

Stage 1: Brynmawr – Tumble – 7.55km / 4.7 miles Individual Time Trial

Stage Headquarters	Brynmawr Foundation School	
Signing-On / Gear Check Opens	09:00	
Signing-On / Gear Check Closes	11:00	
First Rider Starts	10:31	
Last Rider Finishes	12:30 (est)	

STAGE DETAILS:

Riders are permitted to use time-trial adapted bikes, and wear single numbers for the time trial

Gear-checking will take place in the gymnasium at Race HQ.

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

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

Location of Start: Site entrance on B4248 Brynmawr to Blaenavon Road. 200m from Brynmawr roundabout, approximately 6 minutes ride from the Race HQ.

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

SAFETY NOTES:

- Riders **MUST** wear an approved crash helmet (aero-helmets, if used, must meet the safety standards set by BC for road racing)
- 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. Take care while warming up – traffic is fast-moving on this stretch of the A467
- **Take care** at the cattle grids on the course – avoid the centre of the road when crossing; 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 the corner 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 later in the manual when returning from the finish area to race HQ. Do **NOT** retrace to 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:

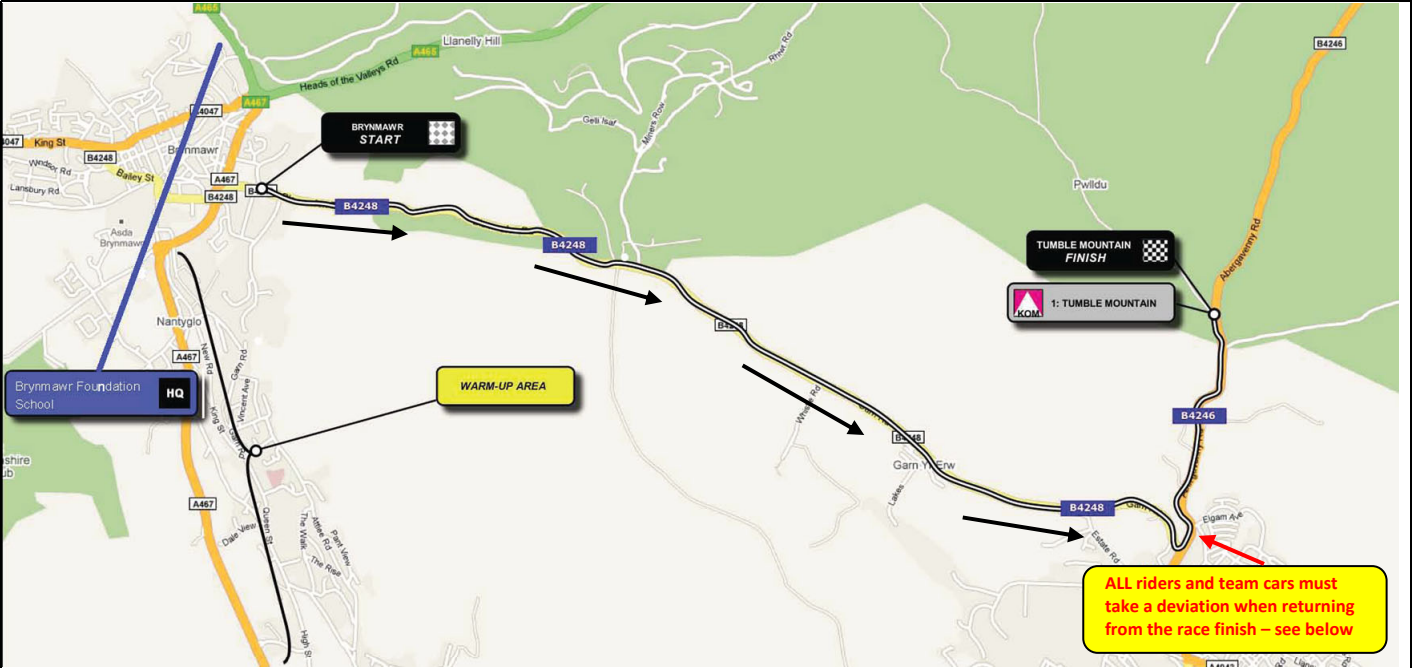
There is one hill prime. The points are awarded to the rider who completes the final climb from the left turn at 6.2 km to the finish line in the shortest time. This is a first category climb.

