

Stage 1: Brynmawr – Tumble. 7.55km/4.69 miles Individual Time Trial

Stage Headquarters	Brynmawr Foundation School
Signing-On / Gear Check Opens	16:30
Signing-On / Gear Check Closes	18:30
First Rider Starts	17:01
Last Rider Finishes	19:00 (est)
Jersey Presentation	Sunday morning prior to stage 2



Oscar Nilsson-Julien digs deep to win stage1 ©2019 Dave Partridge

STAGE DETAILS:

Riders must use **road-race legal machines: no tri-bars/clip-ons**. Wheels must have a **minimum** of 12 spokes. A single rear number worn in the centre of the skinsuit is permitted for the TT. Members of regional teams are permitted to wear their own club/team skinsuit **for the TT only**.

TT-specific helmets *are* permitted provided they satisfy BC Tech. Reg. G.2.3.1

Gear-checking will take place outside Race HQ.

Riders **must** have their bike gear-checked and will be issued with a counter **before** signing-on for stage 1.

Riders start at one-minute intervals. Rider start order is shown on pages 17 and 18.

Rider Service: Team Managers: please set up static service areas at appropriate points along the course to provide neutral service to riders.

SAFETY NOTES:

- Riders must **NOT** warm up on the course. We recommend that you warm up on the A467 – South of the stage start: between the Nantyglo and Blaina roundabouts. Obey traffic law and take care while warming up – traffic is fast-moving on this stretch of the A467.
- Riders **must** be in full control of their machines with hands gripping bars or brake lever assemblies at all times. Anyone noted by the commissaires to be utilising an unsafe riding position in an attempt to gain an advantage (phantom tri-bars, super tuck etc.) will be penalised.
- **Take care** at the cattle grids on the course – stay left, there may be a gap in the middle.
- **Take care** at the left turn onto the final climb. Beware of sunken manhole covers on the inside of the bend and be careful with your line when exiting as there may be oncoming traffic: **do not** drift wide onto the wrong side of the road.
- Riders **and** team vehicles **MUST** follow the alternate route depicted on page 16 of the manual when returning from the finish area to race HQ. Do **NOT** take the (now) right-hander at the bottom of the climb.
- **No following cars are allowed during this stage.** If this is observed, the rider will be penalised.

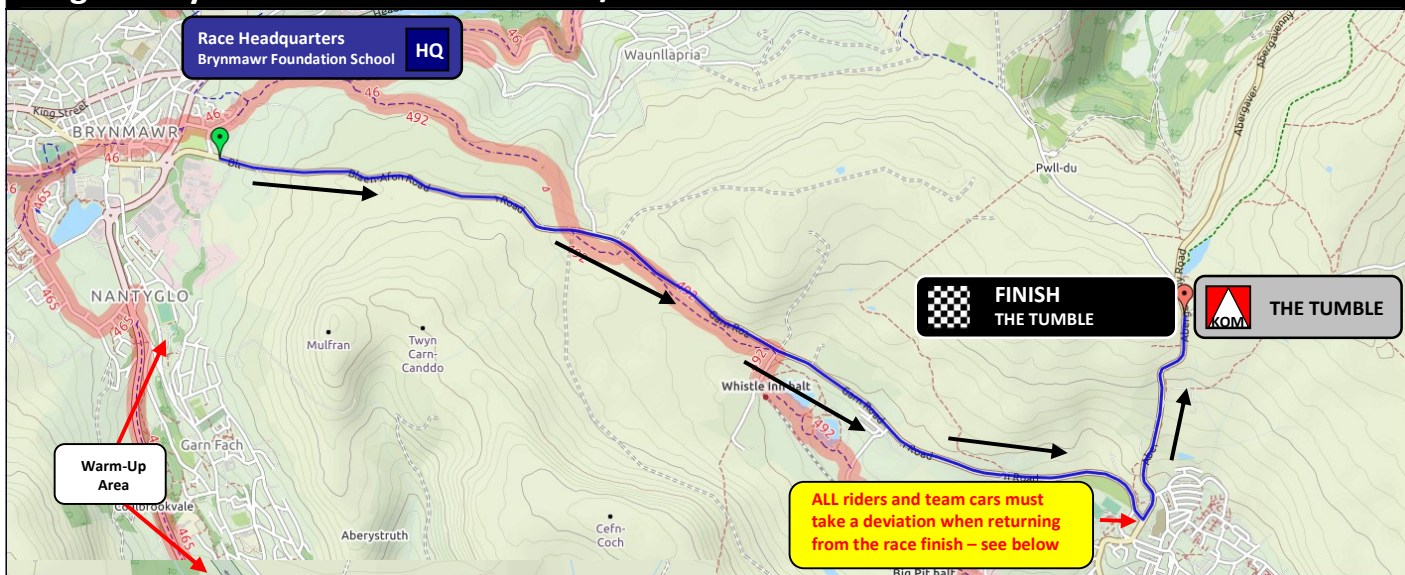
King of the Mountains and Sprint Competitions:

There is one hill prime. The points are awarded to the rider who completes the final climb from the left turn at 6.21 km to the finish line in the shortest time. This is a first category climb.

