



Promoted for and on behalf of Cycling time Trials under their rules and Regulations

Ogmores Valley Wheelers

Present the Carl Roach Memorial 25 Mile Time Trial

Sunday 27th April, 2014 starting at 09:30 hrs on the R25/3H (Revised) course

Headquarters – Rhigos Community Sports Hall

Rhigos, Aberdare, CF44 9HJ.

Awards List

Fastest rider - £60	Fastest Vet on Std - £30
2nd Fastest - £40	2nd Vet on Std - £20
3rd Fastest £20	3rd Vet on Std - £10
Fastest Lady - £40	Fastest Lady Vet on Std - £30
Team of 3 Riders - £20 each	

Strictly one rider per prize (except team)

Start Timekeeper: Robin Field – Cardiff Byways CC

Finish Timekeeper: Norman James – Ogmores Valley Wheelers

Event Secretary:

Stephen Landeg, 3 Long Acre Court, Porthcawl CF36 3TJ.

Home Tel: 01656 773555 or 07538 083426

R25/3H (Revised) 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 lay-by on the left at a point 25 yards west of the *Take Litter Home* sign and opposite the emergency telephone point. 25.014 miles

Notes to competitors

The headquarters will be open at 08:00 hrs.

Please remember to sign in and look for any updated safety information.

All competitors must at all times obey the rules of the road and the rules of our sport. Please don't take unnecessary risks. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a Hard Shell Helmet that meets an internationally accepted standard.

It is strongly 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.

Keep your head up and **HAVE A SAFE RIDE.**