

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

Cardiff 100 Miles Road Cycling Club

Open 50 mile Time Trial: Saturday 29th July 2023, 2:02pm start
Incorporating 2023 VTTA South Wales Group Championship

Timekeepers

Start: Phyllis Harradine
(CC Topp)

Finish: Robin Field
(Cardiff Byways CC)



Organizer

Bob Jones
2 Little Orchard
DINAS POWYS
Glam CF64 4NH
mob. 07873-353207

Event Headquarters (open 1pm until 6pm):-
Llanarth Village Hall, Nr Raglan, NP15 2AZ.
Please avoid arriving more than 1 hour before your start.

Awards		
1 st solo M	2 nd solo M	3 rd solo M
£30	£25	£20
1 st solo W	2 nd solo W	1 st solo Road Bike
£25	£20	£20
1st Club Team of 3 = £20 ea.	New Course Record = £30	
Course Records: M - 1:39:16, Kieron Davies 27/09/2015; W – 1:49:24, Angela Carpenter 14/05/2022); MJ – 1:56:24, Josh Griffiths, 7/08/2016.		

COURSE R50/1b

START IS APPROX 5 MILES WEST OF EVENT HQ.

OS References: Sheet 161 - Start and Finish SO 308121

Start on A40 at first lay-by approx half a mile east of Hardwick Gytratory; at concrete joint marked 74, which is 39 yards west of white post 13/1. Proceed eastwards to Raglan rbt (7.060) where straight on for half a mile to bear left onto unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy (12.080). Turn hard left (**M**) to rejoin A40 westbound. After passing Monmouth Services, take 1st left and continue on A40 to Raglan rbt (17.166) where straight on to **Hardwick Gytratory (24.766)**. **Circle gytratory (M)** and take A40 dual carriageway eastbound past the Start and back to Raglan rbt (32.811). Repeat as before (Mitchel Troy 37.831) (Raglan rbt 42.917) to **Finish** in 8th lay-by (opposite start) at white post marked 13/1. 50.030 miles.

NO PUSHER-OFF at the Start !

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

Numbers and Signing on sheets will be located in the HQ.

Please do not leave bicycles unattended.

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

Free teas coffees biscuits at HQ after the race.

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 nor wheel covers; no aero helmets.**

No 3 or 4 spoke wheels; maximum wheel rim depth 6cm.

Helmets, if worn, must *not* cover the ears *nor* have a pointy tail.

Important Advice to all Riders

PEDESTRIANS AND MARSHALS ARE NOT PERMITTED ON THE DUAL CARRIAGEWAY SO KEEP A GOOD LOOK OUT FOR RACE SIGNS AND ARROWS. The route will be signed, but there will only be marshal(s) to show you the way at the Turns: please be familiar with the course so there are no surprises.

It is Riders' responsibility to ride within 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 the starting or finishing lay-bys.

DO NOT leave your number flapping - please use a pin at each corner.

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

DO NOT STOP after crossing the Finish line, but return direct to HQ, hand in your number, and sign out.

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.**

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

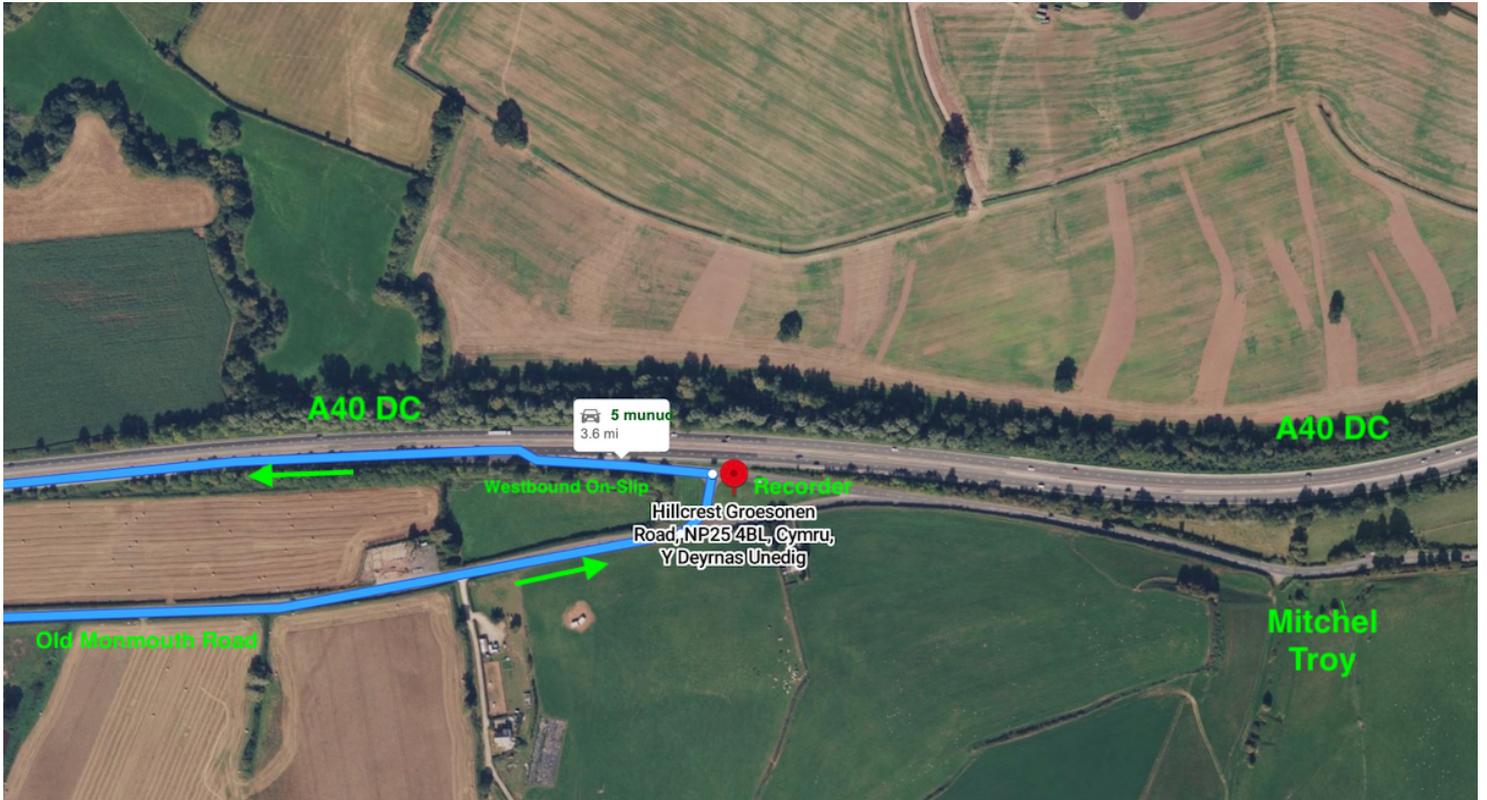
All competitors MUST wear a properly affixed HELMET which must be of hard/soft shell construction. Helmets should conform to a recognized Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33954, CPSC, EN-1078.

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.

DO NOT warm up or use turbo/trainers/rollers near the HQ or within 100 yds of any dwelling (South Wales District regulation).

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Competitors race through the Mitchell Troy turn TWICE – half way through each of the two laps.
You must **GIVE WAY** at the T junction as you turn hard left onto the A40 slip road:-



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