

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

VTTA South Wales Group

Timekeepers

Tony Howell, Port Talbot Whs (start)
Robin Field, Cardiff Byways (finish)

Organiser

Bob Jones
16 Springhall Road
Sawbridgeworth
Herts CM21 9ET

Mob. 07873-353207

Open 30 Mile Time Trial Saturday 17th September 2016

Headquarters (open from 1pm until 7pm.):
Raglan Old Church School Hall, Chepstow Road, Raglan, Mon NP15 2EN

The HQ is in the middle of the village.
Please note the postcode given is for nearby buildings: the hall itself doesn't appear in Royal Mail's list.
There is ample parking in the new car park behind the hall.

Please ensure you have signed on before the start. 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.

It's about 1 mile from headquarters to the start line.

Prizes:

1st solo Vet on Standard	2 nd solo Vet on Standard
£25	£20

1st Place solo scratch	2nd Place solo scratch	1st Team of 3: Team on Bidlake (fastest third rider).
£25	£20	£45

1 st Woman solo	1 st Woman Vet on Standard	1 st Junior
£15	£15	£15

1st Two-up team (comp or non-comp)	1st Vet 2-up on Std (comp or non-comp)
£30	£30

INDECENT BEHAVIOUR WARNING:

Already this year there's been a complaint, made direct to Gwent Police, about competitors urinating in view of houses near the start at Raglan. If you need to relieve yourself before the start please use the toilets at HQ; otherwise do so off-road and out of sight of buildings. The issue is adversely affecting our sport by restricting availability of courses, and South Wales DC will take firm action against any competitor observed misbehaving. If you see any competitor disregarding this request please inform the organiser at once.

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

Course R30/7

OS References: Landranger 1:50000 Sheet 161.

START at SO 42473 08388 opposite steel field gate on right, 35yds beyond SW corner of John Deere Tractor Sales, a mile north-east of Raglan on old Monmouth Road (unclassified).

Proceed 400yds SW (towards Raglan) to junction with A40; turn left with care to join A40 eastbound, then immediately bear left onto slip road towards Monmouth (A40). Continue past Monmouth Services (1.4 miles), picnic area (5.6 miles) and through tunnel (6.3 miles). Immediately after tunnel bear left (B4233) and in 190 yds at mini r/b with petrol station on corner turn left (M) with great care onto B4293 (6.6 miles). Cross above tunnels and in 0.8 miles keep straight onto unclassified road; after another 1.5 miles (beyond Mitchel Troy) keep ahead to rejoin A40 (9.1 miles). Retrace south-westwards and after passing Monmouth Services, bear left (12.9 miles) and continue on A40 to Raglan rbt (14 miles) where take 3rd exit (A40) to Abergavenny Hardwick rbt (21.6 miles). Encircle roundabout (M) taking 6th exit and retrace on A40 eastbound to Raglan rbt where take 2nd exit (A40) to finish 200 yards east of rbt in line with 1st lighting column for layby in front of Raglan Castle.

FINISH is at SO 41245 07920

PEDESTRIANS AND MARSHALS ARE NOT PERMITTED ON THE DUAL CARRIAGEWAY SO KEEP A GOOD LOOK OUT FOR RACE SIGNS AND ARROWS.

It's about 1 mile from headquarters to the start line.

District Regulations:

No cars connected with riders are to travel on the A40 during the event.

Competitors observed crossing the dual carriageway will be disqualified.

Spectators and competitors, please refrain from parking your vehicles around the Start and Finish areas.

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.

In addition, CTT and the event promoters recommend that Competitors should fit a working rear LED light to enhance visibility to other road users. Competitors should particularly bear in mind that the A40 is a fast road.

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