

# EC Cycles 10 Mile Time Trial

## Sunday 9<sup>th</sup> March 2014

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

### Event Headquarters and Parking

TRW Club Resolven – Available from 8:30am

Address: TRW Club Resolven,  
Neath,  
West Glamorgan,  
SA11 4HN.

### Course Description – R10/22a

Revised 17/01/2013 by Norman James

Start on Vale of Neath Supplier Estate service road opposite Lamp Post No. 18

Proceed along service road to Resolven roundabout (0.5 miles).

(N.B. Safty Notice:- Do not cross the centre-line of road on right hand bend)

Take 1<sup>st</sup> exit left along A465 dual carriageway westbound to 1<sup>st</sup> exit left (4.862 miles).

Continue up the loop to Tonna roundabout where take 1<sup>st</sup> exit to Aberdulais Interchange.

Take 4<sup>th</sup> exit (5.5 miles) down slip road to re-join A465 dual carriageway.

Proceed eastbound to Resolven roundabout where take 1<sup>st</sup> exit to finish at access road to Canal Car Park on Cross-Valley link road (10 miles).

H.Q.            282500 East 202660 North

Start            282450 East 202250 North

Turn            277000 East 199000 North

Finish           282670 East 203100 North

## **Safety**

The Police have requested that inconvenience to the public and other road users be kept to a minimum. Riders are asked to take great care and, in particular, note the following points:

To avoid congestion at the start please queue in single file.

Please do not make "U" turns at either the Start or Finish.

Please be considerate to other road users including other riders.

Please take care at all the roundabouts and junctions.

Dangerous riding will result in disqualification.

Please keep your head up for a safe ride.

Cycling Time Trials recommends that competitors wear a hard shell helmet that meets an internationally accepted standard. All Junior/juvenile riders MUST wear protective hard shell helmets.

## **Numbers**

Race numbers will be available from the HQ. A Drink will be available at HQ on return of your number.

## **Prizes**

First Male Solo Overall	-£20
Second Male Solo Overall	-£15
Third Male Solo Overall	-£10
First Female Solo Overall	-£20
Second Female Solo Overall	-£15
Third Female Solo Overall	-£10
Fastest Veteran	-£10

## **Event Secretary**

Lyn Jones

34 Heol S O Davies,

Georgetown,

Merthyr Tydfil.

