

GIANT HELSTON

Open 10 Miles Time Trial

Sunday 14th April 2019 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.
07775627554

On the day James Grogan. 07964426711

Timekeepers: - Tony Farnell and Andrew Ellis

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)

1STOverall £15 2nd £10 3rd £5 Women 1st £15 2nd £10 3rd £5

Male Vet 40-49 £10 Male Vet 50-59 £10 Male Vet 60+ £10

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

Sign in and out of event. Riders failing to do this will be disqualified.

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