

Merthyr Cycling Club 25 Mile Time Trial

Sunday 2nd July 2017

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

In association with EC Cycles

R25/3H – 08:00

Event Secretary (to whom complaints should be made in writing within 24 hours)

Martin Jenkins

Holmsbury,

5 The Grove,

Merthyr Tydfil.

CF47 8YR

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Timekeepers

Start: Martyn Heritage-Owen

Finish: Tudor Thomas

Event Headquarters – open 7am

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!

The full result of this event will be published on www.southwalesdc.co.uk
www.cyclingtimetrials.org.uk and www.timetriallingforum.org.uk

Follow: @MerthyrCycling for updates.

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
Riders please continue past the Finish on A465 up the hill for 4 miles to take 1st exit at roundabout and turn 1st right into Hirwaun to 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.

- ✓ Do **call your number** to the finishing timekeeper or your time will 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.

- ✓ Sign in / Sign out failure to do so will result in a disqualification.
- ✓ No passing the start time keeper or warming up on the course.
- ✓ No turbo within 100m of residential areas or in Station Rd opposite the start timekeeper (Thirteenth Ave).
- ✓ No parking in 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 it seems riders still haven't got the message we are guests in the Rhigos Village area.**
- ✓ **No anti-social behaviour especially urinating in public.**
- ✓ **Failure to follow these basic rules will result in a DQ & referral to the South Wales DC for further disciplinary action. You have been fair warned that someone will be performing spot checks.**

Reminder

- ✓ The onus is on the caught rider to ensure that there is no company riding.
- ✓ To comply with reg 20 (2) keep to the left-hand side of the lane.

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

Thank you to South Wales DC for their co-operation in increasing the field limit to 150 riders so that all riders get a confirmed ride rather than having to deal with the reserve rider scheme. Have a safe and enjoyable rider.

Martin

District Warning - Dangerous Driving

There have been 3 incidents where a Black Porsche Cayenne Reg Y 8ONA has close passed riders and subjected riders to abuse. All the behaviour has been reported to the Police who have investigated the matter. They are in the process of issuing the driver with a Section 59 order.

A section 59 order gives the Police the power to seize the vehicle if more incidents happen within the next 12 months. (Ouch!)

If you are the subject of unsafe driving by this vehicle or any vehicle that matter please report the occurrence to an event organiser who will forward details to the District Committee. We have the necessary detail to ensure the incidents are connected and the Police should then enforce the order.

Thank you to all the riders who came forward with statements to the Police to enable the S59 order to be served.



Top Tip Internet Entry System Advice

- If you are having to overwrite your current LTS with your new pb when you enter. You need to update your LTS information on your profile. LTS information is NOT automatically updated.
- If you are having to overwrite your or your emergency contact information each time you enter again you need to go into your profile and update the profile at source.
- Check the spelling of your name and ensure there are no unwanted spaces and that the first character of each name is a Capital letter.

Event 1 – Tandem

NO	Start Time	Name	club	Cat	LTS
1	08:01	David Walters	Ogmore Valley Wheelers CC	Tand	00:57:14
1	08:01	Keith Barrett	Ogmore Valley Wheelers CC	Tand	00:58:00
3	08:03	Becky Lewis	Mid Shropshire Wheelers	Tand	00:48:37
3	08:03	Howard Lewis	Mid Shropshire Wheelers	Tand	00:48:37

Event 2 – Solo

No	Start	Name	Club	Cat	LTS
4	08:04	Ian Deakin	Mid Devon CC	Male	00:55:41
5	08:05	Andre Dyason	Cambridge CC	Male	00:52:15
6	08:06	Rob Hall	Salt and Sham Cycle Club	Male	00:55:34
7	08:07	Sam Morris	Revolutions Racing	Male	00:58:52
8	08:08	Phil Guy	North Shropshire Wheelers	Male	00:58:13
9	08:09	Mathew Atkins	Cwmcarn Paragon Road Club	Male	01:03:50
10	08:10	Nic Cleave	Swansea Wheelers/CS Abertawe	Male	00:51:42
11	08:11	Steve Hockings-Thompson	Revo Racing	Male	00:53:33
12	08:12	Stuart Evans	Port Talbot Whs CC	Male	00:55:24
13	08:13	John Shehan	Bynea Cycling Club	Male	00:58:08
14	08:14	Harry Cowley	Chester RC	Male	01:07:48
15	08:15	Lubos Obornik	CS Dynamo	Male	00:51:38
16	08:16	Mark Woolford	Trainsharp	Male	00:53:25
17	08:17	Edward Nicholson	Team Bottrill / HSS Hire	Male	00:55:13
18	08:18	Alan Cooper	Avonlea/Treasure RT	Male	00:58:05
19	08:19	David Singleton	Acme Whs (Rhondda) CC	Male	01:06:00
20	08:20	Hadyn James	Reading CC	Male	00:51:27
21	08:21	Thomas Pfeiffer	Dulwich Paragon CC	Male	00:53:24
22	08:22	Nick Hickman	Hitchin Nomads CC	Male	00:55:00
23	08:23	Stephen Reynolds	Haverfordwest Hornets	Male	00:57:42
24	08:24	Fidel Gonzalez	South Western Road Club/Evans Cycles	Male	01:04:20
25	08:25	Sam Mansfield	Manchester Bicycle Club	Male	00:51:21
26	08:26	Graham Knight	JCA Equipe Velo	Male	00:53:21
27	08:27	Iain Stuart	Bristol Road Club	Male	00:55:00
28	08:28	Mervyn Wilson	North Lancs RC	Male	00:57:40
29	08:29	Richard Franklin	Salt and Sham Cycle Club	Male	01:04:07
30	08:30	Keith Ainsworth	Langsett Cycles Race Team	Male	00:51:18
31	08:31	Kris Bowditch	Lyme Racing Club	Male	00:53:20

