



Bynea Cycling Club

Open 10 mile Time Trial
Saturday 19 Sept 2015 @ 16:00

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

Awards (One rider one prize)

Group A	Fastest Non Aero	£20
Group B	Fastest Junior	£20
Group C	First Senior Woman	£20
Group D	First Senior Man 18-29	£20
Group E	First Senior Man 30-39	£20
Group F	First Veteran on Standard 40-49	£20
Group G	First Veteran on Standard 50-59	£20
Group H	First veteran on Standard 60-69	£20
Group I	First Veteran on Standard 70 plus	£20
Group J	Fastest Team of 3	£30(£10 per rider)

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)

PLEASE NOTE - IT IS THE RIDERS RESPONSIBILITY TO KNOW THE COURSE AND ON THE INSTRUCTION OF SWTRA NO MARSHALLS OR DIRECTION ARROWS WILL BE LOCATED ON THE DUAL CARRIAGEWAY.

Timekeepers: Tudor Thomas, Andrew Grist

Event Secretary: Paul Rees, 4 Llwynwhilwg Terrace, Llanelli, SA14 9RB
Tel: 01554 775786, Mob:07792928225
Email: reespablo@yahoo.co.uk

HQ:GlyneathLeisureCentre

Chain Rd, Glynneath, Neath, West Glamorgan SA11 5HW

Please Note: You should allow at least 15mins to ride the 3 miles from the HQ to the start of the event.

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**

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 are strongly you to wear a hard sheel 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.

Any complaints regarding the event should be made in writing to the Event Secretary within 24 hrs so that he has ample time to ignore them.