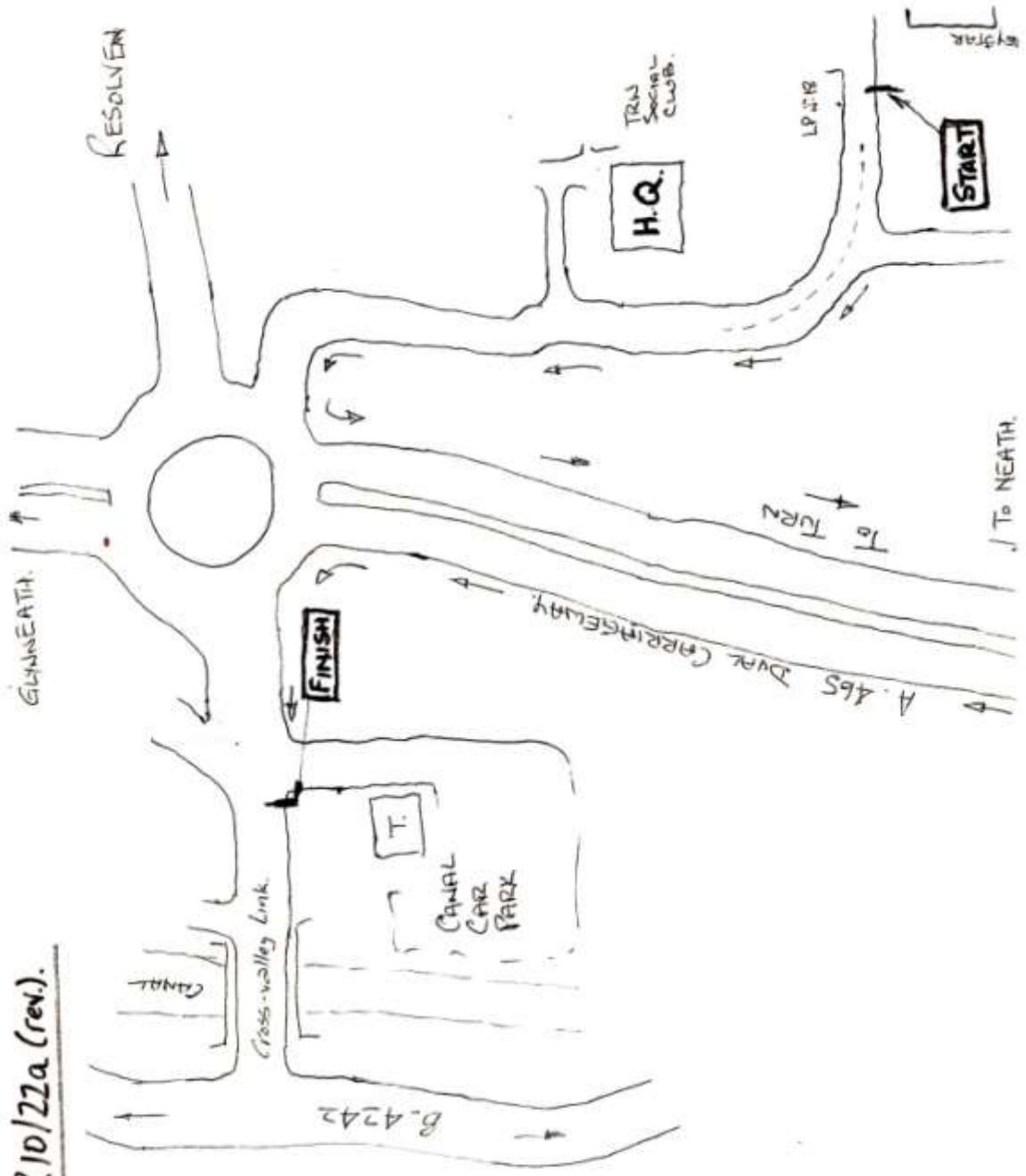
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## **Timekeepers**

Robin Field

Tudor Thomas

For course R10/22a (rev).



## Woman

No.	Name	Club	Age	Time
1	Georgina Harper	Cardiff Ajax	VW	10:01
2	Heather Dennis	Cardiff Ajax CC	VW	10:02
3	Sue Hollin	Monmouthshire Wheelers	VW	10:03
4	Gaynor Hughes	Bynea CC	VW	10:04
5	Suzie Warren	Ajax	W	10:05
6	Stephanie Post	Cardiff Ajax	W	10:06
7	Frances Williams	San Domenico	VW	10:07
8	Sally Harmer	Pembrokeshire Velo	VW	10:08
9	Nicola Griffiths	Bynea Cycling Club	VW	10:09
10	Susan Burnett	Newport Phoenix	VW	10:10
11	Michelle Robertson	Abercynon Road Club	VW	10:11
12	Nicola Howells	Bynea Cycling Club	VW	10:12
13	Sally Wilder	San Domenico	W	10:13
14	Nia James	Cardiff Ajax CC	W	10:14

## Men

15	Courtney Rowe	Cardiff Jif	V	10:15
16	John Diffey	San Domenico	V	10:16
17	Alexander Stephenson- Brown	University of Birmingham CC	S	10:17
18	John Regan	Pembrokeshire Velo	V	10:18
19	Richard Wilder	San Domenico	V	10:19
20	Joseph Beech	Ogmore Valley Wheelers	S	10:20
21	Richard Beech	Ogmore Valley Wheelers	V	10:21
22	Lloyd Morgan	San Domenico	S	10:22
23	Paul Rees	Bynea Cycling Club	V	10:23
24	Chris Fishbourne	Abercynon Road Club	S	10:24
25	David Medhurst	Cardiff Ajax CC	S	10:25
26	Jonny Webb	Gannet CC	V	10:26
27	Gareth Thomas	San Domenico	S	10:27
28	Christopher Goodwin	Ogmore Valley Whs	V	10:28
29	Chris Tatton	Sodbury Cycle-Sport	V	10:29
30	Harry Edney	Scuderia R T	S	10:30
31	Eric Grill	Cardiff Ajax CC	S	10:31
32	Anthony Mark Jones	Bynea Cycling Club	V	10:32
33	Chris Barnett	Bynea Cycling Club	S	10:33
34	Edward Malarczyke	Cwmcarn Paragon Road Club	V	10:34
35	Ian Rees	Pontypool RCC	V	10:35

