

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

EVENT 4 (of 8) OF THE CELTIC LEAGUE SERIES 2014

## **THE OGMORE VALLEY WHEELERS 10 MILE TIME TRIAL**

**TUESDAY 10th JUNE 2014 at 6.30 pm on the R10/22A**

(NOT THE R10/9 AS IN THE HANDBOOK. CHANGE DUE TO ROADWORKS)

**TIMEKEEPERS; Start ; Robin Field. Finish; Norman James**

**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; TRW Sports Club, Vale of Neath Enterprise Park, Resolven. SA11 4HN**

Directions; East off the A465 at Resolven Roundabout signposted to Industrial Park. HQ first left. Caution, the large car park has **not** been reserved for the event and parking in it is at your own risk.

**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 the Factory Service Road 91yds west of HQ close to lamp column No.5. Proceed east to A465 Resolven roundabout (0.302 miles). With care take first exit west along A465 to next junction signposted Seven Sisters (4.671 miles), exit and climb to Tonna roundabout, take first exit left to Aberdulais Interchange where circle to take 4<sup>th</sup> exit and return to A465 east (5.605 miles). TAKE CARE when rejoining A465 traffic. At Resolven roundabout exit first left (9.794 miles) to junction with B4242. Observe 'Give Way' sign. Take left to FINISH at western edge of GPO Box in pavement (10.006 miles).**

### **PRIZE LIST (one rider, one prize)**

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

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