



# Ross-on-Wye & District Cycling Club

once again proudly presents

## Open 10mi Time Trials

Saturday 16<sup>th</sup> July 2014

2PM - First Event

4:30PM – Para-cycling Event

On the R10/17

Promoted for and on behalf of Cycling Time Trials under their rules & regulations

Timekeepers Start: Mr. L. Samuel Finish: Mr R. Field

Event organiser Mr W. Bevan, 22 Fountains Close, Hereford, HR2 7XY. 07591559275

### HEADQUARTERS

Llanarth Village Hall, Llanarth, Nr Raglan, Usk, NP15 2AU.  
Please park sensibly. HQ will be open from 12:30PM.

The HQ is **8** miles from the start, please allow enough time to travel to the start.

### NUMBERS

Collect from headquarters.

### REFRESHMENTS

At headquarters after the event. Free tea/coffee on return of number.

### PRIZE PRESENTATION

Prizes will be presented at the headquarters as soon as possible after the event.

**In the interests of your own safety, the event promoter strongly advises you to wear a helmet that meets an internationally accepted safety standard. For entrants under 18 helmets are compulsory.**

**A working rear light is advisable especially if damp**

**Hand Cyclists MUST display a warning flag.**

PLEASE BE QUIET, AND PARK CONSIDERATELY.  
NO WARMING UP PAST START OR U TURNS NEAR START.  
DO NOT CROSS THE DUAL CARRIAGEWAY.

## COURSE DETAILS

### R10/17 - A40 Hardwick - Raglan & return

OS References: Sheet 161 - Start and finish 333100

**Start** at 1st drain cover in 3rd lay-by east of Hardwick rbt, Abergavenny, on A40, 25 yards east of Kilo post 97 and 400 yards east of bridge over road. Proceed on A40 to Raglan rbt (4.94 miles) and turn by circling rbt and retrace on A40 to **finish** at road joint 136 at western end of lay-by opposite start.

District Regulation: No cars connected with riders are to travel on the A40 during the event. Competitors observed crossing the dual carriageway will be disqualified.

## PRIZES

Prizes will be presented at the HQ as soon as possible after all riders have finished.

### First Event

	FASTEST	VET ON STD	FASTEST WOMAN	FASTEST JUNIOR	FASTEST TEAM OF 3	Overall Weekend Prize
1ST	£30	£20	£20	£20	£10pp	£30
2ND	£20	£15	£10			£20
3RD	£15	£10				
4TH	£10					

### Para-cycling Event

	MH3	MH4	TANDEM
1ST	£20	£20	£20
2ND	£15		
3RD	£10		