

RIDER GUIDE



tourofpembrokeshire.co.uk



TOUR OF PEMBROKESHIRE 2024



WELCOME

At BCS Events, our highest priority is to guarantee the safety of all riders who participate in our events. Our dedicated team of highly skilled stewards and crew members are experienced in maintaining the rules and regulations that assure a safe yet enjoyable experience for everyone involved.

We are thrilled that you have chosen to join us on **Saturday 27th April** for the Tour of Pembrokeshire 2024. The event is strictly non-competitive and is organised so that riders can enjoy the specified routes, with feed-stations within an agreed time.

Make sure to read this rider guide for essential information before the day. If you have any questions or concerns that are not addressed in the guide, feel free to reach out to us at **info@big-cow.com**. We are always here to help.

Final briefings will be given to you before the start of the ride.

This rider guide has important information about the Tour of Pembrokeshire and it's important to read it thoroughly ahead of the day.

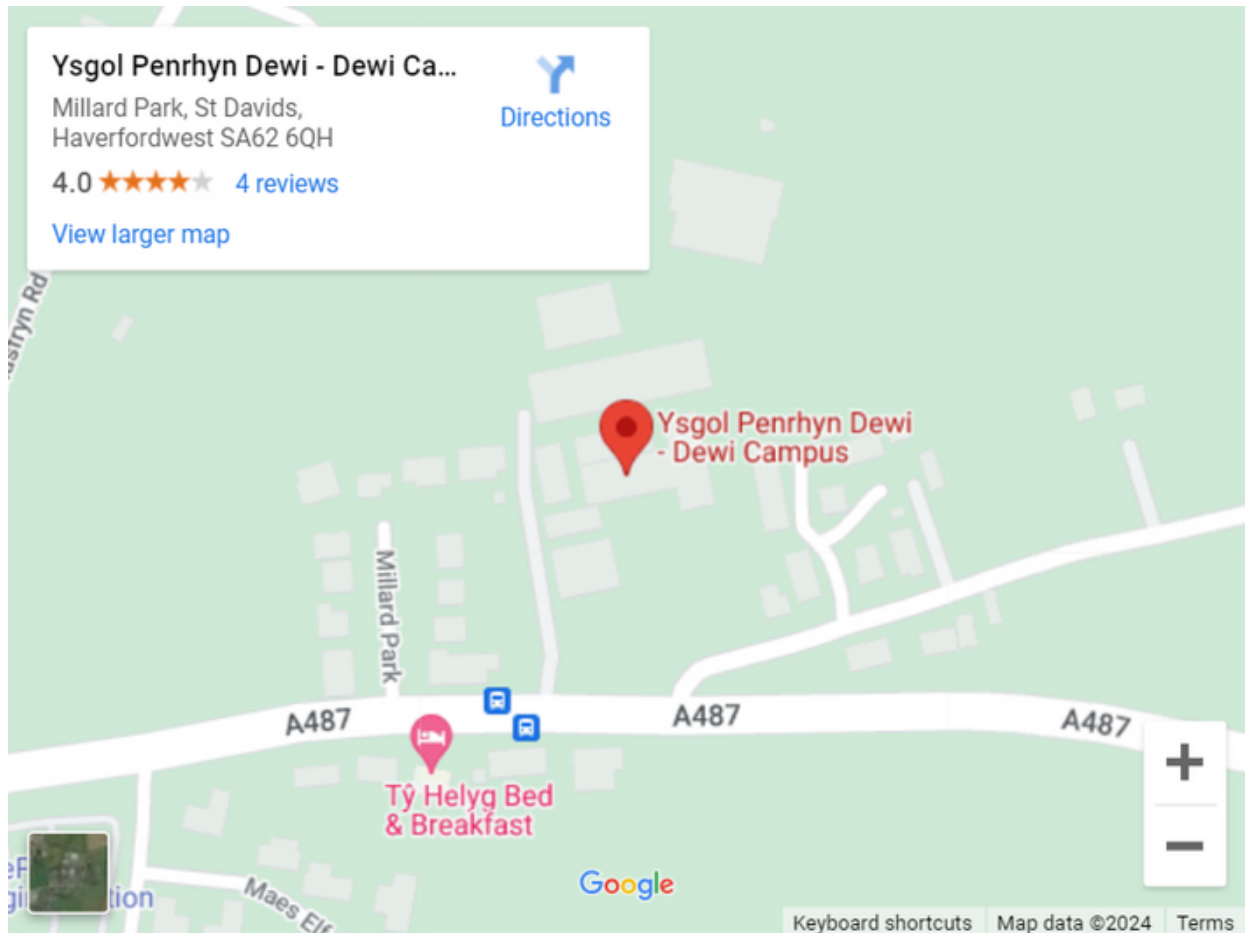
Any last-minute changes will be communicated to you on the day before you begin.

