



Welsh CA 12 Hour Championship

And the Western TTA 12 Hour Championship + Tandem Event

Sunday 9th July 2017 Course R12/16 (revised). Start Time 06:00

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

Event Secretary:

Robin Field, 89 Velindre Road, Whitchurch, Cardiff. CF14 2TG

Mobile Number on the day 07753 603098

Chief Marshall:

Bridget Boon, Severn RC

Mobile Number during event 07973 336905

Timekeepers

Start Timekeeper: Robin Field Cardiff Byways C.C.

Chief Timekeeper: Tudor Thomas Bynea C.C.

Circuit Timekeepers: as listed

Officials, Observers and Marshalls

Ian and Bridget Boon Severn RC

Paul Robinson Ystwyth C.C.

Members of South Wales DC and West DC Clubs.

Headquarters

Raglan Football Club Pavilion, Station Road, Raglan NP15 2ER

**The Headquarters will be open from 5:00am until 9:00am,
then from 4:00pm – until end of event.**

Shelagh Hargraves

After a long and debilitating period of illness the Welsh CA lost its President and long time stalwart of all things to do with the Welsh CA in 2017. Shelagh was District Secretary of RTTC South Wales District for many years, she will be sorely missed: our sympathies go out to Edwin.

Robin Field.

Awards – 2017

Men's Champion	WCA Championship Cap. Temple Trophy (for one year) Welsh Championship Plaque Invitation to WCA BAR Lunch
2 nd and 3 rd	Welsh Championship Plaques
Fastest rider from a non Welsh CA club See note below	Reub Giles Cup (for one year) Welsh Championship Plaque
Team Champions (three riders)	Welsh Championship Team Shield (for one year) Welsh Championship Plaques Invitations to WCA BAR Lunch
Women's Champion	WCA Championship Cap. Welsh Championship Trophy (for one year) Invitation to WCA BAR Lunch
Greatest distance covered by a novice	Welsh 12 Hr Novice Cup (for one year) Welsh Championship Plaque
Greatest improvement on Last Three Seasons	Welsh Championship Plaque
Fastest Vet on Std in each age group	Welsh Championship Plaque
Joint Mersey 24 / Welsh 12 ride Aggregate mileage	Marcher Trophy (for one year) Welsh Championship Plaque
Fastest rider from a Western TTA club	Cotter Pin Challenge Cup Welsh Championship Plaque
Tandem award	Welsh Championship Plaque
The 219 award	A bottle of wine for the rider closest to this distance

PLEASE NOTE – THIS IS NOT ONE RIDER ONE PRIZE –IF YOU ARE GOOD ENOUGH TO WIN IT YOU GET IT!

Welsh Championships are always open to all

The riders - and team - recording the greatest mileage/s are the Welsh 12 Hour Champions
The **Reub Giles Cup** will be awarded to the rider from a non Welsh CA club recording the greatest mileage
If the Championship is won by a rider from a non Welsh CA club, the Reub Giles Cup will be awarded to the
Welsh CA rider recording the greatest distance

Novice awards are open to those riders who have never completed a 12 hour event

Welsh Competition Records

Men, solo	2016	Danny Grieves	G. S. Metro	294.02
Team	2013	Pembrokeshire Velo	Dan Colman Paul Colman Clifford Jackson	798.289
Ladies, solo	2016	Katja Rietdorf	Born to Bike – Bridgtown Cycles	257.94

Prize of £50 to the Champion if Welsh Competition Record is beaten (Men, Women or Team).

Rider Safety & Notes to Helpers

Riders & Helpers should read this section with particular care

Obey all traffic regulations – the police monitor compliance at various points during the event – please do not put the future of the 12 at risk with irresponsible riding

- 1 **Traffic lights on A465:** the traffic lights on Llangula Bridge (60 & 82 miles from the start) are a modern installation and can detect a cycle and change for it. They usually cause little problem but the lights must be obeyed. There are police video cameras monitoring these lights.
- 2 **Helmets:** the Police, Cycling Time Trials and the Welsh Cycling Association strongly recommend that all riders wear an approved cycling safety helmet.
- 3 **Lights and visibility:** for better visibility, riders are recommended to fit a rear flashing red light which will enable you to be seen clearly on the dual carriageway – especially on the finishing circuit. Recent 12s have been observed by Gwent Police who have advised that riders should have been using lights in poor visibility. Everyone participating in the event is also advised to wear high-visibility clothing – including helpers. If you are riding in the dark, you are required by law to use pedal reflectors or reflective ankle bands.
- 4 **Numbers & signing on and off:** pick up your number and food at HQ when you sign on. Spare numbers are available to go with a change of clothing. Numbers will be given after you have signed on and handed in your car registration form. Any extra safety information will be given as you sign on. There will also be a number for your helpers to put on their car – this will help marshals to recognise your helpers. **YOU MUST SIGN OFF AT THE END OF THE EVENT FAILURE TO DO SAY MAY RESULT IN A DNF AGAINST YOU.** Please call out your number at the Monmouth garage (tunnels), Llangeview (Chepstow 14), Hereford and Hardwick checking points and when passing each of the timekeepers on the finishing circuit. With poor light, flapping numbers, etc, it can be difficult to identify individual riders so please help.
- 5 **Regulations:** you have all signed an entry form stating that you are familiar with the Regulations. Riders and helpers must work within the Regulations. Please make sure your helpers also read these instructions. The future running of the event relies on appropriate behaviour from riders and helpers.
- 6 **Course signage:** the course will be signed and marshalled as far as possible but not all turns will have marshals and some will not have them throughout the day. Please make sure you understand the route. Hardwick roundabout is the first you come to – it is big. First time is straightforward, take the first exit, it will be signed and there will be marshals at the key positions. The next time you get here go round the system until you are directed to Hereford (4th exit). All riders will go to Hereford and then once you get back to Hardwick you go onto the Mid Day circuit. When the first rider on the road has completed five Mid Day circuits* all following riders, will then follow the Finishing circuit. Hardwick roundabout is the New T/K 1, proceed back up the A40 dual carriageway and take first exit at Raglan roundabout. Look out for the FINISH CIRCUIT OPEN sign.

