

Merthyr Cycling Club 25 Mile Time Trial

Sunday 2nd April 2017

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

Thomas Few

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Merthyr Tydfil

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Timekeepers

Tudor Thomas

Norman James

Event Headquarters – open 8am

Hirwaun Village Hall (Neuadd Y Pentref Hirwaun), High Street, Hirwaun. CF44 9SL.

Parking is limited at the event HQ, however there is on road parking available nearby. Please remember to leave spaces for event officials and please take care not to park across drive ways or cause obstruction. 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!

R25/3H - Course Description	Miles
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.**

Prizes

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



Event 1 Startsheet - Solo

Number	First Name	Last Name	Club	Age Cat	Time
1	Steven	Madeley	Ogmore Valley Wheelers CC	Veteran	9:01:00
2	Rob	Dyde	Pembrokeshire Velo	Senior	9:02:00
3	Mark	Ellis	Team Milton Keynes	Veteran	9:03:00
4	Ian	Lindsay	Royal Navy & Royal Marines CA	Veteran	9:04:00
5	Liam	Walsh	Velo Club St Raphael	Senior	9:05:00
6	Ieuan	Woods	Banks/Catford CC Equipe	Junior	9:06:00
7	Blaine	Phelps	Merthyr CC	Veteran	9:07:00
8	Stephen	Tierney	Guernsey Velo Club	Veteran	9:08:00
9	Gareth	Hill	Abercynon Road Club	Veteran	9:09:00
10	Paul	Jones	Primera-Teamjobs	Veteran	9:10:00
11	Julie	Bartlemore	Acme Whs (Rhondda) CC	Veteran	9:11:00
12	Darren	Preston	Team SS	Veteran	9:12:00
13	Jon	Vickery	Cwmcarn Paragon Road Club	Veteran	9:13:00
14	Matt	Griffin	Cycology Bikes	Senior	9:14:00
15	Emyr	Griffiths	Towy Racing Cycling Club (TRCC)	Veteran	9:15:00
16	Ed	Hadley	Hereford & Dist Whs CC	Veteran	9:16:00
17	Rhianne	Griffiths	Pembrokeshire Velo	Senior	9:17:00
18	Grant	Arnold	Pembrokeshire Velo	Senior	9:18:00
19	Stephen	Landeg	Ogmore Valley Wheelers CC	Veteran	9:19:00
20	Jamie	Wilkins	Veloton	Senior	9:20:00
21	Matthew	Phillips	Towy Racing Cycling Club (TRCC)	Senior	9:21:00
22	Andrew	Ashmore	Buxton CC/Sett Valley Cycles	Veteran	9:22:00
23	John	Hunt	Beacon Roads CC	Senior	9:23:00
24	Dean	Ware	Merthyr CC	Senior	9:24:00
25	John	Regan	Pembrokeshire Velo	Veteran	9:25:00
26	Phil	Willoughby	Towy Racing Cycling Club (TRCC)	Senior	9:26:00
27	Tony	Krol	Pembrokeshire Velo	Veteran	9:27:00
28	Jason	Williams	Cwmcarn Paragon Road Club	Veteran	9:28:00
29	Ben	Houston	East Grinstead CC	Veteran	9:29:00
30	Sebastian	Dickson	Thanet RC	Espoir	9:30:00
31	Felix	Wilkinson	Veloton	Espoir	9:31:00
32	Gareth	Chislett	CC Blaenau Gwent	Veteran	9:32:00
33	Stuart	Martingale	Sotonia CC	Veteran	9:33:00
34	Nadine	Cannon	VeloSistas TT Team	Senior	9:34:00
35	Ross	McNally	Pembrokeshire Velo	Senior	9:35:00
36	Ross	Simpson	Port Talbot Whs CC	Senior	9:36:00

37	Claire	Clementson	Wigan Whs CC	Veteran	9:37:00
38	Trevor	Lloyd	Swansea Wheelers/CS Abertawe	Veteran	9:38:00
39	Owain	Roberts	Port Talbot Whs CC	Senior	9:39:00
40	Paul	Fleming	Preston Whs	Veteran	9:40:00
41	Thomas	Hooper	GS Metro	Senior	9:41:00
42	Andrea	Parish	VeloSistas TT Team	Veteran	9:42:00
43	Gareth	Rees	Cwmcarn Paragon Road Club	Senior	9:43:00
44	Michiel	Vaal	Team Bottrill / HSS Hire	Veteran	9:44:00
45	Nigel	Clementson	Wigan Whs CC	Veteran	9:45:00
46	James	Cook	Cycology Bikes	Espoir	9:46:00
47	Robert	Jones	Cardiff 100 Miles RCC	Veteran	9:47:00
48	Tom	Arnold	Team Bottrill / HSS Hire	Senior	9:48:00
49	Andrew	Hayward	Cwmcarn Paragon Road Club	Veteran	9:49:00
50	Ben	Phillips	Towy Racing Cycling Club (TRCC)	Senior	9:50:00
51	Pfeiffer	Georgi	Liv CC - Epic Coaching	Junior	9:51:00
52	Kari	Jones	VeloSistas TT Team	Senior	9:52:00
53	Kate	Allan	DRAG2ZERO	Senior	9:53:00
54	Louise	Georgi	Giant CC - Halo Films	Veteran	9:54:00
55	Nic	Cleave	Swansea Wheelers/CS Abertawe	Veteran	9:55:00
56	Luke	Bodley	Severn Valley Cycles	Senior	9:56:00
57	Roger	Wood	Pontypool Road Cycling Club	Veteran	9:57:00
58	Chris	Fishbourne	Abercynon Road Club	Veteran	9:58:00
59	Colin	Yeates	Sotonia CC	Veteran	9:59:00
60	Christopher	Holman	Team Bottrill / HSS Hire	Senior	10:00:00
61	Martin	Waller	Somerset Road Club	Veteran	10:01:00
62	Ben	Skinner	Bath Cycling Club	Senior	10:02:00
63	Rod	Hicks	Port Talbot Whs CC	Veteran	10:03:00
64	Rob	Allen	Milford Tritons Cycling Club	Senior	10:04:00
65	Richard	Hancock	Team SS	Veteran	10:05:00
66	Cliff	Voller	Newbury RC	Veteran	10:06:00
67	Luke	Churchus	Gannet CC	Senior	10:07:00
68	Daniel	Kempe	Bristol South Cycling Club	Veteran	10:08:00
69	Les	Thomas	Port Talbot Whs CC	Veteran	10:09:00
70	David	Janes	Veloton	Senior	10:10:00
71	Shaun	Griffiths	Pembrokeshire Velo	Veteran	10:11:00
72	Michelle	Fishbourne	Abercynon Road Club	Veteran	10:12:00
73	Nicholas	Morgan	Tapitout Cycle Club	Veteran	10:13:00
74	Nicki	Carr	VC Equipe - Flix Oral Hygiene	Senior	10:14:00
75	Chris	Massey	Team Bottrill / HSS Hire	Veteran	10:15:00
76	Charlotte	Cooper	GS Metro	Senior	10:16:00
77	Oliver	Dammone	Gloucester City Cycling Club	Senior	10:17:00

