

Bynea CC Open 25 mile Time Trial

Sunday 22nd June 2014 at 8.01 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 315

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: **Tudor Thomas & Paul Rees.**

Event Secretary: **Nick Bebb Tel 07803260567**

Event HQ: **Rhigos Rugby Club, The Clubhouse, Rhigos, Aberdare,
Mid Glamorgan, 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 : **R25/3L. 25 Mile Time Trial Course,
Cefn Rhigos - Tonna - Resolven - Blaengwrach - A4109 slip.**

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. Bear left around the loop to take 4th exit to rejoin A465 eastwards. Retrace to Resolven roundabout where take 2nd exit (straight on). 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 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 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