



Briefing notes for riders – Cambrian Coast Sportive.

This document replaces the verbal safety briefing that is normally given on the start line in the moments before you begin the ride. It has the same content, but lacks the usual cheap gags and early morning yawning. With luck, normal service will be resumed in 2022....

There is some important stuff in here so please take a couple of minutes to have a read through.

The ride is non-competitive, so please don't treat it as a race particularly at the expense of other riders.

You are riding for yourselves so you must obey the highway code as you would do on any ride in your own time.

Please travel in single file along the main roads, particularly the first one to Tywyn, once you get on the smaller B roads there is less traffic and more opportunity to ride side by side.

Marshals. There are marshals around the route, at the farm gates and feed stations. Their job is purely to mark the route and they don't necessarily have specialist medical or mechanical knowledge, but will always be able to make a phone call for you if you are in trouble. This is no substitute for calling the emergency services if you have a serious incident. Even if you don't have time to stop, give them a smile and a nod, they are all great guys and girls.

Signs. The signs are fluorescent yellow arrows for all routes. The only exception is the Fun route, whose signs are pink on the way home. The signs mark the turn offs only so if you don't see a sign for a while, don't worry, just keep going until you see an arrow to turn off. There is generally a warning arrow 100m or so before a turn off to alert you that it is approaching. See the yellow arrow opposite the start line on the other side of the road for an example of what they look like.

Feedstations There are four feed stations on the route. The first is at Morfa Mawddach 16 miles into the ride. This one is primarily for the Fun Route so whilst they will serve you if you are desperate, please consider using the next one at Cregennan Lakes just 12 miles further on. The one at Cross Foxes (feed station 3) can be visited twice on the long route and Big Dog. They will be serving sausage rolls, flapjacks, bananas and water. Whilst you may not want to stop at all of them, please feel free to call in for a chat or some sustenance whenever you like.

Litter. Please do not drop gel wrappers etc on the route. You are in a National Park and most people come because of the beautiful scenery, so let's keep it that way.

Breakdowns There is a broom wagon who will be sweeping up the course, so if you are unable to continue, they will eventually get to you. If you have a breakdown and need to retire, you can call **07932 732 587** and we will endeavour to assist. If you don't get an answer please leave a message and we will call you back. The course is long so it may take us a while to get to you, but we won't leave you out there. Please state how many kilometres or miles you have covered to help us find you. If, for some reason you do not finish and make your own way home without crossing the line, please let us know so we don't go looking for you.

Start times. Start when you are ready within the following time windows where possible.

Long Route and Big Dog: 08:00 – 08:30

Standard Route: 08:30 – 09:00

Fun Route: 09:00 – 09:30

Cut off times – 12.00pm at Cross Foxes for the Long Route and Big Dog, 1.15pm at Llanuwchllyn for the Big Dog. We are strict on these as you will be out after dark if you do not make them. The signs will be reworked once the deadlines have passed. Please respect this and follow them to ensure we don't lose you.

Hazards There are some natural hazards, if it is wet the bridges can be slippery, there are some loose stones on some of the smaller roads. Sheep are everywhere in the hills and so is sheep poo. If you go over a cattle grid or through a gate there is a strong chance you will see sheep or cows on the other side, so take care!

Change of route If it is all too much and the legs just aren't there, you can change route. If you are on the Long Route but do not fancy going the extra loop taking in the Bwlch y Groes, you can change at Cross Foxes and complete the Standard Route instead. Likewise, if you are on the Big Dog and it is starting to hurt at Llanuwchllyn, you can follow the signs for the Long Route home along the main road.

Just as equally, if you have diamonds in the legs and are flying and you want to take the next challenge up, please feel free to go for a longer route.

If you do either of these, please tell us and we can amend your route on the system so you still get a time for the route you rode. Please amend on the sign on sheet in Dovey Yacht Club and tell the timing operator.

Have a great day and good luck!!

See you on the road,

The Wales Cycling Events Team.