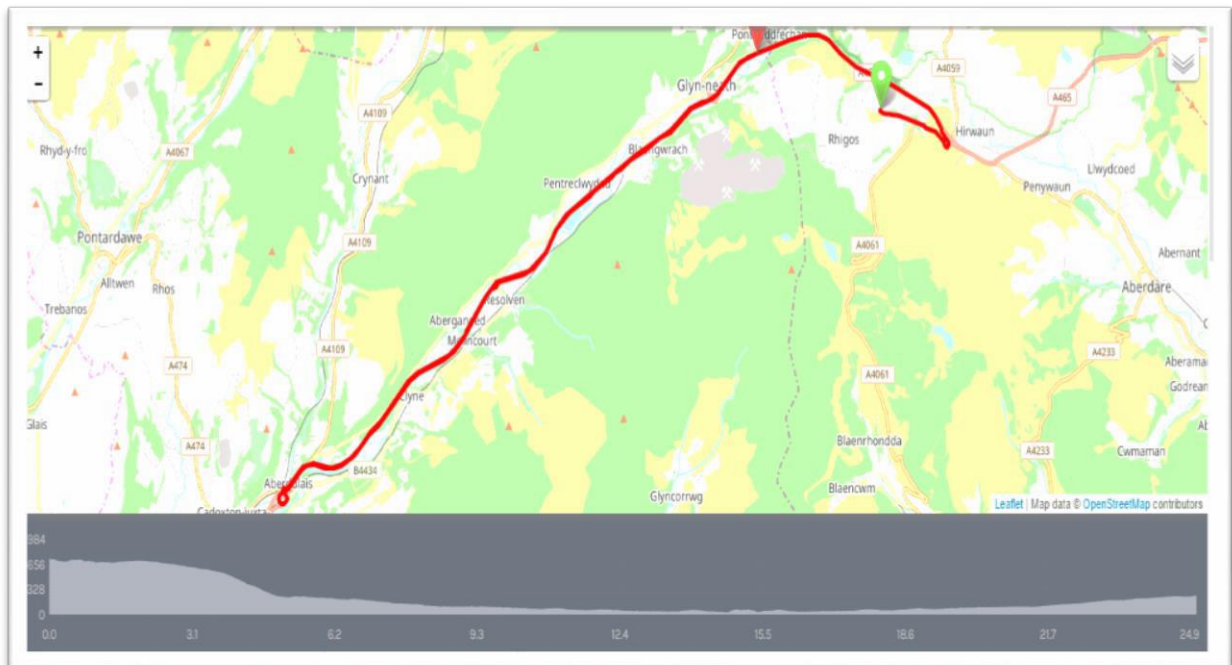
**Turn** - Please familiarise yourself with the on-slip back onto the A465. Whatever we do the odd rider still manages to go off course. There will be marshals on site, but it is your responsibility to do your own research.

**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) Prizes to be presented at the end of the events by Dave Jones family.**

