

**Numbers will be at HQ, Free Refreshments on return of number
Course Description for 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 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 resolgen 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 resolgen 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

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** park in or within the vicinity of Halt Road, Rhigos
- DO NOT** warm up on the course once the event has started
- DO NOT** use a turbo trainer within 100m of dwellings
- 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

4-up 25 Mile Team Time Trial

Date: 21st June 2018

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

Starting Timekeeper – Jill Colman

Finishing Timekeeper – Tudor Thomas

Course R25/3H

First team starts 18:03

Headquarters.

Rhigos Rugby Club, Cwm Hwnt Rd, CF44 9HJ

Please remember it is now a requirement to sign out at the end of the event

Event Secretary:

Geraint Evans, 24 Ynys Street, Port Talbot SA13 1YW

Tel: 07891 850952



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



AWARDS

1st Club Team	£80
2nd Club Team	£60
3rd Club Team	£40
1st Club Ladies Team	£80
1st Composite team	£80
1st all Veterans Team	£80
1st Team with a Jun/Juv	£60
Lanterne Rouge	£40

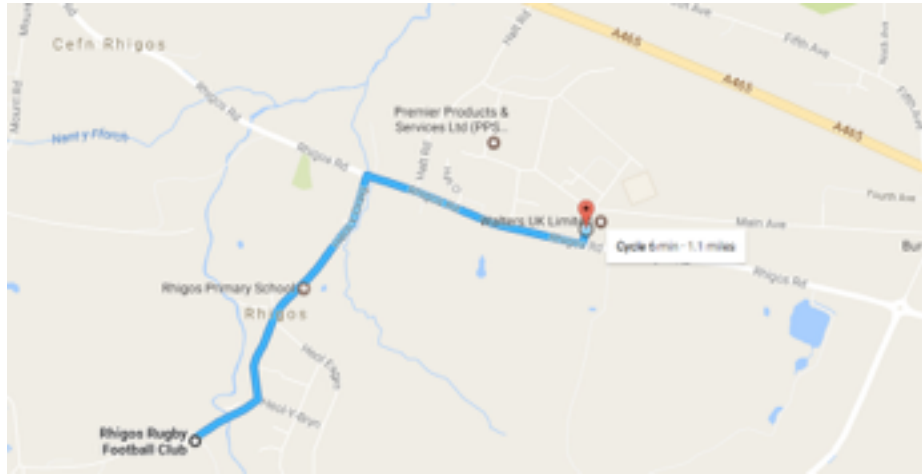
Please note- one team, one prize





Route from HQ to start

R25/3H Course



The turn



R25/3H Course layout <https://www.strava.com/segments/11777401>

