

FIBRAX WREXHAM ROADS CLUB.

Signing on and off (HQ) at the summit of the Horseshoe Pass near to Ponderosa Cafe.

**Sponsors - Fibrax. Tweeks Cycles & DC Legal
Affiliated to Cycling Time Trials & British Cycling.**

Timekeepers Start: Dom McGuiness

Timekeepers Finish: Kate Wooder

D24/1 IMOUNTAIN TIME TRIAL 19th June 2022 08:00

This event is organised for and behalf of the CTT, under their rules and regulations, and utilises their Risk Assessment, as accepted by North Wales Police.

Course: Start on A542 (Llangollen side of Horseshoe Pass) at telephone box approximately 100 metres north of entrance to Valle Crucis Abbey. Proceed in a northerly direction over the Horseshoe Pass to traffic island. Take the second exit and continue to the junction with A525. Turn left. Continue along A525 down the Nant-y-Garth Pass through the village of Llanfair Dyffryn Clwyd and carry on through to Ruthin. Pass over 2 pedestrian crossings. The first crossing has a traffic control system on it. You must STOP if the lights are on red, both pedestrian crossings will be Marshaled. The second crossing is just before the approach to the roundabout (no traffic control, flashing beacon). Carry onto the Bric Roundabout. Take the 5th exit off the roundabout to retrace back through Ruthin, over the pedestrian crossings up through the Nant y Garth Pass. Turn right at the junction (signpost Llangollen A542) after the Nant Y Garth Pass to the top Roundabout (Llandegla). Take the second exit to climb the A542 to cross roads just before the Ponderosa café. Turn left to **Finish** opposite the first telegraph pole on the left.

PLEASE DO NOT PARK IN THE CAFÉ CAR PARK

EVENT PARKING IS ON THE GRASS AREA OPPOSITE THE CAFÉ.

ALL RIDERS PLEASE TAKE EXTRA CARE WHEN DESCENDING THE HORSESHOE PASS ON THE WAY DOWN TO THE START. KEEP TO THE LEFT OF THE WHITE LINE. VEHICLES ASCENDING QUICKLY UP THE HORSESHOE PASS.

KEEP TO THE LEFT OF THE WHITE LINE WHEN ASCENDING THE HORSESHOE PASS DURING YOUR RACE. ANYBODY PASSING OVER THE WHITE LINE WILL BE DISQUALIFIED - SORRY THIS IS FOR YOUR OWN SAFETY.

PLEASE NOTE THAT THERE ARE CATTLE GRIDS ON BOTH SIDES OF THE HORSESHOE PASS

TAKE CARE, ESPECIALLY ON THE NORTHERN SIDE AS THE GRID IS ON A BEND.

TAKE EXTRA CARE ON THE BENDS DESCENDING THE NANT Y GARTH PASS, ROAD SURFACE CAN BE SLIPPY.

PLEASE TAKE CARE WHEN YOU ARRIVE IN RUTHIN. THERE ARE TWO PEDESTRIAN CROSSINGS AND 2 BENDS IN THE ROAD. YOU ARE OBLIGED TO STOP AT THE PEDESTRIAN CROSSING IF LIGHTS ARE ON RED. THESE TWO CROSSINGS WILL BE MARSHALLED.

Cycling Time Trials and the event promoters strongly advise you to wear a hard shell helmet that meets internationally accepted standards.

In accordance with CTT Regulation 15 ALL riders MUST wear protective hard shell helmets. ALL Riders must have a working/operating front and rear light on their bicycle.

Prize List:

Fastest Rider Overall - £30 and Trophy donated by Terry Donellon.

2nd Fastest Rider Overall - £20

3rd Fastest Rider Overall - £10

Fastest Women - £30 and Trophy donated by Terry Donellon.

Second Fastest Women - £20

Third Fastest Women - £10

Fastest Junior - £10 + Trophy donated by Terry Donellon.

Fastest Espoir - £10 + Trophy

Fastest Juvenile - £10 + Trophy.

Vet A Male (40 - 49) - £10 + Medal

Vet B Male (50 - 59) - £10 + Medal

Vet C Male (60 - 69) - £10 + Medal

Vet D Male (70+) - £10 + Medal

Vet Women (all cats as above) - £10 + Medal.

Finishing Medals for all who finish the event.

FASTEST CLUB TEAM OF 3 - £10

Please have an enjoyable and Safe ride, keep your head up at all times.

Hot refreshments and food is available at the Ponderosa Cafe (summit & HQ) on the Horseshoe Pass.

Don't forget to sign on and sign off. Please respect other road users, Timekeepers and riders.

Prize Presentation Awards after the event has finished at the Ponderosa inside or out depending on weather

Event Organiser Roger Squire contact number 07525055435 email rogersquire7@gmail.com