



## Royal Dean Forest Cycling Club Open 25 Mile Time Trial

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS  
Sunday 25th August 2019, starting at 09.00 hrs  
Course R25/7, Usk

### EVENT ORGANISER:

David Bucknall. Delmont, Quabbs Road, Drybrook, Gloucestershire, GL17 9JD, tel: 07980613798

### TIMEKEEPERS:

Glenda Fisher - start / Robin Field – finish

### EVENT HEADQUARTERS:

**Usk Scout Hut** (Centenary Hall, **next to Memorial Hall on Google Maps**), Maryport Street South, Usk, Monmouthshire, NP15 1AD

### COURSE DETAILS:

**Start** on southbound side of Monmouth Road (unclassified) at approx. SO 38983 02022 - opposite post between gates on right to farm buildings and to "Usk Castle Chase Natural Burial Ground", 125 yards south west of "Bends for 1 1/2 miles" sign on the old Usk/Raglan road.

Proceed towards Usk. At foot of hill turn left (M) and left again (M) onto A472 and proceed to take left hand lane at Llangeview interchange (M) where join A449. Proceed via Raglan interchange (M) where road becomes the A40. Continue to pass picnic area (11.757 miles) and through tunnel (12.5 miles point is 100 yds inside the tunnel). After tunnel bear left (M) and in 300 yards at garage (M) turn left with great care on B4293. Cross over tunnels and in 2/3 mile keep straight on, on unclassified road (care at pedestrian crossing) to rejoin the A40 at Mitchel Troy (M). (Sign Mitchel Troy 14.367 miles) Retrace via Raglan interchange and at Llangeview bear left (M) to leave A449 and proceed on A472 to:

**Finish** opposite 2nd drain cover on right, 25 yards beyond tele pole No DP63 and 350 yards beyond rear of sign reading A449/B4235 on approach to Usk.

### NOTES:

- Please do not use the course to warm up once the event has started. No U Turns within sight of start/finish Time Keeper. No turbo training devices within 100 yards of dwellings.
- Please remember to sign on when you collect your number from the event HQ.
- Please return your number and **SIGN OUT OF THE EVENT** at the event HQ in exchange for a free drink/food.
- Results will be posted at the HQ. **Do not** ask the timekeeper at the finish area.
- Please ride with your head up at all times. Riders should comply with traffic law and regulations and obey the Highway Code and local regulations.

IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD.

IT IS A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE NEW REGULATION 15

**It is recommended that riders have a red led light on the rear of their bikes.**



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### PRIZES:

	<u>1<sup>st</sup></u>	<u>2<sup>nd</sup></u>	<u>3<sup>rd</sup></u>
Fastest Overall	£30	£20	£10
Fastest Ladies	£30	£20	£10
Fastest Tandem	£20		
Fastest Junior	£20		
Fastest Juvenile	£10		

### **Plus all new bonus prizes!**

£10 each for 10th, 20th, 30th, 40th, 50th and last positions

There will be a short prize presentation ceremony at the event HQ approximately 30 minutes after the last rider finishes.

## **Thank you for entering and have a great ride!**