

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

Cardiff 100 Miles Road Cycling Club

Open 10 Mile Time Trial: Monday 1st January 2024, 1:01pm start

Timekeeper

Robin Field (Cardiff Byways CC)



Organizer

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

Event Headquarters (open from 12:00 until 3pm):-

St Athan Community Hall, Starling Road, Eglwys Brewis CF62 4NA (postcode is for MoD camp welfare office in Rook Close, opposite the hall) OS Grid Ref SS 98969 68434. Turn northwards off B4265 onto "Llantwit Road" and towards MoD St Athan Main Gate; after 100 yds take first left. Community Hall is first building on right opposite the bus shelter. Parking is available both sides of Starling Road.

Please do not leave bicycles unattended.

COMPULSORY REQUIREMENTS

A Helmet MUST be worn by ALL competitors (Helmets should conform to a recognized Standard such as EN-1078, CPSC, SNELL B95).

ALL competitors must have a working Front Light fixed to the front and a separate working Rear Light fixed to the rear of their machine.

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.

Help yourselves to free tea coffee soft drink & biscuits 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.

Start is approx 300 yards from Event HQ.

Awards:-

1 st place, Women's event	1 st place, Men's event	1 st place, Road-Bike event
£15	£15	£15

SPECTATORS please refrain from parking your vehicles within sight of either Start or Finish areas.

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

COURSE R10/9(rev)

<https://www.cyclingtimetrials.org.uk/course-details/r10-9>

OS References: 1:50k Landranger sheet 170 - Start SS989682; Finish SS992679

START just before end of eastbound slip-lane onto B4265 (near RAF St Athan Main Entrance).

Proceed eastwards on B4265 to circle rbt (O) at junction with A4226, a road to Penmark, and two access roads to Rhoose Airport. Retrace westwards to **FINISH** in line with field gate approx 500 yards before start (but on opposite side of road) on approach to Boverton (10.006 miles).

Course Record (M): 20:21 - Chris Gibbard (Bynea CC) – 27th July 2021

Course Record (W): 22:41 – Elizabeth Bennett (IBCT) – 31st July 2018

Course Record (JM): 24:14 - Euan Hawkins (Maindy Flyers CC) - 27th July 2021

Course Record (JW): 26:59 -Aimee Lane (Wyre Forest CRC) - 1st January 2020

Important Notice to all Riders:-

The route will be signed, but there will only be observers 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.

PLEASE BE AWARE OF THE FOLLOWING:-

Regulation 16. Competitors Clothing.

All riders are reminded of the requirement to pin your number **BELOW THE WAIST** in a position so as to be clearly visible from behind. This enables the number checkers to ensure your finish time is correctly recorded.

Competitors shall be clothed from neck to at least mid-thigh. Sleeves shall extend to at least middle of upper arm.

ALL RIDERS ARE REQUESTED TO COMPLY WITH THE FOLLOWING:-

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 within sight of either Start or Finish areas.

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 3-spoke or 4-spoke wheels; no aero helmets.

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

Helmets 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