However, there are a few things to consider...

- **YOU MUST FOLLOW THE HIGHWAY CODE**

- There will be Motorcyclists on course checking the routes and sweeping the routes. The course is well signed with Black on Yellow arrows and marshals will be present in areas where you should be extra vigilant.
- Please take responsibility for your own route decisions and follow the arrows...not necessarily the person in front of you. You may download the route GPX by clicking the button on the 'Routes' page.
- In the event of extreme temperatures, please take extra care when completing the ride.
- When approaching a road crossing it's important to check for traffic before crossing. This is not the responsibility of marshals who are in no position to stop traffic. Stop, look, and listen.
- Please be aware of your environment, noting areas where the road may become narrower, where there are steep or winding descents and climbs, and where you should exercise additional caution.
- The cut-off time for this event is 18:00 with the route closed at Goodwick at 16:00. Riders who miss the 16:00 cut-off will be expected to return to Ysgol Penryn Dewi via the A487 or arrange their own collection.
- No rider shall arrange to be followed by a supporting vehicle except for when being collected.
- You must alert event control if you are being collected – the number can be found on your bike card.

THE VENUE



The Tour of Pembrokeshire will start and finish at Ysgol Penrhyn Dewi – Dewi Campus, Millard Park, St David’s, Haverfordwest SA62 6QH.

The What3Words for the start/finish location are:

///slightly.scorched.shredding

There is no parking at the venue.

There will be several caterers available at the venue for you to enjoy, offering a variety of options such as coffee, cakes (charity bake sale), a mobile bar, and a complimentary jacket potato for all finishers on the day.

PARKING



Parking is not available at the venue. However, you can purchase a parking pass in advance by clicking on the above button. If space allows on the day, you can purchase parking on the door for £5 cash.

Parking passes are available for purchase online up until 31st March 2024 and will be posted out to you ahead of the day.

The parking pass will allow you to park at St David's Rugby Club on Saturday 27th April. The car park will open at 6:30am.

St David's Rugby Club is situated on Nun St, St David's, Haverfordwest SA62 6BP. What3Words: **///papers.mixes.gains**

There are other car parks in St David's such as Merrivale, Quickwell Hill, and Oriel y Parc. For payment terms and conditions, please visit their respective websites.

If you are planning to stay in a camper van, please contact St David's Rugby Club directly and they will make an effort to accommodate your request: **clubhouse@stdavidsrugby.com**

ROUTES

In 2024, there will be three routes available for you to choose from: Epic 105, Classic 60, and the St David's Community Ride covering 25 miles.



Epic 105

- 4 Feed Stations on route
- Click the button for full elevation chart and to download GPX.
- 07:30 – 07:45 Start

[RWGPS – FULL ROUTE](#)



Classic 60

- 3 Feed Stations on route
- Click the button for full elevation chart and to download GPX.
- 10:00 – 10:15 Start

[RWGPS – FULL ROUTE](#)



St David's Community Ride 25

- 1 Feed Station on route
- Click the button for full elevation chart and to download GPX.
- 11:30 – 11:45

[RWGPS – FULL ROUTE](#)

FEED STATIONS

At every feed station, there will be a variety of snacks and beverages for you to replenish your energy. We have taken into account various dietary requirements, but if you have specific needs, it is advisable to bring your own snacks to sustain yourself throughout the day.