The green jersey will be awarded to the rider with the fastest time from the start to the intermediate timing point.

Course Description – Stage 1

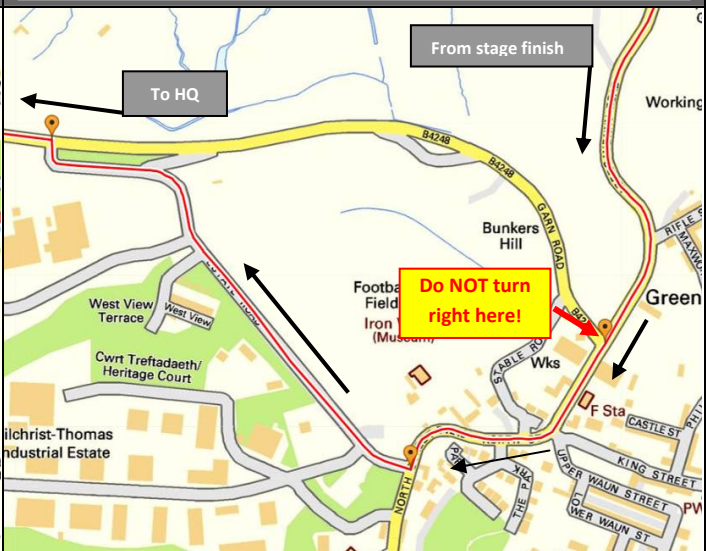
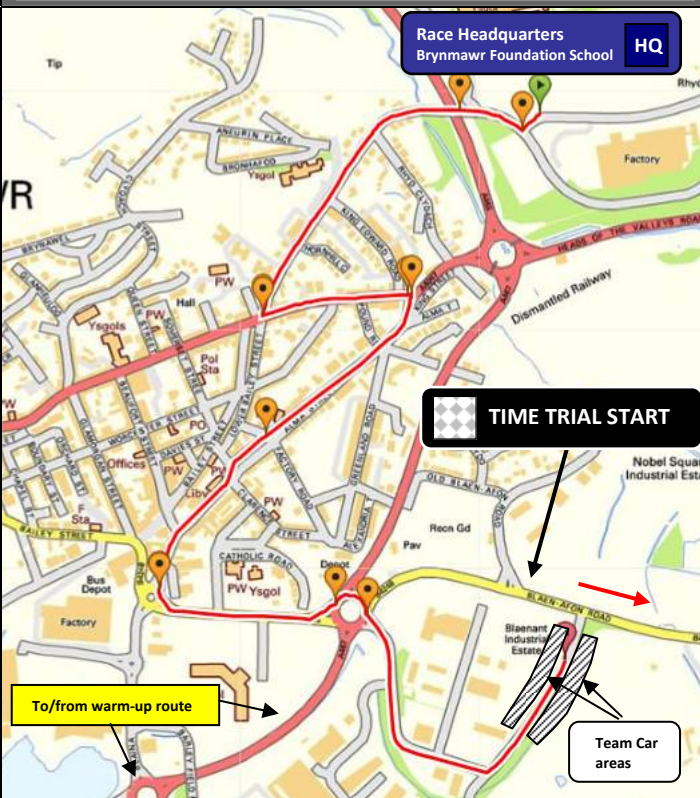
km	miles	
0.0	0.0	START: Lay-by on B4248: Brynmawr to Blaenavon road, 200m from Nantyglo roundabout
6.2	3.85	Turn LEFT at T-junction onto B4246 (direction Abergavenny) CARE at sharp left turn with manhole covers in road and danger of oncoming traffic. Start of KoM Prime Climb
7.55	4.7	FINISH and KOM Prime point at crossroads on summit of Tumble Mountain

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Team Car route and TT Parking/Warmup Area

Deviation on return from Finish 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.

When returning to the headquarters after the time trial, riders and team vehicles **MUST** deviate so as to avoid turning right into the turn at the bottom of the climb back toward Brynmawr. 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.

A video of this route is at [this link](#) or:

<http://www.juniortourofwales.org/video-and-photos/stage-route-videos/>