

# **Merthyr Cycling Club and EC Cycles 10 Mile Time Trial**

## **Sunday 4<sup>th</sup> March 2018**

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

Timekeepers – Start: Martyn Heritage-Owen, Finish: Robin Field, Recorder:  
Frances Field

Pusher off and Marshals: Members of the Merthyr CC

### **Event Secretary**

Lewis Bevan, 34 Heol S O Davies, Georgetown, Merthyr Tydfil. CF48 1DR

**To whom complaints should be made in writing within 24hrs.**

### **Event Headquarters and Parking**

TRW Club Resolven – Available from 9:00am

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

Tel: 0752 396 0555. Email: eccyclesmerthyr@hotmail.com

### **Course Description – R10/22a**

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. Safety 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

**REMEMBER to sign in and sign out after the race. Failure to do so will result in a disqualification.**

### **Safety**

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRAILS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD. IT IS A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE REGULATION 15 AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE. **Please do not use adhesive tape to affix your race number, use the pins provided.**

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.

### **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**

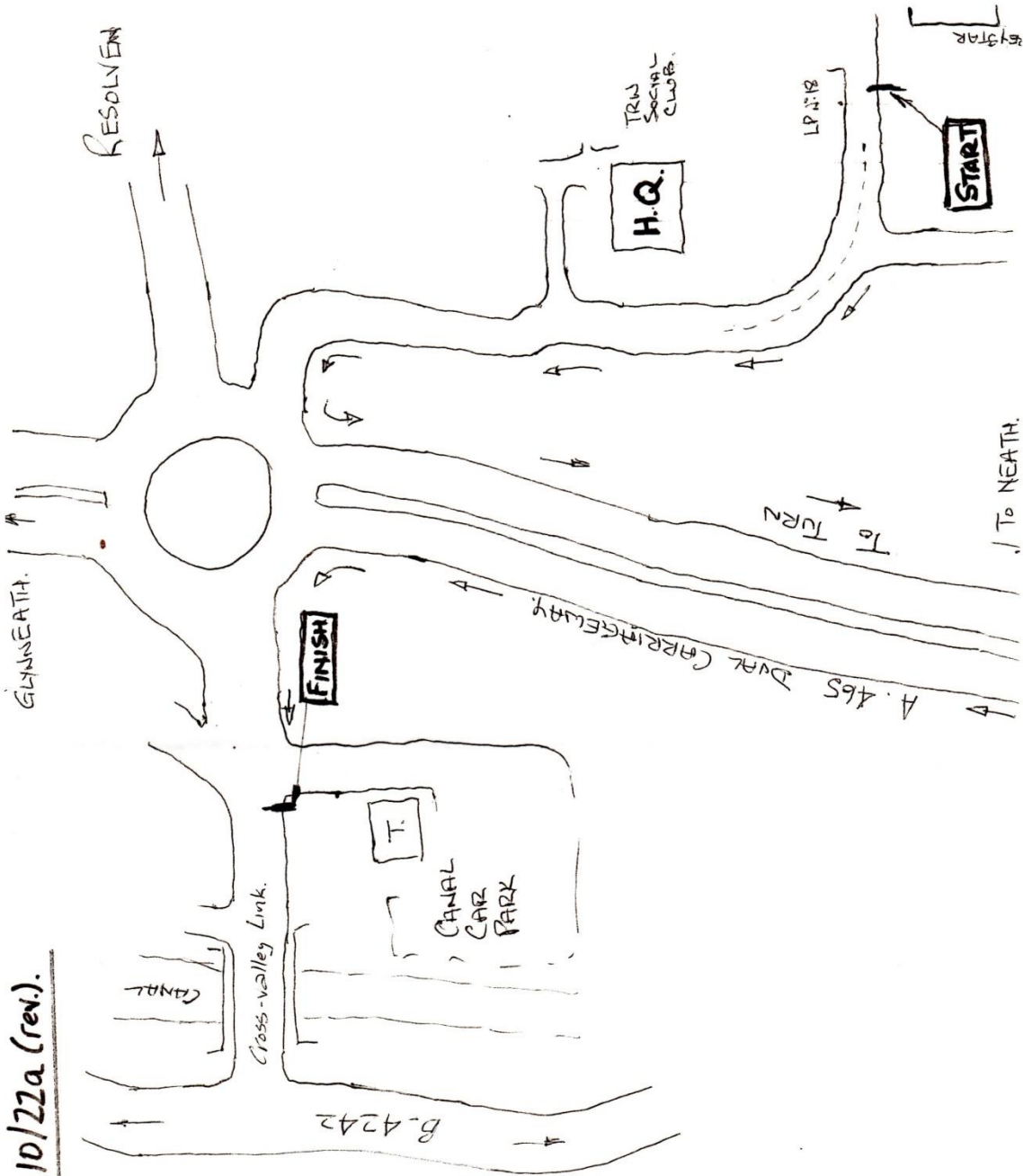
Male 1st -£20, 2<sup>nd</sup> - £15, 3<sup>rd</sup> -£10

Female: 1st -£20, 2<sup>nd</sup> - £15, 3<sup>rd</sup> -£10

**Finally, with a new season starting a reminder, it is your responsibility to keep your LTS information current on the Internet Entry system. Edit your profile! Unlike the pb's section this is not automatically updated.**

***Have a safe ride - Lewis***

For course R10/22a (rev).



