



EVENT GUIDE

SUNDAY | JUNE 23 | 2024

TRAVEL TO DRAGON RIDE

VENUE ADDRESS

Margam Park, Port Talbot,
South Wales, SA13 2TJ

<https://what3words.com/expiring.jelly.hack>



CAR PARKING & DROP OFF

Limited free parking is available at Margam Country Park. Follow the signed route from the main gate to the car park, and then from there by bike/foot to the start area.

Due to limited parking space, please car share where possible



TRAVELLING BY BIKE

Entry is through east gate and not main gate. The closest postcode is SA13 2TL.

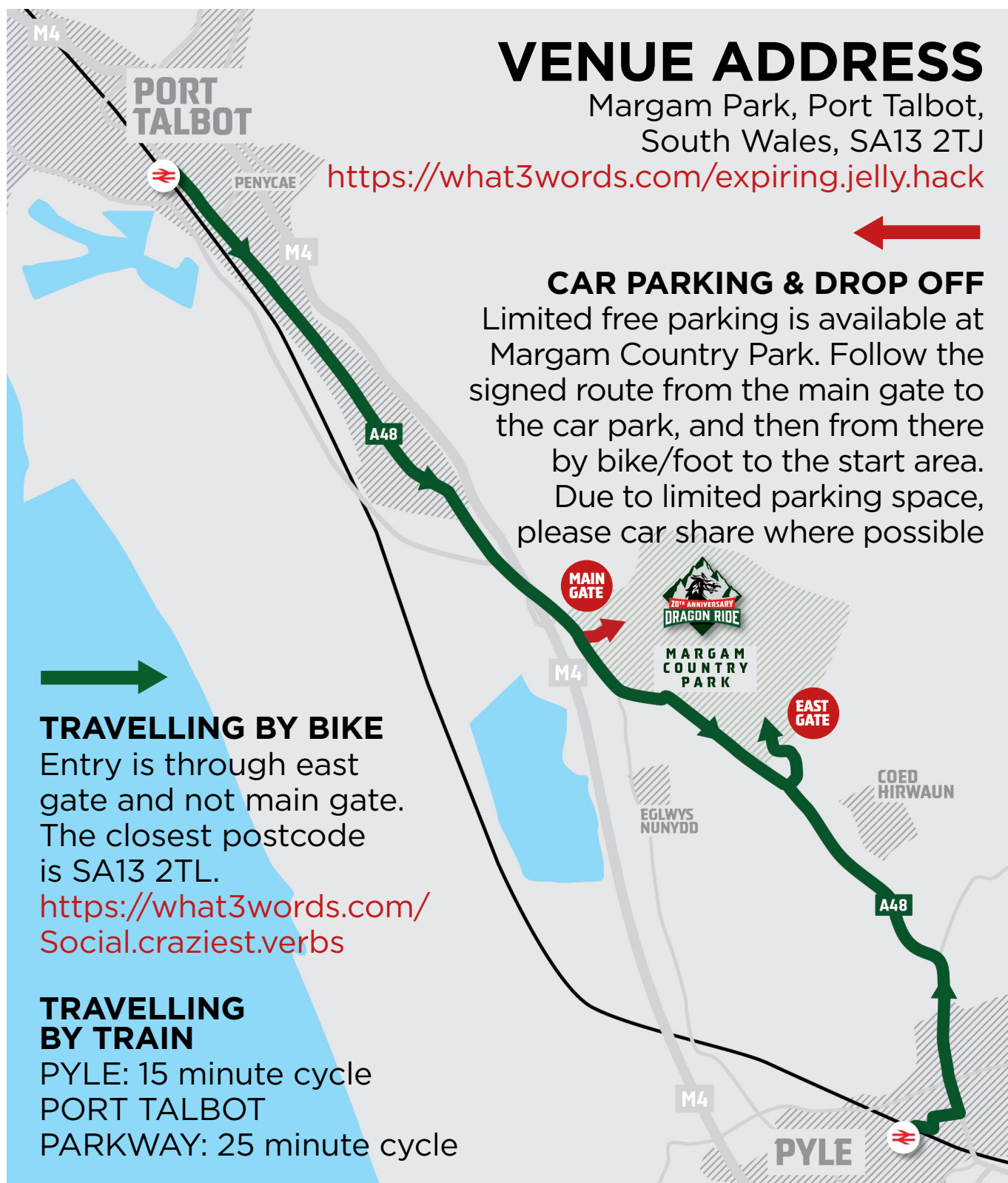
<https://what3words.com/Social.craziest.verbs>

