

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

bike~pace

Open 50 mile Time Trial: RACE MANUAL

Date: Saturday 11 September 2021

HQ opens: 13:00
Start: 14:03
Course: R50/1b
Race Organiser: Bob Jones, mobile 07873 353207
Timekeepers: Phyllis Harradine, Robin Field
HQ Location: Abergavenny Scout Hall
East Side, Fairfield Car Park
Park Avenue
Abergavenny NP7 5SG

Sat Nav: 51.824941 , -3.0172766

Distance from HQ to start location: 2 miles

IF YOU OR ANY OF YOUR HOUSEHOLD ARE UNWELL OR ARE SHOWING SIGNS OF COVID-19, PLEASE DO NOT COME TO THIS EVENT.

ALTHOUGH WALES IS NOW AT "ALERT LEVEL 0" A FEW CV-19 REGULATIONS ARE STILL LEGALLY ENFORCED:-

<https://gov.wales/alert-level-0>

<https://gov.wales/alert-level-0-frequently-asked-questions>

The event will be run under CTT's 09/08/2021 Covid-19 Risk Assessment. **Please take time to read it:-**

<https://www.cyclingtimetrials.org.uk/documents/index/covid-19>

The event is run under CTT Rules and Regulations which can be found in full here:

<https://www.cyclingtimetrials.org.uk/articles/view/11>

The cover sheet, start list and other documents will only be available online on the CTT website.

1. Event HQ

The HQ is at a scout hall in a public car park, which operates pay & display from 8am and 6pm every day:-

<https://www.monmouthshire.gov.uk/car-parks/parking/>

At the event HQ **only toilets will be accessible**. Changing facilities are **NOT** available so please don't inconvenience others by changing in the toilets, but **arrive already dressed to race**.

FACE MASKS MUST BE WORN INDOORS; observe hand-washing signs. The toilets are small, so must only be occupied by one person at a time. If necessary you must queue outside the building, maintaining 2m social distancing at all times.

Please do not give Abergavenny Scouts reason to regret hiring it to us. **Your earliest arrival time is one hour before your start. Please endeavour NOT to arrive at HQ before this.**

PLEASE AVOID GIVING A NEGATIVE IMPRESSION TO THE PUBLIC !

2. Signing-On and Signing-Off

Signing-On, numbers, and special instructions will be located on a table in the HQ entrance yard. If queuing to sign on or off, please adhere to the 2m distance marks.

No pens will be provided at sign-on so bring your own. We need a "wet" signature both Signing In and Signing Out.

No safety pins will be provided: if you need them, you will need to bring your own.

PLEASE RETURN YOUR NUMBER AFTER THE RACE.

Riders who fail to sign out within a reasonable time will be recorded as DNF, as per Regulation 17.

3. Course Details

These are on the start sheet cover. Please read it and be aware the onus of keeping to the course is on the rider. There will, however, be marshals and checkers at critical points. **Note although the course is covered twice, you only race around the Hardwick Gyration ONCE - see the annotated photo on page 4.**

4. Race Protocol

Spectators are not permitted in either Start or Finish areas. **In other locations spectators are now permitted but should take a Lateral Flow Test beforehand and not attend if the test is positive.**

Riders are **not** permitted to warm up anywhere on the course (the A40 road between Abergavenny and Monmouth) other than riding from HQ to the start area – **note this is 2 miles, so allow sufficient time.** There are other roads where it is possible to warm up, such as the B4598 from Hardwick towards Usk. Participants must maintain social distancing at all times. **No cars, turbo trainers, or roller warm-ups in the Start area.**

Riders who experience abnormal or elevated heart rates while warming up may be suffering an underlying infection. If you notice this please do not approach the Start, but DNS, go home immediately, and self-isolate.

There will be 5 waiting spaces marked out behind the rider waiting to race at the start line; **please only arrive at the start a maximum of 5 minutes before your time. It only takes 2 minutes to ride from Hardwick Gyration to the Start lay-by, so please wait on the pavement or grass verge at Hardwick until 7 minutes before your Start Time.**

No official at the start can take responsibility for any clothing left there: you must collect it yourself afterwards. You are required to not answer the call of nature in the start area and must not bring a motor vehicle there. **The Start timekeeper and marshal will be checking that riders a) have their numbers attached correctly, b) have a working rear light, and c) comply with Regulation 19 (i.e. no ear devices other than hearing aids).** **No "pusher off":** you will have to do a standing start on your own with one foot on the ground. **Rolling starts, track stands and "jumping the gun" are not permitted. Offenders will be DQ'd.**

DRAFTING – SOCIAL DISTANCING: If you catch another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind. Similarly, overtaken riders must immediately drop back to create a gap of at least 10m ahead.

Make it easy for the Finish timekeepers: when you cross the line shout your number as loud as you can. Do not approach them at any point. If you wish to report you are DNF, write this on the Signing Off sheet and send a text.

Once you have crossed the Finish line you should return direct to the event HQ, hand in your number, SIGN OUT, then depart the HQ compound without loitering or congregating. There will be no catering.

5. Race Results and Prize Presentation

No race results will be available at the event, so please do not ask. We will collate the results and post Provisional Results online ASAP at Time Trialing Forum. Final Results should be posted on the CTT website 72 hours after the Finish. We will then email participants using their supplied addresses in the normal manner. There be no prize presentation nor award ceremony - prizes money, etc will be posted or transferred by PayPal.

6. Refreshments

No catering will be available.

