



TOUR
DE MÒN

F I N A L I N S T R U C T I O N S

2 0 1 8

WELCOME

TO THE TOUR DE MON, AN EPIC CYCLE SPORTIVE AROUND THE FABULOUS ISLE OF ANGLESEY.

THIS DOCUMENT CONTAINS ALL THE INFORMATION YOU'LL NEED TO HAVE A GREAT DAY AND A SAFE RIDE.



EVENT TIMETABLE

REGISTRATION

Registration will be at the Holyhead Sea Cadets building on Newry Beach (LL65 1YA). Participants must attend registration to collect your registration pack, which will include your number and timing chip. **We would encourage those who can to register the day before the ride to avoid a rush on the morning.**

SATURDAY 18TH AUGUST

13:00 - 17:00

Event Registration at the Sea Cadets building.

SUNDAY 19TH AUGUST

06.00 - 09.15

Event Registration at the Sea Cadets building.

09:15 - 09:45

Teulu Registration at the Sea Cadets building.

07:00 - 07:45*

Tour de Mon Mawr (100+ miles) from 07:00

* Riders will not be allowed to leave after 07:45

08:00 - 08:45*

Tour De Mon Canol (70+ miles) from 08:00

(Breeze Wave 08:15)

* Riders will not be allowed to leave after 08:45

09.00 - 09:30

Tour De Mon Bach (40+ miles)

(Breeze Wave 09:15)

Last Wave will leave at 09:30

10:00

Tour de Mon Teulu family ride will leave at 10:00

There will be strict cut off times in place for rider safety. The final wave will leave at the latest at 09:30.

Groups of no more than 25 riders will be allowed to start together, groups will be set off at 3 minute intervals.

BREEZE WAVES

Once again we have teamed up with British Cycling to get more women involved in cycling. The aim is to help thousands of women get on their bikes, and we're very proud to be involved.

GENERAL EVENT INFORMATION

EVENT VILLAGE

This will be located on Beach Road adjacent to Newry Beach (the event start and finish; LL65 1YD). There will be lots to see and do for all the family. Find out more on the website.

FAMILY RIDE / TOUR DE TEULU

The Family Ride will be taking place at 10.00. You can register for this on the day between 09:15 and 09:45 the cost will be £3.00 per child. Please see information further in this document.

ALWAYS AIM HIGH STORE

There will be a whole host of goodies for sale with loads of bargains to be had. Make sure you check out the store in the event village and at registration.

Pick up your pre-ordered event t-shirts and hoodies from the Always Aim High Store by presenting your Ride Number. Don't forget to collect these, as we are unable to post them out post ride. If you haven't ordered one already there will be a limited supply for sale at the Always Aim High Store over event weekend

FACILITIES

There will be portaloos/toilets in the event village (event start/finish) at registration in the Cadets building, and at Beaumaris and Moelfre.

FEEDSTATIONS

Will be located at RAF Mona (all distances), The Bulkeley Hotel Beaumaris (Mawr), Moelfre Sea Life Centre (Mawr and Canol) and Llynonn Mill (All Distances). We highly recommend you send your supporters to these locations to cheer you on and get a coffee in the cafe's on site whilst they wait for you.

EVENT PHOTOGRAPHY

We are excited to be working with [Mel Parry Photography](http://MelParryPhotography.com) and Sportpicturescymru.co.uk at this years event. Please visit these websites after the event where you will be able to view and purchase great photos of yourself.

If you have purchased a prepaid Digital Download Photo you will be e-mailed a voucher code and website link within 7 days of the event.

SPORTS MASSAGE

Will be available in the event village for a small donation provided by Vibe Fitness.

FREE BIKE CHECK

We will be offering a fantastic free bike check facility. So, bring your bike down on **Saturday** between 13.00 and 17.00.

Please note: this is a free bike check, not a free service. Charges may apply to additional work.

EVENT TIMING

The event will be timed using TDL services electronic timing systems. It is compulsory for all riders to wear their timing chip, failure to do so will result in you not receiving a time. You will be required to fix a sticker to your seat post, which contains your timing chip. You will also be required to fix a number to the front of your bike with the cables ties provided.

