EC Cycles 10 Mile Time Trial
Sunday 6th March 2016

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

Round 1 of the Celtic Series

www.celticseries.co.uk

Event Headquarters and Parking

TRW Club Resolven – Available from 8:30am

Address: TRW Club Resolven,

Neath,

West Glamorgan,

SA11 4HN.

Course Description – R10/22a

Revised 17/01/2013 by Norman James

Start on Vale of Neath Supplier Estate service road opposite Lamp Post No. 18

Proceed along service road to Resolven roundabout (0.5 miles).

(N.B. Safety Notice:- Do not cross the centre-line of road on right hand bend)

Take 1st exit 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 (5.5 miles) down slip road to re-join A465 dual carriageway.

Proceed eastbound to Resolven roundabout where take 1st exit to finish at access road to Canal Car Park on Cross-Valley link road (10 miles).

H.Q.	282500 East 202660 North
Start	282450 East 202250 North
Turn	277000 East 199000 North
Finish	282670 East 203100 North

Safety

The Police have requested that inconvenience to the public and other road users be kept to a minimum. Riders are asked to take great care and, in particular, note the following points:

To avoid congestion at the start please queue in single file.

Please do not make "U" turns at either the Start or Finish.

Please be considerate to other road users including other riders.

Please take care at all the roundabouts and junctions.

Dangerous riding will result in disqualification.

Please keep your head up for a safe ride.

Cycling Time Trials recommends that competitors wear a hard shell helmet that meets an internationally accepted standard. All Junior/juvenile riders MUST wear protective hard shell helmets.

Numbers

Race numbers will be available from the HQ. A Drink will be available at HQ on return of your number. **Please return race numbers.**

Prizes

First Male Solo Overall	-£20
Second Male Solo Overall	-£15
Third Male Solo Overall	-£10
First Female Solo Overall	-£20
Second Female Solo Overall	-£15
Third Female Solo Overall	-£10
Fastest Veteran	-£10

Event Secretary

Lyn Jones

34 Heol S O Davies,

Georgetown,

Merthyr Tydfil.

