



Open 10 Mile Time Trial

Sunday 5th March 2023. First rider off at 10:01am

Held on behalf of the CTT

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

Awards

Prize list will be published on the day of the event. But there will be awards for fastest male and female riders in the following categories

Junior

U23

Senior

40-49

50-59

60-69

70-79

80+

Fastest team of three (same team or club)

The presentations will be made at approximately 12:00. 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

'On the Day' Organiser: Paul Rees

Timekeepers: Andrew Grist, Tudor Thomas

Marshalls: Members of Bynea CC

Refreshments: Alun Owen

Regulations and Requests

3 Important Rules

1. All competitors must wear a helmet
2. All competitors must start with a functioning **FRONT AND REAR LIGHT**. No lights, no ride.
3. You must sign out upon returning your number.
- 4.

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

www.cyclingtimetrials.org.uk/course-details/r10-22a

Course Records

Men - 18:49 Christopher Gibbard, Bynea CC 2022

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	Firstname	Last Name	Club	Category
1	10:01:00	Rhys	Palmer	Swansea Vale Tri	MS
2	10:02:00	Tim	Davies	Sarn Helen Club	MV50-59
3	10:03:00	Martin	Davis	Swansea Vale Tri	MS
4	10:04:00	Steve	Lawrence	Bynea Cycling Club	MV40-49
5	10:05:00	Ian	Harris	Swansea Vale Tri	MV50-59
6	10:06:00	Finn	Best	Bynea Cycling Club	MJ
7	10:07:00	Ray	Castle	Swansea Vale Tri	MS
8	10:08:00	Paul	Jones	Pontypool Road Cycling Club	MV50-59
9	10:09:00	Neil	Helling	Swansea Vale Tri	MV40-49
10	10:10:00	Jamie	Best	Bynea Cycling Club	MV40-49
11	10:11:00	Simon	Smith	Swansea Vale Tri	MV40-49
12	10:12:00	Ryan	Williams	Merthyr CC	MS
13	10:13:00	Jordan	Discombe	Swansea Vale Tri	MS
14	10:14:00	Christopher	Davies	Port Talbot Whs CC	MV40-49
15	10:15:00	Sion	Slyman	Swansea Vale Tri	MS
16	10:16:00	Darren	Heath	Celtic Tri	MV40-49
17	10:17:00	Amy	Seppman	Port Talbot Whs CC	FS
18	10:18:00	Freya	Evans	Cero/Cycledivision	FJ
19	10:19:00	Sheridan	Court	Swansea Vale Tri	FS
20	10:20:00	Jennifer	Aylward	Celtic Tri	FV50-59
21	10:21:00	Claire	Walters	Swansea Vale Tri	FS
22	10:22:00	Eloise	Short	Swansea Vale Tri	FS
23	10:23:00	Natasha	Barton	The Tridents	FS

24	10:24:00	Jenna	Joseph	Swansea Vale Tri	FS
25	10:25:00	Emma	Davies	Port Talbot Whs CC	FV50-59
26	10:26:00	Bethan	Ouseley	Pembrokeshire Velo	FV40-49
27	10:27:00	Hollie	Labunsky	Port Talbot Whs CC	FS
28	10:28:00	David	Smith	Celtic Tri	MV40-49
29	10:29:00	Matthew	Waldron	Swansea Vale Tri	MS
30	10:30:00	Martin	Lightwood	The Tridents	MV40-49
31	10:31:00	Lee	McKerrow	Swansea Vale Tri	MS
32	10:32:00	Jon	Webb	The Tridents	MV40-49
33	10:33:00	Sion	Jones	VMCC powered by Y Beic	MJ
34	10:34:00	James	O'Donnell	The Tridents	MS
35	10:35:00	Lewis	Bradley	Celtic Tri	MS
36	10:36:00	Jamie	Jones	The Tridents	MS
37	10:37:00	Martyn	White	North Dock Dredgers Tri	MV60-69
38	10:38:00	Tim	Lewis	The Tridents	MS
39	10:39:00	Craig	Hellier	Swansea Vale Tri	MS
40	10:40:00	Gareth	Hill	Abercynon Road Club	MV50-59
41	10:41:00	Mathew	Giles	Swansea Vale Tri	MV40-49
42	10:42:00	Lloyd	Cleary-Richards	The Tridents	MS
43	10:43:00	Ashley	Long	Swansea Vale Tri	MS
44	10:44:00	Christopher	Powell	North Dock Dredgers Tri	MV40-49
45	10:45:00	Huw	Lloyd	Bynea Cycling Club	MV60-69
46	10:46:00	Stephen	Martin	The Tridents	MV40-49
47	10:47:00	Samuel	Cook	Cardiff Ajax CC	MS

48	10:48:00	Robert	Hall	Swansea Vale Tri	MV40-49
49	10:49:00	John	Williams	Bynea Cycling Club	MV70-79
50	10:50:00	Dave	Abbott	Port Talbot Whs CC	MV60-69
51	10:51:00	Chris	Williams	Celtic Tri	MS
52	10:52:00	James	McGrath	Virtual Cycling Club	MS
53	10:53:00	Les	Thomas	Port Talbot Whs CC	MV60-69
54	10:54:00	Daniel	Evans	Swansea Vale Tri	MS
55	10:55:00	Tim	Lewis	Bynea Cycling Club	MS
56	10:56:00	Kyle	Wheeler	Pembrokeshire Velo	MS
57	10:57:00	Joshua	Blackmore	Bynea Cycling Club	MS
58	10:58:00	Jeff	Partridge	Bynea Cycling Club	MV50-59
59	10:59:00	Marc	Barrow	Swansea Vale Tri	MV40-49
60	11:00:00	Ryan	Evans	Acme Whs (Rhondda) CC	MV50-59
61	11:01:00	James	Oulsnam	Swansea Vale Tri	MU23
62	11:02:00	Harry	Cook	Cardiff Ajax CC	MS
63	11:03:00	Kyle	Davies	Bynea Cycling Club	MS
64	11:04:00	Anthony	Williams	Tondu Wheelers	MV50-59
65	11:05:00	Rob	Powell	Abergavenny RC	MV40-49
66	11:06:00	Andrew Lea	Watkins	The Tridents	MS
67	11:07:00	Ben	Phillips	VMCC powered by Y Beic	MS
68	11:08:00	Craig	Seaman	Bynea Cycling Club	MS
69	11:09:00	Neil	Gregory	Port Talbot Whs CC	MV50-59
70	11:10:00	Graham	Rogerson	Port Talbot Whs CC	MV50-59
71	11:11:00	Ed	Laverack	Backpedal	MS

72	11:12:00	Chris	Jones	Bynea Cycling Club	MV40-49
73	11:13:00	Kyle	Blackmore	Virtual Cycling Club	MS
75	11:15:00	Joshua	Jackson	HUUB WattShop	MJ
77	11:17:00	Anthony	Jones	VMCC powered by Y Beic	MV40-49
79	11:19:00	Ben	Jones	Port Talbot Whs CC	MS
81	11:21:00	Christopher	Gibbard	Bynea Cycling Club	MV40-49
83	11:23:00	Finlay	Tarling	Willebrord Wil Vooruit	MJ