



# Open 10 Mile Time Trial

## Sunday 3<sup>rd</sup> March @10am

Held for and behalf of the CTT

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

### **Awards (One rider one prize except team)**

<b>Fastest</b>	<b>£30</b>
<b>2nd Fastest</b>	<b>£20</b>
<b>3rd Fastest</b>	<b>£10</b>
<b>Fastest Vet on Standard</b>	<b>£20</b>
<b>Fastest Lady</b>	<b>£20</b>
<b>Fastest Junior</b>	<b>£20</b>
<b>Fastest Team of 3</b>	<b>£30</b>

### **Course R10/22A (Revised)**

R10/22A (Revised) START on Vale of Neath Supplier Estate service road opposite Lamp Post no.18. Proceed eastwards along service road to Resolven Roundabout (0.458miles). NB Safety Notice - Do not cross the centre line of road on right hand bend). Take 1st left along A4565 dual carriageway westbound to 1st exit left (4.862miles). Continue up the loop to Tonna roundabout where take first exit to Aberdulais Interchange. Take 4th exit (5.505miles) down slip road to rejoin 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 (10.006miles)

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

**Timekeepers: Tudor Thomas, Norman James**

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

Mob: 07740165286

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

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.

Please ensure that you sign on, collect your number and that you return your number, which can be exchanged for a drink. 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. It is also recommended that a flashing or constant rear light is fitted to your bicycle and is active whilst the cycle is in use.

**PLEASE REMEMBER TO SIGN OUT UPON RETURNING YOUR NUMBER**

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

Thanks for supporting the event and have a safe ride.