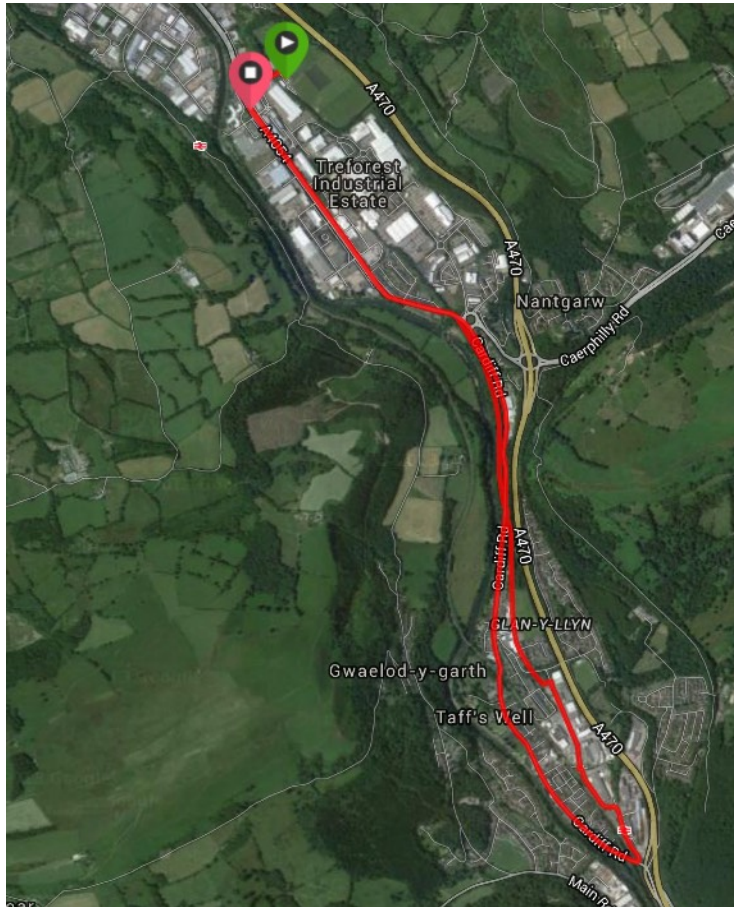


# Handicap Route

## Pontypridd Roadents AC



Distance	5.25 miles		
8 min / mile	0 hour 42 minutes	11 min / mile	0 hour 57 minutes
9 min / mile	0 hour 47 minutes	12 min / mile	1 hour 03 minutes
10 min / mile	0 hour 52 minutes	13 min / mile	1 hour 08 minutes

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## Overview

At just over 5.25 miles this run starts at the University of Wales Sports Centre on Treforest Industrial Estate, runs through Taff's Well and back. The run concludes at the bus stop by ATS on Main Avenue. This route is run formally once a month as a club handicap but it regularly used in full and in part for other runs.

There is only one obvious shortcut / variation shown in yellow below. Note that the shortcut is **NOT** allowed on handicap day.



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## Route Detail - Normal

**Start: University of Wales Sports Centre**

**End: ATS Bus Stop, Main Avenue**

1. Start at the Sports Centre, run down the hill onto **Main Avenue**.
2. Turn left and follow the road down to the roundabout.
3. Cross the roundabout and take **Cardiff Road** towards Taff's Well.
4. Continue along **Cardiff Road** all the way through Taff's Well to the T junction and traffic lights at the end.
5. Follow the road to the left onto **Ffordd Bleddyn**.
6. Run passed the train station to the mini roundabout.
7. Take the left and follow the road to the next roundabout.
8. Cross straight over the roundabout and follow **Ffordd Bleddyn** up the hill to the rocks on the left. (There is a metal railing on the pavement at this point)
9. Take the path to the left and follow around and under the bridge.
10. Follow straight into **Clos Llewellyn** and continue straight ahead passed the rugby club.
11. Continue along the track, crossing over the bridge and continuing until the track ends back on **Main Avenue**.
12. Follow to the left along **Main Avenue** back towards the start, ending at the bus stop on **Main Avenue** by ATS.

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## Route Detail - Reverse

**Start: University of Wales Sports Centre**

**End: ATS Bus Stop, Main Avenue**

1. Start at the Sports Centre, run down the hill onto **Main Avenue**.
2. Turn left and follow the road down to the roundabout.
3. Just after the roundabout take the trail on the right.
4. Follow the trail, cross the bridge and follow passed the rugby club into **Clos Llewellyn**.
5. Continue straight through **Clos Llewellyn** and take the path at the end.
6. Go under the bridge and around to the left to join **Ffordd Bleddyn** by the rocks.
7. Turn right onto **Ffordd Bleddyn** and follow to the roundabout.
8. Go straight over the roundabout and continue to the mini roundabout.
9. Turn right at the roundabout and follow passed the train station to the top of the hill.
10. Follow around to the right and then follow **Cardiff Road** through Taff's Well.
11. Follow the road to the roundabout and rejoin **Main Avenue**.
12. Follow **Main Avenue** back towards the start, ending at the bus stop on **Main Avenue** by ATS.

