



## Open 10 Mile Time Trial

Sunday 6th March 2022. First rider off at 10:01am

Held on behalf of the CTT

**HQ: TRW Club Resolven, Neath, West Glamorgan, SA11 4HN**

### Awards

**Fastest Male - £20**

**Fastest Female - £20**

**Fastest in the following age categories - £10**

**U23**

**Vet (40-45)**

**Vet (45-50)**

**Vet (50-55)**

**Vet (55-60)**

**Vet (60+)**

The presentations will be made at approximately 11:30. Please stay, enjoy the refreshments and applaud the prize winners. **Prizes will not be posted**

**Event Secretary:** Chris Gibbard, 128 Garrod Ave, Swansea, SA2 7XQ

Mob: 07740165286

Email: [cgibbard81@gmail.com](mailto:cgibbard81@gmail.com)

**Timekeepers:** Andrew Grist, Tudor Thomas

**Marshalls:** Members of Bynea CC

**Refreshments:** Alun Owen

## **Regulations and Requests**

Please ensure that you sign on, collect your number and that you return your number, which can be exchanged for a drink. **PLEASE REMEMBER TO SIGN OUT UPON RETURNING YOUR NUMBER**

In the interests of your own safety, Cycling Time Trials and Bynea CC strongly advise you to wear a hard-shell helmet which meets an internationally accepted safety standard. **In accordance with rule 15, all junior competitors must wear such a helmet.**

Please be aware of CTT Regulation 14(i & j): No competitor will be able to start unless they have a functioning **FRONT AND REAR** light fixed to their machine. **NO LIGHTS – NO RIDE.**

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** allow your friends and relations to follow you around the course - it's not allowed.

Any complaints regarding the event should be made in writing to the Event Secretary

Thanks for supporting the event and have a safe ride.

## **COURSE DETAILS**

Course R10/22A (revised) Measured by N.M.James 17/01/13

**START** on Vale of Neath Supplier Estate service road opposite Lamp Post No. 18. Proceed eastwards along the 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).

NG Coordinates Start:- 282450 East 202250 North Turn roundabout:- 277000 East 199000

North Finish :- 282670 East 203100 North

[www.strava.com/segments/3584862?hl=en-GB](http://www.strava.com/segments/3584862?hl=en-GB)

[www.cyclingtimetrials.org.uk/course-details/r10-22a](http://www.cyclingtimetrials.org.uk/course-details/r10-22a)

## **Course Records**

Men - 18:56 Christopher Gibbard, Bynea CC 2020

Women - 22:07 Stephanie Post, Team Bottrill 2018

Junior Male - 19:37 Joshua Tarling, Team Backstedt Bike Performance 2019

Junior Female - 24:43 Eluned King, Liv CC Halo Cycles 2020

Number	Start Time	Name	Club	Category
1	10:01:00	Mathew Atkins	Cardiff Triathletes	MV55-60
2	10:02:00	Brian Parker	Abercynon Road Club	MV45-50
3	10:03:00	Ryan Evans	Rhondda Triathlon Club	MV50-55
4	10:04:00	Ashley Long	Swansea Vale Tri	MS
5	10:05:00	Lewys Hobbs	UF Rowe & King	MS
6	10:06:00	Gareth Rees	Cwmcarn Paragon Road Club	MV40-45
7	10:07:00	Christopher Powell	North Dock Dredgers Tri	MV45-50
8	10:08:00	Craig Seaman	Bynea Cycling Club	MS
9	10:09:00	Robert Hall	Swansea Vale Tri	MV40-45
10	10:10:00	Ross Phillips	Cwmcarn Paragon Road Club	MV40-45
11	10:11:00	Rhys Jones	Porth & District CC	MS
12	10:12:00	Matthew Thomas	Swansea Vale Tri	MV45-50
13	10:13:00	James Oulsnam	ATAC - Ammanford Triathlon And Cycling	MEsp
14	10:14:00	Martyn White	Cycle Specific	MV60-65
15	10:15:00	Meurig Griffiths	ATAC - Ammanford Triathlon And Cycling	MV55-60
16	10:16:00	Diane Hynam	Bynea Cycling Club	FV70-75
17	10:17:00	Amanda Lane	North Dock Dredgers Tri	FV40-45

18	10:18:00	Jennifer Aylward	Cycle Specific	FV50-55
19	10:19:00	Samuel Cook	Cardiff Ajax CC	MS
20	10:20:00	Stephen Davies	Cardiff Ajax CC	MV60-65
21	10:21:00	Robert Baynton	PDQ Cycle Coaching	MV50-55
22	10:22:00	Jonathan Williams	Towy Riders Cycle Club	MV50-55
23	10:23:00	Huw Lloyd	Bynea Cycling Club	MV60-65
24	10:24:00	Andrew Jenkins	Bynea Cycling Club	MV55-60
25	10:25:00	Benjamin Curtin	Swansea Vale Tri	MS
26	10:26:00	Daniel Newton	Bynea Cycling Club	MS
27	10:27:00	Robert Smith	Haverfordwest Hornets	MV45-50
28	10:28:00	Matt Jones	Port Talbot Whs CC	MS
29	10:29:00	Joshua Lewis	Cwmcarn Paragon Road Club	MS
30	10:30:00	John Williams	Bynea Cycling Club	MV65-70
31	10:31:00	Dan Jenkins	Bynea Cycling Club	MS
32	10:32:00	Kyle Davies	Bynea Cycling Club	MS
33	10:33:00	Hugh Davies	Port Talbot Whs CC	MV75-80
34	10:34:00	Les Thomas	Port Talbot Whs CC	MV60-65
35	10:35:00	Jeff Partridge	Bynea Cycling Club	MV50-55

36	10:36:00	Paul Colman	Port Talbot Whs CC	MV60-65
37	10:37:00	Marc Barrow	Swansea Vale Tri	MV40-45
38	10:38:00	James Harries	Cycle Specific	MJ
39	10:39:00	Iago Williams	Towy Riders Cycle Club	MJ
40	10:40:00	Scott Nash	Haverfordwest Hornets	MV50-55
41	10:41:00	Robert Hughes	Rhondda Triathlon Club	MV55-60
42	10:42:00	John Aspell	PDQ Cycle Coaching	MV50-55
43	10:43:00	Gareth Williams	Abergavenny RC	MS
44	10:44:00	Graham Rogerson	Port Talbot Whs CC	MV50-55
45	10:45:00	Ross Hamilton	Bynea Cycling Club	MS
46	10:46:00	Rod Hicks	Port Talbot Whs CC	MV55-60
47	10:47:00	Paul Hayward	Pontypool Road Cycling Club	MV50-55
48	10:48:00	Chris Jones	Bynea Cycling Club	MV45-50
49	10:49:00	Gerry Bowditch	Pontypool Road Cycling Club	MV50-55
50	10:50:00	Jack Kellam	Cambridge University CC	MS
51	10:51:00	Philip Tucker	Bynea Cycling Club	MV40-45

