



## **Bynea CC Open 25 mile Time Trial (Overflow)**

**Sunday 20<sup>th</sup> September at 9.07 am**

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

### **Awards**

**Fastest rider £30                      Second fastest    £20                      Third fastest £15**

**First Vet on standard £20                                      Second Vet on standard £15**

**Fastest Lady £20                                      Second Lady    £15**

**Fastest Junior £15**  
(if more than one taking part)

**Fastest team of 3 riders £30 (£10 each)**

**One Rider Per Award, Except Team Award.**

**Timekeepers:                      Julia Jones, Tudor Thomas & Andy Grist.**

**Event Secretary:                      Nick Bebb Tel 07803260567**

**Event HQ:                      Rhigos Rugby Club, The Clubhouse, Rhigos, Aberdare,  
Mid Glamorgan, CF44 9HJ  
[Link](#) to Google maps**

**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 :                      R25/3L. 25 Mile Time Trial Course,  
Cefn Rhigos - Tonna - Resolven - Blaengwrach - A4109 slip.**

**IT IS THE RIDERS RESPONSIBILITY TO KNOW THE COURSE ROUTE**

**CAUTION ALL RIDERS**

**There are potholes near the finish at the bottom of the slip road where the A465  
joins the A4109 – you have been warned!!**

**Start** on unclassified road at Cefn Rhigos Village (top of hill), 26 yards west of electricity pole No. B29016 on north side. Proceed eastwards to roundabout with A4016, where take 2nd exit (straight on) to roundabout with A465, take 1st exit. Proceed westwards along A465 to Blaengwrach roundabout where take 2nd exit (straight on) to Resolven roundabout, where take 2nd exit (straight on) to continue on A465 to first junction to left signed A4109 (See map below). Bear left around the loop to take **4th exit** to rejoin A465 eastwards.



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Date	Time	Name	Category	Event
19/07/2015	01:03:35	Simon Kinsey	Senior Male	RealTeam TT

Retrace to Resolven roundabout where take 2nd exit (straight on) along A465 to Blaengwrach roundabout where take 2nd exit (straight on) to continue on A465 over River Neath bridges where bear left onto A4109 slip road, turn left at T junction **WITH CARE** to **finish** short of traffic lights at the centre of the first drain on the left after crossing river bridge (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.**

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

*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.*