

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

# Cardiff 100 Miles Road Cycling Club

**Open 15 Mile Time Trial: Saturday 2nd April 2022, 2:01pm start**

## Timekeeper

Start: Phyllis Harradine (CC Topp)  
Finish: Martyn Heritage Owen (www.realteam.co.uk)

## Organizer

Bob Jones  
2 Little Orchard  
DINAS POWYS  
Glam CF64 4NH  
Mob. 07873-353207

## **COURSE R15/5**

**START IS APPROX 2 MILES FROM EVENT HQ.**

**R15/5** Landranger sheet 161 - Start SO314114; Finish SO314111.

**Start** on B4598 opposite bus stop lay-by for The Hardwick pub (NP7 9AA), 13 yds west of bell-mouth to T junction with side lane. 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 #273 at beginning of next lay-by, approx inline with the Start; 15.011 miles.

Start SO 31430 11448; Finish SO 31468 11128

**NO PUSHER-OFF at the Start !**

**Event Headquarters** (open from 13:00 until 17:00):-

**Abergavenny Scout Hall, East Side Fairfield Car Park, NP7 5SG.**

Entrance to Fairfield Car Park is from Park Avenue: *please Pay & Display!*

**Refreshments will be available at HQ in time for the prize-giving at the end of the event.**

Numbers and Signing on sheets will be located inside the HQ.

**CORONAVIRUS RESTRICTIONS in Wales have been lifted (except in healthcare settings):-**

- **we recommend** use of face masks indoors; • **No pusher-off at start;**
  - **we recommend** maintaining 2m social distancing from people you don't live with
- PLEASE AVOID GIVING A NEGATIVE IMPRESSION TO THE PUBLIC.**

<b>Awards</b>			
1 <sup>st</sup> solo M	2 <sup>nd</sup> solo M	3 <sup>rd</sup> solo M	1 <sup>st</sup> solo on VTTA Std.
<b>£30</b>	<b>£25</b>	<b>£20</b>	<b>£25</b>
1 <sup>st</sup> solo W	1 <sup>st</sup> solo Road Bike	2 <sup>nd</sup> solo Road Bike	2 <sup>nd</sup> solo on VTTA Std.
<b>£20</b>	<b>£25</b>	<b>£20</b>	<b>£20</b>
1 <sup>st</sup> 2-up TTT	1 <sup>st</sup> Tandem on VTTA Std.	1st team of 3 solos on aggregate.	New Solo Course Record
<b>£20 ea.</b>	<b>£20 ea.</b>	<b>£20 ea.</b>	<b>£30</b>
Men's CR - 28:58 (Chris Gibbard 30/06/2021). Women's CR – 30:55 (Hayley Simmonds 30/06/2021).			

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

## **ROAD BIKE EVENT**

### **This section has special restrictions on clothing and equipment:-**

Generally the bike and clothing must be either "Old Skool" or permitted for Road Racing under current British Cycling regulations: modern Time Trialling equipment isn't allowed.

So:- No Tribars; no disc wheels or wheel covers; no 3-spoke or 4-spoke wheels; no aero helmets.

Maximum wheel rim depth **6cm** (six centimetres).

Helmets, if worn, must NOT cover the ears nor have a pointy tail.

**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.

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.**

### **Important Notice to all Riders: NEW COMPULSORY REQUIREMENTS**

**All competitors MUST wear a properly affixed HELMET which must be of hard/soft shell construction. Helmets should conform to a recognized Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33954, CPSC, EN-1078.**

**All competitors must have a working white Front Light fitted to the front of their machine, and a separate working red Rear Light fitted to the rear of their machine.**

**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 Rider's responsibility to comply with 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.

**NB. You must return your number to HQ and sign out *in person*, in case of UKAD testing.**

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