TRAVELLING BY TRAIN

PYLE: 15 minute cycle

PORT TALBOT

PARKWAY: 25 minute cycle



RIDER PACKS

UK RESIDENT Your pack will be posted to your UK address prior to the event.

INTERNATIONAL PARTICIPANT

You will need to collect your pack from the event village on the morning before your ride.

IN YOUR PACK

Your rider pack and number are your passport to the day. Please note that for safety reasons, rider packs are non-transferable. Any participant caught wearing someone else's number will be removed from the event.



BIB NUMBER

This is to be attached to the back of your top. The colour of this bib determines the distance you are completing on Sunday.

COLOURED CARD

This must be cable tied to the front of your handlebars.



BIKE STICKERS

These are to be attached to your bike seat post, front of your helmet and on the coloured card.



TIMING CHIP

The timing chip is the small rectangular sticker on the bike seat post sticker. Please ensure this is not bent or damaged.



PACK NOT ARRIVED? If your pack does not arrive before Friday 21st June then you will need to collect from the information desk within the event village prior to your ride.

START TIMES

Individual start times will be shared via email and posted on the website [HERE](#).

DISTANCE	FIRST WAVE	LAST WAVE
DEVIL	06.25	07.00
GRAN FONDO	07.10	08:05
MEDIO FONDO	08.13	08.53
MACMILLAN 100	09.01	09.11

IMPORTANT PLEASE READ

Please arrive 60 minutes before your published start time. It will take 10 minutes to walk from the car park to event village.

- No need to register on the day.
- Please allow extra time if picking up international pack/ replacement pack.
- If you would like to ride with your friends and you have been given different start times, simply move to the latest time allocated within your group. You do not need to let us know if this is what you have decided to do. Please note, you must remain in the start time range for your chosen distance.
- If you would like to drop down a distance, simply start in the correct new wave. No need to let us know.