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## Shortcuts and Variations

There is only one obvious shortcut / variation shown in yellow below. Note that the shortcut is **NOT** allowed on handicap day.

### Alternative 1



At the rugby club take the first right onto **Moy Road** and then follow right onto **Cardiff Road**.

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# Rules and Regulations

## Principles

The **Handicap Race** is held each month (see below) on the last Thursday of the month. The only exception to this rule is December race which is held on the penultimate Thursday of the month. Participants are organised into relevant starting slots so that, on current form, everyone finishes on or around **19:30**.

The **Handicap Race** is intended as a fun event in order to test participants against themselves. This will give a good indication, against previous attempts, how that month's training has worked. During the months of June, July and August, the club will concentrate on field sessions, again, the return to the race in September will give an indication how the sessions have worked.

The first eligible participant to the finish line will be declared the winner but it is important to note that participants are racing against themselves, aiming to improve on their best time.

## General Eligibility

The **Handicap Race** is run through from January to December. In order to be given a finish position, a race credit and eligibility to win, participants must be fully paid up members.

## New members

New members are encouraged to participate in the **Handicap Race** but will only be eligible to win on their **third** race attempt. This will allow a more accurate start time to be established from the previous two races. It is important to note that this specifically means the **third race**. Finish positions from the first two races will still contribute towards the year's final results.

## Visitors

Visitors (non members) are welcome to participate (and race). All of the rules will apply but the visitor will not be eligible to win the race under any circumstances.

## Route

The route runs from the University Playing Fields in Treforest, through Taff's Well and back again over a total of 5.25 miles. The route is described elsewhere in this document,

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but it is important to note that on race day the race **MUST** be run in the normal direction with **NO** shortcuts.

### **Signing up**

It is the responsibility of each participant to ensure that they are on the start list. Note that participants are welcome to take part **without racing** but results will not be credited and no position will be allocated. The participant must make their intention clear when signing up.

### **Starting**

The start is situated in the upper car park at the University Playing Fields. Every effort will be made to get the participants ready for the start but ultimately, it is the responsibility of each participant to ensure that they are in the right place at the right time. Note that if a participant starts out of sequence, they will be allowed to continue but will not be eligible to win the race.

### **Allocation of start times**

Start times will be available on the night and will be based on previous attempts at the **Handicap Race** plus current form from any official source. For example, park run results can be used to determine a participants start time. **The decision of the race organiser is final.**

### **Coming off Injury / Absence**

Due to the potential number of variables involved with injury and absence, a start time will be allocated using a best endeavours approach. This may mean starting at a time based on the participants previous finish time but may also be based on results from an alternative source such as parkrun. The "third race" rule does not apply for these cases **The decision of the race organiser is final.** An absence from Club training for 3 months will trigger this rule.

### **Finishing**

The normal finish for the race is the bus stop on the main road in front of **One To One Gym**. Participant's names and finishing order will be recorded manually as they cross the line. The finish area is a relatively small space, participants should make sure that they remain clear of the finish line so that they do not interfere with the finishing runners. NOTE: the finish is on a busy road and participants must take care accordingly.

### **Time Collecting**

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Each participant must be able to record their own finishing time. This will be requested shortly after finishing. Participants should make sure that their recorded time is available for verification and also make sure that the time is logged with the appropriate person. Participants should not leave the finish area until their time has been collected.

### **Race Expectation**

As the name suggests, the **Handicap Race** is a test of your own abilities and each participant is expected to race. Ideally, the staggered start should see everyone finish at the same time. An improvement on the allocated start time could result in a win. Non racing participation is welcomed but this intention must be made clear to the Race Organiser when signing up. It is important to note that non racing participants will not be given a finish position, will not be eligible to win and will not be given a race credit ("third race" rule).

### **Dress Code / Behaviour**

There is no specific dress code for the **Handicap Race** but participants **MUST** remember that they are representing the club and should dress and behave accordingly, showing respect for members of the public encountered before, during and after the race. It is recommended that all participants wear high viz clothing especially during the darker months.

### **Race Environment**

Participants are reminded that the **Handicap Race** takes place on open roads and will involve several busy road crossings. Participants must ensure that they do not put themselves, other participants or members of the public at risk.

### **Race Organiser**

The decision of the Race Organiser is final. The Race Organiser, may, if required, disallow a finish time and position for any infringement.

### **Race Points**

Eligible participant will be allocated points as follows ...

The winner of the race will be allocated 1 point, the 2nd placed finisher 2 points, etc. At the end of the year the lowest 3 scores from each participant will be added together to give a final score with the lowest score winning top prizes. Should scores be equal the 4th score will be used as a count back tie break. Should a participant have only completed 3 races their 4th score will count as infinitely high and will be beaten by any score.