

Numbers will be at HQ, Free Refreshments on return of number

Course description for R10/22A:

R10/22A START on Vale of Neath Supplier Estate service road opposite Lamp Post No. 18. Proceed eastwards along service road to Resolven Roundabout (0.458 miles). (N. B. Safety Notice:- Do not cross the centre line of road on right hand bend). Take 1st.left along A465 dual carriageway westbound to 1st exit left (4.862 miles). Continue up the loop to Tonna Roundabout where take 1st exit to Aberdulais Interchange. Take 4th.exit (5.505 miles) down slip road to re-join A465 dual carriageway. Proceed eastbound to Resolven Roundabout where take 1st.exit left to FINISH at access road to Canal Car Park on cross-valley link road (10.006 miles).

All riders are asked to comply with the following requests

- DO NOT park or stop your car within sight of the starting or finishing timekeeper.
- DO NOT park in or within the vicinity of Halt Road, Rhigos
- DO NOT warm up on the course once the event has started
- DO NOT use a turbo trainer within 100m of dwellings
- 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.
For ALL Riders under the age of 18 these helmets are compulsory.
Marshalls will be positioned around the course they are there to show you the way, they have no authority over the traffic.

Please note we are not allowed to place direction arrows on the Dual Carriageway, please ensure you are familiar with the course, so there are no surprises. It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so

Any complaints regarding the event must be made in writing to the Event Secretary within 24hrs. The full result of this event will be published on www.welshcycling.org

Port Talbot Wheelers CC.

In Conjunction with its sponsors

CJ Construction Wales Ltd. and Lyndonjones@hotmail.co.uk

Present

OPEN 10 MILE TIME-TRIAL

Tuesday July 9th

Round 6 of the 2019 Celtic Series

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

Start timekeeper – Tony Howell – Port Talbot Wheelers

Finish timekeeper – Tudor Thomas – Bynea

Course R10/22A

First Rider Starts @ 18:32

RACE H.Q. – TRW SPORTS & SOCIAL CLUB

Resolven, Neath, West Glamorgan, SA11 4HN

Please leave parking spaces just outside the HQ for those associated with event organisation i.e.

Timekeepers, Marshals, Caterers etc.

Please do not park in the large carpark next to the Event H.Q

Please note that it is now a requirement to sign off at the end of the event

Event Secretary:

Owain Roberts, 103 Cwmclais Road, Cwmavon, Port Talbot, SA12 9NA

Tel: 07875029392



We appreciate that you may want to leave quickly, but please stay to eat cakes and applaud the prize winners.



AWARDS

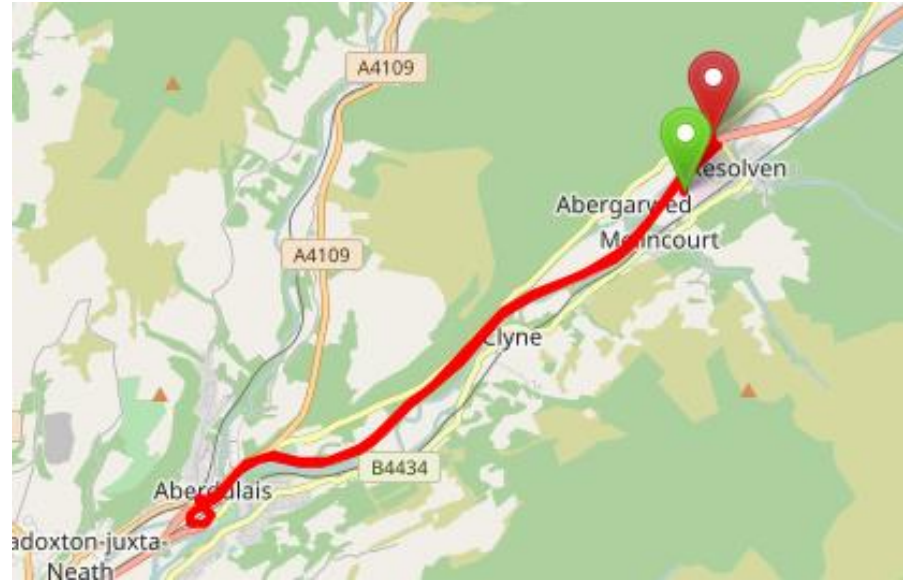
Fastest Rider	£40
2nd Fastest Rider	£30
3rd Fastest Rider	£20
Fastest Male Vet on STD	£30
Fastest Female Vet on STD	£30
Fastest Junior	£15
Fastest Juvenile	£15