No	Name	Club	Cat	Time
2	Thomas Few	Merthyr CC	M	10:02
3	Brian Parker	Abercynon Road Club	MV	10:03
4	Will Munday	Tri Training Harder	M	10:04
5	Oliver Walker-Hayes	University of Bristol Cycling Club (UOBCC)	M	10:05
6	David Thomas	Rhondda Triathlon Club	M	10:06
7	Elynor Backstedt	Backstedt/Hotchillee	Fjun	10:07
8	Kevin Thomas	Pontypool Road Cycling Club	MV	10:08
9	Dave Symmons	Bynea Cycling Club	MV	10:09
10	Nathan Leaves	Cwmcarn Paragon Road Club	M	10:10
11	Colin Wallace	Merthyr CC	MV	10:11
12	Neil Meredith	Abercynon Road Club	M	10:12
13	Kyle Jones	Cwmcarn Paragon Road Club	Juv	10:13
14	Alex Richards	Abercynon Road Club	M	10:14
15	Rod Hicks	Port Talbot Whs CC	MV	10:15
16	Paul Jones	Team Backstedt Bike Performance	MV	10:16
17	Neil Turner	Hereford Triathlon Club	MV	10:17
18	Jairus Soquena	Pinoy Cycling Club UK	MV	10:18
19	Bethany Bennett	Towy Racing Cycling Club (TRCC)	Fjuv	10:19
20	Chris Smith	Cwmcarn Paragon Road Club	M	10:20
21	Lee Perrott	Cycle Specific	M	10:21
22	Diane Wilson-Evans	Bynea Cycling Club	WV	10:22
23	Robert Hall	Cycle Specific	M	10:23
24	Sally Harmer	Pembrokeshire Velo	WV	10:24
25	David Wilson-Evans	Bynea Cycling Club	MV	10:25
26	Thomas Dye	Cardiff Ajax CC	M	10:26
27	Blaine Phelps	Merthyr CC	MV	10:27
28	Alice Earle	VeloVitesse	W	10:28
29	Michael Collins	Bristol South Cycling Club	MV	10:29
30	Richard Gambling	VELOFLOW CC	MV	10:30
31	Chris Fishbourne	Team Backstedt Bike Performance	MV	10:31
32	Brad Davies	Bynea Cycling Club	MV	10:32
33	Nic Forbes	Bynea Cycling Club	MV	10:33
34	Andrew Blanco-Martin	Port Talbot Whs CC	MV	10:34
35	Andy Davies	Cardiff Jif	M	10:35
36	Richard Long	Merthyr CC	M	10:36
37	Mark Binding	Merthyr CC	M	10:37
38	Michelle Fishbourne	Team Backstedt Bike Performance	WV	10:38
39	Patrick Jerome	Ride Bike Wales	MV	10:39
40	Thomas Weir	Hitchin Nomads CC	M	10:40
41	Robert Hughes	Ride Bike Wales	MV	10:41
42	Joel Ormerod	Virtual Cycling Club	M	10:42
43	Gaynor Hughes	Bynea Cycling Club	WV	10:43

No	Name	Club	Cat	Time
44	Ella Barnwell	Towy Racing Cycling Club (TRCC)	Fjun	10:44
45	Michiel Vaal	Team Backstedt Bike Performance	MV	10:45
46	Richard Wilder	Sportzmad	MV	10:46
47	Andrew Hayward	Cwmcarn Paragon Road Club	MV	10:47
48	Robert Lucas	Port Talbot Whs CC	MV	10:48
49	Ross Phillips	Cwmcarn Paragon Road Club	MV	10:49
50	Christopher Gibbard	Bynea Cycling Club	M	10:50
51	Dean Ware	Team Backstedt Bike Performance	M	10:51
52	Owain Roberts	Port Talbot Whs CC	M	10:52
53	Jasmine Bowyer	Cardiff Ajax CC	W	10:53
54	Claire Bird	Pontypool Road Cycling Club	W	10:54
55	Chris Boddy	Didcot Phoenix CC	M	10:55
56	Andrew Rowles	Cardiff Ajax CC	M	10:56
57	Anthony Williams	Ogmore Valley Wheelers CC	MV	10:57
58	Gareth Hill	Abercynon Road Club	MV	10:58
59	Sam Adamson	Bynea Cycling Club	M	10:59
60	Chris Massey	Team Backstedt Bike Performance	MV	11:00