Please ensure that all litter is properly disposed of in the designated bins at the feed stations. It is strictly prohibited to litter along the route.

Toilets will be provided at each feed station.

Please view the table below for the feed stations on route and their approximate mileage and cut off times.

Opening/ Closing Times	SIMPSONS CROSS COMMUNITY CENTRE 09:10 -11:00	MAENCLOCHOG VILLAGE HALL 10:00 - 12:45	DDOL ISAF CAMPSITE 11:15 - 15:45	THE FARMER'S ARMS, MATHRY 12:00 - 17:00
EPIC 105 07:30 - 07:45	33 Miles	49 Miles	74 Miles	92 Miles
CLASSIC 60 10:00 - 10:15		25 Miles	39 Miles	51 Miles
ST DAVIDS COMMUNITY RIDE 25 11:30 - 11:45				10 Miles

NO
ADDED
SUGAR

GLUTEN
FREE

NO
ARTIFICIAL
SWEETENERS

HIGH
FIBRE

GMO
FREE

VEGAN
OPTIONS

WHAT'S YOUR PB?

All natural, gluten free
PROTEIN SNACKS made
with no added sugar or
sweeteners to help...

POWER YOUR DAY!

9 DELICIOUS FLAVOURS TO CHOOSE



Available at: theproteinballco.com

amazon

REGISTRATION & ENTRY DETAILS

In your rider pack you will have the following:

- Bike Card
- Cable ties (to attach the bike card to your bike)
- Route Card (Includes a route map and cut off points for the day)
- Timing Chip and instructions
- Baggage tag
- Wristband
- Parking pass (**IF PURCHASED**)

Unfortunately, we occasionally have cyclists arriving at feed stations and helping themselves to the items without having entered the event. Therefore wristbands must be worn throughout the event and our crew will not serve you at the feed stations without this wristband.

RIDER PACK POSTAGE OR COLLECTION

You will be given the option of collecting your rider pack or having it posted to you prior to the day. If you receive your pack in the post, then you do not need to register in the morning. You can arrive at the start line ready to ride.

All updates to your order, such as addresses or transfers to other riders, and opting in for race pack postage, need to be made by **11:59 pm on Sunday 31st March 2024**. After this date, no further changes can be made and rider pack postage will not be possible.

If your rider pack does not arrive in the post or if you have opted for rider pack collection, your pack can be collected/replaced at the Registration desk on the morning of the event at the venue.

Registration will take place on **Saturday 27th April** at **Ysgol Penrhyn Dewi** from 06:30am.

If at any point you would like to change distances, please let the registration team know on the day **before you ride**.

RULES & REGULATIONS

- Riders are not allowed to use earphones while riding for safety reasons.
- TT (time trial) bikes are allowed but not recommended and should be used with caution.
- E-bikes are permitted.
- Riders should not litter or be abusive towards other road users.
- Riders are responsible for their own safety and the safety of others.
- Riders must be properly prepared for the ride and ensure their equipment is suitable and roadworthy.
- Wearing hard-shell helmets conforming to CE standards EN1078 is mandatory for all riders.
- **The timing chip should be worn on the left side of the helmet and not placed on top of a previous chip or reflective strips. If you need assistance please visit the registration crew on the morning of the ride.**
- Riders under 17 years old must always be accompanied by a parent or guardian.

YOU WILL BE EXPECTED TO CARRY:

- Identification document (ie. drivers license) with personal information and emergency contact details
- Essential items like food, drink, money, and a mobile phone
- Necessary equipment such as spare inner tubes, a working pump, and a basic tool kit with self-adhesive patches
- Adequate spare clothing for the planned ride, taking into account the route and potential adverse weather conditions
- It is advisable to have a quick chain link for repairs in case of a chain breakage.

PARATOWCH.



Join **#TeamCRW** and support the only charity wholly dedicated to funding cancer research in Wales for Wales. Each participant will need to commit to raising a minimum of £200 in sponsorship for this event.