DRAGON DEVIL ROUTE

296KM | 4,433 ASCENT

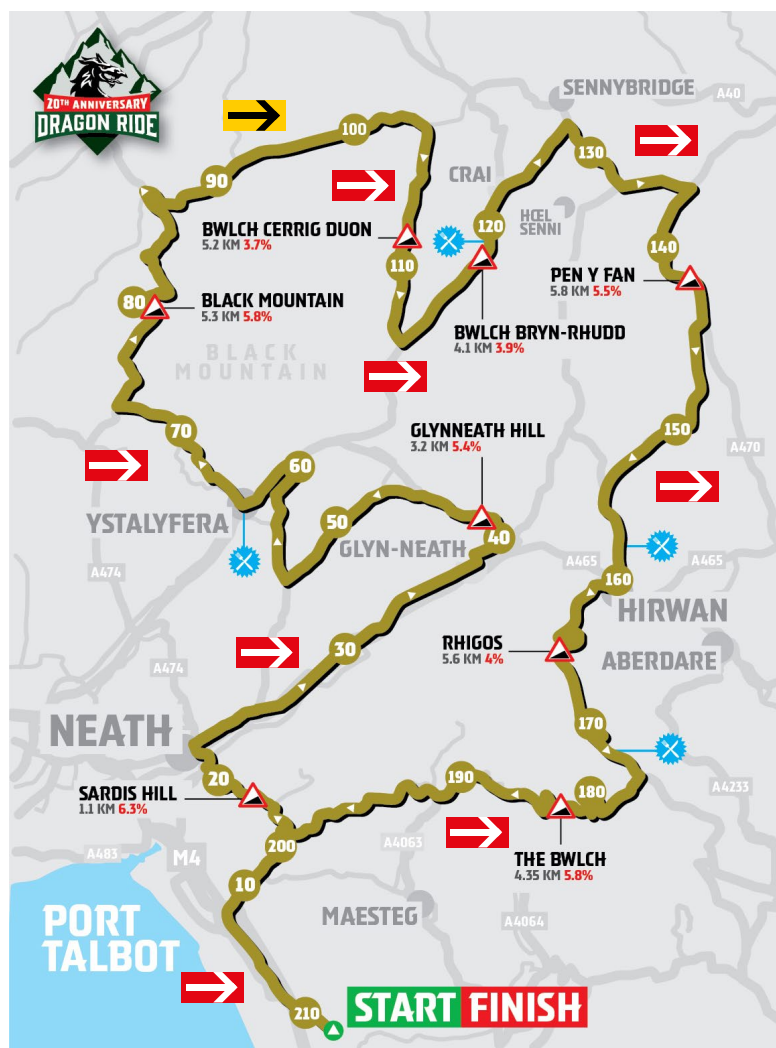


18KM	▲	SARDIS HILL 1.1KM AVG 5.5%
42KM	▲	GLYNNEATH HILL 3.2KM AVG 5.4%
65KM	⚙	FEED
78KM	▲	BLACK MOUNTAIN 5.3KM AVG 5.8%
88KM	CUT OFF 1	11:25
102KM	⚙	FEED
102KM	CUT OFF 2	12:06*
114KM	▲	SUGAR LOAF HILL 2.6KM AVG 6%
133KM	▲	DEVIL'S STAIRCASE 1.3KM AVG 12.5%
167KM	⚙	FEED
189KM	▲	BWLCH BRYN DUON 5.2KM AVG 3.7%
198KM	▲	BWLCH BRYN-RHUDD 4.1KM AVG 3.9%
199KM	⚙	FEED
222KM	▲	PEN Y FAN 5.8KM AVG 3.5%
238KM	⚙	FEED
247KM	▲	RHIGOS 5.6KM AVG 4%
256KM	⚙	FEED
264KM	▲	THE BWLCH 4.4KM AVG 5.8%

*Riders need to exit the feed station by 12:06 as cut off speeds include stops.

GRAN FONDO ROUTE

215KM | 3,350 ASCENT



Follow the **RED** signs until the Gran Fondo splits from the Devil



Then follow the **YELLOW** signs until the route merges back with the Devil.



Then follow the **RED** signs all the way to the finish.

