

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

Cardiff 100 Miles Road Cycling Club

Open 15 Mile Time Trial: Saturday 1st April 2023, 2:01pm start

Timekeepers

Start: Steve Landeg
(Ogmore Valley Whs)
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 5 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 north-west of bell-mouth to T junction with side lane. Proceed north-westwards toward Hardwick Gyratory (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, (lay-by #7 from Raglan), 15.011 miles.

Start SO 31420 11462; Finish SO 31466 11131

NO PUSHER-OFF at the Start !

Event Headquarters (open from 13:00 until 17:00):-
Llanarth Village Hall, Nr Raglan, NP15 2AU.

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 st solo M	2 nd solo M	3 rd solo M	1 st solo W
£30	£25	£20	£20
1 st solo Road Bike	1 st solo 2-up Team.	1 st Team of 3 solos.	New Course Record
£20	£20 ea.	£20 ea.	£30
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 tell the organizer at the earliest opportunity: mob. 07873-353207

ROAD BIKE EVENT

This section has Special Condition 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 tell the organizer at the earliest opportunity: mob. 07873-353207