Rhif Elusen Cofrestredig: 1167290
Registered Charity Number: 1167290

DATE

27 APRIL 2024

TIME

FROM 7AM – 6PM

REGISTER HERE

**ymchwil cancer
cymru**
cancer research
wales



Cycle with us and help change cancer outcomes in Wales by joining **#TeamCRW** today by visiting **cancerresearch.wales**



Registered with /Cofrestrwyd gyda'r



THE SERIOUS STUFF

FIRST AID AND EMERGENCIES

There will be two contact numbers on your rider card. Both phone numbers belong to Race HQ and not to any of your personal emergency contacts.

One number is for emergency medical use and one for non-emergency use (i.e. gone off course or need mechanical assistance).

For all issues, whether it is an emergency or not please contact the Event Manager through the event control numbers.

Please let us know if you drop out of the ride by calling the non-emergency contact number.



HELPFUL INFORMATION

BAG DROP (LOCATED AT EVENT HQ)

In your rider pack you will find a baggage tag. Please attach this to your bags and hand it to the bag drop crew. You should travel light, bringing only one bag with you. Your bag cannot be accepted or returned without your baggage tag and wristband.

CHANGING FACILITIES

There are no designated changing areas at the venue. However, there are toilets inside the school, which serves as our event headquarters. Feel free to use these facilities for changing purposes.

TOILET FACILITIES

Toilets are located inside the school and there will also be toilets at every feed station.

WASTE AND LITTER MANAGEMENT

We will provide litter bins at the venue and at each feed station, please use them to dispose of any litter. If you use energy bars or gels on course, please take them with you and dispose of them properly. It is against the law to litter.

PHOTOGRAPHERS

There will be photographers on the day taking some epic action shots. We will email you a link to the images when they become available.

MASSAGE

Sports massage is available at the venue for a nominal fee of £15 for 20 minutes by a local Sports Massage company. Cash or card accepted and no pre-booking required.

HFSS COMPLIANT



VIVE

FRUITYNUTTA

Our FruityNutta range delivers the chocolate hit we all crave through its indulgent Belgian chocolate coating, whilst being packed with a whopping 80% fruit & nut content to keep guilt in check. A soft, dreamy cake-like texture, with a tangy fruit jam centre to add some pizzazz!

AVAILABLE IN 2 DELICIOUS FLAVOURS



**PLANT
BASED**

**80% FRUIT
& NUT**

**REAL FRUIT
JAM CORE**

**BELGIAN
CHOCOLATE**

**GLUTEN
FREE**

**HIGH
FIBRE**

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SPECTATORS AND VOLUNTEERS

Spectators are encouraged! We would love to see you at our event venue but please note, there is no parking on site. Please refer to the parking areas at the beginning of the document.

If you'd be interested in **volunteering at the Tour of Pembrokeshire** and can spare a few hours of your time we'd love for you to join the team! As a volunteer you'll receive **free entry to the event in 2025** (or you can give the free place to someone else!) and food will also be provided to you on the day.

Please click 'Volunteer' below to register your interest!

VOLUNTEER HERE

REWARDS

All finishers will be awarded with a Tour of Pembrokeshire bespoke wooden medal designed by the students of our awesome venue Ysgol Penrhyn Dewi.

TIMING AND RESULTS

Your results will be streamed live online and will be available from our timing partner Results Base.

For any timing enquiries please contact them directly.

Your timing chip is disposable, you don't need to hand it back to us.

ST DAVIDS CITY

The Bishops, Cross Keys, Farmers Arms and St David's Rugby Club are all a stone's throw from our ToP Venue. With Live Music, more delicious food and drinks, the party doesn't have to end after your ride!

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DAY SCHEDULE

06:30	Parking opens at St Davids Rugby Club Event HQ Opens Registration Opens
07:30 – 07:45	Epic 105 Riders Start
10:00 – 10:15	Classic 60 Riders Start
11:30 – 11:45	St David's Community Ride 25 Start
16:00	Goodwick roundabout Cut-Off
18:00	Ride Cut-Off

THANK YOU TO OUR EVENT PARTNERS.

