



## Open 10 Mile Time Trial

Sunday 3rd March 2024. 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 the following categories

Open Senior

Female Senior

Open Road Bike

Open Youth

Open Junior

Open u23

Open Vet 40-49

Female Vet 40-49

Open Vet 50-59

Female 50-59

Open Vet 60-69

Open Vet 70-79

**Fastest team of three (same team or club)**

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**

#### 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. This course contains section(s) of 20 mph. Riders are reminded to obey the 20mph speed limit, ride appropriately and not give offence to the public or bring the sport into disrepute.
5. DO NOT allow your friends and relations to follow you around the course - it's not allowed.

Please do not park directly in front of the cafe. There is ample parking around the access road or away from the main area that is used by the cafe's customers.

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 - 18:49 Christopher Gibbard, Bynea CC 2022

Women - 21:15 Ella Barnwell, St Piran 2023

Junior Male - 19:34 Joshua Tarling, Team Backstedt Bike Performance 2019

Junior Female - 24:42 Freya Evans, Cero/Cycledivision 2023