No	Start	Name	Club	Cat	LTS
32	08:32	Simon Hogg	Minehead Cycling Club	Male	00:54:57
33	08:33	Andrew Curley	Warwickshire Road Club	Male	00:57:37
34	08:34	Brian Parker	Abercynon Road Club	Male	01:04:04
35	08:35	Jonathan Gould	Cheltenham & County Cycling Club	Male	00:51:15
36	08:36	Iain Cade	Bath Cycling Club	Male	00:54:12
37	08:37	Rod Hicks	Port Talbot Whs CC	Male	00:54:05
38	08:38	Andy Cook	Chippenham & District Wheelers	Male	00:55:45
39	08:39	Tony Dodsworth	Sigma Sport.co.uk	Male	01:10:41
40	08:40	Chris Massey	Team Bottrill / HSS Hire	Male	00:51:07
41	08:41	Nick Morgan	Hitchin Nomads CC	Male	00:53:13
42	08:42	Richard Howes	Coventry Road Club	Male	00:54:32
43	08:43	Lee Francis	Velo Club Bristol - Webbs Cycles	Male	00:56:46
44	08:44	Duncan Hermer	RLP Racing	Male	01:02:30
45	08:45	Josh Griffiths	Bristol South Cycling Club	Male	00:51:06
46	08:46	James Cook	Cycology Bikes	Male	00:52:18
47	08:47	Andrew Clarke	Mid Shropshire Wheelers	Male	00:54:28
48	08:48	Owain Roberts	Port Talbot Whs CC	Male	00:56:37
49	08:49	Robert Smith	Pembrokeshire Velo	Male	01:02:04
50	08:50	Christopher Jones	Ride Bike Wales	Male	00:49:58
51	08:51	Michiel Vaal	Team Bottrill / HSS Hire	Male	00:52:39
52	08:52	Paul Cannon	Porth & District CC	Male	00:53:48
53	08:53	Adrian Gorham	Kettering CC	Male	00:56:35
54	08:54	Richard Bowmer	Ogmore Valley Wheelers CC	Male	01:02:00
55	08:55	Dave Bramley	Team Swift	Male	00:51:00
56	08:56	Arwel Davies	Towy Racing Cycling Club (TRCC)	Male	00:53:00
57	08:57	Chris Fishbourne	Abercynon Road Club	Male	00:54:19
58	08:58	Gary Jones	Pontypool Road Cycling Club	Male	00:56:33
59	08:59	Samuel Hall	Lyme Racing Club	Male	01:00:57
60	09:00	James Middleton	Media Velo	Male	00:50:40
61	09:01	Nick Brown	Team NBCC	Male	00:52:51
62	09:02	Steve Curry	Ogmore Valley Wheelers CC	Male	00:54:15
63	09:03	Mark Andrews	Merthyr CC	Male	00:55:44
64	09:04	Andrew Ashmore	Buxton CC/Sett Valley Cycles	Male	01:00:32
65	09:05	Graeme Boswell	Cardiff Ajax CC	Male	00:50:39
66	09:06	Richard Long	Merthyr CC	Male	00:52:50
67	09:07	Chris Scawn	Plymouth Corinthian CC	Male	00:54:15
68	09:08	Steven Madeley	Ogmore Valley Wheelers CC	Male	00:56:25
69	09:09	Russell Boon	Avonlea/Treasure RT	Male	00:59:36
70	09:10	Jim Moffatt	CC Luton	Male	00:50:38
71	09:11	Stephen Hall	Lyme Racing Club	Male	00:53:04