*The Chief Marshal may reduce the number of circuits in adverse weather conditions

- 7 **This event is subject to Dope Control, it is your responsibility to check whether you are required to attend Dope Control. Early finishers:** once you have reached TK1 you will be credited with a finishing distance. Tell the info desk or a marshal but – best of all – just take a short time-out and then carry on. **Please make sure you notify us if you decide to finish earlier than this (but see the note about Dope Control).**
- 8 **Notes to helpers:** all cars must be registered. Handing in a car registration form does not entitle you to follow your rider around the course. The course is dual carriageway based and there are lots of lay-bys. After the initial Hereford leg, a rider will never be more than 30 minutes away.

- 9 **Helpers must park sensibly: do not use the Hardwick pub car park** – but parking on the bit of the “old road” adjacent to the pub is fine.
- 10 **Navigating your way around the course:** riders will be given a coloured sticky number when they sign if they have vehicular support. Please fix this to the windscreen. Marshals will see it and can direct you if you lose your rider. You can also contact the information desk at Hardwick roundabout and they will do their best to help. Where practical, please support other riders with water, sponges, mechanical assistance, encouragement, etc.
- 11 **Frequent passing (lay-by hopping):** this is a breach of CTT Regs. **You must not pass your rider more than once every 10 miles and you must not follow your rider (Regulation 22).** Following your rider and lay-by hopping is a nuisance to other riders and road users. Especially after the Hereford leg, we strongly recommend that helpers select a suitable spot on the circuit and wait for their rider to come by. Police will be monitoring the event they have received complaints locally of people having ‘natural breaks’ in clear view of members of the public– please be discreet.
- 12 **Finding feeding places:** the Hereford road is no problem – plenty of lay-bys. There are 8 lay-bys on the A40 between Hardwick and Raglan roundabouts (east and west) and three on A449 between Llangeview interchange and Raglan Interchange (north and south) all suitable for feeding. **There is a long area on the climb beyond the Raglan Castle turn to Mitchel Troy on the Unclassified road (old A40) which riders do five times which is ideal. I’m hoping to have a feed station should there be enough help**
- 13 **And finally:** to everyone - be courteous to each other, the marshals and other road-users.

All complaints regarding poor or inappropriate behaviour will be taken seriously.

You are the public face of our Sport so make it a smiley face!

Some useful information

1. **Mobile Phone Reception.** The 02 network covers the entire course. Vodafone service is patchy on the A40. Orange and T-Mobile are also reasonably good.
2. **Toilets.** There are facilities at HQ. There are toilets in the picnic area on the northbound A40 approaching the Monmouth tunnels and in the Services on A40 between Raglan to Monmouth tunnels are open (all on the Early Morning Circuit).
3. **Fuel.** The centre of Abergavenny (follow the A40) The Services on A40 north of Raglan Interchange and the Monmouth garage beyond the Monmouth tunnels.
4. **Parking** is available at the Headquarters. Proceed beyond Headquarters entrance for 30 yards. Turn right and right through gate into field. Competitors please do not park in the Officials area.
5. **Note to Helpers** There are 8 laybys both westbound and eastbound on A40 dual carriageway between Hardwick roundabout and Raglan roundabout. There are no intersections. You will see your rider every 25.7 miles. **Do not cross the central reservation barriers or your rider will be disqualified.** Please remember that Gwent Constabulary will be monitoring your conduct during this event.
6. **HQ Opening Times** – The HQ will be open from 5:00 am to 9:00 am, tea and coffee will be available for a small donation. The HQ will re-open at 4:00 pm with catering available from Sharon Preddy with wonderful cakes and Bacon Butties.

Feeding Arrangements

Food will be available before the Start at HQ

However I am hoping to have a Neutral Feed Station on the Mid Day circuit on the left fork on the gradual climb on the unclassified road (old A40) to Mitchel Troy depending on numbers of helpers from local clubs

Riders without helpers can leave bottles/food at the Hardwick info desk which will be manned throughout the event. You'll have to stop to pick it up.

