

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

Cardiff 100 Miles Road Cycling Club

Open 10 Mile Time Trial: Monday 1st January 2018, 1:20pm start

Timekeepers

Start: Tony Howell (Port Talbot Whs CC)

Finish: Robin Field (Cardiff Byways CC)

Organizer

Bob Jones

16 Springhall Road

Sawbridgeworth

Herts CM21 9ET

Mob. 07973-353207

Event Headquarters (open from 12:00 until 5pm.):-

St Athan Community Hall, Starling Road, Eglwys Brewis CF62 4NA (postcode is for MoD camp welfare office in Rook Close, opposite the hall) OS Grid Ref SS 98969 68434. Turn northwards off B4265 onto Llantwit Road and towards MoD St Athan Main Gate; after 100 yds take first left. Community Hall is first building on right opposite the bus shelter.

Parking is available both sides of Starling Road.

Please do not leave bicycles unattended.

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.

One 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.

Start is approx 300 yards from Event HQ.

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

Awards

One small but tasty prize per competitor, plus:-

1st place solo	2nd place solo	3rd place solo
£25	£20	£15
1st place solo W	1st 2-up team (composite or non-comp)	1st 2-up team with W/WJ (comp or non-comp)
£15	£30 (£15 ea)	£30 (£15 ea)
2-up Teams are only eligible for 2-up prizes.		
£25 special prize for breaking solo Course Record - 21:31 by Luke Dix (11/06/2013, Ogmore Valley Wheelers 10)		

If you should abandon the race please advise the organizer at the earliest opportunity: mob. 07973-353207

COURSE R10/9

<https://www.cyclingtimetrials.org.uk/course-details/r10-9>

OS References: 1:50k Landranger Sheet 170 - Start SS 98946 68276 and finish SS 99140 68028
Start near eastern end of on-slip from MoD St Athan Main Gate to B4265 eastbound. Proceed eastwards on B4265 to circle roundabout at junction with A4226 and Penmark/Rhoose Airport access roads at ST 06673 68304. Retrace to finish at small lay-by SS 99140 68028 in line with end of runway and opposite 50 mph repeater sign (10.124 miles).

Course Record: 21:31 - Luke Dix (Cardiff Jif) - 11th June 2013

Important Notice to all Riders

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a CYCLE SAFETY HELMET that meets an internationally accepted safety standard.

All riders under the age of 18 *must* wear such a helmet.

In addition, CTT and the event promoters recommend that Competitors should fit a working rear LED light to enhance visibility to other road users.

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 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 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.

PLEASE BE AWARE OF THE FOLLOWING:-

Regulation 16. Competitors Clothing.

All riders are reminded of the requirement to pin your number **below the waist** in a position so as to be clearly visible from behind. This enables the number checkers to ensure your finish time is correctly recorded.

No competitor may carry advertising or the name of a commercial business on their race clothing except as a member of a club that has paid the CTT advertising fee.

Competitors shall be clothed from neck to at least mid-thigh. Sleeves shall extend to at least middle of upper arm.

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If you should abandon the race please advise the organizer at the earliest opportunity: mob. 07973-353207