

Bynea CC Open 25 mile Time Trial

July 31st 2016 at 9:35 am

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

Awards

Fastest rider

Second fastest

Third fastest

First Vet on standard

Second Vet on standard

Fastest Lady

Second Lady

Fastest Junior

Fastest team of 3 riders (£ each)

(One Rider Per Award, Except Team Award.)

Timekeepers: Tudor Thomas, Andrew Grist.

Event Secretary: Nick Bebb 685-687 Llangyfelach Road,
Treboeth, Swansea. SA5 9EL
Mobile - 07803 260567

Event HQ: Rhigos Rugby Club, The Clubhouse, Rhigos, Aberdare,
RCT, CF44 9HJ

Signing on: Sign on and collect numbers at HQ.
Please return numbers to HQ after event.
Numbers can be exchanged for a drink at the catering counter.

Course details : R25/3H. 25 Mile Time Trial Course,

START on access road to Hirwaun Industrial Estate (E 293120/ N206180 OS Sheets 170/160) 8 yards north of lamp column No.1 and 30 yards north of junction with old A465 road (Hirwaun to Rhigos). Proceed south to junction with unclassified road (on to the old route) and bear left to roundabout with A4061 (Rhigos mountain road) where take second exit (straight on) to Hirwaun roundabout A465 (1.306 miles). Take first exit westwards along the A465 dual carriageway to Blaengwrach roundabout (McDonalds) 7.169 miles. Take second exit (straight on) on A465 to Resolven roundabout 10.183 miles. Here take third exit, follow the A465 to exit at the next junction at Aberdulais (sp Seven Sisters), climbing to the Tonna roundabout 15.063 miles. Now take first exit to Aberdulais Interchange where circle and take fourth exit down slip road to rejoin the A465 eastward. Continue to Resolven roundabout 19.719 miles taking second exit (straight on) to Blaengwrach roundabout (McDonalds) 22.764 miles. Take second exit continuing on A465, passing over river bridge and the Glynneath interchange to **FINISH** in the SECOND layby on the left at a point 25 yards west of the 'Take Litter Home' sign and opposite the emergency telephone point. 25.014 miles.

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 rule15, 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 bicycle is in use.

Please call out your number as you cross the finish line.

Any rider reported to the event sec for antisocial behavior will be disqualified.

Best of luck and have a safe ride – Nick Bebb - event sec