

TEST YOUR LIMITS!

Five Valleys Quick Info Sheet

Margam Country Park, Margam, Neath Port Talbot, SA13 2TJ

Welcome...

This challenging and exciting Sportive is being held annually in aid of Prostate Cymru that helps raise awareness and support for men in Wales with Prostate Cancer.

The history of the Five Valleys race route comes from an event which started as a road race by the Port Talbot Wheelers in 1958 and grew to become one of the most famous races held in Wales, it was the only race in Wales which was given a Star Trophy status - this rating is now called Premier Calendar. The reason for its popularity was because it was such an arduous course taking in some of the most historical climbs in South Wales.

Questions & Answers

Is the event marshalled

Yes, all marshalls (M) are shown on the map. Please see the Route Information page.

Is the event timed.

Yes, we will be using electronic tagging.

How much does it cost to enter.

The prices for the event can be found on the Tariffs & Fundraising page.

How much do I need to raise.

Minimum sponsorship is £25, but we encourage you to raise as much as you can. Cyclists who raise the most in sponsorship will receive prizes.

Can I ride in a group of my choosing.

Yes

If I enter the long ride and find that at the turn off point I can't complete it can I finish on the short ride.

Yes, likewise if you enter the short ride and want to complete the long ride you can also do that.

Will there be any feeding stations.

Yes there will be one feeding station and the turn off point and an additional water station on the long route, see map for details.

Will there be any mechanical breakdown support.

Yes, two waggons – one on the short route and one on the long route, both waggons will be available to everyone up to the turn off point .

Will there be any medical support.

Yes.

Will there be any refreshments at the finish of the ride.

Yes.

When will I be able to have my finish time.

Electronic timing is being used so results will be available at the finish.

Will there be a list of accommodation available.

Yes – see adverts on the Accommodation Page

Who is the event organiser?

Prostate Cymru

C/O Chris Leyshon

Email: chris.leyshon@prostatecymru.com

Office Tel: 029 2034 002