36	John Seaward	San Domenico	S	10:36
37	Leigh Jones	Ride Bikes Wales	S	10:37
38	Steven Madeley	Ogmore Valley Whs	V	10:38
39	Thomas Ashford	Cardiff Jif	S	10:39
40	David Evans	Worcester St. Johns CC	V	10:40
41	Mark Nott	Ogmore Valley Whs	V	10:41
42	Andrew Grist	Bynea Cycling Club	V	10:42
43	Nic Forbes	Bynea Cycling Club	V	10:43
44	Edric Hobbs	Mendip Velo	V	10:44
45	Alex Stephenson-Brown	RLS Cycling Club	S	10:45
46	Chris Jowitt	Monmouthshire Wheelers	S	10:46
47	Gerard Oram	Bynea Cycling Club	V	10:47
48	Robert Saunders	North Bucks RC	V	10:48
49	Lee Watts	Bynea Cycling Club	S	10:49
50	Colin Richard Wallace	Merthyr CC	V	10:50
51	Andrew Harries	Ogmore Valley Whs	V	10:51
52	Nigel Thomas	Bynea Cycling Club	V	10:52
53	Mathew Atkins	Cwmcarn Paragon Road Club	V	10:53
54	Alexandre Touche	Cwmcarn Paragon Road Club	J	10:54
55	Richard Lawton	Newport Phoenix	V	10:55
56	Christopher Jones	Ride Bikes Wales	V	10:56
57	Ayrton Peel	Swansea University Cycling Club	S	10:57
58	Howell Bowen Mason	Ogmore Valley Wheelers	V	10:58
59	Daniel Gough	Swansea University Cycling Club	S	10:59
60	Earl Smith	Climb On Bikes	V	11:00
61	Thomas Weir	CC Ashwell	S	11:01
62	Kevin Thomas	Pontypool RCC	V	11:02
63	Richard Hayes	Taff Ely Triathlon Club	S	11:03
64	Jason Strange	Ogmore Valley Whs	V	11:04
65	David Brice	Bynea Cycling Club	V	11:05
66	Dan Hunt	Chippenham & Dist. Whs	S	11:06
67	John Shehan	Bynea CC	V	11:07
68	Thomas Vale	Swansea University Cycling Club	S	11:08
69	Mike Broadbent	Bynea CC	V	11:09
70	Gareth Rees	Cwmcarn Paragon	S	11:10
71	Adrian Sullivan	Merthyr CC	V	11:11
72	John Evans	Bynea CC	V	11:12
73	Gareth Robert Hill	Abercynon Road Club	V	11:13
74	Paul Griffiths	Carfiff Ajax	V	11:14
75	Rob Jones	Ogmore Valley Whs	S	11:15
76	Adam Jones	EC Cycles	S	11:16
77	Chris Massey	Cwmcarn Paragon	V	11:17

78	Phil Bradshaw	Cwmcarn Paragon	V	11:18
79	Christopher Gibbard	Bynea CC	S	11:19
80	B Xavier Disley	RST Sport/Aero-Coach	S	11:20
81	David Wilson-Evans	Bynea CC	V	11:21
82	Jonathan Pitt	Monmouthshire Wheelers	V	11:22
83	Tim Raine	Ogmore Valley Wheelers	V	11:23
84	Ian Mcdonald	San Domenico	V	11:24
85	Joseph Wiltshire	NFTO Race Club	S	11:25
86	Hamish Belding	Cardiff Ajax	S	11:26
87	Wayne Thomas	Pontypool RCC	S	11:27
88	Steve Morris	Ogmore Valley Wheelers	V	11:28
89	Mark Cane	Ajax	S	11:29
90	Billy Oliver	RST Sport/Aero-Coach	S	11:30