

Acme Whs. (Rhondda) C.C.

Founded 1927



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

Sunday March 29th 2015, 09:00 am

Bryn Griffiths Memorial 25 Time Trial Course R25/3H

Time Keepers: Tudor Thomas, Julia Jones

Event Secretary: Tony Rees, 74 Eileen Place, Tynwydd, Treorchy, RCT
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www.acme-wheelers.co.uk

President *Gerald Clements*

Chairman *Jeff Matthews*

Prizes will be presented **immediately** after the race

Fastest £30 2nd Fastest £20 3rd Fastest £10

1st Lady £20

Fastest Rider Under 18 yrs £15

Fastest Vet Std £20

Fastest Team £15

The fastest rider's name will be recorded in the
Bryn Griffiths Memorial Book which will be presented after the event

The fastest team's name will be recorded on the
N&N trophy which will be presented after the event

If any rider is unable to sign on in person his/her personal representative must provide proof of exemption.

Riders please remember that marshals are only there to indicate the race direction and not to control the flow of traffic

DISCLAIMER The Acme Whs. and race officials/helpers will not be held responsible for the loss of any clothing or property in the H.Q or on the course

Return your number and enjoy a free drink!

COURSE DETAILS

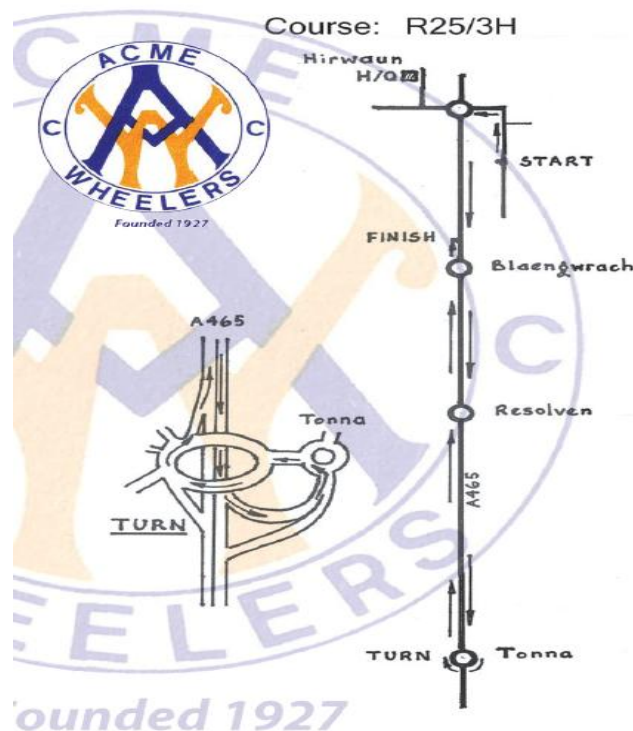
Event H.Q. Hirwaun Village Hall, High St, Hirwaun, CF44 9SL

H.Q. to start. 2.2 miles (flat), Finish to H.Q. 4.5 miles (Uphill)

Course No: R25/3H (E 293120/ N206180 OS Sheets 170/160)

START on access road to Hirwaun Industrial Estate 8 yards north of lamp column No.1 and 30 yards north of junction with old A465 road (Hirwaun to Rhigos). Proceed south to junction with unclassified road and bear left to roundabout with A4061 (Rhigos mountain road) where take second exit (straight on) to Hirwaun roundabout A465 (1.306 miles). Take first exit westwards along the A465 dual carriageway to Blaengwrach roundabout (McDonalds) 7.169 miles. Take second exit (straight on) on A465 to Resolven roundabout 10.183 miles. Here take third exit, follow the A465 to exit at the next junction at Aberdulais (sp Seven Sisters), climbing to the Tonna roundabout 15.063 miles. Now take first exit to Aberdulais Interchange where circle and take fourth exit down slip road to rejoin the A465 eastward. Continue to Resolven roundabout 19.719 miles taking second exit (straight on) to Blaengwrach roundabout (McDonalds) 22.764 miles. Take second exit continuing on A465, passing over river bridge and the Glynneath interchange 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 miles.



Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard.

In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets.

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 in use.