



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

Sunday 24th July 2016 - R25/3H – 9:19 am

Timekeepers - Start: Robin Field, Finish: Tony Howell

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 8:15). 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 anti-social behaviour. All will result in a DQ and referral to the South Wales DC for further action.**
- ✓

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 5 miles to take 1st exit at rbt & 1st right into Rhigos Rd Hirwaun to retrace to HQ.	

Have a safe ride and we hope to see you again at the last Realteam promotion of 2016 Sunday 21st August on the R25/3L. Follow us at <https://www.facebook.com/groups/realteamltd/> or @realteamcycling on twitter.

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.

Overflow, Women's BAR, Jun

Men 1st - £25, 2nd - £20, 3rd - £15. Woman – 1st - £40, 2nd - £35, 3rd - £30, 4th - £25, 5th - £20, 6th - £15.
Jun/Junior 1st - £20

No	Name	club	cat	Its	Start time
19	Steven Madeley	Ogmore Valley Wheelers CC	Vet	Ineligible	09:19
20	Michael Draper	Charlotteville Cycling Club	Vet	00:58:14	09:20
21	Robert Jones	Cardiff 100 Miles RCC	Vet	00:59:14	09:21
22	John Ellerby	VeloVitesse	S	01:00:49	09:22
23	Gerry Peppin	Corinium Cycle Club	Vet	01:03:32	09:23
24	John Hynam	Bynea Cycling Club	Vet	01:08:58	09:24
25	Ian Davies	CC Blaenau Gwent	Vet	00:58:59	09:25
26	Lee Marsden	Poole Whs	Vet	00:59:45	09:26
27	Robert Lucas	Port Talbot Whs CC	Vet	01:01:36	09:27
28	John Howells	Corinium Cycle Club	Vet	01:06:02	09:28
29	Kevin Grant	Frome and District Wheelers	Vet	01:12:11	09:29
30	John Shehan	Bynea Cycling Club	Vet	00:58:08	09:30
31	Marco Marletta	Cardiff Jif	Vet	00:59:13	09:31
32	Les Thomas	Port Talbot Whs CC	Vet	01:00:42	09:32
33	Josh Townsend	Bynea Cycling Club	Jun	01:02:54	09:33
34	Kevin Bessant	Bynea Cycling Club	Vet	01:08:19	09:34
35	Christopher Goodwin	Ogmore Valley Wheelers CC	Vet	00:58:28	09:35
36	Simon Fairclough	Cwmcarn Paragon Road Club	S	00:59:44	09:36
37	Richard Bowmer	Ogmore Valley Wheelers CC	Vet	01:01:29	09:37
38	Gareth Chislett	CC Blaenau Gwent	Vet	01:04:43	09:38
39	Russell White	Forza Cycles	Vet		09:39
40	Alexander Johnson	Fareham Wheelers CC	Vet	00:58:11	09:40
41	Dave Poulter	Wrekinsport CC	Vet	00:59:12	09:41
42	Richard Evershed	Cheltenham & County Cycling Club	S	01:00:10	09:42
43	Jon Airey	Ross on Wye & Dist CC	Vet	01:02:35	09:43
44	Martin Balk	3C Cyclexperience	Vet	01:06:18	09:44
45	Alan Cooper	Avonlea/Treasure RT	Vet	00:58:52	09:45
46	John Murphy	Gloucester City Cycling Club	Vet	00:59:34	09:46
47	Neil Hughes-Hutchings	Morden CRC	S	01:01:18	09:47
48	David Walters	Ogmore Valley Wheelers CC	S	01:02:56	09:48
49	Grant Arnold	Team NBCC	S		09:49
50	Jeffrey Rees	Acme Whs (Rhondda) CC	Vet	00:58:14	09:50
51	Nigel Croxford	High Wycombe CC	Vet	00:59:12	09:51
52	Russell Boon	Avonlea/Treasure RT	Vet	01:00:01	09:52
53	Ed Hadley	Hereford & Dist Whs CC	Vet	01:02:30	09:53
54	Tony Emery	Dursley Road Club	Vet	01:06:33	09:54
55	Roger Wood	Pontypool Road Cycling Club	Vet	00:58:44	09:55
56	Paul Russell	Springfield Financial	Vet	00:59:33	09:56
57	Paul Rees	Bynea Cycling Club	Vet	01:01:15	09:57

