



Cardiff Ajax Cycling Club

Cardiff Ajax Open 10 Mile Time Trial Saturday 19th March 2022 at 2.00 pm

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

Start Sheet

Event Secretary : Liz Webb 20 Llwynfedw Gardens, Cardiff, CF14 4NX

Tel: 07791061642

Email: liz.webb@ntlworld.com

Timekeepers: **Start** – Len Samuel **Finish** - Robin Field **Recorder** – Francis Field

Course : R10/16A

START At light standard IF 21 at southern end of layby 0.4 mile north of Abercarn on A467. Proceed southbound, taking 2nd exit at Crosskeys roundabout to continue on A467 to Wattsville roundabout and take 1st exit onto dual carriageway (A467). Proceed on dual carriageway to Risca roundabout (5.16 miles). Turn by circling roundabout to continue on dual carriageway northbound to Wattsville roundabout. Take 3rd exit signposted Abercarn to continue on A467 single carriageway to take 2nd exit at Crosskeys roundabout to continue to Abercarn. Bear left (WITH GREAT CARE) on unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200 yds FINISH at light standard IF 463 on left opposite entrance to Bridge Street (cul-de-sac) on right. 10.000 miles.

District Regulation: There are double white lines at the start. Any rider turning in the road at the start WILL BE DISQUALIFIED. Please continue for 200 yards past start to turn at roundabout.

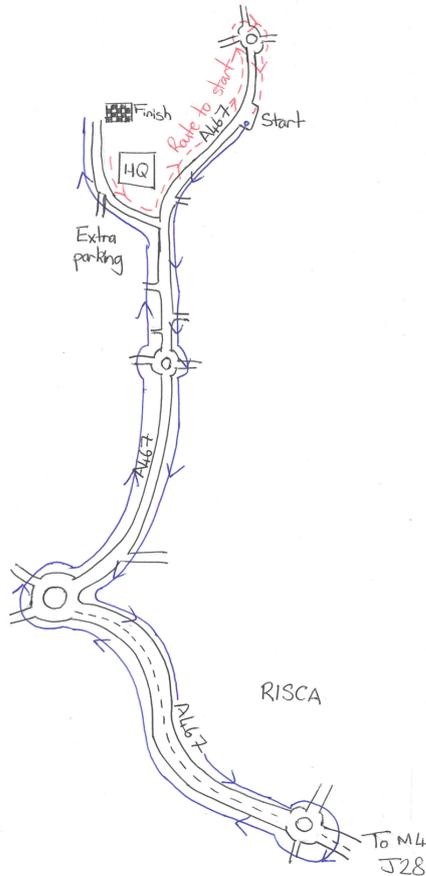
Event HQ: Scout Hall, Bridge Street, Abercarn, NP11 5AR. Very close to finish – see map.

Numbers, signing on (Open from 12:30 pm)

First aid kit, result board and prize presentation will be at the HQ.

Open event prizes :	Non-aero event prizes :
1st - £20 2nd - £10	1st - £20 2nd - £10
1st Woman £20 2nd £10	1st Woman- £20 2nd £10
1st Vet - £20	1st Vet - £20
1 st Junior £20	

Please note: One rider, one prize. Vet prizes will be awarded by time against VTTA published target standards for age. Prizes are cash and, if the recipient does not stay to personally collect after the event, may not be posted to you.



Notes for all competitors:

1. All competitor must wear a properly affixed helmet which must be of hard / soft shell construction. All competitors must also have lights.

2. Sign on to collect your number – each rider must collect their own number. Only riders listed on the start sheet may ride. Please remember to sign back in after you have completed your ride.

3. Refreshments will be available. A complimentary tea, coffee or squash will be provided to all riders after the event.

NON-AERO EVENT RULES

1. No aerobars, clip on aerobars or aero extensions can be used
2. Hands must be holding the handlebars at all times while racing (i.e. do not ride with forearms resting on the handlebar)
3. Wheels must have a minimum of 12 spokes each and a maximum rim depth of 90 mm
4. Helmets must have no visor nor have a pointed tail
5. Ears must not be covered by the helmet (Giro Aerohead helmets are not permitted)

ALL RIDERS PLEASE NOTE NEW REGULATION FOR 2022

All competitors – please be aware of CTT Regulation

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front and rear of their machine working lights, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

NO LIGHTS – NO RIDE!

