

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

R10/23 'BACK ROAD' COURSE DESCRIPTION (SAME AS 2014)

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.

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



SOUTH WALES DISTRICT

PRESENT

THE 2015 SOUTH WALES DISTRICT GHS 10-MILE TIME-TRIAL CHAMPIONSHIP

Saturday, May 2ND, 2015 starting at 14.01hrs 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
1	MORGAN HENDRY	PORT TALBOT WHS	B16	14:01
2	DYLAN SHARRATT	PEMBROKESHIRE VELO	B14	14:02
3	ALEC MORRIS	ACME WHS	B15	14:03

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.

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 2015 PTW 10-mile Open time-trial immediately follows this event

CAT = The riders age as at 31/08/15.

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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

This event is preceded by the GHS District Championship. Apart from being the South Wales District Championship it is also the qualifier for the National GHS Championship due to be held in early September. Please give these young riders every encouragement and please stay for their award presentation.

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.

The CTT, the South Wales Police and the event organiser all strongly recommend the use of Snell/ANSI helmets (compulsory for all riders under 18 years of age).

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 from about 13.15hrs.

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.

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PORT TALBOT WHEELERS C.C.

Founded 1926

PRESENT AN OPEN 10 MILE TIME-TRIAL



"The unofficial Veteran's World Championships"



Saturday, May 2nd, 2015 starting at 14.07hrs on the R10/23 'Back Road'

(Preceded by the GHS District Championship, starting at 14.01hrs)

Headquarters – Glynneath Leisure Centre, SA11 5HW

AWARDS LIST

Fastest Rider - £30

Fastest Vet on Std - £20

2nd Fastest - £20

2nd Vet on Std - £15

3rd Fastest - £10

3rd Vet on Std - £10

Fastest Lady - £15

Fastest Lady Vet on Std - £10

Team of 3 Riders - £30

Strictly one prize per rider (except team) but 'unused' prizes will be passed down!

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



No.	NAME	CLUB / TEAM	CAT		START
1	MORGAN LEY	PORT TALBOT WHS	B16		14:01
2	DYLAN SHARRATT	PEMBROKESHIRE VELO	B14		14:02
3	ALEC MORRIS	ACME WHS	B15		14:03

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
6	SHIRLEY HOWELL	PORT TALBOT WHS	LV49	28:48	14:06
7	GERWYN SPARKS	ABERCYNON RC			14:07
8	NEIL GREGORY	PORT TALBOT	V48	28:36	14:08
9	JILL COLMAN	PEMBROKESHIRE VELO	LV50	28:53	14:09
10	ERIC GRILL	RST SPORT/AERO-COACH			14:10
11	MARCO MARLETTA	CARDIFF JIF	V48	26:36	14:11
12	JEFFREY REES	ACME WHS CC	V51	26:50	14:12
13	BRAD DAVIES	BYNEA CC	V48	26:38	14:13
14	PAUL HAYWARD	CWMCARN PARAGON RC	V43	26:13	14:14
15	MORGAN HENDRY	PORT TALBOT WHS	J17		14:15
16	CHRIS FISHBOURNE	ABERCYNON RC	V41	26:04	14:16
17	CHRIS 'CJ' JONES	PORT TALBOT WHS	V51	26:50	14:17
18	KEVIN BARTLEMORE	ACME WHS CC	V47	26:32	14:18
19	PAUL BENNETT	UC YSTRAD MYNACH	V59	27:32	14:19
20	MARK NOTT	OGMORE VALLEY WHS	V46	26:27	14:20

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
21	DANIEL GOUGH	SWANSEA UNIVERSITY CC			14:21
22	PHILIP BATCH	BYNEA CC	V58	27:26	14:22
23	SCOTT NASH	PEMBROKESHIRE VELO	V45	26:23	14:23
24	DARREN CHILCOTT	BIKE DOCTOR			14:24
25	PAUL COLMAN	PEMBROKESHIRE VELO	V54	27:04	14:25
26	STEPHEN LANDEG	OGMORE VALLEY WHS	V61	27:44	14:26
27	LES THOMAS	PORT TALBOT WHS	V53	26:59	14:27
28	SALLY HARMER	PEMBROKESHIRE VELO	LV53	29:09	14:28
29	MICHELLE ROBERTSON	ABERCYNON RC	LV48	28:48	14:29
30	WILL JENKINS	PEMBROKESHIRE VELO	V42	26:09	14:30
31	DALE JONES	BYNEA CC	V49	26:41	14:31
32	BRIAN PARKER	ABERCYNON RC	V40	25:59	14:32
33	ROSS MORGAN	ACME WHS			14:33
34	KURT CONSTABLE	ABERCYNON RC			14:34
35	ROD HICKS	PORT TALBOT WHS	V50	26:45	14:35
36	JOHN SHEHAN	BYNEA CC	V68	28:42	14:36
37	TONY HOWELL	PORT TALBOT WHS	V50	26:45	14:37
38	PAUL REES	BYNEA CC	V50	26:45	14:38
39	ROSS SIMPSON	URBAN-CYCLERY.CO.UK RT			14:39
40	CHRIS JONES	RIDE BIKE WALES	V45	26:23	14:40