



Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

PORT TALBOT WHEELERS C.C.

Founded 1926



In Conjunction with its Sponsors
C.J. CONSTRUCTION (WALES) LTD and Lyndonjones@hotmail.co.uk

PROUDLY PRESENT THEIR OPEN 25 MILE 2UP TEAM TIME-TRIAL
Sunday March 10th 2019 starting at 10:00 hrs on the ~~R25/24~~ R25/3H

PLEASE NOTE THE CHANGE OF COURSE DUE TO ROADWORKS ON THE B4242

Headquarters – RHIGOS RUGBY CLUB

Start timekeeper – Norman James – Ogmore Valley Wheelers
Finish timekeeper – Tudor Thomas – Bynea CC
Recorder – Les Thomas – Port Talbot Wheelers

R25/3H COURSE DESCRIPTION

START on access road to Hirwaun industrial estate (E293120/N206180 OS sheets 170/160) 8 yards north of lamp column no.1 and 30 yards north of junction with unclassified road (old A465) Hirwaun to Cefn Rhigos. 0.000 proceed south to junction with unclassified road (on to the old route) and bear left to roundabout with A4061 (rhigos mountain road) where take second exit (straight on) to hirwaun roundabout a465 to take first exit. 1.306 continue along a465 to blaengwrach roundabout (mcdonalds) to take second exit (straight on). 7.169 continue on a465 to resolven roundabout to take third exit (straight on) 10.183 continue on a465 to exit at next junction (signpost seven sisters), climbing to the tonna roundabout, where take first exit to aberdulais interchange where circle roundabout and take fourth exit down silp road to re-join the a465 eastward. 15.063 continue along a465 to resolven roundabout to take second exit (straight on) 19.719 continue on a465 to blaengwrach roundabout (mcdonalds). 22.764 take second exit continuing on a465, passing over river bridge and the glynneath interchange to remain on a465 to finish in the second layby on the left at a point 25 yards west of the 'take litter home' sign and opposite the emergency telephone point. 25.014.

RACE H.Q. – RHIGOS RUGBY CLUB, Aberdare CF44 9HJ.

The headquarters will be open at about 08:30 and race numbers will be available from about 09:00.

Please leave parking spaces just outside the HQ building for those associated with event organisation i.e. Timekeepers, Marshals, Caterers etc.

NOTES TO ALL COMPETITORS

- This event is subject to dope control by UKAD. Riders must return to the HQ to sign off and to be tested if required.
- Please remember to sign on and look out for any updated safety information at the signing on table!
- All competitors must, at all times, obey the rules of the road and the rules of our sport. Please don't take any unnecessary risks and make getting back home to your families your first priority and a fast time your second priority. Keep your head up and have a safe and speedy ride.
- The CTT, the South Wales Police and the event organiser all strongly recommend the use of Snell/ANSI helmets (compulsory for all riders under 18 years of age).
- It is recommended that a working REAR LIGHT, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.
- Please note we are not allowed to place direction arrows on the Dual Carriageway. Please ensure that you are familiar with the course so that there are no surprises. It is the rider's responsibility to ride within the laws of the road and with consideration to other road users, so please do so.
- While every effort will be made to ensure turns and junctions are marshalled, the obligation lies with each individual rider to ensure familiarity with the course. Neither the organiser, the promoting club it's officers or members take any responsibility for any riders' deviation from the course.

AWARDS LIST

Club Team – 1st £50, 2nd - £35, 3rd - £25

1st Ladies Club Team - £50

1st Club Team with Vet - £25

1st Club Team with Lady - £25

1st Club Team with Jun/Juv - £25

1st Composite Team - £35, 2nd Composite Team - £25

Strictly one prize per team. Unused prizes will be passed down where possible.

EVENT SECRETARY, TONY HOWELL, 5 HEOL BRYNCIWTYN, PENCOED, CF35 5PX Tel 01656 854524
On the day 07880528422

Any complaints regarding the event must be made in writing to the Event Secretary within 24 hours.