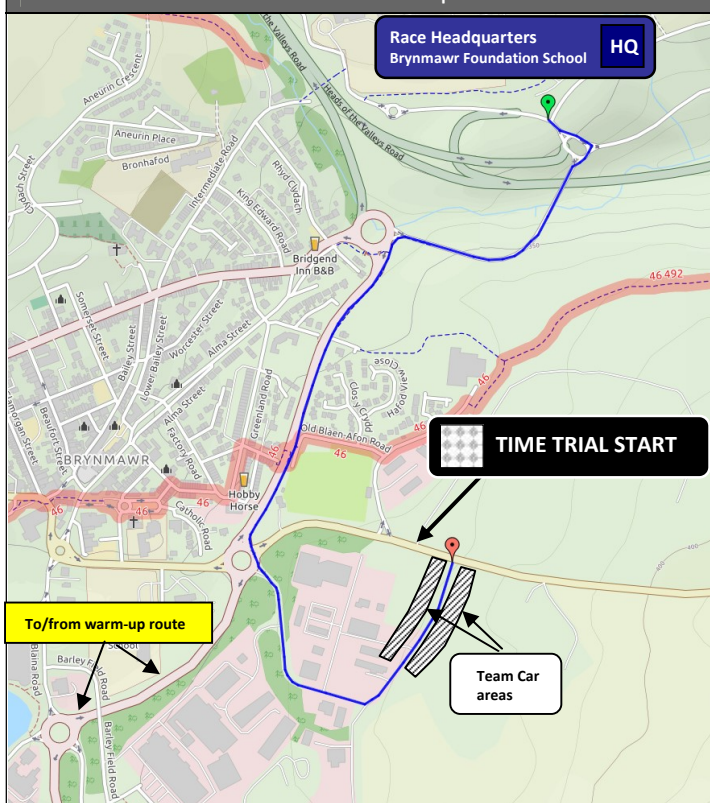
Course Description

km	miles	
0.0	0.0	START: On Blaenavon Road B4248 adjacent to gate on left, 310m west of A465 roundabout
6.21	4.29	Turn LEFT at T-junction onto B4246 (direction Abergavenny) CARE at sharp turn with manhole covers in road and danger of oncoming traffic. Start of KoM Prime Climb
7.55	4.91	FINISH and KOM Prime point at crossroads on summit of Tumble Mountain

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Access routes to Start and Warm-Up Area

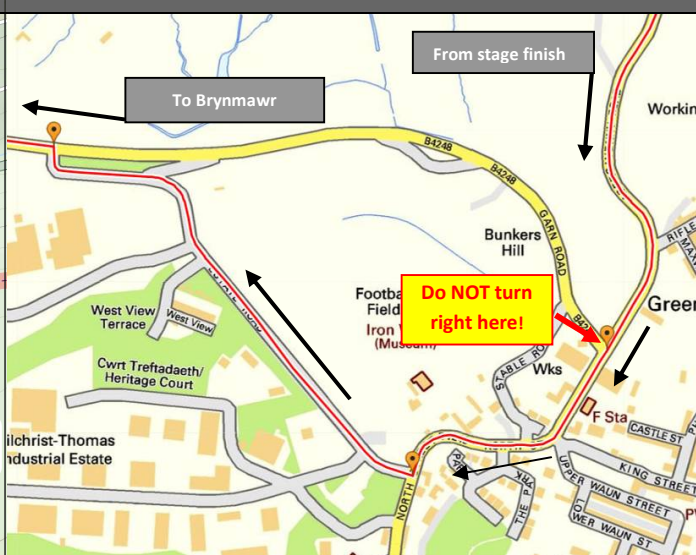


This map shows the recommended route for riders and team cars to take to the start of stage 1.

Do not drive towards the start line and then try to turn right into Blaenavon Industrial Estate opposite the start. This causes a build-up of traffic directly behind you which then interferes with the start area, impedes the riders and may even cause unnecessary risk to them.

Riders – when ready to start, retrace to the roundabout and ride up Blaenavon Road to the start area.

Deviation on return from Finish Area



When returning to Brynmawr after the time trial, riders and team vehicles **MUST** deviate to avoid turning right into the turn at the bottom of the climb. The suggested route is as above/below.

Retrace from the stage finish down the climb and **pass** the right turn that leads back to the start. In 360m turn right onto Estate Road (signposted Industrial Estates). Follow this road all the way up, ignoring the three left turns on the way, to where it veers left and then reaches the T-junction with the B4248, where turn left and retrace back to HQ.