



## 25 Mile Championship Weekend – Final arrangements

### Travel (There are no known roadworks on the weekend)

#### **Directions from the Midlands & North**

M50 to Ross-on-Wye, A40 (Monmouth, care to take junction to Abergavenny at Raglan). At Hardwich rbt Abergavenny take 2<sup>nd</sup> exit A465. Follow A465 to Hirwaun before picking up the 1<sup>st</sup> rbt on the course.

#### **Directions via the East (M4)**

Leave M4 Westbound at Junction 32 Coryton and take A470 north signposted Merthyr Tydfil. Continue on A470 till junction with A465 Heads of the Valley Rd signposted Neath.

#### **Directions from the West (M4)**

- Exit Junction M4 junction 43 take first left onto A465  
- Take A465 picking up the course at the turn (Aberdulais) and proceed thro' Resolven and Blaengwrach rbts to take the first left at Glynneath exit. At traffic lights turn right Rhigos Rd and exit the town and ascend the old Neath Bank. Take the first right at the top of the hill (Mount Rd). Follow the road (includes a short steep switchback ramp) and the Rugby club is on the right.

### Changing and HQ

- **The HQ has been changed to the Rhigos Community Centre (CF44 9HJ).** This is at the bottom end of the car park and provide a bigger space to hold house both Championships.
- **There are plenty of showers and changing facilities.** Men to the left, Women on the right.

### Doping Control

- In the event UKAD attend the board announcing the selections for testing will be in the entry area of the Community Hall HQ.
- Doping Control itself will be in the Rugby Club Changing Block.

### Parking

- The poor weather this week means that plans for extra parking at Rugby club have come to nought.
- Please park responsibly on the road outside if the car park is full.
- Members of the Rugby club will be on parking duty.
- If you want to warm up near the start. There is plenty of space in the Industrial Estate behind the start **BUT access is via Halt Rd which is a no parking road. The area opposite the start sometimes used for events on this course is reserved for officials only for the Championships.**
- **Marshals will be policing the start area and competitor cars will be refused entry to Thirteenth Rd.**

### Signage arrows - QUICK GUIDE

- BLUE – Spectator route to the course avoiding breaking Reg 22a.
- GREEN – Rider Route to the Start.
- YELLOW – Rider Arrows, directions.
- WHITE – To the HQ from Hirwaun roundabout.
- Example Signs





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### Marshalling

Despite the course being an Urban Clearway marshals will be on as many roundabouts as we have them for. They are primarily there to draw drivers attention to the fact that an event is happening when entering the course and not to show you the way or advise you of hazards. The course risk assessment only requires marshals at the turn exit onto the A465.

### Do's and Don'ts

- ✓ **Sign on at the HQ.**
- ✓ 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.**
- ✓ **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. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective helmets. It is 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.**
- ✓ This event may be subject to doping control. It is **YOUR** responsibility to check.
- ✓ **No passing the start time keeper or warming up on the course.**
- ✓ **No turbo within 100m of residential areas, especially the residential part of Halt Rd near the start. South Wales DC have already received complaints about riders parking across drives. The R25/3L has already been withdrawn because of nuisance complaints it seems riders still haven't got the message we are guests in the Rhigos Village area (See example signage).**
- ✓ **No anti-social behaviour especially urinating in public.**
- ✓ **Attention all competitors. Please note that for 2017 all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do will result in the competitor being recorded as DNF.**
- ✓ **Portaloos: Two will be provided at the bottom end of Thirteenth Rd however be mindful of the fact that female staff are in the start vicinity on both days.**

**Failure to follow these basic rules will result in a DQ & referral to the South Wales DC and you have been fair warned that someone will be performing spot checks.**

**Turn** - Please familiarise yourself with the on-slip back onto the A465. Whatever we do the odd rider still manages to go off course. The marshals have been given instructions only to stand by the exit to reduce confusion but it is your responsibility to do your own research.

**TIP: Riders generally try and turn down the old Rd but Trunk Rd signs are in GREEN ;)**

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

### Spectator Route to the Course (Blue Route)

<b>From the Start</b>
Turn right out of Halt Rd





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**Proceed along Rhigos Rd through the village**



**Exit the village at the junction with Mount Rd**



**Descend old Neath Bank to outskirts of Glynneath**



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At first traffic lights turn left (signposted Neath and Merthyr)



Continue straight on to take Neath direction to join the course.

Please ensure that you comply with Reg 21 & Reg 22a – Members of South Wales DC will be monitoring compliance.



Take the Merthyr turning if you want to join the course and proceed past the finish.