7. Under 18's

Those under 18 on the day of the event will require a hard copy parental consent form. Numbers will not be issued to under-18s unless the form is presented – no number = no ride, unfortunately. The appropriate form is available on the CTT website <https://www.cyclingtimetrials.org.uk/documents/index/guardians>

8. Mechanical problems

Please be aware the organisation will not be in position to rescue you in the event of a mechanical problem. We recommend you make your own back-up arrangements: take a mobile phone with you but do not use it while on the move (see Regulation 19). Please be advised to take with you a spare inner-tube/tubular, pump and tyre levers if required. The regulations specify you must ride a road-worthy machine!

9. Dope Control

It is possible we will be visited by UK Anti-Doping (UKAD). If you are required for testing, you will be informed by them after you Finish. Failure to take a test if selected is an automatic 4-year ban. CTT and BC have a reciprocal agreement of recognition.

10. Disciplinary matters

Anyone sanctioned (other than DNF for failure to sign out) will be dealt with by South Wales DC, as stated in the Rules.

11. Miscellaneous

The nearest service station is Monmouth Services on the A40 just east of Raglan (about 10 miles from HQ). There's a Shell filling station opposite the traffic lights, about 200 yds from HQ in the direction of the Start, and also at Waitrose in Llanfoist.

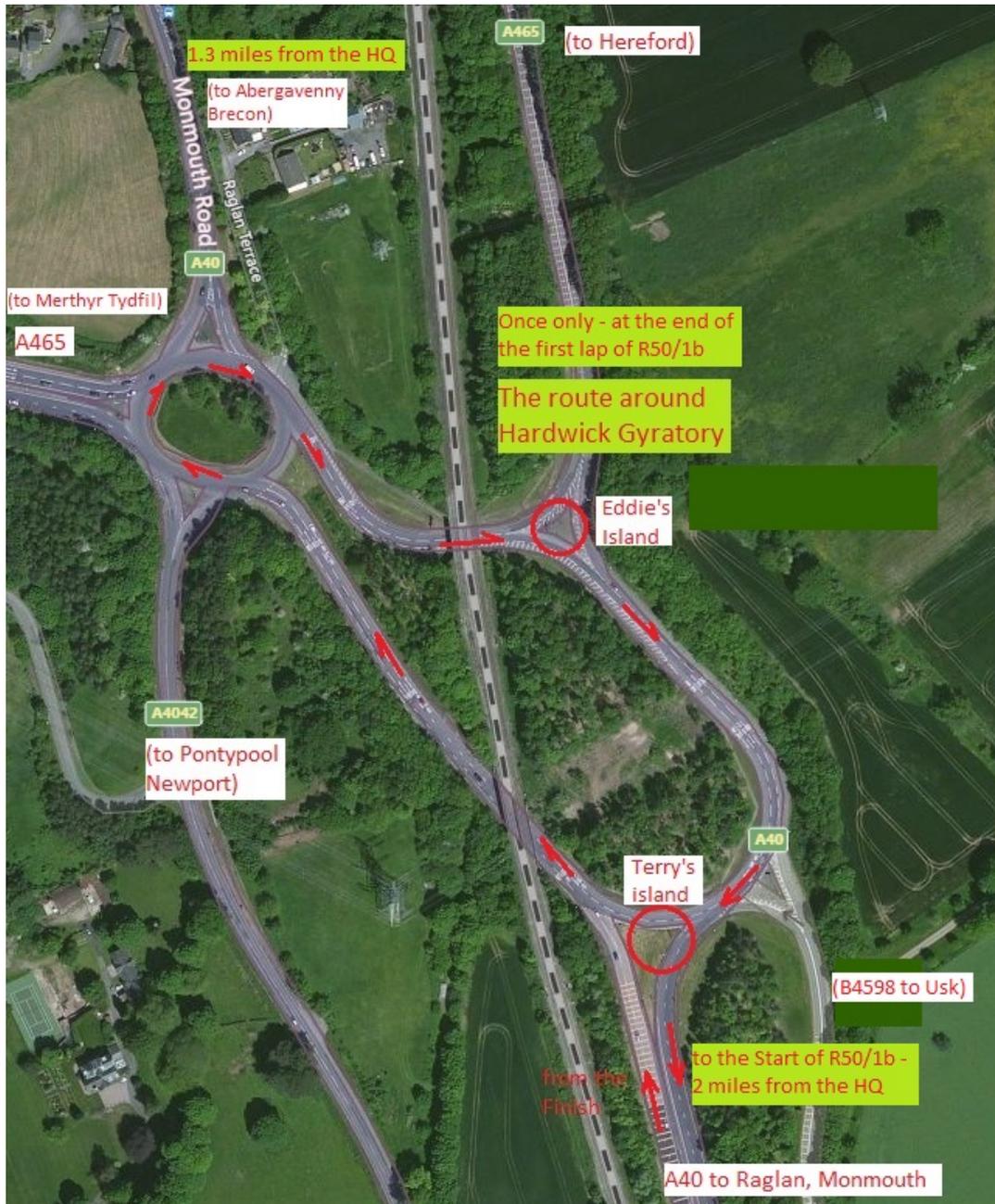
12. Summary

In these unusual circumstances we have had to change the way we run events. The race support team has made sure we are able to follow the government guidelines, and CTT guidance, so the risks to you us and the general public of transmitting or catching Covid-19 are kept to the absolute minimum.

These restrictions are not here to make life difficult for you or the volunteer team, they are here for the above reasons but also to demonstrate that we can run these events within Government guidelines and legislation.

Please remember no working rear light = no ride.

Thank you for your support and understanding. Have a safe ride.



The Hardwick Gyratory, which you race around once between Lap 1 and Lap 2.