

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

Cardiff 100 Miles Road Cycling Club

Open 15 mile Time Trial: Saturday 9th March 2019, 1:01pm start

Timekeepers

Start: Alf Williams (Port Talbot Whs CC)

Finish: Tudor Thomas (Bynea CC)

Organizer

Bob Jones

16 Springhall Road

Sawbridgeworth

Herts CM21 9ET

Mob. 07973-353207

COURSE R15/3a

OS References: Landranger sheet 161 - Start SO314114; Finish SO318108.

Start on B4598 at gateway opposite bus stop lay-by for The Hardwick pub (NP7 9AA), next to T junction with side lane. Proceed north-westwards toward Hardwick rbt. Take 1st exit left onto A40 towards Raglan rbt. At Raglan rbt take 1st exit left onto "old A40" unclassified road signposted for Clytha. Continue past Steel Horse Cafe crossroads (where road becomes B4598 again) and Finish at field entrance on left, about 840yds (half a mile) short of Start, 15.015 miles.

Event Headquarters (open from 11am until 3pm):-

Event HQ: **Abergavenny Scout Hall, East Side of Fairfield Car Park, NP7 5SG.**

Entrance to Fairfield Car Park is off Park Avenue.

Refreshments at HQ.

Please do not leave bicycles unattended.

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.

One free tea coffee or soft drink 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 2.5 MILES FROM EVENT HQ.

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

Awards

1st fastest solo	2nd fastest solo	3rd fastest solo
£25	£20	£15
1st solo Woman	1st solo Road Bike	1st Tandem
£15	£15	£15 each rider

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

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 only be marshal(s) to show you the way at the Turn: 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 requested 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.

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.

No competitor may carry advertising or the name of a commercial business on their race clothing except as a member of a club that has paid the CTT advertising fee.

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

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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 aero helmets.

Maximum wheel rim depth 5cm.

Helmets, if worn, must *not* cover the ears *nor* have a pointy tail.

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