

Numbers will be at HQ, Free Refreshments on return of number
Course Description for R25/3H

Start on access road to Hirwaun Industrial Estate, 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 2nd exit (straight on) to Hirwaun roundabout A465 (1.306 miles). Take first exit westwards along the A465 dual carriageway to Blaengwrach roundabout (McDonalds) . Take second exit (straight on) A465 to Resolven roundabout (10.183 miles). Here take the 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 the first exit to Aberdulais Interchange where circle and take the fourth exit down the slip road to rejoin the A465 Eastward. Continue to Resolven roundabout (19.719 miles) taking second exit (straight on) to Blaengwrach roundabout (McDonalds). 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.

All riders are asked to comply with the following requests

DO NOT park or stop your car within sight of the starting or finishing timekeeper.
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.

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 note we are not allowed to place direction arrows on the Dual Carriageway, please ensure you are familiar with the course, so there are no surprises. It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so

Any complaints regarding the event must be made in writing to the Event Secretary within 24hrs. The full result of this event will be published on www.welshcycling.org

Port Talbot Wheelers CC.



In Conjunction with its sponsors

CJ Construction Wales Ltd. and Lyndonjones@hotmail.co.uk



Present

Their Annual 25 Mile Time Trial

Date: 11th September 2016

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

Starting Timekeepers – Norman James & Tony Howell

Finishing Timekeepers – Robin Field & Mark Hiddlestone

Course R25/3H

WJO 09:00am

Main Event 11:00am

Headquarters.

Rhigos Rugby Club Rhigos, Aberdare, Mid Glamorgan, CF44 9HJ .

Event Secretary:

L Thomas 1 St Brides Close, Nottage, Porthcawl CF36 3NR

Mobile 07976 601218

AWARDS One Rider One Prize ! (except team)

| Main Event | | Overflow | |
|----------------------------|------|----------------------|-----|
| fastest rider | £100 | Fastest Lady | £50 |
| 2nd fastest | £75 | 2nd fastest lady | £40 |
| 3rd fastest | £50 | 3rd fastest lady | £30 |
| 4th fastest | £40 | 1st fastest Jun/juv | £30 |
| 5th fastest | £35 | 2nd fastest Jun/Juv | £20 |
| Team of 3 (bidlake system) | £60 | 1st fastest Overflow | £45 |
| 1st vet on Standard | £30 | 2nd fastest Overflow | £35 |
| 2nd vet on standard | £25 | 3rd fastest Overflow | £30 |
| 3rd vet on standard | £20 | 1st vet on standard | £25 |
| | | 2nd vet on standard | £20 |
| | | 3rd vet on standard | £10 |

We appreciate that you may want to leave quickly, but please stay to applaud the prize winners.