

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

Cardiff 100 Miles Road Cycling Club

Open 25 Mile Time Trial

Saturday 7th July 2012

Timekeepers

Robin Field (start)

Glenda Fisher (finish)

Organiser

Bob Jones

16 Springhall Road

Sawbridgeworth

Herts CM21 9ET

Mob. 07873-353207

Headquarters (open from 1 until 9pm):-

Usk Scout Hut, Maryport Street, Usk (at back of public car park opposite Usk Prison)
NP15 1AD. Please do not leave bicycles unattended.

Course R25/7

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 yds south west of "Bends for 1.5 miles" sign on the old Usk to Raglan road. Proceed towards Usk. At foot of hill turn left and left again with great care (M) onto A472 and proceed eastwards to take left hand lane at Llangeview interchange (M) onto slip road for A449 dual carriageway. Proceed north-east via Raglan interchange (take care with slip roads) where road becomes A40. Continue past picnic area (11.75 miles) and through tunnel (12.5 miles point is 100 yds inside the tunnel). Immediately after tunnel bear left (B4233) and in 300 yds at mini r/b with garage on corner turn left (M) **with great care** onto B4293. Cross above tunnels and in 0.8 miles keep straight onto unclassified road; after another 1 mile take care and Give Way to pedestrians at the Zebra Crossing in Mitchell Troy; after a further 0.5 miles keep ahead (M) to rejoin A40 dual carriageway. Retrace south-westwards via Raglan interchange (take care) and at Llangeview bear left to exit A449, join A472 and proceed to FINISH in line with centre of entrance to field, about 200 yds before left turn to Chepstow Road - at approx. SO 38834 01015.

PEDESTRIANS AND MARSHALS ARE NOT PERMITTED ON THE DUAL CARRIAGEWAY SO KEEP A GOOD LOOK OUT FOR RACE SIGNS AND ARROWS. NOTE ALSO THAT YOU **MUST** GIVE WAY TO ANY PEDESTRIANS AT THE ZEBRA CROSSING IN MITCHELL TROY.

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 and Juniors 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. Competitors should particularly bear in mind that the A449/A40 is a fast road.

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

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.

It's approximately 2 miles from the headquarters to the start line (uphill) so please ensure you allow ample time.

1st Place	2nd Place	3rd Place	1st 2-up Team	2nd 2-up Team	1st Woman	2nd Woman
£40	£35	£30	£30	£20	£20	£15
1st Team of 3	1st VTFA member on Std	2nd VTFA member on Std	1st LTS impr	2nd LTS impr	1st Non-Aero	1st Junior
£45	£30	£25	£20	£15	£20	£15
1 st , 2 nd , 3 rd , and Team awards are for Main event only. Team on Bidlake (fastest third rider).						
One prize per rider, except team and PB awards. 2-up Teams are only eligible for 2-up prize.						

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