

Stage 3: Parc Bryn Bach, 11 x 2.975km = 32.73km / 20.33 mile Circuit Race

Stage Headquarters	Parc Bryn Bach Visitor Centre
Signing-On Opens	09:15
Signing-On Closes	10:00
Officials' Meeting	10:00 (Stage HQ)
Rider Briefing	10:20
Briefing Location, Fine Weather	Race start/finish line
Briefing Location, Poor Weather	Stage HQ
Presentation of Jerseys	10:25
Stage Rollout (neutral)	10:30
Length of Neutralised Zone	2.98km / 1.85 miles / 1 lap



Rob Scott wins at Parc Bryn Bach 2015 © Huw Fairclough

11 laps (plus one neutral) on an undulating circuit of 2.98 km / 1.85 miles – the average gradient of the climb is 5% (7% at steepest point), the gradient of the descent is 10%.

Racing will commence as the convoy crosses the Start/Finish line at the completion of the neutralised lap.

Feed Zone: There is no feeding on this stage.

SAFETY NOTES:

- Riders dropped from the leading bunch must allow the convoy cars to overtake when necessary.
- Be aware that cars or riders may overtake you – move aside when you need to
- Take particular care at the sharp right turn at the bottom of the descent on the circuit.

Race Convoy: the convoy for this stage will consist of 2 cars at rear of main field (Chief Commissaire and Neutral Service) plus one lead vehicle to record lapped riders. A second Commissaire and second service will be on standby if required.

Rider Service: There will be one neutral service car following the race, which will service the break if there is one. There will be pit areas located at the 4 main corners of the course plus the Start/Finish line. Riders who are behind the neutral service car and have a mechanical problem must make their way to the next pit to have the problem rectified. Team managers/service will need to park in one of the pit areas – they must remain at that area and provide service to all riders that require it.

There will be officials at the pit stops in radio contact with the race officials to ensure that these rules are complied with.

Laps out are **not** permitted. Riders will need to re-join the race immediately after taking service.

Lapped Riders: Riders are required to finish the race unless they are directed by the Commissaire to withdraw. Lapped riders will be given a calculated finishing time based on their average lap time for the stage so do not have to complete the full race distance. Stop when you are shown the chequered flag!

Time Limit: Riders are reminded of BC Technical Regulation 21.13: 'A time limit of 20% of the stage winner's time shall apply on each stage. This limit may be increased at the discretion of the Race Jury.'

While this rule applies on **every** stage, riders who are dropped during the circuit race should be aware that they are at **significant risk of elimination** should they sit up.

Results will be uploaded to the race website, linked via the @Juniortourwales Twitter, and displayed at the Stage 4 HQ (Abergavenny Leisure Centre) during signing-on.