Riders - do your bit to keep Wales tidy!

Please do not drop bags & wrappers on the course

THE VELOTHON IS ON AT THE SAME TIME AND CERTAIN ROADS AROUND USK/ABERGAVENNY WILL BE CLOSED. CHECK LOCAL ROAD SIGNS.

No	First name	Surname	Club	Cat	Age	Start Time
12	Simon	Tibbetts	Worcester St. Johns CC	TAN	46	06:12:00
12	Meriel	Tibbetts	Worcester St. Johns CC	TAN	39	06:12:00
14	Philippa	Crocker	Dursley Road Club	WV	53	06:14:00
15	Chris	Chadwick	Cotswold Veldrijden	S	28	06:15:00
16	Val	Ravenhill	Kenilworth Whs	WV	57	06:16:00
17	David	Steel	Hereford & Dist Whs CC	V	70	06:17:00
18	Richard	Coomer	Pembrokeshire Velo	S	39	06:18:00
19	Julie	Stephens	Ross on Wye & Dist CC	WV	52	06:19:00
20	Dean	Madden	Barnesbury CC	V	46	06:20:00
21	Simon	Kinsey	Acme Whs (Rhondda) CC	V	47	06:21:00
22	Suzannah	Minns	Cardiff Ajax CC	W	38	06:22:00
23	Rhianne	Griffiths	Pembrokeshire Velo	W	25	06:23:00
24	Ben	Rathbone	Macclesfield Wheelers	S	35	06:24:00
25	Daniel	Colman	Pembrokeshire Velo	S	21	06:25:00
26	Bob	Richards	Royal Navy & Royal Marines CA	V	59	06:26:00
27	Ivor	Baines	Bristol South Cycling Club	S	39	06:27:00
28	Paul	Stephens	Ross on Wye & Dist CC	V	52	06:28:00
29	Shaun	Griffiths	Pembrokeshire Velo	V	53	06:29:00
30	Victor	Chetta	Mid Shropshire Wheelers	S	39	06:30:00
31	Tom	Bertenshaw	Severn Road Club	S	37	06:31:00
32	Andy	Cook	Chippenham & District Wheelers	V	54	06:32:00
33	Andrew	Hall	GS Metro	S	35	06:33:00
34	Matthew	Robson	Oxonian CC	V	48	06:34:00
35	Tom	Glandfield	Lewes Wanderers CC	V	44	06:35:00
36	Gavin	MacDougall	Tavistock Whs CC	V	50	06:36:00
37	Paul	Colman	Pembrokeshire Velo	V	56	06:37:00
38	Mark	Corbett	Worcester St. Johns CC	V	44	06:38:00
39	Chris	Hopkinson	CC Desiragear	V	49	06:39:00
40	Dean	Ware	Merthyr CC	S	35	06:40:00

R12.16 Course (revised 2017)	Inter Miles	Tot. Miles
Start on unclassified road signposted 'Clytha' (old A40 Raglan - Abergavenny road) at yellow mark on drain cover by Light Standard on flare at western side of entrance to Monmouthshire Livestock Market (O.S. 161 384087)	0.000	0.000
Proceed westwards on unclassified road (joining B4598 at Steel Horse Cafe) and continue to Hardwick roundabout to take 1st exit TO START MORNING CIRCUIT	6.155	6.155
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	13.714
Straight on to continue on A40 Sign "no U-turn, Clearway" after RAB	0.085	13.799
to Raglan interchange where bear left to Monmouth still on A40 Post 22/8 after services end of slip road	2.183	15.981
to Monmouth Tunnels where after tunnels bear left onto road signed for Trellech and Rockfield to mini roundabout at Esso Petrol Station (Give Way sign)	4.852	20.834
Turn left WITH GREAT CARE and follow B4239 and unclassified road through Mitchel Troy to rejoin A40 Dual-carriageway (blue sign "no U-turns, Clearway")	2.545	23.379
Join A40 westbound	0.213	23.592
Proceed past Raglan Services to go STRAIGHT ON, at Raglan Interchange (sign Usk) as road becomes A449. Post 21/0	3.411	27.003
Bear left at Llangeview Interchange (signpost Usk) on A472	5.254	32.257
TURN at break in dual carriageway (signpost B4236 'Chepstow 14') to remain on A472	0.505	32.761
Proceed to take left hand lane at Llangeview Interchange to rejoin north bound A449	0.387	33.148
continue on A449 to bear left at Raglan interchange	4.398	37.547
Join A40 to Raglan roundabout	1.186	38.732
Take 3rd exit (straight on) on A40 to Hardwick roundabout	7.629	46.361
Encircle roundabout taking 4th exit A465 (Hereford)	0.300	46.661
proceed on A465 to Hereford (<i>traffic lights at Llangula bridge - see notes re riders safety</i>) via Pontrilas (Sign Hereford 12)	12.234	58.895
to roundabout at Kingfisher Rise Estate (Tesco)	9.736	68.631
Circle rbt and retrace on A465 via Pontrilas (sign "Abergavenny 12")	9.970	78.601
to Hardwick rbt, Abergavenny TO FINISH MORNING CIRCUIT	12.181	90.782
Take 2nd exit TO START FIRST MID DAY CIRCUIT	0.198	90.980
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	98.539
Take 2nd exit (straight on) along A40 dual carriageway going eastwards (passing Raglan Castle turn) and take LEFT fork on unclassified road towards Mitchel Troy (signpost Monmouth)	0.646	99.185
Continue on unclassified road (old A40) via Dingestow to TURN left and IMMEDIATELY left (with care) to enter A40 on-slip	4.335	103.520
Proceed westwards to 1st turn off left (where A40 leaves A449)	3.800	107.320
Continue on A40 over fly-over to Raglan roundabout	1.323	108.643
Take 3rd exit (straight on) on A40 dual carriageway and proceed westwards to enter Hardwick roundabout (Abergavenny)	7.629	116.272

