

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS BY
Cwmcarn Paragon RC – (cwmcarnparagon.co.uk)

EVENT 3 OF THE CELTIC LEAGUE SERIES 2015 www.celticseries.co.uk

CWMCARN PARAGON OPEN 10 MILE TIME TRIAL

TUESDAY 12th May 2015 at 6.31 pm on the R10/16a

TIMEKEEPERS; Start ; Len Samuel (Cwmcarn). Finish; Robin Field (Cardiff Byways)
EVENT SECRETARY; Gareth Pugh, Thorneycroft, Tregarn Road NP18 2JS.
Complaints regarding the event should be made in writing to the promoting secretary within 24 hours
Telephone 07741 467955

Event Headquarters; The Scout Hut, Abercarn.

30 metres from the finish line.

RIDERS MUST SIGN ON AT THE RACE HQ

IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT ORGANISERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS THE INTERNATIONALLY ACCEPTED SAFETY STANDARDS.

It is a regulation of Cycling Time Trials that all riders under the age of 18 or juniors as defined by regulation 9 should wear a hard shell helmet conforming to a safety standard in accordance with the new regulation 15.

THE COURSE

START; At light standard IF21 at southern end of layby 0.4 miles north of Abercarn on A467. Proceed southbound, taking 2nd exit at roundabout to continue on A467 to Wattsville roundabout and take exit onto dual carriageway (A467). Proceed on dual carriageway to Risca roundabout (**THE TURN 5.16 miles**). Turn by circling the roundabout (U Turn) to continue on dual carriageway northbound to Wattsville roundabout. Take 3rd exit signposted Abercarn to continue on A467 single carriageway to take 2nd exit at roundabout to continue to Abercarn. Bear left (**WITH GREAT CARE**) on unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200 yards **FINISH** at light standard IF463 on left opposite entrance to Bridge Street (cul-de-sac) on right. 10 miles.

District Regulation – There are double white lines at the start. Any rider turning in the road at the start WILL BE DISQUALIFIED. Please continue for 200 yards past start to turn at roundabout.

PRIZE LIST

First Senior Man	£20
Second Senior Man	£15
Third Senior Man	£10
First Woman	£10
Fastest team (3 fastest riders cumulative time)	£15

Please return all numbers to HQ after you have finished your ride for a free drink (tea, coffee or squash). Have a great Ride

Parking : Please do not park in the starting lay-by OR on the pavement outside the HQ & Finish area ...or you WILL BE DISQUALIFIED.