

A reminder – Hard-shell Snell/ANSI helmets are compulsory for this event.

R10/22A COURSE DESCRIPTION – NEW FOR 2013!

R10/22A START on the Vale of Neath Supplier Estate service road opposite Lamp Post No.18. Proceed eastwards along the service road to the Resolven Rbt (0.458 miles). (N.B. Safety Notice - Do not cross the centreline of the road on the right-hand bend). With care, take 1st exit Left to proceed in a westerly direction along the A465 dual-carriageway to the very 1st turn-off Left (4.862 miles). At the small Tonna Rbt take the 1st exit Left to the large Aberdulais Interchange where circle Rbt to take the 4th exit, descending the slip road to carefully re-join the A465 dual-carriageway going in an easterly direction. Continue eastwards to the Resolven Rbt taking the 1st exit left to FINISH in line with the access road the Canal Car Park on the cross-valley link road (10.006 miles).

Start: SN 824 026 - Turn: SS 769 991 - Finish: SN 823 030

NOTES TO ALL COMPETITORS

This event is immediately followed by the Port Talbot Wheelers Open 10 and the plan is to have both award presentations after the end of the Open 10. Tea and cakes will help pass the time away ;)

Please remember to sign on and look out for any updated safety information!

All competitors must, at all times, obey the rules of the road and the rules of our sport. Please don't take any unnecessary risks and make getting back home to your families your first priority and a fast time your second priority. Keep your head up and have a safe and speedy ride.

RACE H.Q. & PARKING

The headquarters will be open at about 13.00hrs and race numbers will be available from about 13.15hrs.

Most of you will be familiar with the 'TRW' headquarters but there have been recent changes meaning that parking will no longer be free and easy as we no longer have access to the large car park alongside the headquarters as this has been purchased by a local businessman who is not too keen to share. Fair enough.

All we can suggest is to either use the (free) canal car park just off the Resolven rbt or to use the parking around the industrial estate further down from the start but whilst obviously avoiding parking on the course. In other words, please park sensibly and be mindful of others.

Please do not park in the small car park immediately alongside the event HQ as this small area is reserved for race officials without whom there wouldn't be a race.



SOUTH WALES DISTRICT

PRESENT

THE 2013 SOUTH WALES DISTRICT GHS 10-MILE TIME-TRIAL CHAMPIONSHIP

Saturday, April 27th, 2013 starting at 14.06hrs on the R10/22A course

Headquarters – TRW Sports & Social Club in Resolven

TIMEKEEPERS

ROBIN FIELD – CARDIFF BYWAYS
TUDOR THOMAS – BYNEA CC

EVENT SECRETARY

ALF WILLIAMS
25 TAN-Y-GROES STREET
PORT TALBOT
SA13 1EL

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Marshals and Catering – Members of the Port Talbot Wheelers