18KM



SARDIS HILL
1KM AVG 5.5%

42KM



GLYNNEATH HILL
3.2KM AVG 5.4%

45KM CUT OFF 10:40

65KM



FEED

78KM



BLACK MOUNTAIN
5.3KM AVG 5.8%

109KM



BWLCH BRYN DUON
5.2KM AVG 3.7%

118KM



BWLCH BRYN-RHUDD
4.1KM AVG 3.9%

119KM



FEED

142KM



PEN Y FAN
5.8KM AVG 3.5%

158KM



FEED

166KM



RHIGOS
5.6KM AVG 4%

176KM



FEED

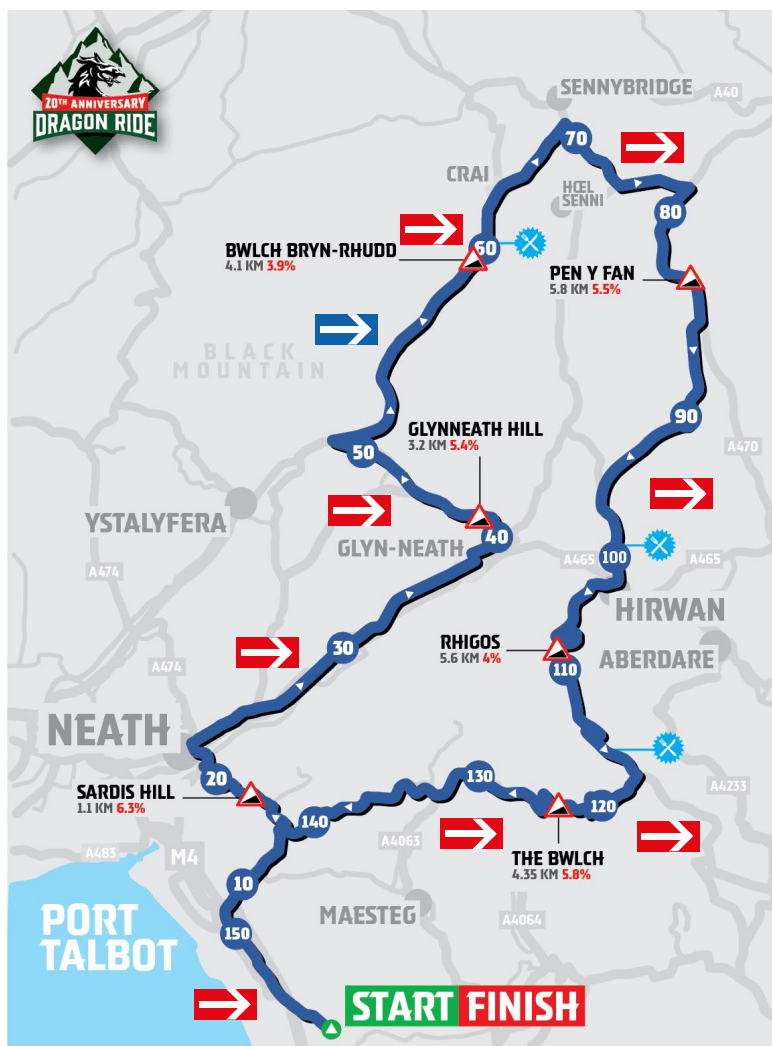
184KM



THE BWLCH
4.4KM AVG 5.8%

MEDIO FONDO ROUTE

157KM | 2,223 ASCENT



18KM



SARDIS HILL
1KM AVG 5.5%

39KM CUT OFF 11:30

42KM



GLYNNEATH HILL
3.2KM AVG 5.4%

60KM



BWLCH BRYN DUON
5.2KM AVG 3.7%

61KM



FEED

84KM



PEN Y FAN
5.8KM AVG 3.5%

99KM



FEED

108KM



RHIGOS
5.6KM AVG 4%

117KM



FEED

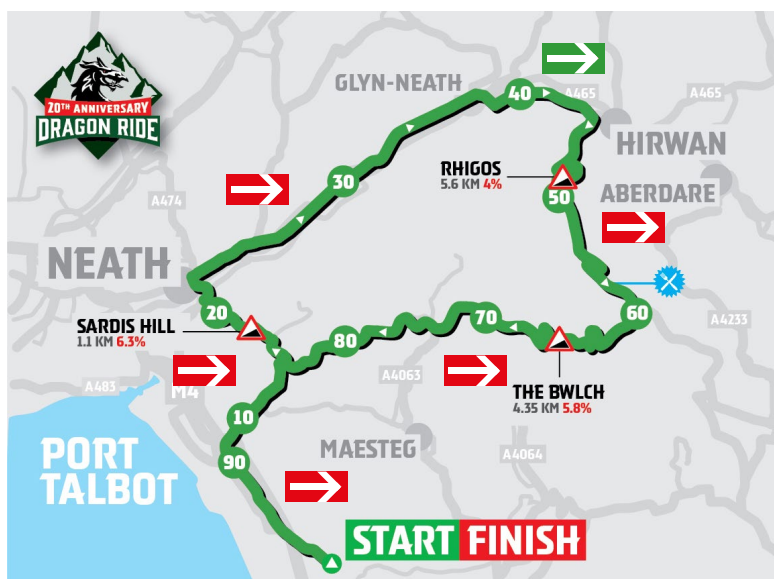
125KM



THE BWLCH
4.4KM AVG 5.8%

MACMILLAN 100 ROUTE

98KM | 1,354 ASCENT



Follow the **RED** signs until the Gran Fondo splits from the Devil



Then follow the **GREEN** signs until the route merges back with the Devil.



