GIANT HELSTON

Open 10 Miles Time Trial

Sunday 13th August 2017 at 08.00

Course S6/10

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

Event secretary: James Hadfield, 19 Hillcrest Avenue, Truro, TR1 3NE
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Timekeepers: - Tony Farnell and Martyn Lewis

Marshalls and helpers: members & friends of www.gianthelston.co.uk

Event HQ: Tresillian Village Hall. Fairfax Road, Tresillian, Truro, Cornwall, TR2 4AZ Please park considerately so as not to upset local residents. Allow 5 minutes to get from HQ to start. Open from 07.00.

Prizes: (1 rider 1 prize)
Men Senior: 1st £20, 2nd £15, 3rd £10   Women: 1st £20 2nd £15 3rd £10
Men Vet 40-49: 1st £15
Men Vet 50-59: 1st £15
Men Vet 60-69: 1st £15

Course. Start on B3275 (formerly the A390/A39) by start of old mill buildings, approximately 100 yards West of lay-by (gr SW 879 470). Proceed Northeastwards for approximately 0.5 mile where turn/fork left, still on B3275. Continue Northeastwards on B3275 through Ladock and Newmills to turn at Brighton roundabout. Retrace outward route through Newmills and Ladock to finish at a point opposite
"treatment plant" and start of lane leading to cottages on left, prior to the B3275/Probus to Tresillian road junction. (gr SW 887476) CALL NUMBER OUT LOUD AND CLEAR WHEN FINISHING
Intermediate distance: - Brighton Cross 5.3 miles.

All competitors must:
- wear an approved hard shell helmet as defined in the CTT handbook
- obey laws relating to road use
- avoid U-turns and warming up past start and finish areas
- wait in single file at the start keeping as close to the verge as possible
- shout out your number as you pass the finish to complete the race
- avoid stopping at the finish – ride straight back to the race HQ

Note: it is recommended that you use a working rear light during the race