SPORTZMAD

CYCLING EVENTS

www.sportzmad.co.uk

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

Sunday May 14th 2016 R25/3H – 11.00 am Main Event

Timekeepers – Start: Tudor Thomas, Finish: Robin Field

EVENT SEC: Heather Williams, Southfield, 68, Cog Rd, Sully. Cardiff Cf64 5TE Mobile: 07973266315. Complaints should be made in writing to the promoting secretary within 24hrs.

Event Headquarters - Rhigos Rugby Club, CF44 9HJ – Open from 9.00am

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 AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.

Course Description 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.

PLEASE DO NOT CROSS THE BARRIER AFTER YOUR RACE BUT CONTINUE BACK UP THE DUAL CARRIAGE WAY AND RETRACE YOUR ROUTE TO THE HEADQUARTERS

Men's Event: In each of the following categories Overall 1st£40 , 2nd£35 , 3rd£30 Veterans - 1st£30 , 2nd£25, 3rd£20

Overflow/BAR event Prize List: In each of the following categories Overflow Men 1st£20, Female BAR 1st£20, 2nd £15, 3rd, £10, and Female Veteran - 1st£20 , 2nd£15, Fastest Junior £20.

Have a safe ride and we hope to see you again at the other Sportzmad events:-
04/06/2017 R25/3H, 06/07/2017 R10/9, 01/08/2017 R10/9

One rider one prize. Prizes will be posted.

Please do not use adhesive tape to affix your race number, use the pins provided.

Free tea or coffee on return of your number. A selection of cakes will be available for very reasonable prices.

Have a safe ride and we hope to see you again at the other Sportzmad events:-
04/06/2017 R25/3H, 06/07/2017 R10/9, 01/08/2017 R10/9