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
First Junior Overall	-£20



## Startsheet

**Female, Junior and Overflow (Set alternately in two sets slowest to fastest).**

No	Name	Club	Cat	LTS	Start Time
29	Paul Griffiths	Cardiff Ajax CC	WV	01:13:47	08:29
30	Maris Brugis	Bristol Road Club	M	01:09:48	08:30
31	Rob Dyde	Pembrokeshire Velo	M	00:51:11	08:31
32	Philippa Crocker	Dursley Road Club	WV	01:13:28	08:32
33	Sharon Clifford	SheHair Racing Team	WV	01:00:50	08:33
34	Joanna Knight	Bristol South Cycling Club	WV	00:58:43	08:34
35	Diane Wynne	VC Sevale (Malvern)	WV	01:08:00	08:35
36	Clare Greenwood	Bush Healthcare CRT	WV	00:58:33	08:36
37	Joy Payne	Amersham Road Cycling Club	WV	01:04:40	08:37
38	Becky Smith	Mid Devon CC	WV	00:58:20	08:38
39	Carol O'Connor	Calder Clarion	WV	01:04:08	08:39
40	Susan Shook	Bush Healthcare CRT	WV	00:58:18	08:40
41	Helen Bailey	Lyme Racing Club	WV	01:04:00	08:41
42	Mandy Bunn	CC Sudbury	WV	00:57:40	08:42
43	Karen Dennett	Bishop's Stortford CC	WV	01:03:09	08:43
44	Lynne Biddulph	Born to Bike - Bridgtown Cycles	WV	00:57:23	08:44
45	Gemma Waterjohns	Somerset Road Club	W	01:01:03	08:45
46	Karen Taylor	Team Sportslab	WV	00:57:20	08:46
47	Diane Wilson-Evans	Bynea Cycling Club	WV	01:01:21	08:47
48	Michelle Lee	Royal Dean Forest Cycle Club	WV	00:57:07	08:48
49	Louise Georgi	Giant CC Halo Films	WV	01:02:01	08:49
50	Katja Rietdorf	Born to Bike - Bridgtown Cycles	WV	00:56:30	08:50
51	Jonathan Hopkins	Bynea Cycling Club	WV		08:51
52	Chris Melia	Born to Bike - Bridgtown Cycles	WV	00:54:58	08:52
53	Tracy Rowlinson	Lyme Racing Club	WV	01:00:06	08:53
54	Laura Bartlett	...a3crg	W	00:53:57	08:54
55	Harry Kirby	Bicester Millennium CC	Jun	00:58:22	08:55
56	Stephanie Post	Team Bottrill / Vanguard	W	00:52:54	08:56
57	Kieran Morris	Oswestry Paragon CC	Jun	00:56:01	08:57
58	Pfeiffer Georgi	Liv CC Halo Cycles	Fjun	00:52:54	08:58
59	Joshua Sandman	Team Backstedt Bike Performance	Jun	00:47:29	08:59
60	Anna Turvey	Tyneside Vagabonds CC	W	00:50:32	09:00

**Men's event (first 90 riders traditional field setting, fastest 30 slowest to fastest)**

No	Name	Club	Cat	LTS	Start Time
1	Gary Jones	Pontypool Road Cycling Club	V	00:55:11	09:01
2	Tim Hood	Team Bottrill / Vanguard	V	00:57:49	09:02
3	Gareth Lynch	VTTA (South Wales)	V	01:00:29	09:03
4	David Bird	Barnsley Road Club	V	01:09:08	09:04
5	Andrew Newey	Ribble Valley C&RC	M	00:52:32	09:05
6	Chris Hall	Born to Bike - Bridgtown Cycles	V	00:55:16	09:06
7	Marco Marletta	Cardiff Jif	V	00:56:33	09:07
8	John Shehan	Bynea Cycling Club	V	00:58:28	09:08
9	Robin Shedden	Wrekinsport CC	V	01:02:36	09:09
10	Phil Barnes	Team Swift	V	00:53:41	09:10
11	Matthew Smith	Port Talbot Whs CC	M	00:55:01	09:11
12	Ricki Morgan	Team NBCC	M	00:57:29	09:12
13	David Roe	Revo Racing	V	00:59:53	09:13
14	Adrian Feek	Bath Road Club	V	01:01:02	09:14
15	David Wilson-Evans	Bynea Cycling Club	V	00:53:32	09:15
16	Mark Bradley	Bristol South Cycling Club	V	00:53:04	09:16
17	Adrian Osborn	Stratford Cycling Club	V	00:57:25	09:17
18	Donald Parker	Brighton Mitre CC	V	00:59:39	09:18
19	Mark Palliser	Hereford & Dist Whs CC	V	01:06:00	09:19
20	Chris Lee	Merthyr CC	V	00:53:35	09:20
21	Stuart Evans	Port Talbot Whs CC	V	00:55:24	09:21
22	Paul Stephens	Ross on Wye & Dist CC	V	00:55:51	09:22
23	Carlo Toledo	Gloucester City Cycling Club	V	00:59:37	09:23
24	Steven Jones	Bynea Cycling Club	V	01:06:00	09:24
25	Simon Drewett	Fairly United Cycling Team	V	00:52:58	09:25
26	Andrew Clarke	Mid Shropshire Wheelers	V	00:55:33	09:26
27	Roger Taylor	Frome and District Wheelers	V	00:57:12	09:27
28	Brad Davies	Bynea Cycling Club	V	00:59:31	09:28
29	Gary Smith	Stourbridge Velo	V	01:05:31	09:29
30	Mick Black	Springfield Financial Racing Team	V	00:53:37	09:30
31	Roderick Macfadyen	Reading CC	V	00:55:39	09:31
32	Cliff Voller	Newbury RC	V	00:57:12	09:32
33	Stephen Ratcliffe	Brecon Wheelers	V	00:59:10	09:33
34	Steve Cornish	Velo Club Nottingham	V	01:00:33	09:34
35	Paul Hayward	Pontypool Road Cycling Club	V	00:53:23	09:35
36	Owain Roberts	Port Talbot Whs CC	M	00:54:47	09:36
37	Guy Evans	Hereford & Dist Whs CC	V	00:57:11	09:37
38	Huw Morgan	Narberth Dynamos Cycling Club	V	00:59:09	09:38
39	John Howells	Corinium Cycle Club	V	01:04:20	09:39
40	Gareth Williams	Twickenham CC	V	00:53:19	09:40
41	Dean Prosser	Hereford & Dist Whs CC	V	00:55:31	09:41

