

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

R10/22a COURSE DESCRIPTION

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). NG Coordinates Start: - 282450 East 202250 North Turn roundabout: - 277000 East 199000 North Finish :- 282670 East 203100 North

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 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

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

It is now mandatory that all competitors have a working rear red light and a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

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.

Port Talbot Wheelers CC.

In Conjunction with its sponsors
CJ Construction Wales Ltd. and Lyndonjones@hotmail.co.uk

Present

10 Mile Time Trial

Date: 10th September 2023

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

Starting Timekeepers – Tony Howell

Finishing Timekeepers – Tudor Thomas

Recorder – Geraint Evans

Course R10/22a

First Rider Off 08:10

Headquarters.

TRW Social Club. Just off the A465. Off Resolven Roundabout SA11 4HN.
The headquarters will be open at about 07:00am and race numbers will be available from 07:15.
Please leave parking spaces just outside the HQ building for those associated with event organisation i.e., Timekeepers, Marshals, Caterers etc.

**PLEASE DO NOT
PARK IN FRONT OF THE CAFÉ IN THE LARGE CAR PARK**

Event Secretary:

**Les Thomas, 1 St Brides Close, Nottage,
Porthcawl, CF36 3NR**

**PLEASE REMEMBER IT IS NOW A REQUIREMENT TO SIGN OUT AT THE END OF
THE EVENT**





We appreciate you wish to leave quickly, but please stay to eat cakes and applaud the prize-winners.

Prizes	
TT Bikes	
1 st Fastest Rider	£30
2 nd Fastest Rider	£25
3 rd Fastest Rider	£20
1 st Lady	£30
2 nd Lady	£25
Road Bikes	
1 st Fastest Rider	£30
2 Up Team Time Trial	
1 st Fastest Team	£40
2 nd fastest team	£30
All Categories	
1 st Vet on Standard	£25
Lantern Rouge	£5

