



Founded 1937

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

Sunday 6th August 2017

Men's National 25 mile Time Trial – R25/3H

Event Secretary: Andrew Grist, 59 Bartley Terrace ,Plasmarl,
Swansea, SA6 8LN

Mobile - 07721 538386

Timekeepers: Robin Field, Cardiff Byways CC

Norman James, Ogmre Valley Wheelers

Tudor Thomas, Bynea CC

Alf Williams, Port Talbot Wheelers

District Observers: John Shehan, other members

S.Wales DC

Chief Marshall: Nic Forbes, Bynea CC

Event HQ: Rhigos Rugby Club, The Clubhouse,
Rhigos, Aberdare, RCT, CF44 9HJ

Headquarters will be open from 7:30am until end of the Event

Awards Presentation to be at 1:30pm in the Rugby Club

District and Championship Regulations.

- ✓ No anti-social behaviour. All will result in a DQ and referral to the South Wales DC for further action.
- ✓ No passing the start time keeper, “U” turning in start area, warming up on the course or using a turbo within 100m of residential areas. There is ample room within the Hirwaun Industrial Estate for the purpose of using a turbotrainer.
- ✓ No parking in Halt Rd, Halt Close or in the Start road, Thirteen Avenue. Please keep business clear.
- ✓ Spectators are welcome opposite the start provided they are on foot.
- ✓ No cars associated with the event may park in the laybys on Rhigos Rd between the Start and A465 R'bout. District officials will be checking for compliance.
- ✓ A shuttle service will take any clothing or equipment back to HQ from the start line.
- ✓ Complaints and reporting of accidents should be made in writing within 72 hrs to the promoter.

Bynea CC would like to thank James Smith and everyone at Primal Europe for sponsoring the event so generously.
<http://www.primaleurope.com/>

Course details : R25/3H.

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 (old A465) 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.

Directions back to HQ.

Riders to continue up A465 for 2 miles to Hirwaun Roundabout. Take third exit (sp A4061 Treherbert). Continue to roundabout $\frac{3}{4}$ mile take second exit (straight on). Follow road for 1 mile and turn left into Heol Y Graig. Continue on for $\frac{3}{4}$ mile to reach HQ Rhigos RFC.