Then follow the **RED** signs all the way to the finish.

18
KM



**SARDIS
HILL**
1KM
AVG 5.5%

50
KM



RHIGOS
5.6KM
AVG 4%

59KM



FEED

67
KM



**THE
BWLCH**
4.4KM
AVG 5.8%

DISTANCE CUT OFF TIMES

DEVIL

CUT OFF 1

Gran Fondo split point
(Pontar-Llechau, 88km/54.8m)
by **11:25hrs**

CUT OFF 2

Feed station 2 (Llandovery College, 102km/63.4m) by **12:06hrs***
*Riders will need to have exited
the feed station by 12:06

Rider setting off at last start time will need to ride average speed of 20km/hr (12.5m/hr)

GRAN FONDO

CUT OFF

Medio Fondo split point (A4221/
A4109 junction, 45km/27.96m)
by **10:40hrs**

Rider setting off at last start time will need to ride average speed of 18km/hr (11.18m/hr)

MEDIO FONDO

CUT OFF

Macmillan split point
(Glyn-Neath, 38.5km/23.9m)
by **11:30hrs**

Rider setting off at last start time will need to ride average speed of 15km/hr (9.5m/hr)

MACMILLAN 100

No cut offs, but we recommend you aim to finish before **19:30hrs**

Please note the finish line gantry closes at 21:45hrs.

Failure to maintain the minimum speeds will result in your ride being shortened at a designated cut off location, or terminated early at the discretion of the event organisers. Route cut offs are in place for the safety and welfare of all the riders and support teams out on the route.

ROUTE SIGNAGE



THIS EVENT IS AN OPEN ROAD SPORTIVE, NOT A RACE.

From start to finish there will be signage marking the route, please see your distance page for this information. In addition to route arrows, signs may also indicate when you are approaching a feed station, climbs, route split or route merge. Additionally, there may be 'Caution', 'Junction Ahead', 'Slow', 'Caution Course Narrows Ahead', 'Single File', 'Keep Left' and other signage along the route.

Please observe the signs on route, they are in place for your safety and to warn you of what is approaching on the highway. **HOWEVER**, signs will not and cannot highlight every risk or road condition, so you must be alert and maintain awareness of your surroundings and of other road users at all times.

DROPPING DOWN A DISTANCE

If you do not feel that you can complete the distance you have entered, we recommend that you drop down a distance. You can either drop down on the morning of or during your ride.

Due to the staggered start times, if you make the decision to drop down to a shorter distance then there is a possibility that the course, feed stations and finish will NOT be ready for you.

PRE EVENT

1	2	3	4
Note the new distance start time.	Plan arrival time around this new time.	Take note and follow different coloured signage.	Let a member of staff at the info desk know when you return to event village.*

DURING EVENT

1	2	3
Take note of the upcoming route split.	Follow the coloured signs of the route you wish to drop down to.	Let a member of staff at the info desk know when you return to event village.*

*This step is optional and is so we can update the route on your official result.

PICK UP LOCATIONS

If you feel as if you can't continue there will be pick up vehicles operating at the event that will depart from the below locations at set times to return to Margam Park.

If you need collecting from a location not listed, please call us on **07593 005 657**. We may be able to send a route manager to collect you and bring you to the nearest pick up vehicle location. However, given the length of the route, and other riders in a similar situation, you should be aware that our route managers may not be able to get to you for a long time. Please consider making plans for alternative arrangements to get back to Margam Park in advance with your family/friends or a taxi company just in case.

