GIANT HELSTON

**Open 10 Miles Time Trial**

**Sunday 8th April 2018 at 08.00**

**Course S6/10**

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

**Event secretary:** Andrew Ellis 25a Vicarage Gate,St Erth Hayle,TR27 6JB

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**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 £20 2nd £15 3rd £10 Women 1st £20 2nd £15 3rd £10**

**Male Vet 40-49 £15 Male Vet 50-59 £15 Male Vet 60+ £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