

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

Cardiff 100 Miles Road Cycling Club

Open 15 mile Time Trial: Saturday 29th Feb 2020, 1:03pm start

Timekeepers

Start: Alf Williams (Port Talbot Whs CC)

Finish: Tudor Thomas (Bynea CC)

Organizer

Bob Jones

2 Little Orchard

Dinas Powys

Glam CF64 4NH

Mob. 07873-353207

COURSE R15/5

OS Landranger sheet 161 - Start SO314114; Finish SO314111.

Start on B4598 opposite bus stop lay-by for The Hardwick pub (NP7 9AA), in between T junction with side lane and gateway to farm buildings. Proceed north-westwards toward Hardwick rbt. (0.87 miles). Take 1st exit left onto A40 towards Raglan rbt. **Encircle Raglan rbt M** (8.7miles) taking 5th exit left onto A40 westbound back towards Abergavenny. After A40 bends from west to north-west, **Finish** at Joint #271 in entrance splay of next lay-by, 15.011 miles.

Event Headquarters (open from 11:30am until 3pm):-

Event HQ: **Abergavenny Scout Hall, East Side of Fairfield Car Park, NP7 5SG.**

Entrance to Fairfield Car Park is off Park Avenue.

Refreshments at HQ. *Please remember to Pay & Display!*

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 2.5 MILES FROM EVENT HQ.

You must have a working red rear light fitted to the rear of your bike!

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

Awards

1st solo Man	2nd solo Man	1st solo Woman
£20	£15	£15
1st Tandem	1st 2-up TTT Team	
£15 each rider	£15 each rider	

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

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.

CTT regulation 14(i) now requires all Competitors to fit a working red rear light to the rear of their bike.

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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