From the HQ (Blue Arrows)





Turn left out of the Rugby Club

At the end of Mount Rd turn left and join the route from the start.



**The Course**

Full Video <https://www.youtube.com/watch?v=L8KQ1sv3Lhg&feature=youtu.be>

R25/3H - Course Description	Miles
<b>START</b> on access rd to Hirwaun Ind Est (E 293120/ N206180 OS 170/160) 8 yards north of lamp column No.1 & 30 yards north of junction with unclassified rd (old A465) Hirwaun to Cefn Rhigos.	0.000



R25/3H - Course Description	Miles
	
<p data-bbox="108 719 1102 752">Proceed south to junction with unclassified road (on to the old route) and bear left</p>  <p data-bbox="108 1182 970 1216">to rbt with A4061 (Rhigos mountain rd) where take 2<sup>nd</sup> exit (straight on)</p>  <p data-bbox="113 1637 568 1671">to Hirwaun rbt A465 to take first exit.</p>	1.306



R25/3H - Course Description	Miles
	
Continue along A465 to Blaengwrach roundabout (McDonalds) to take second exit (straight on).	7.169
	10.18



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R25/3H - Course Description	Miles
	
<p>Continue on A465 to exit at next junction (signpost Seven Sisters),</p> 	15.06
<p>Climbing to the Tonna rbt, where take 1st exit</p> 	



R25/3H - Course Description	Miles
<p>To Aberdulais Interchange, circle rbt</p>   <p>Take 4th exit down slip road to rejoin the A465 eastward. <b>A common mistake is to take the 3<sup>rd</sup> exit onto the old road. Be careful.</b></p>	

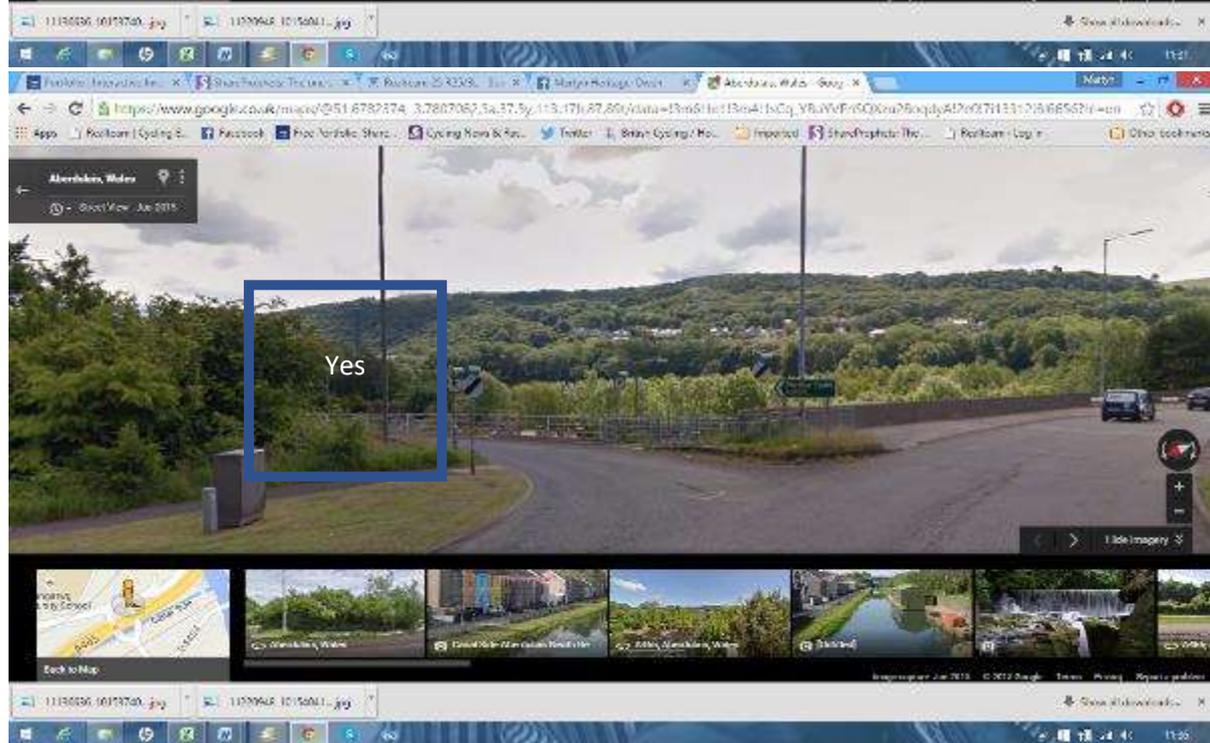
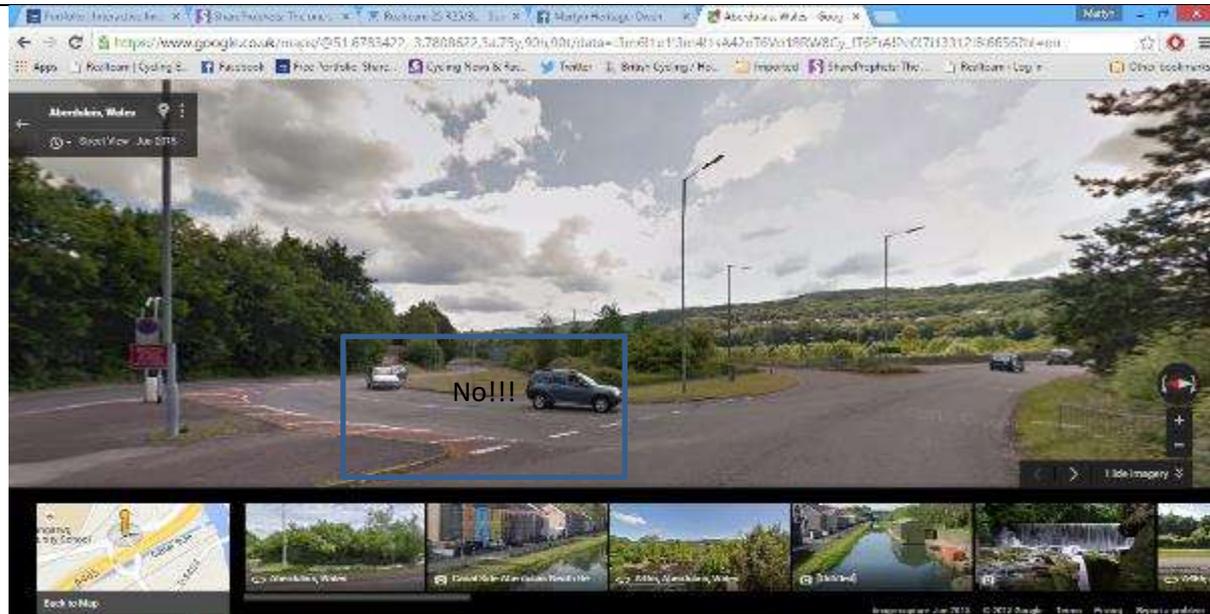