No	Name	Club	Cat	LTS	Start Time
42	Roger Wood	Pontypool Road Cycling Club	V	00:57:09	09:42
43	Russell Boon	Avonlea/Treasure RT	V	00:59:04	09:43
44	Patrick O'Connor	Calder Clarion	V	01:04:18	09:44
45	Adrian Blacker	Norwood Paragon CC	V	00:53:47	09:45
46	Gerry Bowditch	VeloVitesse/ALLCAP/James Barry/Johnson Controls – Hitachi/SiS	V	00:55:00	09:46
47	Andy Kelly	Bristol South Cycling Club	V	00:56:42	09:47
48	Neil Meredith	Abercynon Road Club	M	00:58:58	09:48
49	Brian Parker	Abercynon Road Club	V	01:04:04	09:49
50	Michael Parker	TMG Horizon Cycling Team	V	00:53:00	09:50
51	Thomas Dye	Cardiff Ajax CC	M	00:54:57	09:51
52	Tony Lake	Gloucester City Cycling Club	V	00:56:36	09:52
53	Michael Collins	VC Sevale (Malvern)	V	00:58:49	09:53
54	Geoff Thomas	Rhondda Triathlon Club	V	01:03:23	09:54
55	Gareth Jones	Clevedon & District Road Club	V	00:53:34	09:55
56	Steve Mountford	Solihull CC	V	00:55:10	09:56
57	Ian Piper	Minehead Cycling Club	V	00:57:35	09:57
58	Neil Downes	Forza RT	V	00:58:40	09:58
59	Simon Waller	Barnsley Road Club	V	01:03:20	09:59
60	Steve Potts	Velo Club St Raphael	V	00:52:11	10:00
61	Dan Bromilow	Ely & District CC/B&T Motor Repairs	V	00:54:43	10:01
62	Timothy Cummings	Forza RT	V	00:56:32	10:02
63	Mark Prosser	Merthyr CC	M	00:58:36	10:03
64	Guillaume Zoppi	Coalfields Tri	M	01:02:45	10:04
65	Edward Priddy	Solihull CC	V	00:53:46	10:05
66	David Singleton	Acme Whs (Rhondda) CC	V	00:54:41	10:06
67	Paul Demicoli	Didcot Phoenix CC	V	00:56:12	10:07
68	Phillip Turner	Bynea Cycling Club	V	01:00:03	10:08
69	Ryan Thomas	Rhondda Triathlon Club	M	01:08:15	10:09
70	Colin Wallace	Merthyr CC	V	00:52:30	10:10
71	Gary Rickards	Cheltenham & County Cycling Club	V	00:54:27	10:11
72	Derek Dowdeswell	Gloucester City Cycling Club	V	00:56:06	10:12
73	Hugh Davies	Port Talbot Whs CC	V	00:58:17	10:13
74	Ken Rayson	...a3crg	V	01:06:24	10:14
75	Steve Biddulph	Born to Bike - Bridgtown Cycles	V	00:52:13	10:15
76	Lewis Donovan	Bynea Cycling Club	M	00:54:05	10:16
77	Terry Anthony	Ogmore Valley Wheelers	V	00:55:59	10:17
78	Jeffrey Rees	Gower Riders Cycling Club	V	00:58:03	10:18
79	John J Murphy	Gloucester City Cycling Club	V	01:00:57	10:19
80	Richard Weatherstone	C and N Cycles RT	V	00:52:49	10:20
81	James Fritchley	Wheels of Dorset   Aero Testing   Bike Fitting	M	00:53:53	10:21
82	David Lancaster	VC 10	V	00:57:18	10:22
83	Simon Kinsey	Virtual Cycling Club	V	00:57:59	10:23
84	Mike Boyce	...a3crg	V	01:00:50	10:24
85	Dave Johnson	Bicester Millennium CC	V	00:52:08	10:25



