

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS BY
Cwmcarn Paragon RC – (cwmcarparagon.co.uk)

CWMCARN PARAGON OPEN 4up 25 mile TEAM TIME TRIAL

Saturday 9th JUNE 2012 at 3pm on the R25/3(H)

TIMEKEEPERS; Start ; Tudor Thomas. Finish; Norman James
EVENT SECRETARY; Gareth Pugh, 10 Hawthorn Road, Nelson, CF46 6PB.
Complaints regarding the event should be made in writing to the promoting secretary within 24 hours
Telephone 07896 323637

Event Headquarters; Rhigos Community Centre.

Rhigos Village, RCT, (next to Rhigos Rugby Club – same car park)
RIDERS MUST SIGN ON AT THE RACE HQ

IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT ORGANISERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS THE INTERNATIONALLY ACCEPTED SAFETY STANDARDS.

It is a regulation of Cycling Time Trials that all riders under the age of 18 or juniors as defined by regulation 9 should wear a hard shell helmet conforming to a safety standard in accordance with the new regulation 15.

THE COURSE

START; R25/3H

OS ref (sheet 159/160) start 915069 finish 886064

Start on unclassified road between Hirwaun Industrial Estate and Cefn Rhigos village bus stop sign in layby opposite side road (heol-y-graig) signed “Rhigos ¼”.

Proceed eastwards to rbt with A4061 (Rhigos Mountain Road) where take 2nd (straight) exit to “Heads of the Valley” rbt (A465) to take 1st exit onto “the bank”. Proceed westwards and down along A465 to Blaengwrach rbt where take 2nd exit (straight) to Resolven rbt (10.523 miles) where take 3rd exit (straight) to junction/sliproad signed A4109 – **THE TURN**. Bear to left to climb to Tonna mini rbt (15.431) where take 1st exit left to immediate large rbt where you circle (Great Care) to 3rd exit to rejoin A465 eastwards. Retrace path over next 2 roundabouts (Resolven & Blaengwrach). Continue on A465 over Neath river bridges and past the Glynneath slip road to finish on A465 at 1st layby 53 yards past “take litter home” sign. 25.014 miles.

WARNING: Riders will need to ride approx 5 miles back to the HQ from the finish at the bottom of Glynneath bank. Please ride sensibly and in single file whilst climbing the dual carriageway.

PRIZE LIST

First Team	£50
2nd Team	£30
3rd Team	£20

Please return all numbers to HQ after you have finished your ride for a free drink (tea, coffee or squash). Have a great Ride

Cwmcarn Paragon 4up Saturday 9th June 2012 3pm R25/3 HQ Rhigos Community Centre

Start Time	Team / Club	Number							
3:01	Cwmcarn Paragon RC (E)	1	Ross Porter	2	Ross Phillips	3	Simon Jenkins	4	Jack Carpenter
3:05	Forza Cycles	5	John Aspell	6	Dave Bees	7	Chris Matthews	8	Russ White
3:09	Cwmcarn Paragon RC (D)	9	Paul Darknell	10	Jonny Morgan	11	Wayne Lewis	12	John Swithenbank
3:13	Cardiff Tri (B)	13	Sam Webster	14	James Nunn	15	Patrick Lees	16	Daniel Miles
3:17	Pontypool RCC	17	Ian Rees	18	Gary Jones	19	Gareth Giles	20	Paul Harris
3:21	Cwmcarn Paragon RC (C)	21	Jon Vickery	22	Alistair Morgan	23	Neil Richards	24	Andy Haines
3:25	Cardiff Jif/BUSH Composite	25	Rhys Britton (JIF)	26	Marcus Gale (JIF)	27	Clare Greenwood BUSH Healthcare	28	Susan Shook BUSH Healthcare
3:29	Cardiff Tri (A)	29	Oliver Jenkins	30	James Manso	31	Mark Suret	32	Miles Brown
3:33	Cwmcarn Paragon RC (B)	33	Andrew Stokoe	34	Steve Powell	35	Matt Jones	36	Gareth Pugh
3:37	Bynea/Towy Composite	37	Dr. Arwel Davies	38	Robert Ellis	39	Ben Phillips	40	Anthony Mark Jones (Towy Racing CC)
3:41	Cardiff Jif/Metaltek Composite	41	Matt Rowe (Metaltek)	42	Courtney Rowe	43	Owen Beckett	44	Jason Perry
3:45	Cwmcarn Paragon RC (A)	45	Richard Harris	46	Andrew Butcher	47	Darran Carpenter	48	Luke Cornish

All riders are asked to comply with the following requests:

- DO NOT park or stop your car inconsiderately. Remember that we are guests in the village..
- DO NOT leave your number flapping - four pins are supplied for each - USE THEM
- DO NOT allow your 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, be aware of your surroundings and HAVE A SAFE RIDE

Important Notice to all Riders

The WCA, CTT and Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards and to use a constant or flashing rear light.

For ALL Riders under the age of 18 these helmets are COMPULSORY.

Marshall's will be positioned around the course they are there to show you the way, they have no authority over the traffic.

Please be familiar with the course. It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so.