

Ogmore Valley Wheelers SPOCO 8 of 9
Sunday 16th September 2012
Course RS/11 (20 miles)



This event is being promoted for and on behalf of Cycling Time Trials under their rules and regulations.

*******NO TRI BARS*******

Event Secretary: Rob Jones 07717772848

9 Lowerdale Drive, Llantrisant, Pontyclun, Mid Glamorgan, CF72 8DY.

Timekeepers: Norman James and Robin Field

Event Headquarters: Pendoylan Village Hall (open from 0745)

Head south from M4 Junction 34 and look out for this (see pic) on your right at about 1.5 miles. If you get to Pendoylan village then you have gone too far. **Don't Google it for the postcode** as the addresses listed appear to locate the venue incorrectly. Parking, toilets and refreshments will be available at HQ.



Route from HQ to Start/ Finish

Turn right out of HQ car park and proceed through Pendoylan Village. Take 1st left to Gwern-y-Steeple and then left again for Peterston-super-Ely. It's about 2.5 miles and fairly flat. To return to HQ after finish go right, right and right again. Please don't go any alternative way that results in you riding on the course or you may be disqualified,

Course (2 x 10 mile lap)

OS References: Start 08051 76117 / Finish 08021 76227

Start in Peterston-Super-Ely on unclassified road at hazard warning road sign approximately 100 metres NE of Wyndham Way and 200 metres SW of road bridge over railway line. Proceed in NE direction through centre of Peterston-Super-Ely and along St Brides Road. Turn left onto Crofft-Y-Genau Road (2.96 miles) to head north. Turn left onto A4119 Llantrisant Road (4.23 miles) to head west. Immediately after passing Groes-Faen village sign turn left onto unclassified road (6.89 miles). Cross over M4 (7.68 miles) and proceed south to pass under railway line (9.94 miles) and complete 1st lap. Turn left onto unclassified road (10.1 miles) to commence 2nd lap. Repeat full 2nd lap finishing at gates approx. 100 metres south of the railway and 100 meters short of the T junction. Brake!

Signing on

At HQ fill in the sign on sheet and ensure you take the correct number. On completion of the race please hand in your number at the refreshment stall where you will receive a complimentary cup of tea/coffee/squash in return. Numbers are to be pinned to the the lower back securely with the safety pins provided.

Prizes (one rider one prize)

Fastest Rider	£10
Fastest Veteran Lady	£10
Fastest Veteran Man	£10
MOR (8 th place)	£10

Any complaints must be made in writing to the organiser within 24 hours of the finish. Please be patient, as this is my first stab at promoting an event. Any mistakes made are not intentional and will be dealt with ASAP. Please enjoy the race and ride safely

Start Sheet

Number	Forename	Surname	Club	Cat	Start time
1	Lyn	Jones	E.C. Cycles	S	09:01
2	Gareth	Battle	Porth & District CC	S	09:02
3	Jayson	Butler	Ogmore Valley Whs	S	09:03
4	Stuart	Stanton	CC Blaenau Gwent	V	09:04
5	Andrew	Stokoe	Cwmcarn Paragon Road Club	S	09:05
6	Allan	Wardhaugh	Ogmore Valley Whs	V	09:06
7	Simon	Bird	Ogmore Valley Whs	S	09:07
8	Edward	Malarczyk	Cwmcarn Paragon	V	09:08
9	Jason	Strange	Ogmore Valley Whs	S	09:09
10	Andrew	Butcher	Cwmcarn Paragon Road Club	S	09:10
11	David	Brice	Bynea CC	V	09:11
12	Christopher	Goodwin	Ogmore Valley Whs	S	09:12
13	Bob	Jones	Cardiff 100 Miles RCC	V	09:13
14	Sally	Harmer	Ystwyth CC	LV	09:14
15	Darren	Carpenter	Cwmcarn Paragon Road Club	S	09:15
16	Andrew	Harries	Ogmore Valley Whs	V	09:16
17	David	Crowley	Port Talbot Whs CC	S	09:17

Safety

Firstly note that **Tri bars are not permitted in this event** in accordance with Regulation 14 (Competitor's Machine). Any other aero equipment within the CTT rules and regulations is permitted. The reason for excluding use of tri bars is that the section of the two lap course between 7.68 - 9.94 miles and 17.68 - 19.94 miles (from point just south of bridge over M4 to passing under the railway line at Peterston-super-Ely) is particularly technical, incorporating narrow lanes, gradients and bends that result in limited visibility in relation to potential speed of travel. **You also need to be especially alert for the presence of horses** (hopefully with riders) during this section, given a couple of stables in the vicinity. Standard road bars enable greater control should the rider need to stop or alter direction at short notice.

