



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

The Carl Roach Memorial 25 Mile Time Trial

Promoted by

OGMORE VALLEY WHEELERS

Saturday 28th September 2013, starting at 3.11pm

Start Timekeeper; Robin Field

Finish Timekeeper; Norman James

COURSE; R25/3H

HQ- Hirwaun Village Hall. High Street. Hirwaun CF44. 9SL. Open from 1.00pm.
Please ensure you sign on when collecting your number.

AWARDS

1st, 2nd, 3rd Men (£50; £30 and £15)
1st, 2nd, 3rd Women (£50; £30 and £15)
1st Junior; £25
1st Vet on VTTA 2013 standard; £50
Fastest Team of 3; £20 each

Awards will be presented at 6.30pm. Please stay to congratulate the prize-winners. The family of Carl Roach hope to be present.

Event Secretary; Tim Raine. Brusselton, Treoes, Bridgend. CF35 5DL (01656 661257) – Any complaints regarding the event must be made in writing to the event secretary within 24hrs of the event.

See attached Start Schedule and the further notes below.

Important Notice to all Riders

The OVW, CTT and Police recommend the use of a good hard shell helmet manufactured to internationally recognised standards, also a working rear light fixed to the bike and

operating in a continuous flashing mode is recommended. For all riders under the age of 18 years these helmets are **COMPULSORY**

Marshals may be positioned around the course, they are there to show you the way, they have no authority over the traffic and remaining on course is your responsibility. Please familiarise yourself with the course before the event.

It is the riders responsibility to ride within the laws of the road and with consideration to other road users. Please do so.

Numbers are at the HQ. Please collect them there and sign on in plenty of time for your start. Please also ensure you return your number for a free drink. Other refreshments will be available.

Course Description R25/3H (revised start)

START on access road to Hirwaun Industrial Estate (E 293120/ N206180 OS Sheets 170/160) 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 (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 (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.

Continue past the finish to reach HQ. Riders may not cross the dual carriageway to return westward but must continue up the A465 to Hirwaun roundabout then first left and first right back to HQ at Hirwaun.

All riders are asked to comply with the following requests;

DO NOT; PARK OR STOP YOUR CAR WITHIN SIGHT OF THE STARTING OR FINISHING TIMEKEEPER

DO NOT; LEAVE YOUR NUMBER FLAPPING – FOUR PINS ARE SUPPLIED, USE THEM PLEASE

DO NOT; ALLOW FRIENDS AND RELATIONS TO FOLLOW YOU AROUND THE COURSE- IT'S NOT ALLOWED

DO; CALL YOUR NUMBER TO THE FINISHING TIMEKEEPER OR YOUR TIME MAY NOT BE RECORDED

DO; KEEP YOUR HEAD UP AND BE AWARE OF YOUR SURROUNDINGS. **HAVE A SAFE RIDE**

ACKNOWLEDGMENTS; Grateful thanks are extended to all officials and organisations who have cooperated in the production of this event, to members and friends of Ogmore Valley Wheelers who have given so generously of their time and, especially to all the competitors, some of whom will be travelling considerable distances to compete. Have a good ride.