



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

Ogmore Valley Wheelers

Present the Carl Roach Memorial 25 Mile Time Trial

Sunday 24th April 2016 starting at 08:01hrs on the R25/3H (Revised) course

Headquarters – Hirwaun Village Hall
High Street, Hirwaun, CF44 9SL
The headquarters will be open from 07:00hrs.

Parking is limited, so please park considerately.
Please be mindful that this course may be under threat due to riders urinating in public.

Awards List

Men	Women	Veteran
Fastest rider - £50	Fastest rider - £50	Fastest Vet on Std - £30
2 nd Fastest - £30	2 nd Fastest - £30	2 nd Vet on Std - £20
3 rd Fastest - £20	3 rd Fastest - £20	3 rd Vet on Std - £10
Fastest Junior £20		
Team of 3 Riders - £20 each		

Strictly one rider per prize (except team)

Start Timekeeper

Tudor Thomas – Bynea CC

Finish Timekeepers

Norman James – Ogmore Valley Wheelers
Robin Field – Cardiff Byways CC

Event Secretary:

Teresa Deeley, 10 Llwynbrain Terrace, Llanharan, Pontyclun, RCT, CF72 9PN
Home Tel: 01443 228864 or 07884 496770

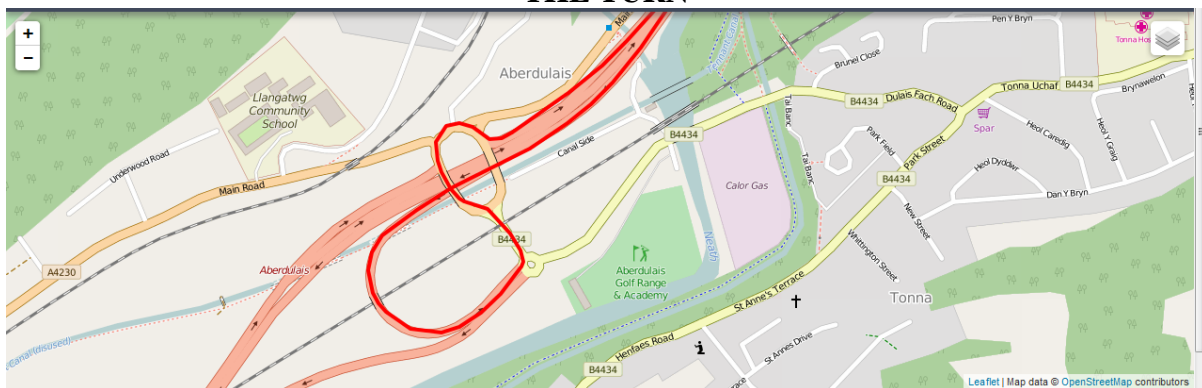
Contact Numbers on the day:

Teresa Deeley – 07884 496770
Tim Raine – 07840 338754
Steven Madeley – 07834 431258

Course Description - 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 unclassified road (old A465) Hirwaun to Cefn Rhigos.	0.000
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 to take first exit	1.306
Continue along A465 to Blaengwrach roundabout (McDonalds) to take second exit (straight on).	7.169
Continue on A465 to Resolven roundabout to take third exit (straight on)	10.183
Continue on A465 to exit at next junction (signpost Seven Sisters), climbing to the Tonna roundabout, where take first exit to Aberdulais Interchange where circle roundabout and take fourth exit down slip road to re-join the A465 eastward.	15.063
Continue along A465 to Resolven roundabout to take second exit (straight on)	19.719
Continue on A465 to Blaengwrach roundabout (McDonalds).	22.764
Take second exit continuing on A465, passing over river bridge and the Glynneath interchange to REMAIN ON A465 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
Note - From the finish continue on the A465 up the Neath bank to return to the HQ	

THE TURN



All riders are asked to comply with the following requests.

- Please remember to sign on 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 do not 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. All competitors under the age of 18 and/or JUNIORS must wear a HELMET of HARD/SOFT SHELL that conforms to a recognised standard (see Regulation 15).
- 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.
- Prior to starting, competitors must not ride past the finish timekeeper during the duration of the event.
- Any competitor making a U-turn in the vicinity of the start or finish will be disqualified from the event.
- Do call your number to the finishing timekeeper.
- Do keep your head up, be aware of your surroundings and HAVE A SAFE RIDE

Please return your race number in exchange for a free cuppa after you finish.