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No	Name	club	cat	Its	Start time
58	Steven Macdonald	Bristol South Cycling Club	Vet	01:03:00	09:58
59	Samuel Utting	Cardiff Ajax CC	S		09:59
60	Simon Kinsey	Acme Whs (Rhondda) CC	Vet	00:57:59	10:00
61	James Jenkins	successcycling.co.uk	S	00:59:08	10:01
62	Paul Jones	Ystwyth CC	Vet	00:59:57	10:02
63	Tim May	Media Velo	S	01:02:25	10:03
64	Michael Meadows	VC Norwich	Vet	01:06:19	10:04
65	James Handley	North Shropshire Wheelers	S	00:58:28	10:05
66	Sacha Ring	New Forest CC	Vet	00:59:27	10:06
67	Wayne Jones	Bynea Cycling Club	Vet	01:01:14	10:07
68	Paul Archer	Newport Phoenix CC	Vet	01:03:03	10:08
69	James Bannister	New Forest CC	Vet		10:09
70	Philip Bray	Plymouth Corinthian CC	S	00:58:20	10:10
71	Craig Macdonald	Ogmore Valley Wheelers CC	Vet	00:59:06	10:11
72	Matthew Phillips	Bynea Cycling Club	S	00:59:49	10:12
73	Mark Gorman	Royal Navy & Royal Marines CA	Vet	01:02:03	10:13
74	Robert Jolliffe	New Forest CC	Vet	01:08:18	10:14
75	Robin Shedden	Wrekinsport CC	Vet	00:58:54	10:15
76	Phil Guy	North Shropshire Wheelers	Vet	00:59:22	10:16
77	Allan Renyard	Guernsey Velo Club	Vet	01:00:50	10:17
78	Geoff Edgerton	North Shropshire Wheelers	Vet	01:03:32	10:18
79	Stephen Taylor	Team NBCC	Vet		10:19
80	Samuel Wadsley	Poole Whs	Jun	00:51:16	10:20
81	Devon Round	Mid Shropshire Wheelers	Jun	00:53:43	10:21
82	Josh Griffiths	Bristol South Cycling Club	Jun	00:55:41	10:22
83	Kieran Morris	Mid Shropshire Wheelers	Juv	00:57:58	10:23
84	Lee-Michelle Jones	Bynea Cycling Club	WV	01:05:00	10:24
85	Becky Smith	Revo Racing	W	00:58:20	10:25
86	Jennifer Smart	VC Norwich	WV	01:01:11	10:26
87	Charlotte Mallin Martin	Cambridge University CC	W	01:01:31	10:27
88	Kirsty Murray	Pembrokeshire Velo	WV	01:03:44	10:28
89	Diane Hynam	Bynea Cycling Club	WV	01:13:22	10:29
90	Julia Shaw	DRAG2ZERO	WV	00:52:36	10:30
91	Hetty Niblett	Footon Velosport	FJun	00:55:06	10:31
92	Nadine Cannon	Acme Whs (Rhondda) CC	W	00:58:56	10:32
93	Dianne Tierney	Guernsey Velo Club	WV	01:02:37	10:33
94	Ceris Eslava	Paramount CRT	WV	01:04:00	10:34
95	Andrea Parish	Camel Valley C & TC	WV	00:55:51	10:35
96	Susan Shook	Bush Healthcare CRT	WV	00:57:48	10:36
97	Claire Clementson	Wigan Whs CC	W	01:02:53	10:37
98	Gaynor Hughes	Bynea Cycling Club	WV	01:03:40	10:38
99	Emma Tilston	Chester RC	WV	01:12:28	10:39
100	Anna Turvey	Tyneside Vagabonds CC	W	00:50:32	10:40
101	Claire Hann	Radeon-Bike Science RT	W	00:55:45	10:41
102	Clare Greenwood	Bush Healthcare CRT	WV	00:58:59	10:42
103	Zoe Whiteside	Team Bottrill	WV	01:01:59	10:43
104	Sarah Wise	Mud Sweatngears CC	W	01:04:00	10:44
105	Alice Lethbridge	Starley Racing	W	00:54:11	10:45

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No	Name	club	cat	lts	Start time
106	Danuta Tinn	Maidenhead & District CC	WV	00:56:52	10:46
107	Joanna Knight	Bristol South Cycling Club	WV	00:58:43	10:47
108	Kari Jones	Ride Bike Wales	W	01:02:53	10:48
109	Fiona Davies	Acme Whs (Rhondda) CC	WV	01:09:09	10:49
110	Hayley Simmonds	AeroCoach	W	00:50:32	10:50

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Main Event

1st - £40, 2nd - £35, 3rd - £30, 4th - £25, 5th - £20, 6th - £15. Vet – 1st £30, 2nd - £25, 3rd - £20, 4th -£15.

