

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations



SOUTH WALES DISTRICT

PRESENT

**THE 2018 SOUTH WALES DISTRICT
NATIONAL YOUTH CHAMPIONSHIP
10-MILE CYCLING TIME TRIAL**

Saturday, May 5th, 2018 starting at 14.15hrs on the R10/23 course

Headquarters – Glynneath Leisure Centre, SA11 5HW

TIMEKEEPERS

**NORMAN JAMES – OGMORE VALLEY WHS
TUDOR THOMAS – BYNEA CC**

EVENT SECRETARY

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

01639 - 770581

Marshals and Catering – Members of the Port Talbot Wheelers

ORDER OF START

No.	NAME	CLUB / SCHOOL / TEAM	CAT	START
15	TOMOS PERKINS	TOWY RIDERS	B13	14:15
16	IAGO WILLIAMS	TOWY RIDERS	B13	14:16
17	JACK RAMSBOTTOM	WEST WALES CRT	B14	14:17
18	MORGAN LLOYD	TOWY RIDERS	B13	14:18
19	DAFYDD WRIGHT	WEST WALES CRT	B14	14:19
20	EUAN HAWKINS	MAINDY FLYERS	B15	14:20

CAT – Age at 31/08/17

AWARDS

Fastest Rider
(Fastest Boy and Fastest Girl)

Automatic entry to the National Final plus a GHS Medallion presented at the National Final.

2nd and 3rd Fastest
(Boys and Girls)

Automatic entry to the National Final plus a GHS Certificate presented at the National Final.

Fastest Rider in each
Age Category (based on the riders age on the 31st
August in the year of the competition).

Automatic entry to the National Final plus a GHS Certificate presented at the National Final.

Fastest Team of 3
(same club, team or school)

Automatic entry to the National Final plus a GHS Certificate presented at the National Final.

All finishers

Commemorative Medal and Certificate.

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

R10/23 'BACK ROAD' COURSE DESCRIPTION

R10/23 START on the B4242 Old Vale of Neath Road at the entrance to F.E. Chick just north-east of Rheola Pond. Proceed south-west on the B4242 to Resolven junction. Continue south-west on the B4242 passing through Abergarwed village and Ynysarwed village to the 'Rock and Fountain' hill, climb and continue to TURN with care at the break in the dual-carriageway opposite the Groundhog factory at Ynysgerwen, SA10 8HH (5.0 miles).

Descend hill and retrace route north-eastwards along the B4242 through Ynysarwed village and Abergarwed village. Continue north-eastwards through Resolven junction and past Rheola Pond to FINISH directly opposite the start.

There is no car parking near the start and to attempt to do so will endanger competitors.

NOTES TO ALL COMPETITORS

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

Please also remember to sign back in when you finish!

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.

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 ;)

RACE H.Q. – GLYNNEATH LEISURE CENTRE, CHAIN ROAD, GLYNNEATH, SA11 5HW

The headquarters will be open at about 13.00hrs and race numbers will be available almost immediately.

You'll get to the event via the A465 and McDonalds™ have very conveniently placed a restaurant at the Blaengwrach roundabout (SA11 5NZ) on the A465 where you need to turn towards Glynneath and then the HQ is the first main turning right.

Getting to the start is a doddle. Go back to the road where you turned in to get to the Leisure Centre and carefully turn right (i.e. away from Mickey D's) and then immediately left onto the B4242. It's about two miles so a 15mph plod will take you eight minutes so allow at least ten minutes.

Please take care when warming-up and avoid turning in the road. Competitors are not allowed to pass the start until they actually start the event.