Encircle roundabout taking 6th exit TO START SECOND MID DAY CIRCUIT. Repeat	0.498	116.770
Encircle roundabout taking 6th exit TO START THIRD MID DAY CIRCUIT. Repeat	25.790	142.560
Encircle roundabout taking 6th exit TO START FOURTH MID DAY CIRCUIT. Repeat	25.790	168.350
Encircle roundabout taking 6th exit TO START FIFTH MID DAY CIRCUIT. ** Repeat	25.790	194.140
Encircle roundabout taking 6th exit	25.790	219.930
<i>When the first rider completes the fifth circuit OR at 16:20 whichever is sooner a FINISH CIRCUIT OPEN sign will show at Hardwick; riders will then start the Finishing Circuit here (NT/K1)</i>		
Continue eastwards along A40 to		
NT/K2, 2nd layby on dual carriageway	0.974	220.904
NT/K3, 3rd layby	1.601	222.505
NT/K4, 4th layby	1.916	224.421
NT/K5, 7th layby to Raglan r/a turn left (CARE) on unclassified road	1.733	226.154
To NT/K6 access bridge to Cefn Coch Farm	1.702	227.856
NT/K7, Monmouthshire Livestock Centre	1.327	229.183
NT/K8, Bus Shelter opposite turning to Llanarth	2.040	231.223
NT/K9, layby past King of Prussia Inn (closed)	1.656	232.879
NT/K10, layby past Farmhouse 3 Tyr-Pwll sign, near Hardwick Inn	1.502	234.381
NT/K1 mark on kerb at Hardwick rbt to complete 1st lap of Finishing Circuit (15.484 miles) repeat circuit	1.033	235.414
NT/K1 to complete 2nd lap of Finishing Circuit	15.484	250.898
NT/K1 to complete 3rd lap of Finishing Circuit	15.484	266.382
NT/K1 to complete 4th lap of Finishing Circuit	15.484	281.866
NT/K1 to complete 5th lap of Finishing Circuit	15.484	297.350
NT/K1 to complete 6th lap of Finishing Circuit	15.484	312.834
NT/K1 to complete 7th lap of Finishing Circuit	15.484	328.318

On the Finishing Circuit

Timekeepers' positions will be clearly marked throughout the event.

		Inter	Miles
Timekeeper 1 Recorder	Ian Boon Severn RC Brian Griffiths		
	At junction with A40, at grating on Hardwick roundabout	0.000	0.000
Timekeeper 2 Recorder	Stuart Edinborough Hereford & Dist. Wheelers Dave Unsworth, Hereford & Dist. Wheelers		
	At western end of 2 nd layby at white post marked 12/3	0.974	0.974
Timekeeper 3 Recorder	Martyn Heritage-Owen Bush Healthcare RT <i>Recorder (tbc)</i>		
	At western end of 3 rd layby at 1 st gully grate, approximately 35 yards east of overhead power cables.	1.601	2.575
Timekeeper 4 Recorder	Tony Howell Port Talbot Whs Shirley Howell Port Talbot Whs		
	At 4 th layby at post marked 6/6, 1 yard east of 5 th drain cover	1.916	4.491
Timekeeper 5 Recorder	Len Samuel Cwmcarn Paragon Eddie Malarczyk Cwmcarn Paragon		
	At western end of 7 th layby at white post marked 3/8	1.733	6.224
Timekeeper 6 Recorder	Tudor Thomas Bynea CC Paul Robinson, Ystwyth CC		
	3 rd kerb joint in flare to access bridge to Cefn Coch Farm (marked on OS map) 3 yards east of fire hydrant cover, 0.3 miles west of Raglan rbt on old A40, signposted "Clytha"	1.702	7.926
Timekeeper 7 Recorder	Norman James, Ogmore Valley Whs. Richard Tucker, Ogmore Valley Whs.		
	At mark on drain cover by Light Standard on flare at western side of entrance to Monmouthshire Livestock centre	1.327	9.253
Timekeeper 8 Recorder	Glenda Fisher Welsh CA John Fisher Welsh CA Alf Williams Port Talbot Whs		
	At eastern end of drain cover, 5 yards east of Green Bus Shelter, approx 15 yards west of junction (on right) to Llanarth.	2.040	11.293
Timekeeper 9 Recorder	Phyl Harradine, CC Topp Terry Harradine CC Topp		
	At eastern end of drain cover at eastern end of Bus Stop layby 20 yards west of King of Prussia pub (now closed).	1.656	12.949
Timekeeper 10 Recorder	Bridget Boon Severn RC Recorder (tbc)		
	At eastern end of drain cover at eastern end of Bus Stop layby on crest of rise, 40 yards beyond house sign "3 Tyr Pwll" and approximately 200 yards east of Hardwick PH on right.	1.502	14.451
	Complete finishing circuit at Timekeeper 1 (15.484 miles)	1.033	15.484