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**R25/3H - Course Description**

Miles



**TOP TIP – Trunk roads have GREEN ROAD SIGNS**

Continue along A465 to Resolven roundabout to take second exit (straight on)

19.72



R25/3H - Course Description	Miles
	
Continue on A465 to Blaengwrach roundabout (McDonalds).	22.76
 <p>Take 2nd exit continuing on A465, passing over river bridge and the Glynneath interchange to <b>REMAIN ON A465</b> to <b>FINISH</b> 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.</p>	25.02



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R25/3H - Course Description	Miles
	

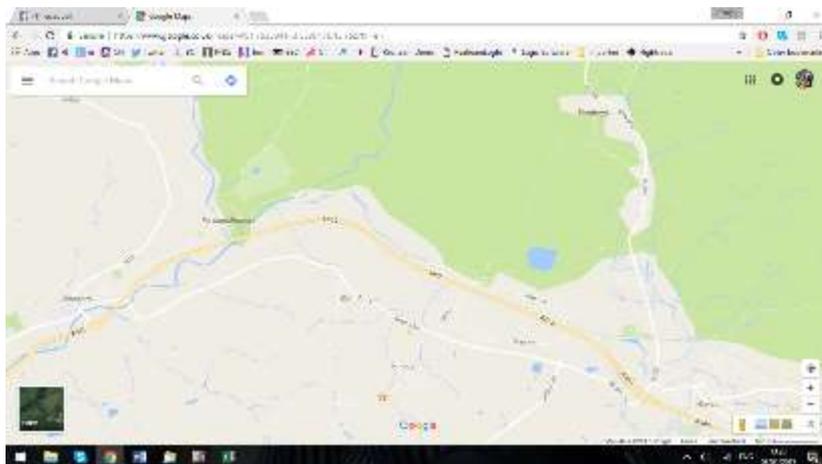


**Back to the HQ (WHITE HQ SIGNS)**

**Continue on A465 up the hill for 4miles**



**It is permitted to turbo and pick up riders from any of the laybys past the finish on the A465 in the Hirwaun direction.**



**To take 3<sup>rd</sup> exit at rbt to Rhigos**



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Turn left into Hywel-Y-Graig



and retrace to HQ.