IMPORTANT - riders MUST cross the timing mats at Beaumaris (Mawr) and Moelfre (Canol and Mawr) in order to record a result.

CAR PARKING

There is parking available at pay and display car parks throughout Holyhead. Some of the car parks operate as short stay sites with a maximum time for parking of 2 hours. If you purchase a 2 hour pay and display ticket at these sites for £1.50 this will provide all day parking. Failure to display a pay and display ticket may incur a penalty.

Pending on weather and ground conditions there will be a car park on Newry Green by the Start/Finish. The decision on whether this will be available will be made on the weekend. There will be a charge for this car park.

Town	Car Park	Postcode	Designation	Hours of Operation
Holyhead	Lower Hill Street	LL65 1RN	Short Stay (Maximum Stay 2 hours)	7 days a week, 8am-8pm
	Swift Square	LL65 1BW	Short Stay (Maximum Stay 2 hours)	7 days a week, 8am-8pm
	Upper Hill Street	LL65 1NE	Long Stay	7 days a week, 8am-8pm
	Church House	LL65 1BY	Long Stay	7 days a week, 8am-8pm
	Trearddur Square	LL65 1NB	Long Stay	7 days a week, 8am-8pm
	Victoria Road	LL65 1UD	Long Stay	7 days a week, 8am-8pm
	Stanley Crescent	LL65 1ED	Long Stay	7 days a week, 8am-8pm

GENERAL EVENT INFORMATION

CUT OFF TIMES

There will be strict cut off times along the route.

Mawr: Mawr Riders arriving at the Junction to Bodffordd off the A5 junction (approx. 22 miles), after 09.10am will be directed onto the Tour Canol and Bach routes.

Canol: Arriving at the junction at the centre of Bodffordd, where the Canol and Bach split (approx. 23.2 miles), after 10.30am will be directed onto the Tour Bach Route.

Please respect these cut off times in the interests of your safety and the safety of our volunteers.

Chip timing will stop at 17.00.

LITTERING

Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events. Please respect the beautiful location you are riding in and dispose of any gels or bottles responsibly. You may dispose of your gel wrappers at the designated litter points with event marshals along the route, and/or at the feed stations.

KINGUD FLYING MILE



The Kingud 'Flying Mile' or 'Milltir Mellten' as it's known locally is a timed mile section of the Tour de Mon RAF Mona, giving you the opportunity to challenge yourself in a unique closed road setting. With unparalleled views of Snowdonia, this location is a real treat.

As a rider at the 2018 Tour de Mon you will have the unique opportunity of cycling around the uninterrupted runway at RAF Mona. Supported by the staff at the prestigious RAF base, we have arranged for you to use the runway in addition to the Tour de Mon course. The Kingud Flying Mile will be available for riders of the Mawr, Canol and Bach.

SAFETY BRIEFING

All participants are required to read this safety briefing.

The cycle route is clearly signposted. Marshals and signs will guide you at junctions and roundabouts.

The Highway Code must be strictly obeyed. Give way to traffic at junctions and roundabouts, **marshals are NOT there to stop traffic.** You must obey all traffic lights, signals, signs and markings.

Participants must ride single file at all times unless overtaking.

There will be a number of feed stations along the route. These will be clearly signposted approx. 50m before on the approach. You can see the specific feed station location on the map on the website or live tracker.

Roving Marshal vehicles will be present during the ride to support and guide.

KINGUD FLYING MILE SPECIFIC SAFETY

All cyclists are to ensure that any spillages (oil or blood) as a result of an accident while on the airfield must reported to a Marshall or RAF representative.

The area around an incident (including grassed areas) in the result of a fall/collision is to be searched for bicycle parts (nuts, bolts etc), collected by the cyclist and disposed of once clear of the RAF Mona site.

The discarding of any refreshment or energy receptacles while cycling on the RAF Mona site is strictly forbidden.

All refuse while utilising the Feeding Station on the airfield is to be disposed of appropriately (in a covered bin).

The Airfield will become active and flying will take place on Sunday once the Tour De Mon leaves the site. The smallest piece of debris can result in catastrophic effect such as death, fatal injury and serious damage to the multimillion pound aircraft.