PICK UP LOCATION 1

Ysgol Gymraeg Dyffryn y Glowyr,
Bethel Road, Lower Cwmtwrch,
SA9 2HW (Feed station 1: 65km Gran
Fondo & Devil route)

Departure time: 12:30

PICK UP LOCATION 2

Penderyn Community Centre,
Pontpren, Penderyn CF44 9JN
(approx. 238km for Devil; 150km for Gran
Fondo; 100km for Medio)

Departure time 1: 15:00

Departure time 2: 17:00

PICK UP LOCATION 3

Collection from near FS4,
Treorchy Coop, Station Road,
Treorchy CF42 6UA
(170km for Gran Fondo, 119km
for Medio and 58km for Macmillan)

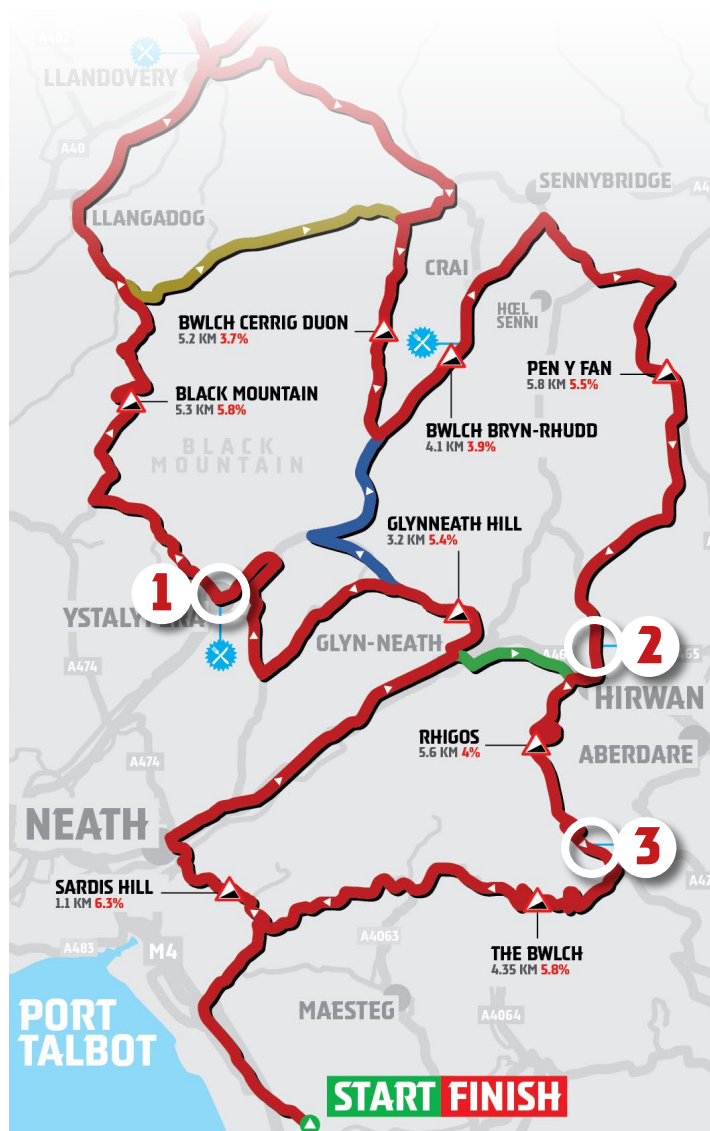
Departure time 1: 17:30

Departure time 2: 20:00

There is a train departing Llandoverly to
Swansea (change for Port Talbot) at 14:49.

ADDITIONAL NOTE FOR DEVIL

RIDERS: For your information there is a
train departing from near Feed Station
2 in Llandoverly at 14:49 (Llandoverly to
Swansea - change for Port Talbot).



ROAD AWARENESS 1/2

All participants will be expected to adhere to all briefings/ information given in communications shared in advance of the event, briefings given on the day (which may supersede previous information if there have been any changes), the Highway Code and also to the Human Race cycling code, which includes the following: Unless otherwise or expressly stated, the roads should always be considered as open to traffic (even if signs suggest they may be shut) and you must ride accordingly – including obeying all Highway Code rules and road regulations at all times.



