

R10/23 'BACK ROAD' COURSE DESCRIPTION (SAME AS 2013)

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

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.

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

PORT TALBOT WHEELERS C.C.

Founded 1926

PRESENT AN OPEN 10 MILE TIME-TRIAL



"The unofficial Veteran's World Championships"



Saturday, May 3rd, 2014 starting at 14.11hrs 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 - £10

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

ANDY DAVIES – SWANSEA WHS
TONY HOWELL – PORT TALBOT WHS

EVENT SECRETARY

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

01639 - 770581



No.	NAME	CLUB / TEAM	CAT	VET/STD	START
11	SERGIO HENRIQUES	GUERNSEY VC	V43	26:13	14:11
12	ADAM JONES	EPIC CYCLES RC			14:12
13	Not Allocated				14:13
14	ALLAN RENYARD	GUERNSEY VC	V72	29:26	14:14
15	DANI KING	WIGGLEHONDA	L		14:15
16	MARK NOTT	OGMORE VALLEY WHS	V45	26:23	14:16
17	GAYNOR HUGHES	BYNEA CC	LV49	28:48	14:17
18	PAUL GRIFFITHS	CARDIFF AJAX CC	V49	26:41	14:18
19	MARCO MARLETTA	VTTA (SOUTH WALES)	V47	26:32	14:19
20	ROD HICKS	PORT TALBOT WHS	V49	26:41	14:20
21	ANTHONY REDMAN	PORTH & DISTRICT CC			14:21
22	BOB JONES	CARDIFF 100 MILES RCC	V62	27:51	14:22
23	NORMAN JAMES	OGMORE VALLEY WHS	V75	30:07	14:23
24	BOB IBELL	BYNEA CC	V78	30:58	14:24
25	JOE BEECH	OGMORE VALLEY WHS			14:25
26	JOHN SHEHAN	BYNEA CC	V67	28:32	14:26
27	BILL GANNON	PORT TALBOT WHS			14:27
28	DANIELLE FLAWN	BYNEA CC	L		14:28
29	KURT CONSTABLE	ABERCYNON RC			14:29
30	DAVID BRICE	BYNEA CC	V52	26:54	14:30
31	PAUL DURRANT	CC ALBATERA	V69	28:52	14:31
32	PAUL HAYWARD	CWMCARN PARAGON	V43	26:13	14:32
33	KEN SQUIBB	CARDIFF AJAX CC	V78	30:58	14:33
34	SALLY HARMER	PEMBROKESHIRE VELO	LV52	29:03	14:34
35	PHILL SYKES	VC ST RAPHAEL	V40	25:59	14:35

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
36	CHRIS BARNETT	BYNEA CC			14:36
37	ROSS SIMPSON	URBAN-CYCLERY.CO.UK			14:37
38	PAUL REES	BYNEA CC	V49	26:41	14:38
39	LEIGH JONES	RIDE BIKES WALES			14:39
40	NICK NOBLE	BH SOLIDOR WAM	V48	26:36	14:40
41	CLINTON EVANS	CC BLAENAU GWENT	V41	26:04	14:41
42	CHRIS MATTHEWS	FORZA CYCLES	V48	26:36	14:42
43	CHRIS JONES	RIDE BIKES WALES	V44	26:18	14:43
44	STEVE BATE	WHEELBASE ALTURA MGD			14:44
45	DAVID CRAWLEY	FIBRAX-WREXHAM RC			14:45