BIKE BREAKDOWN

You are expected to carry tubes, all tools and kit necessary for any on-route cycle repairs. It is also advisable to carry a mobile phone. There will be pick up vehicles on route who may be able to carry out very minor repairs on the route.

Emergency recovery vehicles will follow all three routes if you are unable to make it home. However, please bear in mind that if you are required to use these it may not be possible to transport you immediately back to the finish. Please come prepared though because the roads are much too nice for you not to enjoy them from your bike!

Should you have an issue out on the course please inform the closest marshal and/or call the event emergency number on 07527 034 308. In the event of no phone signal please relay any issues to the next marshal.

HELMETS

Wearing of a cycling helmet conforming to CE standards EN1078 is mandatory for all riders to start.

IMPORTANT CYCLE COURSE SPECIFIC HAZARDS

Mawr (M), Canol (C) and Bach (B) routes

Descent to Porthdafarch Beach – Downhill section with junction on left hand side and possibility of parked cars on roadside. Slow down (M,C,B)

Valley to outskirts of Caergeiliog – Single track road. Take care in case of any oncoming traffic. (M,C,B)



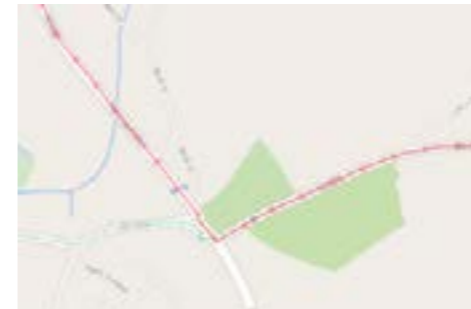
Right turn onto A5 at Bryngwran - Right hand turn onto busy road. Give way to all traffic and obey the highway code at all times. Take care when exiting the junction. (M, C, B)

Flying Mile – Absolutely no littering. (M,C,B)
Exit from RAF Mona – caution to be taken on leaving the runway due to uneven road. Take instruction from marshals. (M,C,B)

Right Hand Turn onto B4422 - Right hand turn across busy road. Give way to all traffic and obey the highway code at all times. Take care when exiting the junction. (M)

Llandegfan to Llanddona Mast – Single track road. Be aware of oncoming traffic. (M)

Right hand turn at Pentraeth (B5109 onto A5025) – Right hand turn onto busy road. Give way to all traffic and obey the highway code at all times. Take care when exiting the junction. (M)



Right hand turn toward Brynrefail (From Rhoslligwy onto A5025) – Right hand turn onto busy road. Give way to all traffic and obey the highway code at all times. Take care when exiting the junction. (M,C)



Descent from Parys Mountain – Fast downhill left hand bend. Take Care. (M,C)

Valley Crossroads – Busy crossroads controlled by traffic lights. Exercise caution and obey the highway code at all times. (M,C,B)



Descent to Porthdafarch Beach – Downhill section with junction on right hand side and possibility of parked cars on roadside. Slow down. (M,C,B)

Crossing A5 at Bwlcyn – Traffic approaching from both directions. Take care. (C,B)



Crossing B5109 at Trefor - Traffic approaching from both directions. Take care. (C)

An advertisement for The Bulkeley Hotel. At the top, it features the hotel's logo and name: 'THE BULKELEY HOTEL BEAUMARIS, ISLE OF ANGLESEY'. Below this, a white text box contains the message: 'Whether you are competing in an event or just fancy a night away call us to receive 10% off your accommodation. Enjoy a fresh homemade meal with us and receive a further 10% off your food'. A large red circular badge with '10% OFF' is overlaid on the image. The background shows a hotel room with a bed, a lamp, and a telephone. At the bottom, contact information is provided: 'tel: 01248 810 415 | email: reception@bulkeleyhotel.co.uk'.

TEULU RIDE

The Tour de Teulu is a beautiful family ride suitable for children who are accompanied by parents or adult friends. The Tour de Teulu will start and finish at the main event centre so that you will be inspired by the big event atmosphere. We are proud to be supporting the local young champions of the future and hope that the Tour de Teulu will inspire you to keep fit and healthy and to enjoy the stunning outdoors.

The ride will follow the Tour de Mon route out of Holyhead, and will return along quiet roads to the main finish line. The ride is approximately 3.5 miles long.