No	Name	club	Cat	LTS	Time
1	Nic Cleave	Swansea Wheelers/CS Abertawe	V	00:52:29	11:01
2	Andrew Overton	successcycling.co.uk	V	00:53:53	11:02
3	Paul Clarkson	Kingston Wheelers CC	V	00:53:56	11:03
4	Hugh Davies	Port Talbot Whs CC	V	00:56:21	11:04
5	Scott Leverington	Chorley Cycling Club	V	00:50:35	11:05
6	Miles Earl	Plymouth Corinthian CC	S	00:52:41	11:06
7	Nigel Clementson	Wigan Whs CC	V	00:54:17	11:07
8	Steve Evans	Bynea Cycling Club	V	00:56:03	11:08
9	Digby Rusling	Royal Dean Forest Cycle Club	V	00:57:43	11:09
10	Greg Parker	Velo Club St Raphael	V	00:49:27	11:10
11	David Brice	Bynea Cycling Club	V	00:52:22	11:11
12	Paul Cannon	Porth & District CC	V	00:53:48	11:12
13	Ross Davies	NFTO Race Club	S	00:55:00	11:13
14	Stephen Tierney	Guernsey Velo Club	V	00:57:46	11:14
15	Anthony Jones	Bynea Cycling Club	V	00:50:57	11:15
16	Anthony Cowdry	EC Cycles	S	00:53:10	11:16
17	Andrew Clarke	Mid Shropshire Wheelers	V	00:54:28	11:17
18	Paul Winchcombe	Chippenham & District Wheelers	V	00:56:00	11:18
19	Paul Jones	Cwmcarn Paragon Road Club	S	00:58:06	11:19
20	Jonathan Gates	Royal Air Force Cycling Association	S	00:50:15	11:20
21	Philip Murrell	Finsbury Park CC	V	00:52:18	11:21
22	Andy Davies	Cardiff Jif	S	00:53:47	11:22
23	Stuart Evans	Port Talbot Whs CC	V	00:55:24	11:23
24	Richard Long	Merthyr CC	S	00:57:05	11:24
25	Mike Piper	Abellio - SFA Racing Team	V	00:51:30	11:25
26	Neil Holden	Lutterworth Cycle Centre Racing Team	V	00:53:05	11:26
27	Gary Duncan	Paramount CRT	V	00:54:23	11:27
28	Rory Barrett	Southborough & Dist. Whs	S	00:56:00	11:28
29	Andy Hunt	Ystwyth CC	S	00:58:04	11:29
30	Paul Jones	Primera-Teamjobs	V	00:50:48	11:30
31	Jason Streater	Velo Club St Raphael	V	00:52:18	11:31
32	Emyr Griffiths	Bynea Cycling Club	V	00:53:45	11:32
33	Daniel Kempe	Bristol South Cycling Club	V	00:54:56	11:33
34	Andrew Hayward	Cwmcarn Paragon Road Club	V	00:57:03	11:34
35	David Francis	Team NBCC	V	00:51:16	11:35
36	Nick Brown	Team NBCC	V	00:53:01	11:36
37	Andrew Legge	Bristol South Cycling Club	V	00:54:04	11:37
38	David Janes	Velo Club Walcot	S	00:56:00	11:38
39	Matt Heaman	Severn Valley Cycles	V	00:58:01	11:39
40	John Warrington	Tyneside Vagabonds CC	V	00:50:00	11:40
41	Stuart Stow	Twickenham CC	V	00:52:16	11:41
42	Aled Roberts	Team Elite/Paul Bethell Electrical	S	00:53:44	11:42
43	Joe Schwartz	Team Swindon Cycles	V	00:55:16	11:43
44	Ron Clews	Stourbridge Velo	V	00:57:00	11:44
45	Ben Phillips	Bynea Cycling Club	S	00:51:02	11:45