CF48 1DR

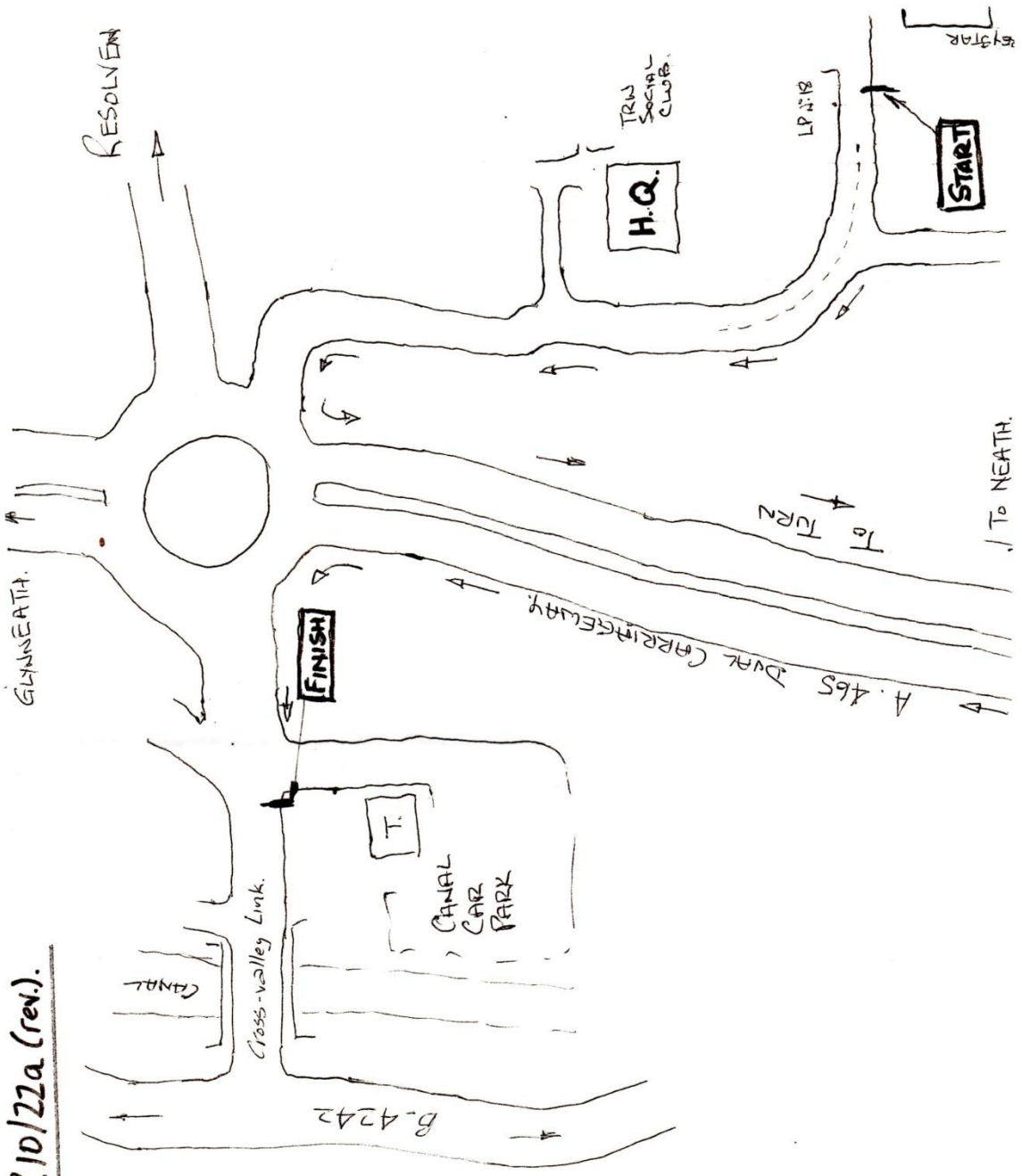## Timekeepers

Robin Field

Norman James

For course R10/22a (rev).

RESOLVEN

TRW Social Club

H.Q.

LP 118

START

KEYSTAR

To TURN

/ To NEATH.

A. 465 Dual Carriageway

GLYNNEATH.

FINISH

CANAL

Cross-valley Link.

T.

CANAL CAR PARK

B. 4242.

No.	Name	Club	Age Cat.	Time
5	Wyn Evans	Merthyr CC	V	10:05
6	Thomas Harrington	University of Bristol CC (UOBCC)	S	10:06
7	Thomas Few	Merthyr CC	S	10:07
8	Thomas Weir	Swansea University Road Team	S	10:08
9	Jessica Roberts	Liv CC - Epic Coaching	J	10:09
10	Ryan Witchell	University of Bristol CC (UOBCC)	S	10:10
11	David Francis	Team NBCC	V	10:11
12	Ross Phillips	Cwmcarn Paragon Road Club	S	10:12
13	Christopher Smith	CC Blaenau Gwent	S	10:13
14	Megan Chard	PMR@Toachim House	JW	10:14
15	Stuart Evans	Port Talbot Whs CC	V	10:15
16	Ross Morgan	Acme Whs (Rhondda) CC	S	10:16
17	Graham Collins	Tanks Direct Cycling	S	10:17
18	Paul Jones	Ystwyth CC	V	10:18
19	Morgan Ley	Port Talbot Whs CC	J	10:19
20	Richard Gambling	Port Talbot Whs CC	V	10:20
21	Joshua Lewis	Bike Doctor	S	10:21
22	Gareth Rees	Cwmcarn Paragon Road Club	S	10:22
23	Josh Townsend	Bynea Cycling Club	J	10:23
24	Andrew Grist	Bynea Cycling Club	V	10:24
25	Evan Powell	Pontypool RCC	S	10:25
26	Simon Fairclough	Cwmcarn Paragon Road Club	S	10:26
27	Stephanie Post	Onit Cycles Race Team	S	10:27
28	Richard Hier	EC Cycles	S	10:28
29	Chris Barnett	Swansea Wheelers/CS Abertawe	S	10:29
30	Christopher Jones	Ride Bike Wales	V	10:30
31	Gareth Jehu	Merthyr CC	V	10:31

