

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS BY OGMORE VALLEY WHEELERS (ogmorevalleywheelers.co.uk)

EVENT 4 (of 5) OF THE CELTIC LEAGUE SERIES 2013

THE OGMORE VALLEY WHEELERS 10 MILE TIME TRIAL

TUESDAY 11th JUNE 2013 at 6.30 pm on the R10/9

TIMEKEEPERS; Start ; Norman James Finish; Robin Field

EVENT SECRETARY; Tim Raine, Brusselton, Treoes, BRIDGEND CF35 5DL.

**Complaints regarding the event should be made in writing to the promoting secretary within 24 hours
Telephone 01656 661257. Mobile on the day 07840 338754**

**Event Headquarters; West Camp Community Centre, St Athan,
Barry CF62 4NA.**

First left over the rail bridge at the West Camp Entrance 400 yards east of the Boverton traffic lights on the B 4265 coast road and 2.0 miles west of the main road junction into St Athan village.

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.

It is also recommended that all riders should display a red flashing rear light fixed to the bicycle

THE COURSE

START; On slip road from HQ left on to the B4265 east, the Start is 21 yards east of the partly obscured 'LOW FLYING AIRCRAFT' road sign. Proceed east to St Athan cross roads (2.0 miles), continue east to Rhoose Airport roundabout (5.13 miles), turn and retrace on the B4265 past St Athan cross roads (8.4 miles) to FINISH at road marker / checker board (10.006 miles)

PRIZE LIST (one rider, one prize)

Group A	First Junior	£20.00
Group B	First Senior Woman	£20.00
Group C	First Senior Man 18-29	£20.00
Group D	First Senior Man 30-39	£20.00
Group E	First Veteran on Standard 40-49	£20.00
Group F	First Veteran on Standard 50-59	£20.00
Group G	First Veteran on Standard 60 plus	£20.00

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