No	Name	Club	Cat	LTS	Start Time
86	Tom Cox	Northover VT / Rudy Project	V	00:55:27	10:26
87	Christopher Bailey	Lyme Racing Club	V	00:55:40	10:27
88	Ian Galbraith	Drighlington BC	V	00:57:55	10:28
89	Tony Emery	Dursley Road Club	V	01:05:20	10:29
90	Rod Hicks	Port Talbot Whs CC	V	00:51:54	10:30
91	Toby Williams	Liverpool Phoenix CC (Aintree)	M	00:51:53	10:31
92	Peter Nicholls	Race Hub	V	00:51:50	10:32
93	Andy Davies	Cardiff Jif	M	00:51:45	10:33
94	Adrian Hughes	Seamons CC	V	00:51:40	10:34
95	Robin Short	Performance Cycles CC	V	00:51:37	10:35
96	Matthew Rowley	Oxonian CC	V	00:51:32	10:36
97	Daniel Watts	Royal Air Force Cycling Association	M	00:51:27	10:37
98	Jonathan Gould	Cheltenham & County Cycling Club	V	00:51:15	10:38
99	David Bucknall	Royal Dean Forest Cycle Club	V	00:50:46	10:39
100	Rhys Thomas	Southampton University Road Cycling	M	00:50:46	10:40
101	Steven Cottington	Bath Cycling Club	V	00:50:39	10:41
102	Tony Chapman	Frome and District Wheelers	V	00:50:11	10:42
103	Tom Thornely	Buxton CC/Sett Valley Cycles	M	00:50:07	10:43
104	Simon Mcnamara	South Downs Bikes / Casco Europe	V	00:50:04	10:44
105	Peter Watson	Harrogate Nova CC	M	00:50:01	10:45
106	Carwyn Davies	Cwmcarn Paragon Road Club	M	00:49:55	10:46
107	Matt Peel	C and N Cycles RT	M	00:49:54	10:47
108	Mark Brock	Somerset Road Club	V	00:49:48	10:48
109	Felix Wilkinson	Velo Club Montpellier	M	00:49:30	10:49
110	Nicholas Cousins	Derby Mercury R C	M	00:49:15	10:50
111	Sean Townsend	VC Equipe/Flix Oral Hygiene/Propulse	M	00:49:06	10:51
112	Richard Simmonds	Look Mum No Hands!	V	00:48:53	10:52
113	Paul Jones	Primera-Teamjobs	V	00:48:42	10:53
114	Mark Smith	Crawley Wheelers	V	00:48:13	10:54
115	Luke Cornish	Cwmcarn Paragon Road Club	M	00:48:00	10:55
116	Simon Wilson	Ribble Pro Cycling	M	00:47:35	10:56
117	Christopher Gibbard	Bynea Cycling Club	M	00:47:16	10:57
118	John Archibald	Ribble Pro Cycling	M	00:46:23	10:58
119	Chris Boddy	Didcot Phoenix CC	M	00:46:00	10:59
120	Dan Bigham	Ribble Pro Cycling	M	00:45:32	11:00