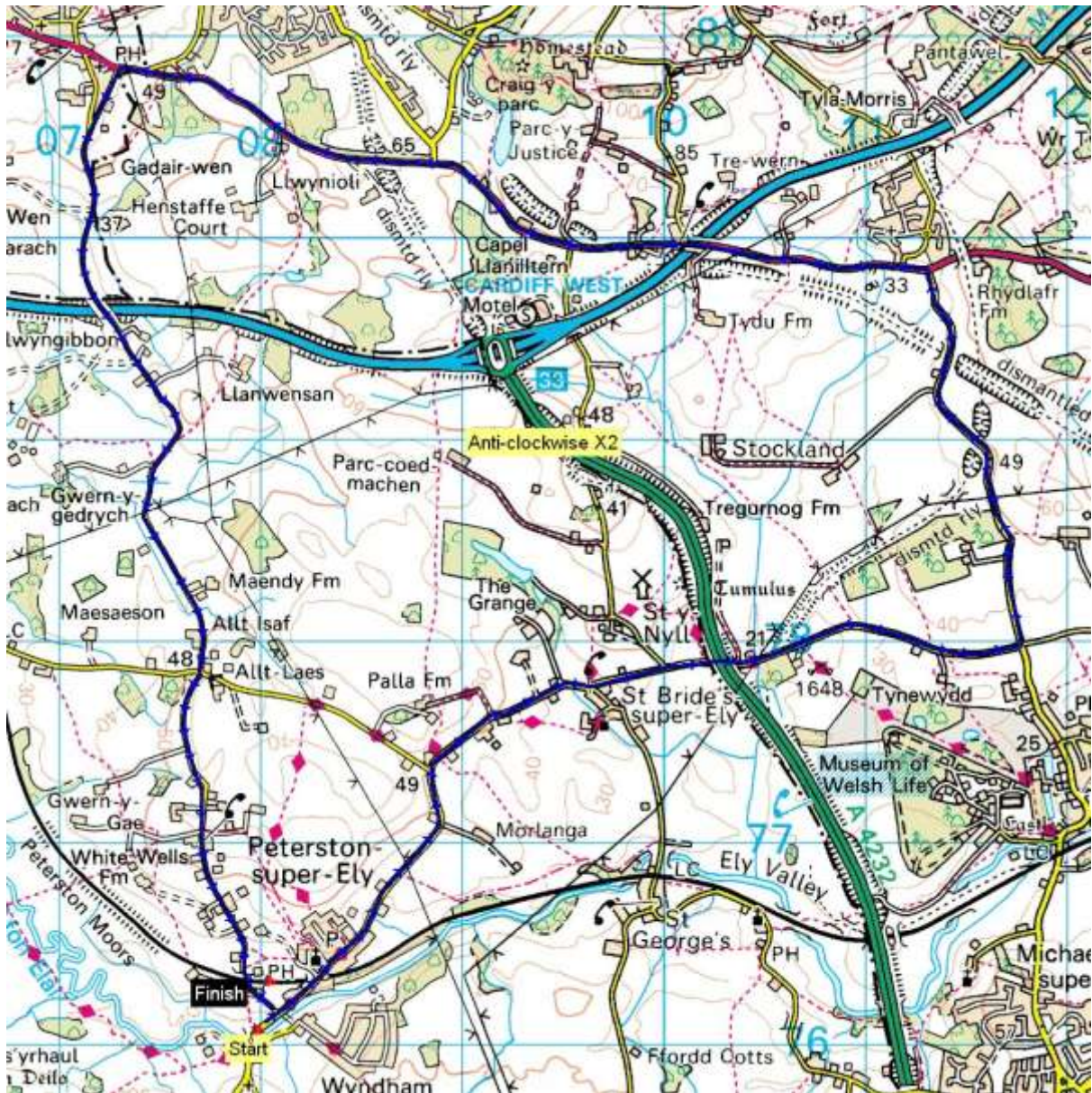
Marshalls will be placed out on the course, where safe to do so (i.e. not at all of the turns), but they are primarily there to warn traffic that there is a cycle event happening. It is intended that direction signs will be provided at the four left turns on the course, though **riders are expected to know the course**. It is strongly advocated that you do not depend on marshalls or signs for direction.

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 SAFETY STANDARD.

IT IS A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE NEW REGULATION 15

It is recommended that riders have a constant or flashing red light on the rear of their bikes

The course...



And lap profile (there is a flat bit there somewhere!)

