

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

bike~pace

Open 50 mile Time Trial: Saturday 18th May 2019, 2:11 pm start

Timekeepers

Start: Alf Williams (Port Talbot Whs CC)

Finish: Robin Field (Cardiff Byways CC)

Organizer

Bob Jones

2 Little Orchard

Dinas Powys

Glam CF64 4NH

Mob. 07873-353207

COURSE R50/1b

START IS APPROX 2 MILES FROM EVENT HQ.

OS References: Sheet 161 - Start and Finish SO 308121

Start on A40 at first lay-by approx half a mile east of Hardwick rbt; 39 yards west of white post 13/1, at concrete joint marked 74. Proceed eastwards to Raglan rbt (7.060) where straight on for half a mile to bear left onto unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy (12.080). Turn left (M) to rejoin A40 westbound. After passing Monmouth Services, take 1st left and continue on A40 to Raglan rbt (17.166) where straight on to **Hardwick gyratory (24.766)**. **Circle gyratory (M)** and take A40 dual carriageway eastbound past the Start and back to Raglan rbt (31.811). Repeat as before (Mitchel Troy 37.831) (Raglan rbt 42.917) to **Finish** in 8th lay-by (opposite start) at white post marked 13/1. 50.030 miles.

PEDESTRIANS AND MARSHALS ARE NOT PERMITTED ON THE DUAL CARRIAGEWAY SO KEEP A GOOD LOOK OUT FOR RACE SIGNS AND ARROWS.

Event Headquarters (open 12 noon until 7pm.):-

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

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

Refreshments at HQ.

Please do not leave bicycles unattended.

Please sign on before the start, and sign out after the finish.

Numbers and Signing on sheets are at the event HQ.

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.

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

Awards

1 st solo M	2 nd solo M	3 rd solo M
£25	£20	£15
1 st solo W	2 nd solo W	1 st solo Road Bike
£20	£15	£15
1st Team of 3 = £45 (£15 each) members can be from any solo section.		

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 a Cycle Safety Helmet.

In addition, CTT and the event promoters recommend that Competitors should fit a working rear LED light to enhance visibility to other road users.

The route will be signed, but there will only be marshal(s) to show you the way at the Turns: please be familiar with the course so there are no surprises. **PEDESTRIANS AND MARSHALS ARE NOT PERMITTED ON THE DUAL CARRIAGEWAY SO KEEP A GOOD LOOK OUT FOR RACE SIGNS AND ARROWS.**

It is 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.

Pin your number **BELOW THE WAIST** in a position so as to be clearly visible from behind.

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.

Please sign on before the start, and sign out after the finish.

Numbers and Signing on sheets are located at event HQ.

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.

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 aero helmets.

Maximum wheel rim depth 5cm.

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

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