



Saturday August 12th 2017, 15:00 Course: R25/7

Event Headquarters: The Scout Hut
Maryport Street
Usk
Monmouthshire
NP15 1AH

Event Secretary: Mr Leonard Jefferson Samuel, Esq
7 Brynhyfryd Street
Pontllanfraith
Blackwood
NP12 2BP 07885 461763
25milet@cwmcarnparagon.com

Timekeepers: Mr Len Samuel (start)
Mr Tudor Thomas (finish)

Promoted for and on behalf of Cycling Time Trials, under their rules and regulations



Welcome everyone to the second of Cwmcam's two Open Time Trials for 2017. We hope you have a fast, safe, ride.

Course R25/7:

Start opposite n/e end of iron gate on right, 125 yards southwest of 'bends for 1.5 miles' sign on old Usk-Raglan road. Proceed downhill back to Usk and turn double left (**WATCH** for traffic – and marshal) onto A472. Take slip road onto northbound A449 – which becomes the A40 north of the Raglan junction.

Proceed on A40 through Monmouth Tunnel (12.5 miles) and on exit bear left onto slip road. After 300yd turn left (1st exit) at mini roundabout (**WATCH** for traffic exiting petrol station) onto B4293 to cross back over tunnels. After 0.7 miles, keep **straight on (NOT left)** at fork and continue on unclassified road for a further 1.7 miles. Here take right fork onto sliproad to join southbound A40 at Mitcheltroy, signposted Newport. Retrace route on dual carriageway (A40/A449) and exit at slip road signposted Usk A472.

Loop around interchange on A472 and proceed towards Usk to **FINISH** opposite 2nd drain cover on right, 25yd beyond pole DP63 and 350yd beyond rear of sign reading A449/B4235

In the interests of your safety, CTT and the organisers strongly recommend the use of an approved safety helmet. Such helmets are compulsory for all riders under the age of 18, in accordance with the new regulation 15.

Prize List

Fastest	£30	Fastest Lady	£10
2nd	£20		
3rd	£15	Fastest Vet over 50	£10
4th	£10	Fastest Team of 3	£10 each
5th	£10		

(one rider, one prize, except team)



Notes to Riders:

- Please be considerate when you park around the headquarters and when riding through the town of Usk to and from the course.
- All riders **must** sign on in Race HQ prior to collecting their numbers – and *sign out* when returning them.
- Please don't litter – take your gel wrappers etc with you.
- It is just over 1.5 miles (partly uphill) from the HQ to the start
- Any complaints or queries to be addressed to the event secretary within 24 hours

We couldn't put the event on without the help of a loyal crew of club members (and others). So a big thank you to Tudor and Len for their timekeeping skills. The marshals, signage team, HQ and canteen crew. Thank you all!