Setting up watches

Timekeepers please meet Robin Field at TK1 (Hardwick roundabout) at **14:30** to check watches and collect timekeeper boards and order of arrival sheets and clipboards. Supply your own pencil!
Please bring back your Timekeeper Stake with you to HQ in Raglan to have a well deserved cuppa and food.

Marshalling Positions 2017

Marshalling jackets will be brought to the Early Morning Circuit marshals by **Bridget Boon (Chief Marshal)** or an assistant preceding the field. (Hereford will supply their own)
When you have finished please hand them to the **Chief Marshal**, return them to HQ or drop them at Hardwick information desk

Any other offers of help would be very much appreciated - volunteers are always welcome

If anyone is unable to do what is set out below, could they please let Robin Field know on 07753603098

At Headquarters	Numbers, Food & Car Registration Forms + Parental Consent forms (u18yrs)	Frances Field
Course Signing	Warning & route signs – - finishing circuit T/Ks	Supervised by Ian and Bridget Boon
	Hereford rbt & Belmont	Dave Unsworth, Stuart Edinborough & Hereford Wheelers
At Start	Starting Timekeeper Pusher off	Robin Field Ritchie Tout (tbc)

Marshalling Pt	Instructions	Marshals
Hardwick rbt 6.1 miles eta 06:25	Take first exit on A40	Signs plus Bernard Brown Cardiff Ajax
A40 Raglan Roundabout 13.7 miles	Second exit (straight on)	Signs and Len Samuel, Anthony Malarczyk Cwmcam Paragon RC
Raglan Interchange A40 Northbound 15.9 miles	Take on slip to remain on A40 to Monmouth tunnels	Arrow
Raglan Services northbound	Stay on A40	-----
Monmouth Tunnels	Take slip road exit immediately after tunnels	Arrow
Monmouth Service station 20.8 miles eta 07:10	Take first exit at mini roundabout WITH GREAT CARE onto B4293 signed Trellech	Will Bevan + Adam Spector Ross-on-Wye Whs CC
Mitchel Troy (sign)	Straight on as B4293 becomes unclassified through Mitchel Troy	Arrow
Mitchel Troy (Village)	Pedestrian crossing (Light controlled)	Observers tba
Joining A40 Southbound 23.5 miles	Join A40 dual carriageway	Arrow
Raglan Services southbound	Stay on A40	-----
Raglan Interchange 27 miles	STRAIGHT ON as road becomes A449	Arrow
Llangeview Interchange 32.2 miles	Take Exit to Usk (Brynbuga)	Arrow
Llangeview Interchange/ B4235 'Chepstow 14' eta 07:20	TURN RIGHT around break in carriageway to enter A449 on-slip	Bob Jones Cardiff 100 Miles RC Jeff Rees Acme Whs
Raglan Interchange A449 Northbound 37.5 miles	Take first exit to enter A40 westbound	Arrow
Raglan Roundabout westbound	Take 3 rd exit (straight on)	Len Samuel, Anthony Malarczyk Cwmcam Paragon RC
Hardwick roundabout A465 turn 46.6 miles eta 08:10	Take 4 th exit to Hereford. Turn signs around after last rider.	John Shehan Bynea CC
Traffic Lights Llangva Bridge 58 & 78 miles	to Hereford & back Eta 7.00am	Observers to be confirmed
Hereford rbt 68.6 miles eta 09:00	See riders round the roundabout & return them to Abergavenny. Checkers form to Dave , supply own marshalling	Dave Unsworth, Stuart Edinborough & Hereford Wheelers

	jackets	
Hardwick rbt 90.7 miles eta 9:50	Start of Middle Day Circuit Riders returning from Hereford, to take 2 nd exit onto A40 towards Raglan	10:10 to close Ian Boon Frances Field & Robin Field + others
Mitchel Troy (103 miles) eta 10:30	Middle Day Circuit Check	Mike Waite and Andrea Parish + others
Circuit time checks & Information desk	Rider's times noted each time they pass through here. Information available. Phone no: 07973 336905 (Bridget) and 07974 208055 (Ian) 07753 603098 (Robin)	Ian & Bridget Boon, Robin Field + others to provide relief as needed

