

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

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

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 do so will endanger competitors.

NOTES TO ALL COMPETITORS

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.

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 turn right (i.e. away from Mickey D's) 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.



SOUTH WALES DISTRICT

PRESENT

THE 2016 SOUTH WALES DISTRICT GHS 10-MILE TIME-TRIAL CHAMPIONSHIP

Saturday, May 7th, 2016 starting at 14.08hrs 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

No.	NAME	CLUB / SCHOOL / TEAM	CAT	START	AWARDS	
1	JOSHUA TARLING	WEST WALES CRT	B12	14:08	Fastest Rider (Fastest Boy and Fastest Girl)	Automatic entry to the National Final plus a GHS Medallion presented at the National Final.
2	SAMUEL REAKES	BYNEA CC	B15	14:09		
3	MORGAN JONES	CWMCARN PARAGON	B15	14:10	2 nd and 3 rd 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 31 st 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.

George Herbert Stancer OBE (1878-1962)

The George Herbert Stancer 10-Mile Time Trial Championship is named in tribute to a man of many talents. George Herbert Stancer or GHS as he was known, in his early years was a nationally renowned performer on both cycle and tricycle holding many titles & records.

Throughout his career he was a leading administrator of the sport, taking over the presidency of the CTC in 1920 at a time when the membership was only about 8,500. Almost from the day he took over the membership started to grow again, and he had the satisfaction of seeing it rise to over 50,000 before his retirement in 1945. GHS was also for several years editor of cycling magazine and he continued to be active in the sport until his death in 1963.

After his death a trust fund was established with the aim of promoting and encouraging participation amongst the young. To this end the National Schools 10-mile championship was formed and later adopted by the RTTC in 1970.

N.B. The 2016 PTW 10-mile Open time-trial immediately follows this event

CAT = The riders age as at 31/08/16.