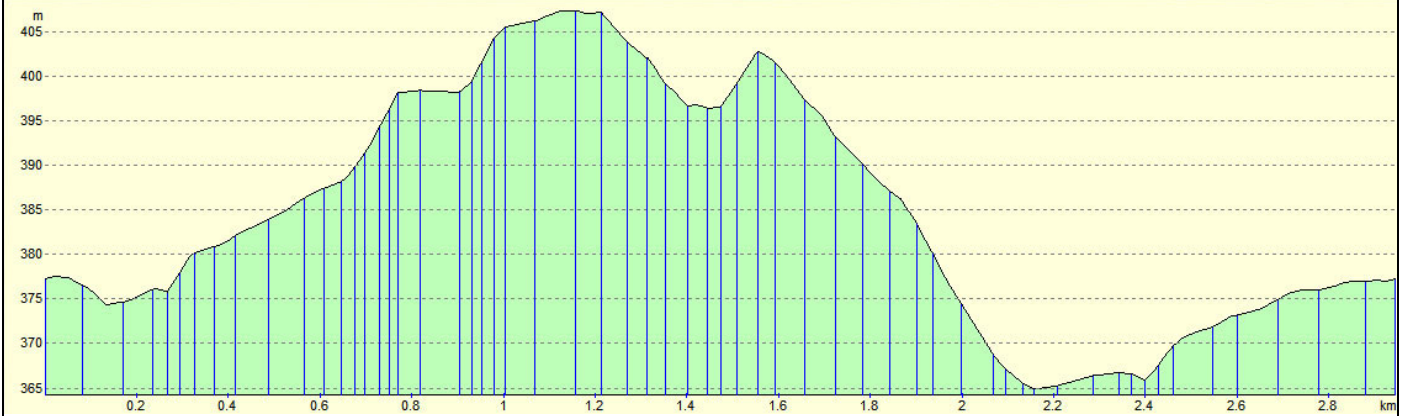
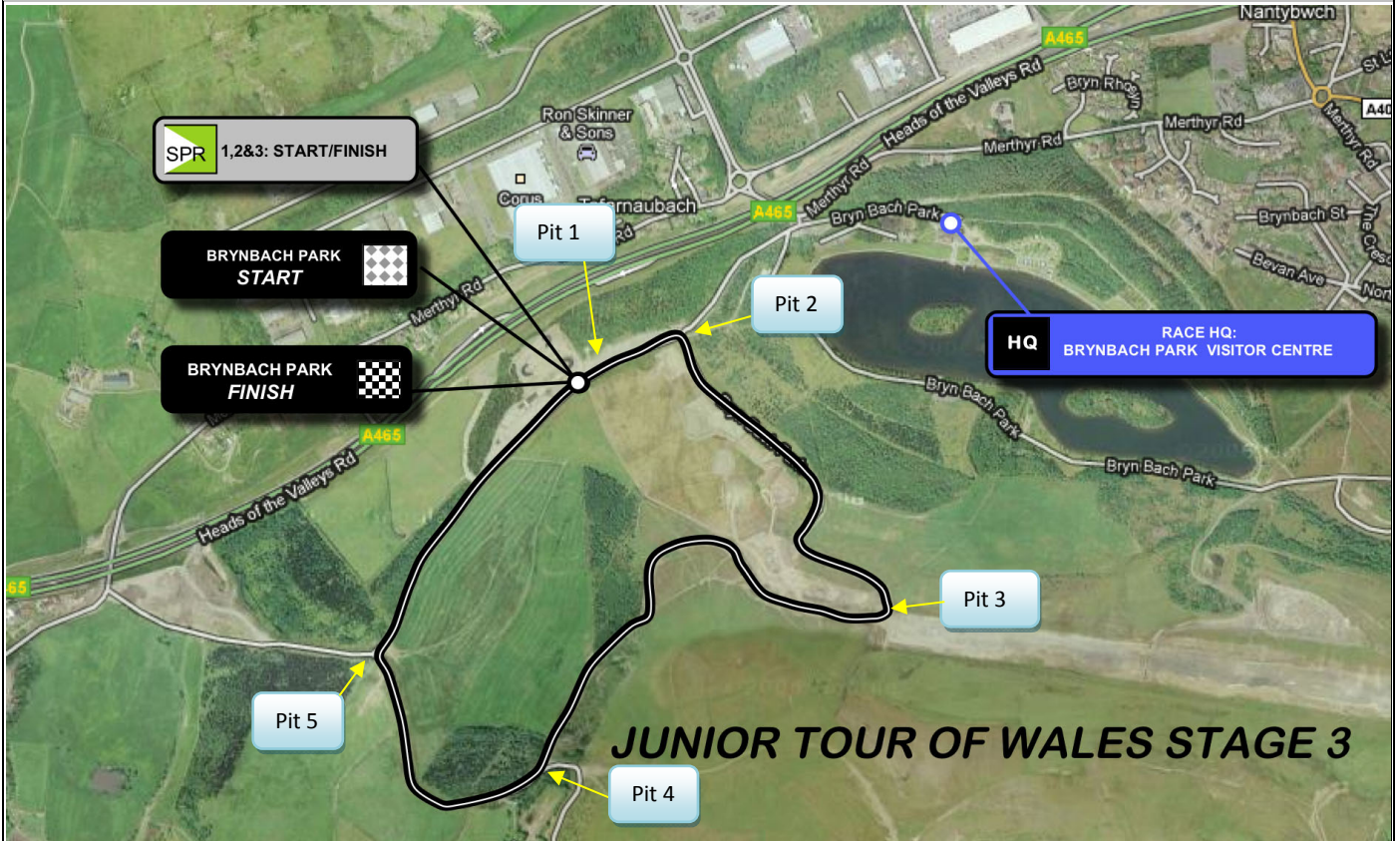
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King of the Mountains and Sprint Competitions:

There are no KoM primes on this stage

There are three hotspot sprints: End of lap 3 (2nd Category), end of lap 6 (2nd) and end of lap 11 (Finish, 1st Cat)

There are no **Time Bonuses** on stage 3



Riders and managers/helpers are reminded of the **cycling ban** on the A465 when travelling between Parc Bryn Bach and Stage 4 HQ. Please either use vehicular transport to get riders/bikes to Abergavenny, or note the alternate routes detailed on page 12 of this manual.

The changing and showering facilities at Parc Bryn Bach will be available for riders after the stage, while the facilities at Abergavenny Leisure Centre are also available from 12:00 onwards.