



PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRAILS
UNDER THEIR RULES AND REGULATIONS

Overflow and BAR event
Sunday 12TH August 2012 R25/3L – 9am

Start Timekeeper: Robin Field

Finish Timekeeper: Julia Jones

EVENT SEC: Martyn Heritage-Owen 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ

TEL: 02920 797505

Mobile: 0778 606 7819

Complaints regarding this event should be made in writing to the promoting secretary within 24hrs.

Event Headquarters - Rhigos Community Sport Hall (CF44 9HY) – open from 8am

The HQ is the building to the left of the familiar Rhigos RFC building (it's visible on google street view). Given the number of riders space will be at a premium so overflow parking is on the road outside. Please park responsibly and ensure the road outside is still clear. Please leave spaces outside the sports hall entrance itself for the officials. Changing facilities and showers are available.

To get to the start turn left out of the car park and follow the road to the T junction. The start is on the right.

NOTE

The event starts on time at 9am however from no 31 to clear the course earlier given the large number of competitors in total. Note your correct starting time on the sheet DO NOT assume it from your number.

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ IN THE INTERESTS OF YOUR OWN SAFETY ,CYCLING TIME TRAILS 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 REGULATION 15



Course Description R25/3L - Cefn Rhigos - Tonna - Resolven - Blaengwrach - A4109 slip

Start on unclassified road at Cefn Rhigos Village (top of hill), 26 yards west of electricity pole No. B29016 on north side. Proceed eastwards to roundabout with A4016, where take 2nd exit (straight on) to roundabout with A465, take 1st exit. Proceed westwards along A465 to Blaengwrach roundabout where take 2nd exit (straight on) to Resolven roundabout, where take 2nd exit (straight on) to continue on A465 to first junction to left signed A4109. Bear left around the loop to take 4th exit to rejoin A465 eastwards. Retrace to Resolven roundabout where take 2nd exit (straight on). Continue on A465 over River Neath bridges where bear left onto A4109 slip road, **turn left at T junction WITH CARE** to finish short of traffic lights at the centre of the first drain on the left after crossing river bridge (25.014 miles).

From the finish to the HQ: At the traffic light turn right and take the old A465 ascending the old neath bank to Rhigos and take the right turn before the start to return to the HQ.

Prize List – Men’s Overflow

1st - £30, 2nd - £20, 3rd - £10.

Fastest Vet - £20.

Spot prizes: 30th place, last place.

Prize List – Women’s BAR

1st woman - £30, 2ⁿ -£20, 3rd - £10

Fastest Woman Vet - £10.

1st Junior - £10

1st Juvenile - £10,

Spot prize: last place.

Competition Record (subject to ratification): £100

One rider one prize. Spot prizes will be paid by post when timing sheets have been checked. Prize presentation at 12:30

A reminder that male riders that have improved or do improve their time to faster than 54:00 need to inform the organiser before the event starts. You will be eligible to ride on the day but not for the prize list. Checks will be made on the CTT fastest rides facility and riders failing to comply will be disqualified.