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No	Name	club	Cat	LTS	Time
46	Mark Brambleby	Northover VT / Rudy Project	V	00:52:57	11:46
47	Rob Jones	Cardiff Ajax CC	S	00:54:18	11:47
48	Sergio Henriques	Guernsey Velo Club	V	00:55:55	11:48
49	Nicholas Hastler	Essex Roads CC	V	00:57:32	11:49
50	Tom Trimble	CC Ashwell	S	00:49:59	11:50
51	Gavin Lewis	North Road CC	S	00:52:15	11:51
52	Steven Pink	Poole Whs	S	00:53:43	11:52
53	Richard Newey	Paceline RT	V	00:55:13	11:53
54	Mike Broadbent	Swansea Wheelers/CS Abertawe	V	00:56:53	11:54
55	Christopher Gibbard	Bynea Cycling Club	S	00:50:59	11:55
56	Michael Portlock	EC Cycles	V	00:52:30	11:56
57	Rod Hicks	Port Talbot Whs CC	V	00:54:17	11:57
58	Nigel Jones	Gloucester City Cycling Club	V	00:55:31	11:58
59	Andy Turner	NOPINZ	S	00:57:51	11:59
60	Christopher Jones	Ride Bike Wales	V	00:50:16	12:00
61	Graeme Boswell	Cardiff Ajax CC	V	00:51:57	12:01
62	Paul Lambert	Chippenham & District Wheelers	V	00:53:40	12:02
63	Colin Wallace	Merthyr CC	V	00:55:10	12:03
64	Tim Butt	Banbury Star CC	V	00:56:40	12:04
65	Niall Foster	Cardiff Ajax CC	V	00:51:36	12:05
66	Keith Ainsworth	Sheffrec CC	V	00:52:46	12:06
67	Mark Rosser	Ogmore Valley Wheelers CC	V	00:54:30	12:07
68	Steuart Saunders	National Ventilation - LSEA CRT / Notaro Windows	V	00:55:50	12:08
69	Simon Dighton	Beacon Roads CC	V	00:57:48	12:09
70	Scott Burns	DRAG2ZERO	S	00:49:24	12:10
71	Steven Cottington	Bath Cycling Club	V	00:51:51	12:11
72	Chris Massey	Team Bottrill	V	00:53:35	12:12
73	Mike Lindsay	Wills Wheels CC	V	00:55:10	12:13
74	Thomas Brazier	Team Elite/Paul Bethell Electrical	S	00:56:37	12:14
75	Courtney Blockley-Campton	University of Birmingham CC	S	00:51:31	12:15
76	Niall Todd	Tavistock Whs CC	S	00:52:43	12:16
77	Tim Childs	Westerley Cycling Club	V	00:54:10	12:17
78	Daryl Godden	Gloucester City Cycling Club	V	00:55:48	12:18
79	Graham Green	Team Bottrill	V	00:57:18	12:19
80	Ben Anstie	73 Degrees Bicycles	S	00:49:01	12:20
81	Gavin Tillson	Oxonian CC	V	00:51:51	12:21
82	Paul Coles	73 Degrees Bicycles	V	00:53:32	12:22
83	David Hargreaves	North Lancs RC	V	00:55:22	12:23
84	Steven Jennings	CC Ashwell	V	00:56:25	12:24
85	David Allonby	Springfield Financial	S	00:50:04	12:25
86	Earl Smith	Severn Valley Cycles	V	00:53:18	12:26
87	Neil Gregory	Port Talbot Whs CC	V	00:54:20	12:27
88	Neale Lewis	Acme Whs (Rhondda) CC	V	00:55:44	12:28
89	Karl Davies	Stourbridge Velo	V	00:57:45	12:29
90	Justin Layne	CC Ashwell	S	00:48:17	12:30
91	Tim Summerhayes	Clapham Chasers	S	00:51:48	12:31
92	Wayne Pitman	Poole Whs	V	00:53:25	12:32

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93	Clive Franklin	Somerset Road Club	V	00:55:04	12:33
94	Mark German	1st Chard Wheelers	V	00:57:21	12:34
95	Gavin Hinxman	Kettering CC	V	00:50:55	12:35
96	Christopher Holman	Team Bottrill	S	00:52:39	12:36
97	Richard Wilder	Sportzmad	V	00:54:00	12:37
98	Anthony Redman	Acme Whs (Rhondda) CC	S	00:55:43	12:38
99	Michael Wilkinson	North Notts Olympic CC	V	00:58:08	12:39
100	James Gullen	Pedal Heaven	S	00:47:55	12:40
101	Lawrence Burrows	Team Swift	S	00:51:40	12:41
102	Mark Woolford	Chippenham & District Wheelers	V	00:53:25	12:42
103	Mark Bradley	Bristol South Cycling Club	V	00:55:05	12:43
104	Mark Smart	VC Norwich	V	00:56:20	12:44
105	Paul Ashley	Fareham Wheelers CC	V	00:50:45	12:45
106	Mark Denney	Poole Whs	V	00:52:30	12:46
107	Adrian Humpage	Lyme Racing Club	V	00:54:00	12:47
108	John French	Oxford City RC	V	00:55:39	12:48
109	Jason Killiner	Pontypool Road Cycling Club	S	00:57:40	12:49
110	Andy Jackson	SSL Racing Team	V	00:47:15	12:50
111	Paul Granger	Fairly United Cycling Team	V	00:51:38	12:51
112	Paul Hayward	Cwmcarn Paragon Road Club	V	00:53:23	12:52
113	Jon Smith	Fareham Wheelers CC	V	00:55:30	12:53
114	Peter Ackroyd	Cheltenham & County Cycling Club	V	00:56:04	12:54
115	James Copeland	Fareham Wheelers CC	S	00:50:58	12:55
116	David Evans	Team Echelon - Rotor	V	00:52:48	12:56
117	Simon Beard	Yeovil Cycling Club	V	00:55:30	12:57
118	Norman Griffin	Vive Le Velo	V	00:55:52	12:58
119	Andrew Vaughan	City RC (Hull)	V	00:57:53	12:59
120	Kieron Davies	DRAG2ZERO	S	00:46:32	13:00

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