

## Course Description for R10/4

START at Northern end of farm gate opposite service road approx. half a mile South West of Llandovery town on A4069, Proceed South West on A4069 to turn in the road at Southern boundary wall of Llangadog School, lamp standard 112-6-4, Retrace back over route on A4069 to finish at Northern end of farm gate approx. 75 yards short of starting point.

All riders are asked to comply with the following requests:

DO NOT park or stop your car inconsiderately. Remember that we are guests in the village.  
DO NOT leave your number flapping - four pins are supplied for each - USE THEM  
DO NOT allow your friends and relations to follow you around the course - it's not allowed.  
DO call your number to the finishing timekeeper or your time may not be recorded.  
DO keep your head up, be aware of your surroundings and HAVE A SAFE RIDE

### **Important Notice to all Riders**

**The WCA, CTT and Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards and to use a constant or flashing rear light.**

**For ALL Riders under the age of 18 these helmets are COMPULSORY.**

**Marshall's will be positioned around the course they are there to show you the way, they have no authority over the traffic.**

**Please be familiar with the course. It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so.**

Event Secretary:

Mark Hiddlestone, 14 South Street, Taibach, Port Talbot SA13

1TB

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## West Wales Cyclists' League Open 10 Mile Time Trial

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

### Saturday 22<sup>nd</sup> April 2012

Start Timekeeper - Julia Jones

Finishing Timekeeper - Tudor Thomas

Course R10/4, first rider off at 14-01

### Awards

**WWCL Awards (one rider, one prize):**

Fastest rider: £20

Second Fastest: £15

Third Fastest: £10

1<sup>st</sup> Woman: £10

1<sup>st</sup> Vet on Std: £10

Headquarters.

Llandovery RFC

Numbers will be at HQ

Return your number for a free drink.

No	Start Time	Name	Club	LTS	Age	CAT	Vets Target
1	14.01	Robert Ibell	Bynea C C	32.57	76	V	32.32
2	14.02	Gary Gregory	Port Talbot Whs			S	
3	14.03	Jon Vickery	Cwmcarn Paragon RC	22.20	48	V	26.31
4	14.04	Norman James	Ogmore Valley Whs	29.38	72	V	31.36
5	14.05	Michael Portlock	V C L'Escargot	21.30	41	V	25.11
6	14.06	John Williams	Port Talbot Whs	32.02	65	V	30.01
7	14.07	Nia James	Cardiff Ajax		37	L	
8	14.08	David Seward	Bynea C C	22.45	53	V	27.30
9	14.09	Alexis Tarrant	Cardiff Ajax	35.10	24	L	
10	14.10	Ben Phillips	Bynea C C	21.54	23	S	
11	14.11	Katie Williams	Cardiff Ajax	31.14	22	L	
12	14.12	Gareth Rees	Cwmcarn Paragon RC		32	S	
13	14.13	Nigel Pitt	Port Talbot Whs	24.47	52	V	27.18
14	14.14	Russell White	Forza Cycles	22.50	38	S	
15	14.15	Darran Carpenter	Cwmcarn Paragon RC	22.00		S	
16	14.16	Justyn Davies	Towy Racers C C	23.11	43	V	25.33
17	14.17	Adrian Adams	Cardiff Ajax		28	S	
18	14.18	Matthew Phillips	Bynea C C	24.49	24	S	
19	14.19	Stephen Landeg	Ogmore Valley Whs	25.47	58	V	28.31
20	14.20	Luke Dix	Cardiff JIF	20.21	34	S	
21	14.21	Emyr Griffiths	Bynea C C	22.42	44	V	25.45
22	14.22	Joseph Wiltshire	Cwmcarn Paragon RC	24.08	16	J	
23	14.23	Justin Parker	Cardiff Ajax	24.00	34	S	