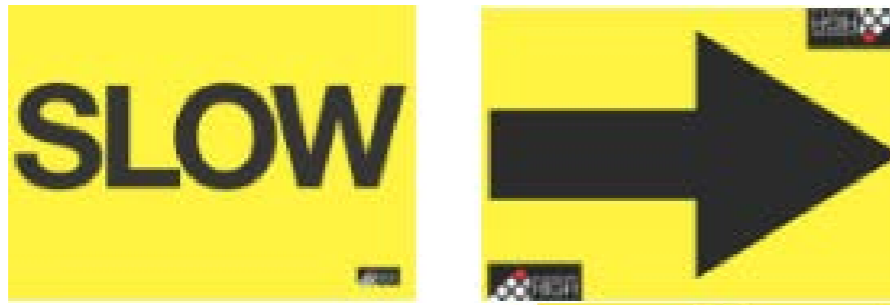
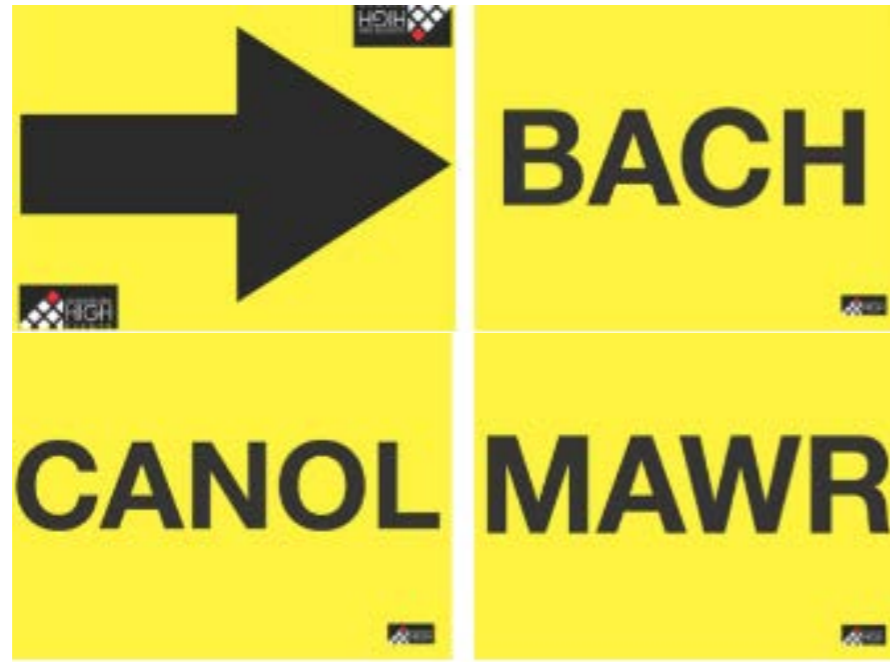
Please note - The ride is on roads open to traffic, and as a consequence any child under the age of 12 must be accompanied by at least 1 adult. Children ages 13 and over must be accompanied at a ratio of 2 children for every 1 adult.

Teulu riders will get a finisher medal and refreshments at the finish line and marshals at major points along the route.

The cost is £3.00 per child. Registration is at the Sea Cadets Building between 09:15 and 09:45.



EVENT SIGNAGE



THAT'S ENOUGH OF THE SERIOUS STUFF! WE HOPE YOU HAVE A GREAT RIDE AND ENJOY THE COURSE!



CHECK OUT THE FULL RANGE IN THE ALWAYS AIM HIGH STORE





www.KINGUD.co.uk

#keepitclean

PROUD SPONSOR OF THE KINGUD FLYING MILE



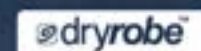
biodegradable bike care

CAMU I'R COPA
ALWAYS
AIM HIGH
store



TRI • SWIM • BIKE • RUN • TRAIL

PREMIUM BRANDS AT CLEARANCE PRICES!



The Events Hub
Pen yr Orsedd Est.
Llangefni, Anglesey
LL77 7AW

Tel: 01248 723 553

Email: info@alwayssaimhigh-events.com

CAMU I'R COPA
ALWAYS
AIM HIGH
events

