

Promoted on behalf of Cycling Time Trials under their Rules and Regulations.

# Cardiff 100 Miles Road Cycling Club

**Open 15 Mile Time Trial: Saturday 25<sup>th</sup> February 2023, 1:01pm start**

Timekeeper

Start: Bob Jones

Finish: Robin Field (Cardiff Byways CC)

Organizer

Bob Jones

2 Little Orchard

DINAS POWYS

Glam CF64 4NH

Mob. 07873-353207

## **COURSE R15/5**

**START IS APPROX 2 MILES FROM EVENT HQ.**

**R15/5** Landranger sheet 161 - Start SO314114; Finish SO314111.

**Start** on B4598 opposite bus stop lay-by for The Hardwick pub (NP7 9AA), 13 yds west of bell-mouth to T junction with side lane. Proceed north-westwards toward Hardwick rbt. (0.87 miles). Take 1st exit **left** onto A40 towards Raglan rbt. Encircle Raglan rbt **M** (8.7miles) taking 5th exit **left** onto A40 westbound back towards Abergavenny. After A40 bends from west to north-west, **Finish** at Joint #273 at beginning of next lay-by, 15.011 miles.

Start SO 31430 11448; Finish SO 31468 11128

**NO PUSHER-OFF at the Start !**

**Event Headquarters** (open from 12:00 until 16:00):-

**Abergavenny Scout Hall, East Side Fairfield Car Park, NP7 5SG.**

Entrance to Fairfield Car Park is from Park Avenue: *please Pay & Display!*

**Refreshments will be available at HQ in time for the prize-giving at the end of the event.**

**Numbers and Signing on sheets will be located inside the HQ.**

## **Awards**

1 <sup>st</sup> solo M on TT bike	2 <sup>nd</sup> solo M on TT bike	1 <sup>st</sup> solo Road Bike	1 <sup>st</sup> 2-up TTT
<b>£15</b>	<b>£10</b>	<b>£10</b>	<b>£10 ea.</b>
New Course Record - <b>£15</b> Men's CR - 28:58 (Chris Gibbard 30/06/2021). Women's CR – 30:55 (Hayley Simmonds 30/06/2021).			

**If you should abandon the race please advise the organizer at the earliest opportunity: mob. 07873-353207**

## **ROAD BIKE EVENT**

### **This section has special restrictions on clothing and equipment:-**

Generally the bike and clothing must be either "Old Skool" or permitted for Road Racing under current British Cycling regulations: modern Time Trialling equipment isn't allowed.

So:- No Tribars; no disc wheels or wheel covers; no 3-spoke or 4-spoke wheels; no aero helmets.

Maximum wheel rim depth **6cm** (six centimetres).

Helmets must NOT cover the ears nor have a pointy tail.

**Please ensure you have signed on before the start, and signed out after the finish.**

Numbers and Signing on sheets are located in the event headquarters.

Free tea coffee or soft drink upon returning your number after the race.

**NB. You must return your number to HQ and sign out *in person*, in case of UKAD testing.**

### **Important Notice to all Riders: COMPULSORY REQUIREMENTS**

**All competitors MUST wear a properly affixed HELMET which must be of hard/soft shell construction. Helmets should conform to a recognized Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33954, CPSC, EN-1078.**

**All competitors must have a working white Front Light fitted to the front of their machine, and a separate working red Rear Light fitted to the rear of their machine.**

The route will be signed, but there will only be marshal(s) to show you the way at the Turn: please be familiar with the course so there are no surprises.

It is the Rider's responsibility to comply with the laws of the road and with consideration to other road users, please do so.

### **ALL RIDERS ARE REQUESTED TO COMPLY WITH THE FOLLOWING:-**

**DO NOT** park or stop your car within sight of the starting or finishing timekeeper.

**DO NOT** leave your number flapping - four pins are supplied for each – please use them ALL.

**DO NOT** allow your friends and relations to follow you around the course - it's against CTT regulations.

**DO call your number to the finishing timekeeper or your time may not be recorded.**

**DO** keep your head up, be aware of your surroundings, and **HAVE A SAFE RIDE.**

**SPECTATORS** please **refrain from** parking your vehicles around the Start and Finish areas.

**NB. You must return your number to HQ and sign out *in person*, in case of UKAD testing.**

**If you should abandon the race please advise the organizer at the earliest opportunity: mob. 07873-353207**