32			V	
	Gareth Hill	Abercynon Road Club		10:32
33			V	
	Robert Lucas	Port Talbot Whs CC		10:33
34			S	
	Wayne Thomas	Pontypool RCC		10:34
35			V	
	Nic Cleave	Swansea Wheelers/CS Abertawe		10:35
36			V	
	Chris Fishbourne	Abercynon Road Club		10:36
37			VW	
	Michelle Robertson	Abercynon Road Club		10:37
38			V	
	Brad Davies	Bynea Cycling Club		10:38
39			S	
	James Dyke	Cardiff Ajax CC		10:39
40			S	
	Chris Gibbard	Bynea CC		10:40
41			V	
	Chris Goulden	EC Cycles		10:41
42			V	
	Dean Hardie	Bynea Cycling Club		10:42
43			S	
	Rob Sanderson	Cardiff Ajax CC		10:43
44			S	
	Matthew Phillips	Bynea Cycling Club		10:44
45			V	
	Lloyd Morgan	Cardiff Ajax CC		10:45
46			S	
	Mark Binding	Taff Ely Triathlon Club		10:46
47			V	
	Jonny Webb	Gannet CC		10:47
48			V	
	Les Thomas	Port Talbot Whs CC		10:48
49			S	
	Gethin Llewelyn	Swansea University Road Team - SCU		10:49
50			V	
	Graeme Boswell	Cardiff Ajax CC		10:50
51			V	
	Howell Mason	Ogmore Valley Whs		10:51
52			S	
	Adrian Louis Adams	Taff Ely Triathlon Club		10:52
53			V	
	Brian Parker	Abercynon Road Club		10:53
54			S	
	Alex Richards	Abercynon Road Club		10:54
55			V	
	Chris Massey	Team Botrill		10:55
56			S	
	Chris Jowitt	Monmouthshire Wheelers		10:56
57			V	
	Kevin Thomas	Pontypool RCC		10:57
58			S	
	Matthew Williams	Cardiff Ajax CC		10:58
59			V	
	Simon Kinsey	Acme Whs (Rhondda) CC		10:59

60	Ben Phillips	Bynea Cycling Club	S	11:00
61	CHRIS HOLMAN	Team Bottrill	S	11:01
62	Rich Long	Merthyr CC	S	11:02
63	John Shehan	Bynea CC	V	11:03
64	Nadine Cannon	Acme Wheelers	S	11:04
65	David Brice	Bynea Cycling Club	V	11:05
66	Kevin Bartlemore	Acme Wheelers	V	11:06
67	Andrew Hayward	Cwmcarn Paragon CC	V	11:07
68	Ryan Phillips	Maindy Flyers CC	J	11:08
69	Mathew Atkins	Cardiff Triathletes	V	11:09
70	Carwyn Davies	Cwmcarn Paragon Road Club	S	11:10
71	Roger Wood	Pontypool RCC	V	11:11
72	Adrian Sullivan	Merthyr CC	V	11:12
73	Hugh Daniels	UC Ystrad Mynach	V	11:13
74	David Wilson-Evans	Bynea CC	V	11:14
75	Justin Ford	CC Blaenau Gwent	V	11:15
76	Dianne Wilson-Evans	Bynea CC	V	11:16
77	Kari Jones	Ride Bike Wales	S	11:17
78	Niall Foster	Cardiff Ajax CC	V	11:18
79	Nigel Taylor	Cardiff Triathletes	S	11:19
80	Anthony Jones	Bynea Cycling Club	V	11:20
81	John Regan	Pembrokeshire Velo	V	11:21
82	Tim Raine	Ogmore Valley Wheelers	V	11:22
83	Andrew Price-Stephens	Cwmcarn Paragon CC	V	11:23
84	Karl Wills	Pontypool RCC	V	11:24
85	Rod Hicks	Port Talbot Wheelers	V	11:25
86	Paul Rees	Bynea CC	V	11:26
87	Tim Kale	Port Talbot Whs CC	V	11:27

88	Hywel Iorwerth	Cardiff Ajax CC	S	11:28
89	Nathan Leaves	NFTO Race Club	J	11:29
90	Billy Oliver	Team Bottrill	S	11:30