



The Preseli Angel offers quiet roads, varied terrain and spectacular coastal and mountain scenery in the North Pembrokeshire/South Ceredigion region of West Wales. A challenging and fully way-marked route set at 86 miles total distance, the Preseli Angel's timing in this year's events calendar offers a fantastic, challenging but eminently do-able course that will suit early season fitness levels; the Preseli Angel will provide a natural progression for the rest of the CycloSportive season including the other key events in West Wales, namely the Merlin Ride and the Tour of Pembrokeshire, both held later in the year.

We're really pleased to introduce the Preseli Cherub this year. A cheeky little 17 mile ride designed for newcomers, families and those who fancy a more gentle view of beautiful Pembrokeshire scenery.

As for the Preseli Angel herself, the 86 miles comprises two 'loops'; Loop 1 at 47 miles, the optional Loop 2 at 39 miles. Loop 1 challenges those relatively comfortable at 'a few hours' on a bike; adding Loop 2 raises the bar to proper CycloSportive levels – enjoy!

### **Stuff you should know about and what to do next:**

- Entry fees: Preseli Cherub (17 miles), individuals £5, families (no restrictions!) £10.  
Preseli Angel, 47 miles £15.00, 86 miles £20.00
- Date: Sunday, 2<sup>nd</sup> May 2010
- Start Loc./time: The Parrog, Newport, Pems/any time between 0900 and 1000 hours
- Facilities: Changing rooms, toilets, showers, café, free car parking, sand, sea and scenery
- Organisers: Velo Teifi Cycling Club and the Newport Bay Spring Festival Society
- To enter: Send completed ENTRY FORM (next page) with a cheque made payable to **Velo Teifi Cycling Club** to

Club Secretary  
Velo Teifi Cycling Club  
C/o New Image Bicycles  
29-30 Pendre  
Cardigan  
Ceredigion SA43 1LA

Entry confirmation will be posted on the Preseli Angel web pages, hosted on the Velo Teifi Cycling Club website( [www.velo-teifi.org.uk](http://www.velo-teifi.org.uk) ) after cheques have cleared.

Further information on the event can be obtained from the Velo Teifi website.  
Please note that no individual communication will be entered into.



## ENTRY FORM

Name:		Date of Birth:		M / F*
Address:				Post Code:
Phone:				
Email:				
Club: (if applicable)		Event Distance entered:	Cherub / 47 miles / 86 miles*	
Next of Kin details:	Phone:			

\*delete as appropriate

**I understand that I participate completely at my own risk and that the organisers will not be held responsible for any damage, injury or loss however caused.**

Signed: ..... Name: ..... Entry Fee Paid: .....

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For official use:

Date received.....

Entry Number:.....