You are requested to ride in single file where appropriate and no more than 2 abreast at any time. Single file riding is mandatory when double white line systems are in operation on the roads.



Unless required during a safe overtaking procedure you should not cross the centre line whilst riding, and should make sure, particularly on descents, that you slow down sufficiently to be able to make a turn onto a side road without having to cross onto the 'wrong' side of the road.



Please always remain aware of your fellow participants and all other road users (including motor vehicles, other cyclists, horse riders and pedestrians) and ensure you always leave sufficient space / give way where required.

ROAD AWARENESS 2/2



Please always indicate and signal your intention to stop or change direction, including at junctions.



Please do not pass through any red traffic lights, but wait as directed. Similarly give way at all pedestrian crossings to those wishing to use them.



Please look out for and observe all highways' signage relating to descents, bends, road regulations, cattle grids and other hazards.



Please also take note of any specific event signage which has been erected for the event as this will be in place for your safety and to warn you of what is approaching - HOWEVER these will not and cannot highlight every risk and so you must remain alert and maintain an awareness of your surroundings at all times.



You should remain in control and ride according to your ability as well as the road conditions / environment. So think and look ahead to look out for any potential obstacles / risks coming up. This may include hidden dips and obstacles / hazards around corners - if you cannot see a good way along the road ahead of you or around a corner then slow down accordingly so you can respond / react if necessary.



Please note that we reserve the right to terminate your participation if you fail to comply with any of the above, or are seen to be riding dangerously.

ROUTE SUPPORT



MOTORCYCLE MARSHALS There will be a fleet of motorcycle marshals out on the route who are clearly identifiable as being part of the event. They are there to help you, and act as first responders in the event that there is an incident on the route.



MECHANICS There will be mechanics located at the start venue and at each feed station to assist with any issues you have with your bike. There are no spare bikes available. If you require mechanical parts, you will be charged so please ensure you have cash to pay for this. Mechanics can be contacted on 07593005657. Before arriving at the event you must check over or get your bike serviced to ensure it is in good working order.



MEDICAL SUPPORT St. John Ambulance provide medical cover for the event and are located at each feed station and in vehicles around the route. If you need medical attention, please call the emergency medical number 07953 005663.



EVENT NUTRITION Plan your nutrition & hydration in advance of event day, and ensure you have your preferred products with you. There will be some gels along the route to use as supplement to your own provision.

Please note: Absolutely no littering is permitted. Anyone caught dropping litter will be disqualified immediately. We have official moto's out on route enforcing this.

DON'T FORGET



DRINKS BOTTLE & FOOD

You will be able to refuel at the feed stations but please make sure you start your ride with the right sustenance (we recommend 2 full drinks bottles and snacks).



LIGHTS Please ensure that your bike is fitted with reflectors and/or bike lights.



BIKE & HELMET Please make sure your bike is in good working condition and recently serviced. Helmets are compulsory and **MUST** be worn on the day.



A BIKE REPAIR KIT This should include a spare inner tube, a pump, a puncture repair kit, multi tool, tyre levers and spare chain links. Mechanical support will be available at feed stations but bringing your own provisions will mean you can get back on your bike much quicker and are less likely to face the disappointment of having to drop out due to a technical fault.



CLOTHING Conditions can vary across the route. Please ensure you bring appropriate clothing for all cycling conditions.



RIDER PACK For details see page 2.



CASH There are no cash points on site and some food vendors may only accept cash.



BIKE SERVICE Please ensure that your bike is in full working order and has been recently serviced prior to the event. We will have mechanics on site who can conduct minor repairs and provide accessories such as new inner tubes at a cost to you but won't be able to offer a full service on the day.