78	Wayne	Thomas	Pontypool Road Cycling Club	Veteran	10:18:00
79	Michael	Tarling	West Wales Cycle Racing Team	Veteran	10:19:00
80	Ben	Anstie	73Degrees CC	Veteran	10:20:00
81	Brad	Davies	Bynea Cycling Club	Veteran	10:21:00
82	Jessica	Rhodes-Jones	Beacon Roads CC	Senior	10:22:00
83	Ruan	Bester	Bath Cycling Club	Senior	10:23:00
84	Kirsty	Murray	Pembrokeshire Velo	Veteran	10:24:00
85	David	Francis	Team NBCC	Veteran	10:25:00
86	Marco	Marletta	Cardiff Jif	Veteran	10:26:00
87	Kevin	Baker	NFTO Race Club	Senior	10:27:00
88	B Xavier	Disley	AeroCoach	Senior	10:28:00
89	Julie	Stephens	Ross on Wye & Dist CC	Veteran	10:29:00
90	George	Evans	Team Bottrill / HSS Hire	Espoir	10:30:00
91	Anthony	Redman	Acme Whs (Rhondda) CC	Senior	10:31:00
92	Neil	Downes	Forza Cycles	Veteran	10:32:00
93	Andrew	Rowles	Cardiff Ajax CC	Senior	10:33:00
94	Stuart	Evans	Port Talbot Whs CC	Veteran	10:34:00
95	Luke	Cornish	Cwmcarn Paragon Road Club	Senior	10:35:00
96	Paul	Winchcombe	Chippenham & District Wheelers	Veteran	10:36:00
97	Mike	Broadbent	Swansea Wheelers/CS Abertawe	Veteran	10:37:00
98	Mark	Bradley	Bristol South Cycling Club	Veteran	10:38:00
99	Richard	Gambling	Port Talbot Whs CC	Veteran	10:39:00
100	Rob	Pears	Bath Cycling Club	Veteran	10:40:00
101	David	Bucknall	Royal Dean Forest Cycle Club	Veteran	10:41:00
102	Ray	Retter	North Devon Wheelers	Veteran	10:42:00
103	Mark	Rosser	Ogmore Valley Wheelers CC	Veteran	10:43:00
104	Neil	Poulton	Abergavenny RC	Senior	10:44:00
105	Gavin	Hinxman	DRAG2ZERO	Veteran	10:45:00
106	John	Shehan	Bynea Cycling Club	Veteran	10:46:00
107	Chelsea	McCloskey-Lambert	Manchester Wheelers	Senior	10:47:00
108	Colin	Wallace	Merthyr CC	Veteran	10:48:00
109	Paul	Stephens	Ross on Wye & Dist CC	Veteran	10:49:00
110	Joshua	Williams	Team Bottrill / HSS Hire	Senior	10:50:00
111	Stephen	Taylor	Team NBCC	Veteran	10:51:00
112	Joanna	Knight	Bristol South Cycling Club	Veteran	10:52:00
113	Terry	Icke	Velo Club St Raphael	Veteran	10:53:00
114	Danielle	Flawn	Tredz Bikes	Senior	10:54:00
115	Graeme	Boswell	Cardiff Ajax CC	Veteran	10:55:00
116	Tom	Cox	Northover VT / Rudy Project	Veteran	10:56:00
117	George	Jones	Velo Club St Raphael	Espoir	10:57:00

118	Gavin	McCloskey-Lambert	Manchester Wheelers	Senior	10:58:00
119	Michael	Portlock	Merthyr CC	Veteran	10:59:00
120	Kieron	Davies	DRAG2ZERO	Senior	11:00:00

Event 2 Startsheet – Tandem

1	Keith	Barrett	Ogmore Valley Wheelers (Tandem)	Veteran	11:01:00
1	David	Walters	Ogmore Valley Wheelers (Tandem)	Senior	11:01:00