

# EC Cycles 10 Mile Time Trial

## Sunday 8<sup>th</sup> March 2015

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

Round 1 of the Celtic Series

[www.celticseries.co.uk](http://www.celticseries.co.uk)

### 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. **Please return race numbers.**

## **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.

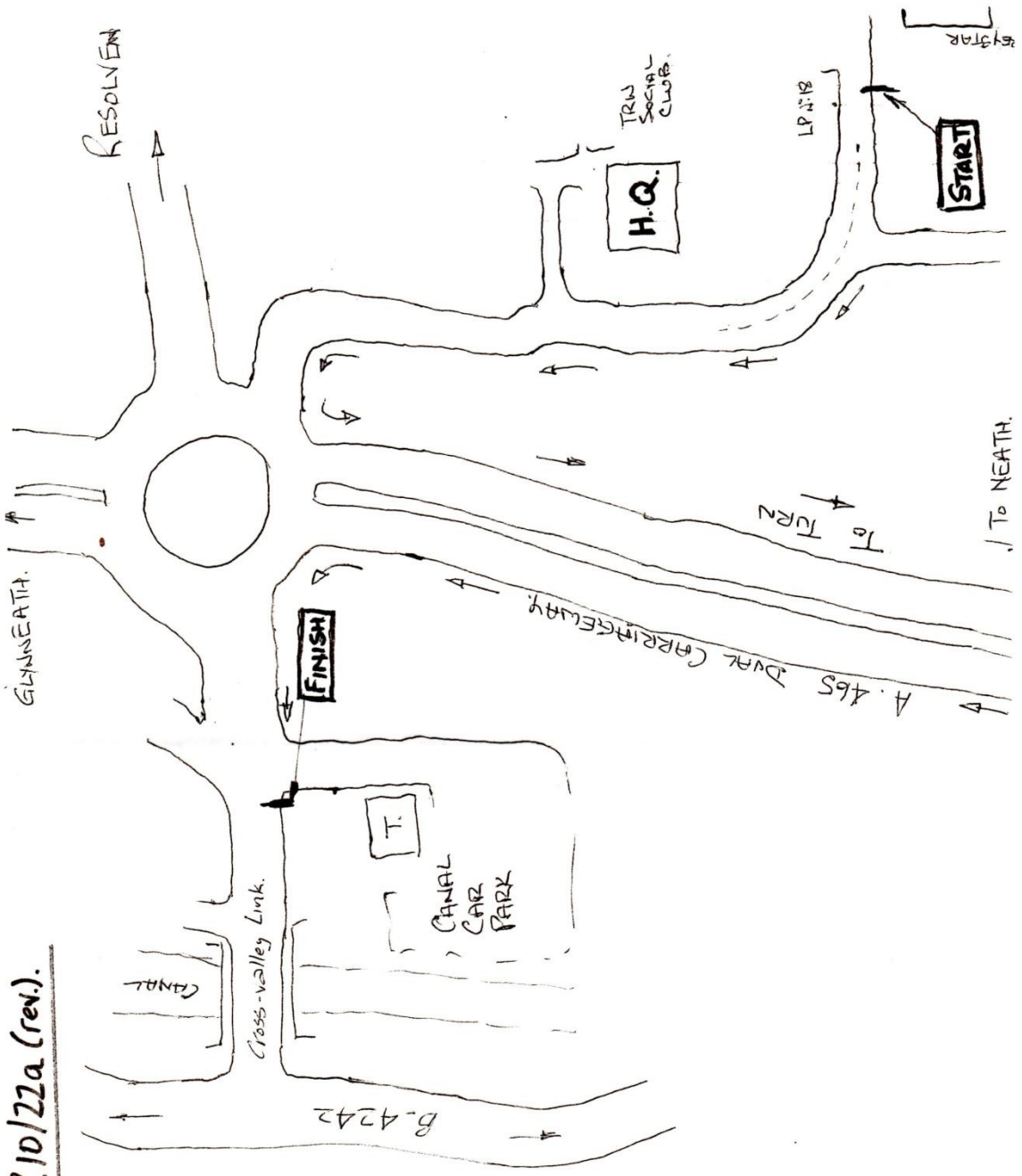
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## **Timekeepers**

Robin Field

Tudor Thomas

For course R10/22a (rev).



