



RIDER BRIEFING 2025



WELCOME!

On behalf of Jiffy, Velindre Cancer Charity, and Swansea Bay Health Charity we would like to say a huge thank you for signing up for Jiffy's Cancer 50 Challenge! We are so excited to welcome you all to the start line on Sunday the 17th of August. In this pack you will find everything you need to know about the event, please make sure you familiarise yourself with all the details ahead of the event.

By taking part in this challenge, you are supporting Velindre Cancer Charity and Swansea Bay Health Charity. Your fundraising will help us to continue tackling cancer in South and West Wales ensuring the best possible care for our patients. This event is not just about the miles you'll ride, but about the impact you'll create along the way.





JERSEY COLLECTION

There will be opportunity before the ride to collect your jerseys. If you are not able to collect from the charity offices, please collect your jersey from the start line on the day of the event.

Collect from Velindre:

5th - 8th of August , 9am-4pm

Velindre Fundraising,
Velindre Road Whitchurch
CF14 2TL
Contact: 029 2061 5888

Collect from Swansea Bay Health charity Hub:

11th - 15th of August, 9am-4pm

Singleton Hospital
Sketty Lane
Sketty
SA2 8QA
Contact: 07977659647

START TIMES & LOCATION

The start will be at
Cardiff City FC
Leckwith Rd
Cardiff
CF11 8AZ

The start waves will be as follows:

7:30am – For riders who are new to cycling

8:00am – For riders who are avid cyclists

8:30am - For riders who will complete the ride at speed .

Please arrive 30 minutes before the start of your wave, there may also be a queue if you are collecting a jersey.

THE ROUTE

Please follow the signs to stay on route, if there are any issues there are emergency numbers available to call.

There will be one feed station just outside of Ogmore.



EMERGENCY NUMBERS

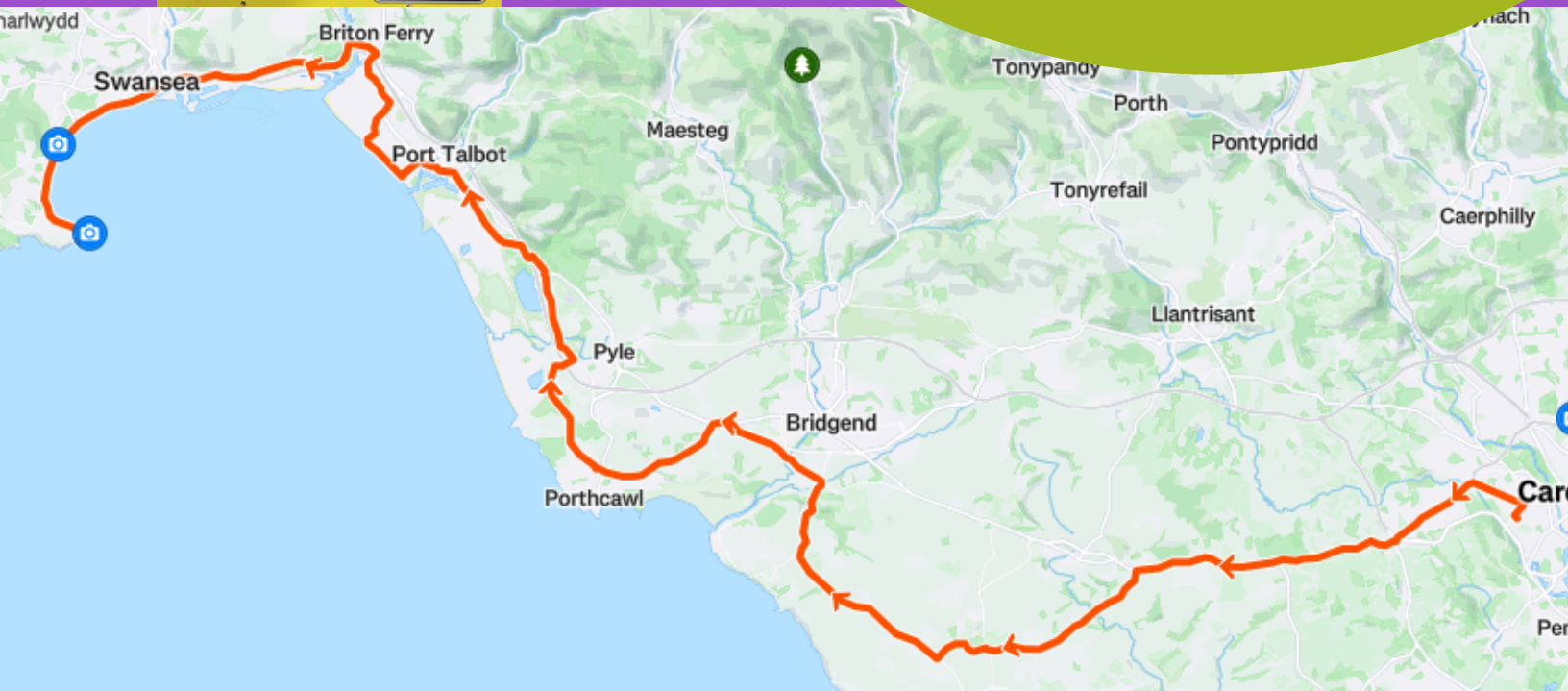
First Aid Claire Edmonds – 07961 463216

Uprise Bikes for mechanical breakdowns - 07540523850

Dai Mathias (Marshalls & route issues) - 07971222690

Roger Bowen (Organiser & other issues) – 07940 115864

Lewis Bradley (Charity contact) – 07429623457



FINISH PROCESSION (ESCORT FINISH)

When you reach 'The Secret Bar & Kitchen'. Please wait so we can head to the finish in a convoy.

We shall leave the 'The Secret Bar & Kitchen' at 2pm.

Please be there and ready as we only have a short window from Swansea Council.

Finish at 'The Lighthouse', Mumbles - Mumbles Road, Mumbles SA3 4JT

Music & Celebration until 6pm

KEEP PUSHING YOUR FUNDRAISING!

All riders have a fundraising target of £75 for this event. Please continue sharing your pages and boost your fundraising, Every penny raised is invested directly into improving cancer services in Wales.

GOOD LUCK!