PLEASE NOTE ONE RIDER ONE PRIZE

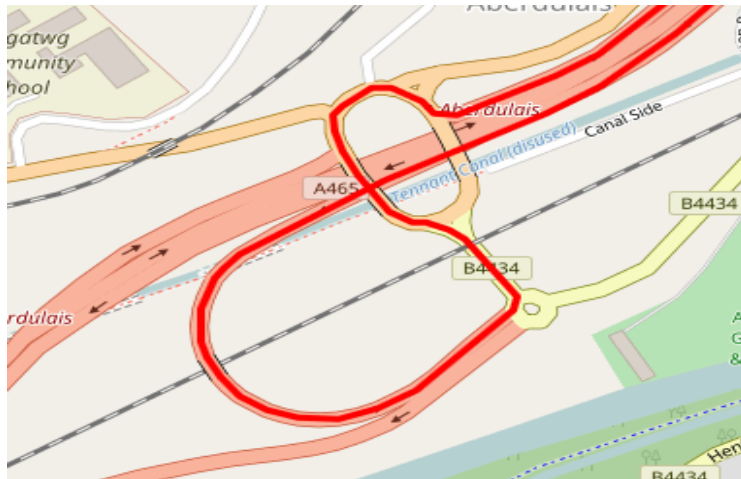




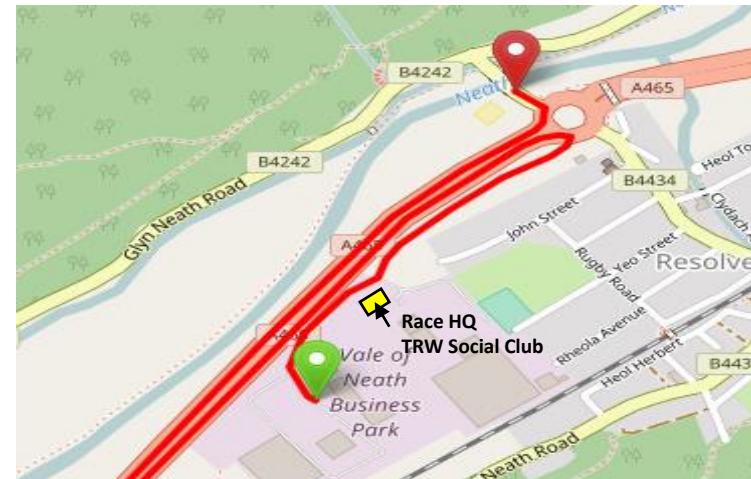
R10/22A Course



The Turn



Start/Finish



**Port Talbot Wheelers Open 10 Mile TT
(Round 6 of 9 in the 2019 celtic Series)**

NO	Start Time	Name	Surname	Club	Gender	Category	Age
32	18:32	Ross	Morgan	Port Talbot Whs CC	Male	Senior	30
33	18:33	David	Leighton	Severn Road Club	Male	Veteran	41
34	18:34	Michelle	Fishbourne	CES Sport	Female	Veteran	52
35	18:35	Ryan	O'rourke	Cwmcarn Paragon Road Club	Male	Senior	26
36	18:36	James	Phillips	Milford Tritons Cycling Club	Male	Veteran	48
37	18:37	Iago	Williams	Towy Riders Cycle Club	Male	Juvenile	14
38	18:38	John	Shehan	Bynea Cycling Club	Male	Veteran	73
39	18:39	Carole	Welch	Port Talbot Whs CC	Female	Veteran	47
40	18:40	Neil	Poulton	Ogmore Valley Wheelers	Male	Senior	39
41	18:41	Evan	Richards	Giant CC Halo Films	Male	Junior	17
42	18:42	Chris	Cowell	Port Talbot Whs CC	Male	Veteran	52
43	18:43	Nigel	Pitt	Bynea Cycling Club	Male	Veteran	59
44	18:44	Jeff	Arnold	Milford Tritons Cycling Club	Male	Veteran	61
45	18:45	Nathan	Leaves	Cwmcarn Paragon Road Club	Male	Espoir	21
46	18:46	Leon	Evans	Cardiff Ajax CC	Male	Veteran	45
47	18:47	Tomos	Perkins	Towy Riders Cycle Club	Male	Juvenile	14
48	18:48	Robert	Lucas	Port Talbot Whs CC	Male	Veteran	71
49	18:49	Brian	Dalling	Swansea Wheelers/CS Abertawe	Male	Veteran	72

50	18:50	Anthony	Jones	Towy Riders Cycle Club	Male	Veteran	46
51	18:51	Stuart	Evans	Port Talbot Whs CC	Male	Veteran	73
52	18:52	David	Singleton	Acme Whs (Rhondda) CC	Male	Veteran	55
53	18:53	Simon	Kinsey	Virtual Cycling Club	Male	Veteran	49
54	18:54	Richard	Leary	Bynea Cycling Club	Male	Veteran	48
55	18:55	Rod	Hicks	Port Talbot Whs CC	Male	Veteran	54
56	18:56	Thomas	Dye	Cardiff Ajax CC	Male	Senior	33
57	18:57	John	Williams	Bynea Cycling Club	Male	Veteran	66
58	18:58	Clare	Greenwood	Bush Healthcare CRT	Female	Veteran	60
59	18:59	Jonathan	Williams	Towy Riders Cycle Club	Male	Veteran	49
60	19:00	Andy	Davies	Cardiff Jif	Male	Senior	37
61	19:01	Jamie	Best	Bynea Cycling Club	Male	Veteran	45
62	19:02	Roger	Wood	Pontypool Road Cycling Club	Male	Veteran	65
63	19:03	Susan	Shook	Bush Healthcare CRT	Female	Veteran	61
64	19:04	Robert	Smith	Pembrokeshire Velo	Male	Veteran	43
65	19:05	Lee	Perrott	Cycle Specific	Male	Veteran	40
66	19:06	James	Coxon	Caerphilly Cycling Club	Male	Veteran	44
67	19:07	John	Aspell	PDQ Cycle Coaching	Male	Veteran	51
68	19:08	Jeffrey	Rees	Gower Riders Cycling Club	Male	Veteran	56
69	19:09	Benjamin	Pearce	Maindy Flyers Youth Cycling	Male	Junior	16
70	19:10	Chris	Massey	CES Sport	Male	Veteran	47
71	19:11	Steven	Loraine	Team Swift	Male	Veteran	63
72	19:12	Jonathan	Heath	Brecon Wheelers	Male	Senior	32
73	19:13	Christopher	Gibbard	Bynea Cycling Club	Male	Senior	37