No.	Name	Club	Age	Time
1	Claire Manson	Castle Bikes Cycling & Triathlon Club	W	10:01
2	Nicola Griffiths	Bynea Cycling Club	VW	10:02
3	Jessica Hill	Cardiff Ajax CC	W	10:03
4	Lowri Phillips	San Domenico	W	10:04
5	Claire Moir	Scuderia R T	W	10:05
6	Kelly Rowland	Bynea Cycling Club	W	10:06
7	Charlotte Addicott	Cardiff Ajax CC	W	10:07
8	Michelle Robertson	Abercynon Road Club	VW	10:08
9	Hywel Iorwerth	Ajax	S	10:09
10	Courtney Rowe	Welsh CA	V	10:10
11	Karen Michelle Spiteri	sas saltandsham	VW	10:11
12	Nadine Cannon	Acme Wheelers	W	10:12
13	Frances Williams	San Dominico	W	10:13
14	Darren Chilcott	Bike Doctor	S	10:14
15	Martin Jenkins	Merthyr	V	10:15
16	Pete Gilbert	Monmouthshire Wheelers	V	10:16
17	Tim Raine	Ogmore Valley Wheelers	V	10:17
18	John Shehan	Bynea CC	V	10:18
19	Richard Beech	Ogmore Valley Wheelers	V	10:19
20	Christopher Gibbard	Bynea CC	S	10:20
21	Paul Jones	Cwmcarn Paragon	V	10:21
22	Diane Wilson-Evans	Bynea CC	VW	10:22
23	Chris Massey	Cwmcarn Paragon	V	10:23
24	David Wilson-Evans	Bynea CC	V	10:24
25	Joel Simpson	Ajax	V	10:25
26	Anthony Keaveney	Union Cycliste Ystrad Mynach	S	10:26

27	Wyn Evans	Merthyr Cycling Club	V	10:27
28	Andrea Parish	Camel Valley C & Tc	VW	10:28
29	Ioan Smallwood	Ajax	S	10:29
30	Christopher Harris	Newport Phoenix	S	10:30
31	Andy Gibbs	Cwmcarn Paragon	V	10:31
32	Christian Czyrko	Newport Phoenix	S	10:32
33	Hugh Daniels	Castle Bikes	V	10:33
34	Roger Wood	Pontypool RCC	V	10:34
35	Mathew Atkin	Cwmcarn Paragon	V	10:35
36	Justin Di Tomaso	Ajax	V	10:36
37	Ryan Phillips	Maindy Flyers	J	10:37
38	Paul Rees	Bynea CC	V	10:38
39	Alex Betts	Cwmcarn Paragon	V	10:39
40	Angharad Mason	Cardiff Jif	W	10:40
41	Thom Hadfield	Pontypool RCC	S	10:41
42	Josh Townsend	Bynea CC	J	10:42
43	Jonathan De-Gare Pitt	Monmouthshire Wheelers.	V	10:43
44	Nicholas Cleave	Swansea Wheelers/CS Abertawe	V	10:44
45	Daniel Edwards	Sotonia CC	S	10:45
46	Danielle Flawn	Bynea Cycling Club	W	10:46
47	Jahan Hunter	Sotonia CC	S	10:47
48	Wayne Evans	Bynea Cycling Club	V	10:48
49	Matthew Smith	Port Talbot WhsÂ CC	S	10:49
50	Joseph Beech	Ogmore Valley Whs	S	10:50
51	James Manson	Castle Bikes Cycling & Triathlon Club	S	10:51
52	Philip Tugwell	Extreme Culture Cycles (EC Cycles)	S	10:52
53	Nigel Taylor	Cardiff Ajax CC	S	10:53
54	James Tugwell	Extreme Culture Cycles (EC Cycles)	S	

