

Week	Date	Start Time	Run	Proposed Route, subject to change on the day
1	10/10/2021	8:30	Tumble - the hard way	Swansea, Llanelli, Kidwelly, Idole, Pontyberem, Tumble*, Xhands, Ammanford, Pontardawe, Swansea
2	10/17/2021	8:30	Mynydd-y-Gwair/ Gwrhyd	Clydach, Craig cefn parc, Mynydd-y-Gwair, Rhydyfro, Gwrhyd, cwmllynfell, Ystradgynlais, Crynant, Neath, Skewen, Swansea
3	10/24/2021	8:30	Elvis hunting	Marsh road, Baglan. P. Talbot, Pyle, Laleston, Porthcawl prom.* Nottage, Kenfig, Margam by-pass, Aberavon beach, Briton Ferry, Skewen, Swansea.
4	10/31/2021	9:00	The two Ponty's	Morrison, Penllergaer; Ponardulais; Llannon; Pontyberem; Ponthenri; Kidwelly* Pembrey; Burry-port; Llanelli; Loughor; Gowerton: Clyne Valley: Swansea
5	11/7/2021	9:00	Scotch pine	Morrison, Craig Cefn Parc, Mynydd y Gwair, Scotch pine, Ammanford, Llandybie, Llandeilo, *Carmel, Cross hands, Llannon, Pontardulais, Penllergaer, Morrison, Swansea
6	11/14/2021	9:00	Cross Hands	Gorseinon, Grovesend, Garnswllt, Pantyffynon bridge, Tycoes. Crosshands* Capel Hendre. Llandybie, Ammanford, GCG, Pontardawe, Swansea.
7	11/21/2021	9:00	Usk Reservoir	Pontardawe, Tarfarn-y-Garreg, Crai, Nantyrharn, Sennyb ridge* Trecastle, Pont ar Hyder, Twynllanan, Black Mountain, Brynamman, Cwmtrwch, Ystalyfera, Pontardawe, Swansea
8	11/28/2021	9:00	Carreg Cennen	Morrison, Penllergaer, Pontardulais, Fforest, Ammanford, Dre-Fach, Llandyfan, Trapp, Carreg Cennen, *Ffairfach, Llandybie, Ammanford, GCG, Pontardawe, Swansea
9	12/5/2021	9:00	Gower/Llanmadoc	Brynhyfryd, Cockett, Gowerton, The Wern, Three Crosses, Welshmoor, Llanrhidian, Oldwalls, Cheriton, Llanmadoc, Burry Green, Llandewi, Scurlage, Fairwood common, Ilston, Parkmill, Upper Killay, Cycle path Blackpill, Swansea
10	12/12/2021	9:00	Maesteg	Marsh road, Baglan, Taibach, Afan valley bike path, Cymmer, Caerau, Maesteg* Tondu, Pyle, Margam, Briton Ferry, Skewen, Swansea
11	12/19/2021	9:00	Mince pies	Bike path- mumbles, limeslade caswell, bishopston, southerndown* - riders choice after café
12	12/26/2021	9:00	Swiss valley	Liberty, seafront, clyne valley, loughor, Llanelli coast, Swiss valley cycleway, ammanford, pontardawe,

				swansea
13	1/2/2022	9:00	Kidwelly	Brynhyfryd, Fforestfach,A4070 Loughor, Llanelli bike path, Burryport.A484 Kidwelly,Llanelli, Bynea,A4070, Loughor, Gowerton, B4295 Swansea.
14	1/9/2022	9:00	Gower	Brynhyfryd, Carmarthen road,Waunarlwydd,Gowerton, Three Crosses,Fairwood common,Cefn Bryn, Reynoldston,Knelston, Scurlage,Port Eynon,*Scurlage, Burry Green,Llanrhidian,Penclawdd,Gowerton,Swansea
15	1/16/2022	9:00	The Mumbles Hill(s)	
16	1/23/2022	9:00	Crosshands	Morrison, Penllergaer, Pontardulais, Llanon, Cross hands, Gorslas. L.L.O country Park,* Carmel,Ffairfach, Llandybie,Ammanford,GCG,Pontardawe, Swansea.
17	1/30/2022	9:00	Ogmore & Southerndown	Skewen,Baglan,Pyle,Kenfig Hill,Cefn Cribbwr,Laleston, Ewenny,St.Brides,Ogmore,*Ewenny,Laleston,Stormy Down Pyle, Margam Aberavon, Baglan,Skewen, Swansea
18	2/6/2022	9:00	Carreg Cennen	Birchgrove,Pontardawe,GCG,Ammanford,Drefach, Trap, Carreg Cennen,* Ffairfach,Carmel,Crosshands,Llanon, Pontardulais,Pontlliw,Penllergaer,Morrison, Swansea
19	2/13/2022	9:00	Rhossili	Brynhyfryd,Waunarlwydd,Gowerton,Crofty,Llanridian, Burry Green,Scurlage,Rhossili, Llanmadoc*penclawdd,gowerton, waunaurlywydd, Swansea
20	2/20/2022	9:00	Pontardulais	Clydach,Craig-cefn-parc,Felindre,Pontardulais* Grovesend, Gorseinon, Gowerton, Duvant,Clyne, Blackpill,Mumbles or Swansea
21	2/27/2022	9:00	Port Eynon	Gowerton, Three crosses, Welsh Moor, Bury Green, Scurlage, Port Eynon Café. Return North Gower, Fairwood common, bike path to Blackpill and Swansea Marina
22	3/6/2022	9:00	Maesteg	Marsh road, Skewen, Baglan, P.Talbot, Goytre, Bryn, Maesteg, Llangynwyd. Ffordd y Gyfrith, Pyle, Margam by-pass, Briton ferry, Skewen, Swansea
23	3/13/2022	9:00	Seven Sisters	Ynystawe, Pontardawe, bike path to Banwen, Seven Sisters, Crynant,B4242 Resolven, Glynneath,PNV* rear of Angel, Banwen, Abercrave, Pontardawe, Swansea.