The Information desk at Hardwick rbt

will be manned by **Ian Boon & Robin Field** (and others!) who will be able to tell helpers when their rider last came through this checkpoint (care when parking here as there is limited space)

Stop in a lay-by and phone 07974 208 055

****The mid day Circuit CLOSSES at 16:20 although riders well down may be turned a little before this on the Chief Marshal's instructions.**

At Event Headquarters:

Results System originally designed by Richard Hopkins, Cwmcarn Paragon RC
Refreshments by: Sharon Preddy (free tea to riders returning their numbers)

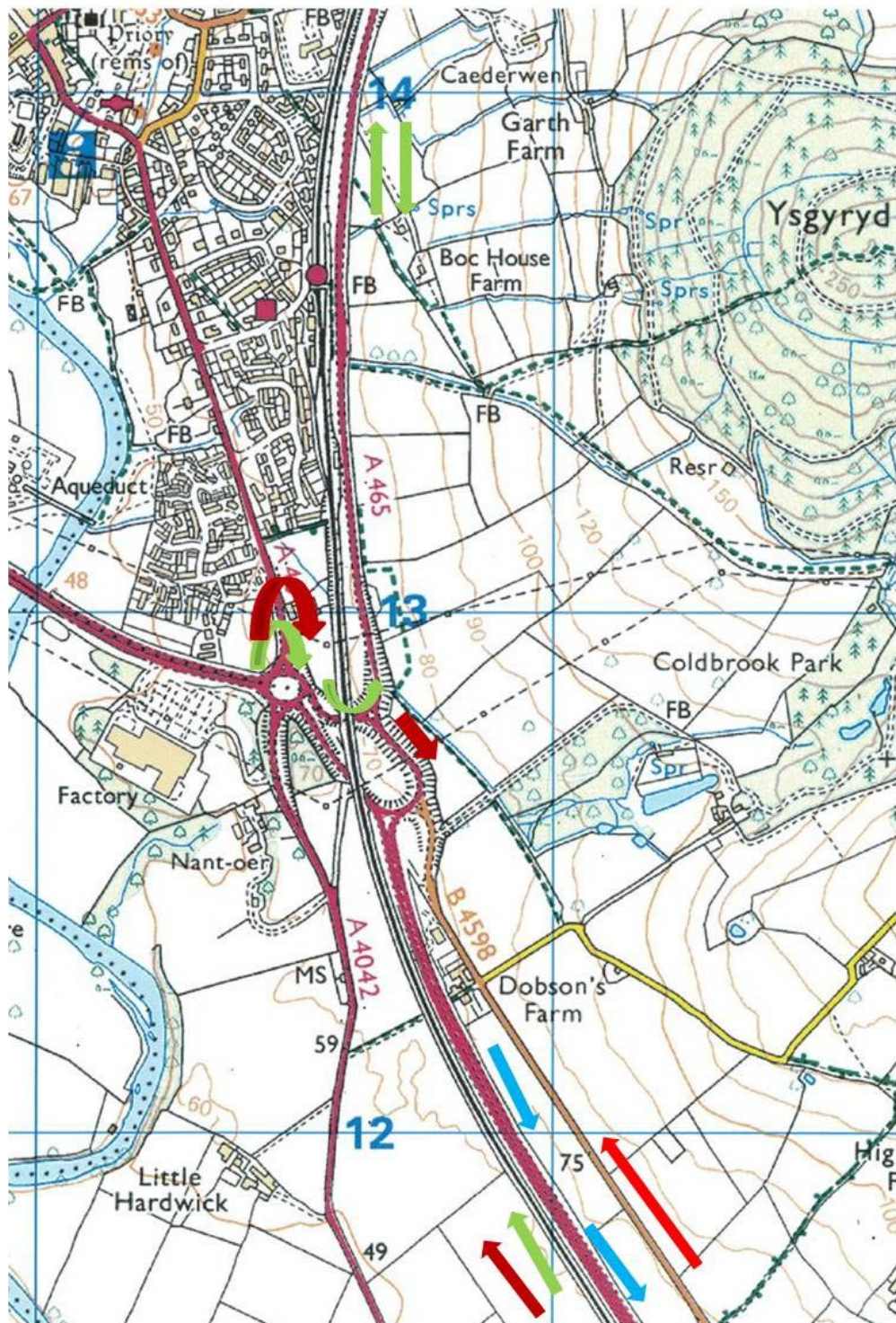
Presentation of Awards

This will take place at approximately: 8.15 pm

After the event when all riders have finished





Robin Field, Ian and Bridget Boon + Helpers will take down remaining signs at

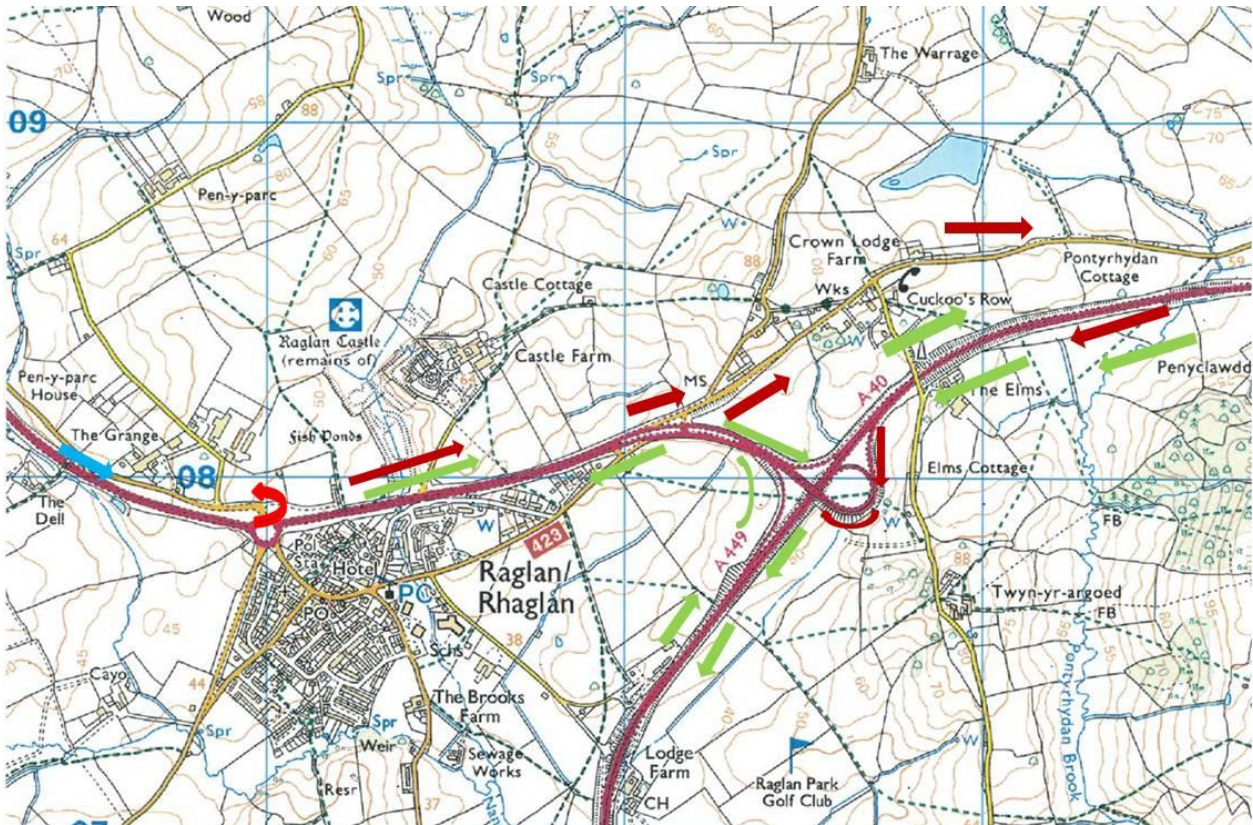
Robin Field will clear the course on Monday for any uncollected signs, rubbish, etc



Map 1 Hardwick Roundabout

Legend

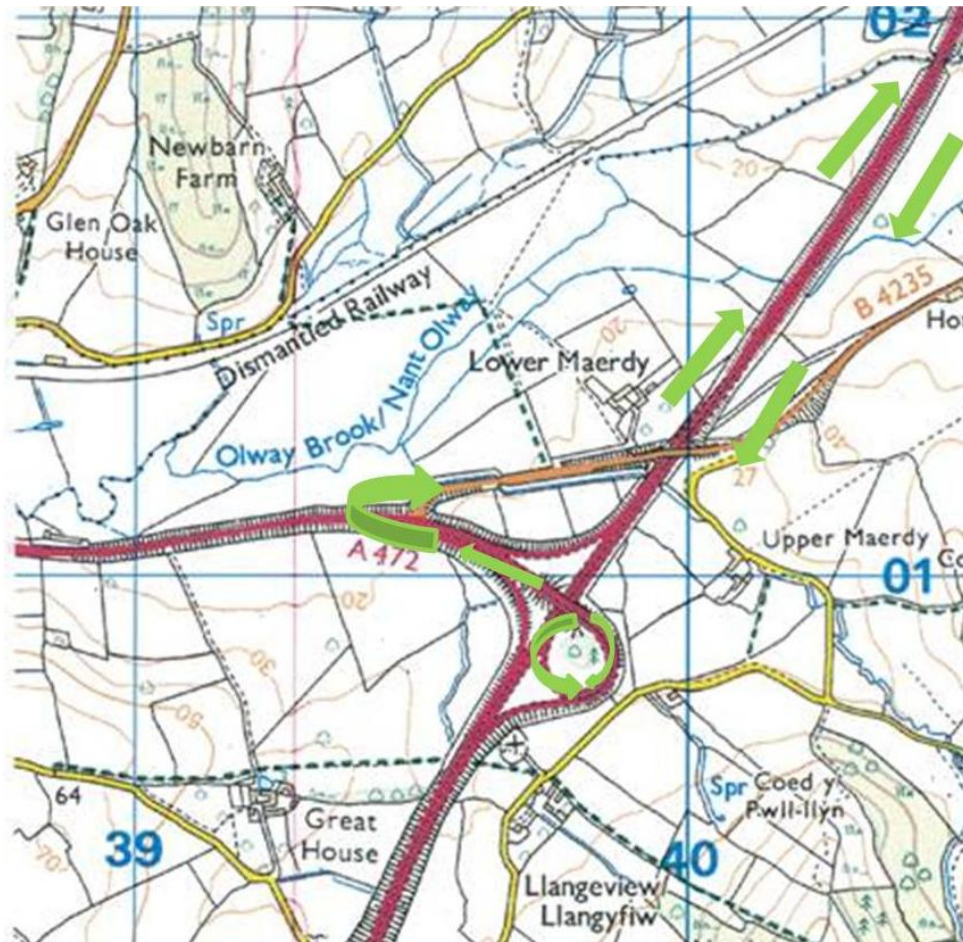
- Early Morning Circuit 
- Middle Day Circuit 
- Finishing Circuit 
- All Circuits 



