

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

Cardiff 100 Miles Road Cycling Club

Open 10 Mile Time Trial Tuesday 1st January 2013, 2pm start

Timekeeper

Robin Field

Organiser

Bob Jones
16 Springhall Road
Sawbridgeworth
Herts CM21 9ET
Mob. 07973-353207

COURSE R10/9

OS References: Landranger sheet 170 - Start and finish at SS989683.
Start 100 yards before de-restricted sign on B4265 (near RAF St Athan Main Entrance) in line with paint mark on kerb. Proceed eastwards on B4265 to circle roundabout at junction with A4226, a road to Penmark, and an entrance to Rhoose Airport. Retrace westwards to finish at eastern end of layby 140 yards before 50 mph sign on approach to Boverton (near start but on opposite side of the road).

Course Record: set on 8th July, 1998 - Ceri Pritchard, Condor Cycles – 21:58

Event HQ: **St Athan West Community Hall: CF62 4NA** (postcode for terraced houses opposite hall). Turn northwards off B4265 towards RAF St Athan Main Entrance (West); after 100 yds take first left, Community Hall is first building on the right. Refreshments at HQ, which we've asked to be open from 13:00 until 16:00. Please do not leave bicycles unattended.

Please ensure you have signed on before the start. Numbers and Signing on sheets are located in the event headquarters. One free tea coffee or soft drink upon return of your number after the race. Start is approx 400 yds from Event HQ.

Awards

One small but tasty prize per competitor

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 such a 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 be NO marshals to show you the way: please be familiar with the course so there are no surprises.

It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so.

All riders are asked 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.

If you should abandon the race please advise the organizer at the earliest opportunity: mob. 07973-353207