24	3/20/20 22	9:00	Ferryside	Brynhyfryd,Fforestfach, Loughor,Burryport,Kidwelly, Ferryside,*Broadley,Kidwelly,Burryport,Loughor, Gowerton, Swansea.
25	3/27/20 22	8:30	Col de Caerau	Skewen, P.Talbot,Pyle,Tondu,Maesteg,*Croeserw, Afan Valley,Afan Argoed, Bike path to P.Talbot,Baglan, Neath.(or Sardis,Cimla, Neath) Skewen,Swansea.
26	4/3/202 2	8:30	Heol Senni	Skewen,Neath valley, PNV,Ystradfellte,Heol Senni, Defynnog,Sennybridge,*Trecastle, Moel Feity, Tafarn y Garreg, Swansea valley, Pontardawe, Swansea.
27	4/10/20 22	8:30	Sennybridge	Ynystawe,A4067 Swansea valley, Tafarn-y-Garreg, Trecastle, Sennybridge,* Crai, Abercrave, Pontardawe, Swansea
28	4/17/20 22	8:30	Talley Ho	swansea valley; pontardawe;Brynammam, BlackMt., Llangadog, Crugybar, Talley, Llandeilo*, ammanford, Pontardulais, Penllergaer, Swansea
29	4/24/20 22	8:30	Gower	Carmarthen Road, B4295 Waunarlwydd, Gowerton, Penclawdd, Old Walls, Burry, Reynoldston*, Cefn Bryn, Fairwood Common,Ilston, Parkmill,*A4118 Kittle, B4436 Bishopston, Mumbles. Bay cycle path to Swansea
30	5/1/202 2	8:30	The great glamorgan	Liberty,Skewen, Baglan, Port Talbot, Pyle, Laleston, Ewenny, Ogmore, St. Brides,St.Donat's, Llantwit Major.*St.Athans, Lanes through to A48 Bonvilston,Welsh St.Donats, Aberthin, Cowbridge.* B4270 to Llandow, Lanes back to Ewenny, Merthyr Mawr, A48 Stormy Down, Pyle, P.Talbot Bypass, Briton Ferry and Neath or Swansea
31	5/8/202 2	8:30	Deffynog elbows in	Swansea valley, Sennybridge*, Deffynog 18%, Devils elbow, Ystradfelte, PNV, Neath valley. Skewen, Swansea
32	5/15/20 22	8:30	3 Valleys Anti-clockwise	Skewen, Baglan,P.talbot,Afan valley,Bwlch,Treorchy,* Penrhys B4512,Tylorstown,Maerdy, Aberdare,Hirwaun, Glynneath. Neath valley, Neath, Skewen, Swansea
33	5/22/20 22	8:30	Gower	Swansea, Gowerton, Three crosses, Welshmoor, Llanmadoc* Burry green, Port Eynon, Back lane to penrice, penrice Hill, south gower road bishopston, Caswell, Limeslade, Swansea
34	5/29/20 22	8:30	The century ride	Liberty,Skewen, Baglan, Port Talbot, Pyle, Laleston, Ewenny, Ogmore, St. Brides,St.Donat's, Llantwit Major.*St.Athans, Lanes through to A48 Bonvilston,Welsh St.Donats, Aberthin, Cowbridge.* B4270 to Llandow, Lanes back to Ewenny, Merthyr