Map 2 Raglan Interchange



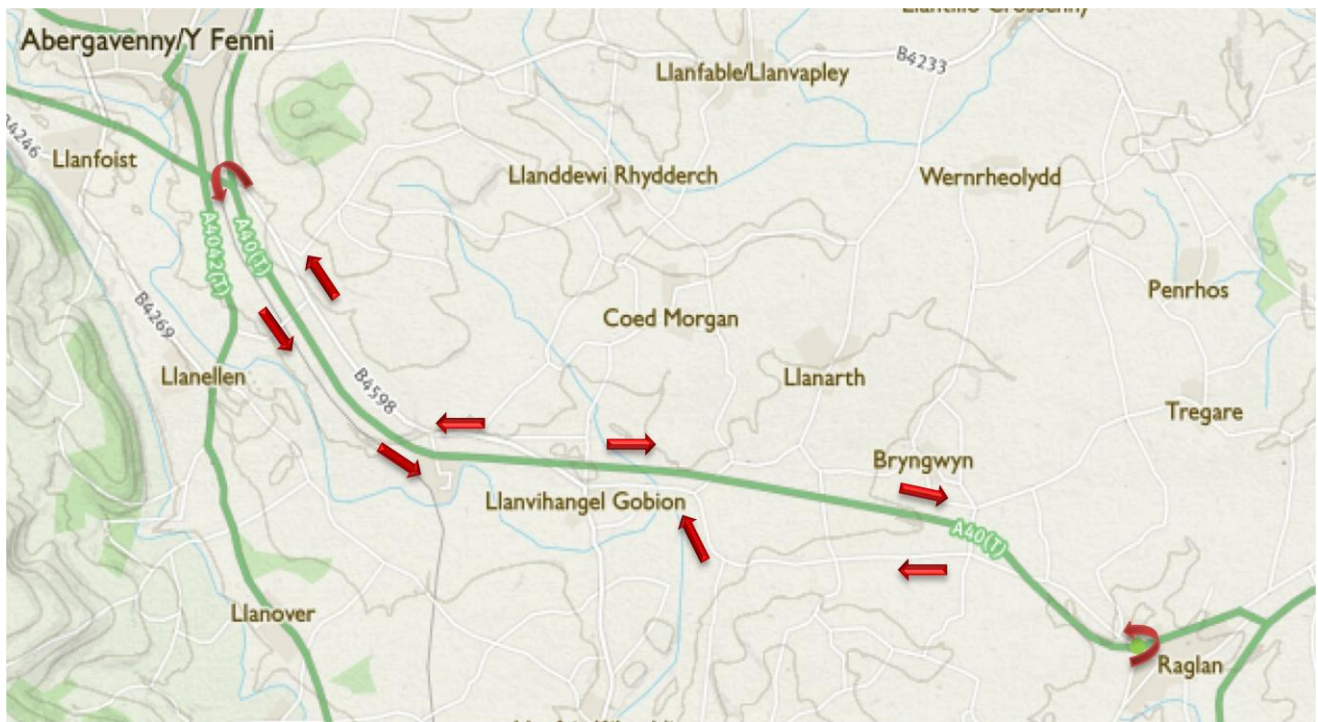
Map 3 Monmouth Tunnels



Map 4 Usk Turn (Llangeview Interchange)



Map 5 Hereford Turn (Kingfisher Rise Estate)



Map 6 Finishing Circuit

Route to Start from HQ.

Turn Left from pavilion along Station road to T junction; turn left through Raglan village to roundabout. Take 3rd exit (sign Clytha) on unclassified road for 1.6 miles Start point is mark on drain cover on western flare outside Monmouthshire Livestock Centre. (Finish Circuit NT/K7)