No	Start	Name	Club	Cat	LTS
72	09:12	Lewis Donovan	Bike Doctor	Male	00:54:14
73	09:13	Ray Retter	North Devon Wheelers	Male	00:56:18
74	09:14	Mark Hillier	Port Talbot Whs CC	Male	00:59:34
75	09:15	Tom Ward	Langdale Lightweights R T	Male	00:50:25
76	09:16	Chris Mcnaughton	Giant Store Rutland/Wattbike	Male	00:52:00
77	09:17	Graham Giggs	Bath Road Club	Male	00:53:42
78	09:18	Kenny Cliffe	Leicester Forest CC	Male	00:55:38
79	09:19	Brad Davies	Bynea Cycling Club	Male	00:59:31
80	09:20	Oliver Bridgewood	Spokes BPC Racing	Male	00:50:25
81	09:21	Matt Meek	West Suffolk Whs & Triathlon Club	Male	00:52:32
82	09:22	Andrew Fowkes	Hillingdon Triathletes	Male	00:54:10
83	09:23	Christopher Bailey	Lyme Racing Club	Male	00:56:02
84	09:24	Andrew Spearman	Chippenham & District Wheelers	Male	00:59:28
85	09:25	Jon Surtees	SLL Racing Team	Male	00:50:22
86	09:26	Robin Shedden	Wrekinsport CC	Male	00:58:54
87	09:27	Matthew Williams	Cardiff Ajax CC	Male	00:54:07
88	09:28	Simon Dighton	Beacon Roads CC	Male	00:54:04
89	09:29	Robert Jones	Cardiff 100 Miles RCC	Male	00:59:14
90	09:30	Hamish Bond	AeroCoach	Male	00:50:13
91	09:31	Jon White	Pro Vision Cycle Clothing	Male	00:53:07
92	09:32	Alastair Semple	Stafford RC	Male	00:54:34
93	09:33	Chris Hall	Born to Bike - Bridgtown Cycles	Male	00:56:32
94	09:34	Dave Poulter	Wrekinsport CC	Male	00:59:12
95	09:35	Charlie Tanfield	Brother NRG Wattshop	Male	00:50:00
96	09:36	Phil Barnes	Team Swift	Male	00:53:41
97	09:37	Andrew Newey	Ribble Valley C&RC	Male	00:57:13
98	09:38	Helen Bailey	Lyme Racing Club	Female	01:04:00
99	09:39	Annamarie Miles	Salt and Sham Cycle Club	Female	01:07:37
100	09:40	Chris Ledger	Rutland Cycling Club	Male	00:51:03
101	09:41	Danuta Tinn	Maidenhead & District CC	Female	00:56:07
102	09:42	Kirsty Smith	Team Swift	Female	00:56:27
103	09:43	Becky Smith	Mid Devon CC	Female	00:58:20
104	09:44	Karen Mcbarrons	Pro Vision Cycle Clothing	Female	01:02:16
105	09:45	Christopher Gibbard	Bynea Cycling Club	Male	00:49:40
106	09:46	Andrea Parish	VeloSistas TT Team	Female	00:55:51
107	09:47	Claire Clementson	Wigan Whs CC	Female	00:59:53
108	09:48	Tracy Rowlinson	Lyme Racing Club	Female	01:00:12
109	09:49	Sharon Clifford	WCS Racing Team	Female	01:00:40
110	09:50	Graham Collins	Team Tor 2000 (Kalas)	Male	00:49:38
111	09:51	Katie Crowe	Dulwich Paragon CC	Female	00:56:25

No	Start	Name	Club	Cat	LTS
112	09:52	Susan Semple	Born to Bike - Bridgtown Cycles	Female	00:58:04
113	09:53	Sue Rust	Kettering CC	Female	00:59:17
114	09:54	Michelle Fishbourne	Abercynon Road Club	Female	00:59:32
115	09:55	Karen Ledger	Team Bottrill / HSS Hire	Female	00:53:56
116	09:56	Anna Morris	Loughborough Students Cycling Club	Female	00:55:01
117	09:57	Kari Jones	VeloSistas TT Team	Female	00:59:17
118	09:58	Christie Jones	Hereford & Dist Whs CC	Female	01:02:26
119	09:59	Diane Wilson-Evans	Bynea Cycling Club	Female	01:03:13
120	10:00	Kate Allan	DRAG2ZERO	Female	00:51:51
121	10:01	Ross Davies	Dambusters	Male	00:51:58
122	10:02	David Wilson-Evans	Bynea Cycling Club	Male	00:54:23
123	10:03	Harrison Wood	Mid Devon CC	Male	00:53:18
124	10:04	Jason Cole	Milford Tritons Cycling Club	Male	00:58:22
125	10:05	Conrad Moss	Mid Devon CC	Male	00:47:50
126	10:06	Mark Ellis	Team Milton Keynes	Male	00:52:21
127	10:07	Terry Icke	Velo Club St Raphael	Male	00:52:38
128	10:08	Michael Parker	TMG Horizon Cycling Team	Male	00:56:03
129	10:09	Nigel Clementson	Wigan Whs CC	Male	00:51:56
130	10:10	Stuart Travis	Team Bottrill / HSS Hire	Male	00:47:43