				Mawr, A48 Stormy Down, Pyle, P.Talbot Bypass, Briton Ferry and Neath or Swansea
35	6/5/2022	8:30	Croeserw	Skewen, Neath,Cimla,Afan valley,Cymmer,Croeserw, Maesteg,Llangynwyd,Fforth-y-Gyfraith,Pyle,*Margam, P.Talbot by-pass, Aberavon Beach. Baglan, Briton Ferry,Neath, Skewen, Swansea
36	6/12/2022	8:30	Rhigos and Bwlch	Skewen, Neath Vally, Cefn Rhigos, Rhigos, treorchy*, Bwlch, Afan Vally, Pt.Talbot, Briton Ferry bridge, Swansea
37	6/19/2022	8:30	Penderyn	Plasmarl, Pontardawe,Ystradgynlais, Starving hill, Crynant, Neath valley, Hirwaun, Penderyn,Ystradfellte,PNV. IVR,Abercraf, Pontardawe, Swansea
38	6/26/2022	8:30	The Northwest Passage	Ynystawe,Pontardawe,Cwmtwrch,Brynamman,Black Mountain, Llangadog, Llanwrds, Crug-y -bar, Brechfa,Horeb, Nantgaredig -Towy Bridge, Carmarthen, Kidwelly, Llanelli, Gowerton, Clyne Valley
39	7/3/2022	8:30	Glyncorrwg	Ynystawe,Yystradgylais, Crynant, Aberdulais, Tonna, Cimla, Afan valley cycle path, Glyncorrwg* Port Talbot, Briton Ferry, Swansea
40	7/10/2022	8:30	Maerdy Mountain	Neath B4242, Glynneath, Hirwaun, Rhigos , Treorchy* Penrhys loop, Tylorstown, Maerdy mountain, Aberdare, Hiraun, Glynneath, Neath valley, Swansea
41	7/17/2022	8:30	Swiss valley	Liberty, seafront, clyne valley, loughor, Llanelli coast, Swiss valley cycleway, ammanford, pontardawe, swansea
42	7/24/2022	8:30	4 valleys	Marsh road,Skewen,Baglan, Margam,Pyle,Tondu,Shwt, Garw valley,Bettws, Nantymoel,Bwlch,Treorchy,*Rhigos Glynneath,IVR,Abercraf, Pontardawe, Swansea
43	7/31/2022	8:30	Hell of the beacons	Skewen,Neath valley, Hirwaun, Penderyn,Cwm Cadlan,Llwyn-on reservoir,left onto A470 Storey arms, left to Penderyn A4059, right to Ystradfellte, Pontneathvaughan, Neath valley, Skewen, Swansea
44	8/7/2022	8:30	Ammanford Loop	Any way we like
45	8/14/2022	8:30	Black Mountain	Ynystawe,Pontardawe,Cwmtwrch,Brynamman,Black Mountain,Pont Fawr,Bethlehem,Llandeilo,* Llandybie, Ammanford,Pontardulais. Penllergaer,Morrison,Swansea
46	8/21/2022	8:30	Up and down	Liberty, chemical road, pontardulais, hendy, Llannon, xhands, gorclas, Ffairfach, Llandeilo*, Llandybie, Ffairfach, Trapp, Ammanford, Pontardawe, Swansea

47	8/28/20 22	8:30	Ferryside	Brynhyfryd, Fforestfach,A4070 Loughor, Llanelli bike path, Burryport.A484 Kidwelly,* Ferryside* Broadway, Kidwelly, B4306 Trimsaran,A484 Llanelli, Bynea,A4070, Loughor, Gowerton, B4295 Swansea.
48	9/4/202 2	8:30	The Gower Grimpeur	Start at Mumbles Pier. Petite 50 miles, Moyen 75 miles. Grande 92.5 miles. Piccolo 30 miles. Café Mumbles* Covers every hill on the Gower
49	9/11/202 2	8:30	Ogmore & Southerndown	Skewen,Baglan,Pyle,Kenfig Hill,Cefn Cribbwr,Laleston, Ewenny,St.Brides,Ogmore,*Ewenny,Laleston,Stormy Down Pyle, Margam Aberavon, Baglan,Skewen, Swansea
50	9/18/20 22	8:30	elbows out	Liberty, Skewen, Neath Vally, PNV, Ystradfelte, Deffynog*, Cray, Swansea.
51	9/25/20 22	8:30	Bwlch & Llangeinor	Skewen,P.Talbot,Cymmer,Bwlch,Nantymoel,Ogmore Vale, Llangeinor,Tondu,Pyle, Margam, Aberavon Beach,Baglan, Briton Ferry, Swansea
52	10/2/20 22	8:30	Club Hill climb	Photo at Liberty Stadium,Hill time trial at Rhydypandy. Refreshments at Lliw reservoir café.* Final of club run points Competition. New competition starts next week