PHONE RECEPTION Mobile phone reception can be poor on some sections of the route. If you are unable to get a signal for assistance please ask a fellow rider to relay your message when further along the route, or wait for a Motorcycle Marshal or Route Vehicle to assist you. Make sure you have downloaded What3Words to enable us to locate you should this be needed: <https://what3words.com/products/what3words-app>

EVENT VILLAGE

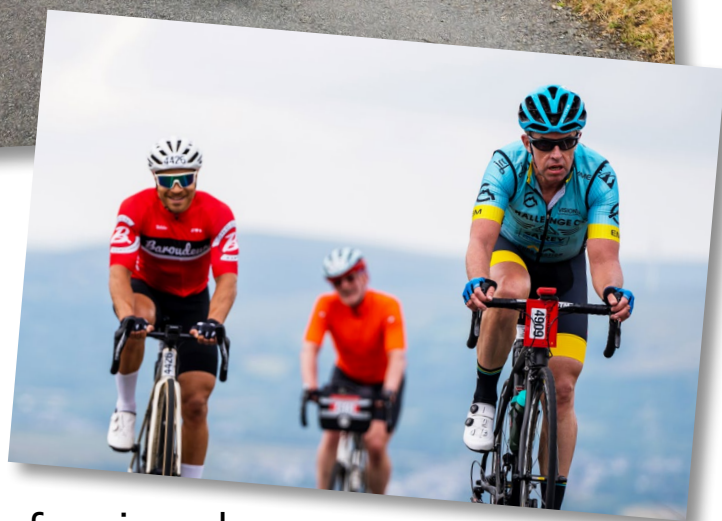
There is free hot food available to all riders in the event village when you finish your ride. There is also a massage tent and massages will be on a first come first serve basis. Please bring cash to pay for your massage - (suggested donation of £10 which will go to Macmillan)



EVENT PHOTOS



All your official digital photos for just £20 if you buy now (post-event price £40). Offer ends midnight Saturday 17th June. We will have professional photographers stationed all over the course and finish line ready to capture that timeless photo - Just don't forget to SMILE. Order yours [HERE](#)



MAKE YOUR EVENT COUNT

There are currently 3 million people living with cancer in the UK and Macmillan is doing whatever it takes to support them and their loved ones, by providing physical, financial, and emotional support.

Macmillan has over 600 wonderful riders taking on Dragon Ride 2024 for people living with cancer.

And it's not too late to join Team Macmillan. Sign up for a Macmillan place or use your own place to fundraise for Macmillan at Dragon Ride 2024.

Here are three examples of what your fundraising could do:

£33 could fund a Macmillan nurse for 1 hour

£100 could print 270 copies of our Preparing a Child for Loss booklet

£247 could pay for a Macmillan Information and Support Manager for 1 day

Click [HERE](#) to set up your fundraising page and make the miles count with Team Macmillan.



23 JUNE 2024

Santini



Buy the 2024 Dragon Ride
Official merchandise



santinicycling.com

YOUR RITUAL AFTER



ERDINGER
ALKOHOLFREI

ISOTONIC
REDUCED CALORIES
CONTAINS VITAMINS



**Leave your bike at home
and rent one for the event**

Book online:

www.onyourbike.com/events/humanrace.php

On Your Bike offers three different types of bikes for your event – hybrid, road and carbon road.
Starting from £69.

At the event we will:

- Hand over pre-rented bikes
- Adjust heights
- Fit your own pedals if required
- Sell a range of accessories

Email us if you have any questions: bikerental@onyourbike.com

THANK YOU

It takes a large number of organisations working together to make a successful large-scale event and we are so grateful to the following for their help in making our event possible. Our amazing event team and volunteers, supporters, charities, local services, our wonderful partners and the continued support from Neath Port Talbot and Powys Councils, Margam Park and the community support from around the route with a special mention to Ysgol Gymraeg Dyffryn y Glower, Members of the choir in Treorchy and the volunteers for Feed Station 1, Llandovery College at Feed Station 2, Rotary Club who run and provide volunteers for Feed Station 3 and 4 and the Penderyn Community Centre at Feed Station 4.

We wish you a fantastic day of riding! You are undertaking an epic challenge which will see you take on some of the best routes in the UK. It will be tough but ultimately will be an unbelievable experience that you won't forget.