				10:54
55	Stuart Evans	Port Talbot WhsÂ CC	V	10:55
56	James White	San Domenico	V	10:56
57	Simon Kinsey	Acme Whs (Rhondda) CC	V	10:57
58	Jon Vickery	Cwmcarn Paragon Road Club	V	10:58
59	Huw Evans	EC Cycles	V	10:59
60	Anthony Mark Jones	Bynea Cycling Club	V	11:00
61	Phil Wilks	Sotonia CC	S	11:01
62	Ross Morgan	Acme Whs (Rhondda) CC	S	11:02
63	Lee Watts	Bynea Cycling Club	S	11:03
64	Lloyd Morgan	San Domenico	V	11:04
65	Alex Stephenson-Brown	RST Sport/Aero-Coach	S	11:05
66	James Peckham	Sotonia CC	S	11:06
67	Anthony Williams	Ogmore Valley Whs	V	11:07
68	David Brice	Bynea Cycling Club	V	11:08
69	Matthew Phillips	Bynea Cycling Club	S	11:09
70	Peter Kibble	Velocity WD-40	J	11:10
71	Andrew Harries	Ogmore Valley Whs	V	11:11
72	James Gadd	RST Sport/Aero-Coach	S	11:12
73	John Evans	Bynea Cycling Club	V	11:13
74	Steven Madeley	Ogmore Valley Whs	V	11:14
75	Toby Hopper	Cardiff Ajax CC	S	11:15
76	Evan Powell	Pontypool RCC	S	11:16
77	Brad Davies	Bynea Cycling Club	V	11:17
78	Chris Barnett	Swansea Wheelers/CS Abertawe	S	11:18
79	Alexander Jenkins	Bynea Cycling Club	S	11:19
80	Christopher Jones	Ride Bike Wales	V	11:20
81	Howell Mason	Ogmore Valley Whs	V	11:21

82	Martyn Jenkins	Abercynon Road Club	V	11:22
83	Thomas Weir	Swansea University Cycling Club	S	11:23
84	Nic Forbes	Bynea Cycling Club	V	11:24
85	John Hughes	Rhondda Triathlon Club	V	11:25
86	Wayne Thomas	Pontypool RCC	S	11:26
87	Paul Williams	Bynea Cycling Club	V	11:27
88	Mark Williams	Port Talbot WhsÂ CC	V	11:28
89	Chris Goulden	Extreme Culture Cycles (EC Cycles)	V	11:29
90	Jimmy Little	Velo Club St Raphael	V	11:30
91	Dave Jenkins	Abercynon Road Club	V	11:31
92	Christopher Goodwin	Ogmore Valley Whs	V	11:32
93	Chris Fishbourne	Abercynon Road Club	V	11:33
94	Gareth Davies	RAF	S	11:34
95	Allan Aird	Mommoth Wheeler	S	11:35
96	Gareth Hill	Abercynon Road Club	V	11:36
97	Scott Nash	Pembrokeshire Velo	V	11:37
98	Gareth Price	Mommoth Wheeler	S	11:38
99	Alexandre Touche	Cwmcarn Paragon Road Club	J	11:39
100	B Xavier Disley	RST Sport/Aero-Coach	S	11:40
101	Alex Richards	Abercynon Road Club	S	11:41
102	Tom Clode	Team NBCC	S	11:42
103	Jonney Web	Gannet CC	V	11:43
104	Alan Haycox	Bike Doctor	V	11:44
105	John Regan	Pembrokeshire Velo	V	11:45
106	Andrew Hayward	Cwmcarn Paragon Road Club	V	11:46
107	Brian Parker	Abercynon Road Club	V	11:47
108	Gary Burley	Mommoth Wheeler	V	11:48
109	Daniel Gough	Swansea University Cycling Club	S	

				11:49
110	Billy Oliver	Bikescience/Boardman Elite	S	11:50
111	Chris Jowitt	Mommoth Wheeler	S	11:51
112	Gethin Llewelyn	Swansea University Cycling Club	S	11:52
113	Paul Hayward	Cwmcarn Paragon Road Club	V	11:53
114	Nigel Williams	Merthyr CC	V	11:54
115	Mark Nott	Ogmore Valley Whs	V	11:55
116	Rod Hicks	Port talbot Wheelers	V	11:56
117	Paul Cannon	Porth and District	V	11:57
118	Collin Richard Wallace	Merthyr CC	V	11:58
119	Ian Mcdonald	San Dominico	V	11:59
120	Graham Moir	Royal Navy & Royal Marines CA	V	12:00
Res.	Andrew Storrie	Ogmore Valley Wheelers	V	
Res.	Susan Burnett	Newport Phoenix	VW	
Res.	Richard Lawton	Newport Phoenix	V	