

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

Cardiff 100 Miles Road Cycling Club

Timekeepers

Dave Unsworth (start)
Glenda Fisher (finish)

Organiser

Bob Jones
16 Springhall Road
Sawbridgeworth
Herts CM21 9ET
Mob. 07873-353207

Open 25 Mile Time Trial

Saturday 4th July 2015

Headquarters (open from 1:30 until 8pm.):
Gwehelog Village Hall, Gwehelog, nr Usk, Mon NP15 1RL

<http://www.gwehelogvillagehall.co.uk/>

Parking is available on the hard shoulder of the lane that runs westward from the back of the hall.

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.

It's about a mile south from the headquarters to the start line.

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

Awards:

1st Place	2nd Place	3rd Place	4 th Place	1st Team of 3	1st Woman	2nd Woman	1st Junior
£50	£40	£30	£20	£60 (£20 ea)	£30	£25	£20
1st Non-Aero	1st VTТА member on Std	2nd VTТА member on Std	3rd VTТА member on Std	1st LTS impr	2nd LTS impr	3rd LTS impr	1st Two-up team (composite or non-comp)
£30	£30	£25	£20	£30	£25	£20	£50 (£25 ea)
£50 special prize for breaking Course Record - 47:31 by Kieron Davies (10/05/15 CC Blaenau Gwent 25)							
1 st , 2 nd , 3 rd , 4 th awards are for Men's event only. Team on Bidlake (fastest third rider).							
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

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 onto slip road for A449 dual carriageway. Proceed north-east via Raglan interchange (take care with slip roads) where DC 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 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.

THE FIRST MILE IS DOWNHILL: LOOK OUT FOR DRIVERS EMERGING FROM NEW HOUSING ESTATES OFF OLD MONMOUTH ROAD, IN CASE THEY UNDERESTIMATE YOUR SPEED AND PULL OUT IN FRONT OF YOU (see Map).

PEDESTRIANS AND MARSHALLS ARE NOT PERMITTED ON THE DUAL CARRIAGEWAY SO KEEP A GOOD LOOK OUT FOR RACE SIGNS AND ARROWS.

NOTE ALSO 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.

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PLEASE BE AWARE OF THE FOLLOWING:-

Regulation 14g. Competitors Machine.

The front wheel must have at least 45% of the surface area open.

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 the race clothing except as a member of a club that has paid the advertising fee.

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

NON-AERO EVENT.

This section has special restrictions on clothing and equipment:-

No skinsuits, overshoes, or aero helmets (whether pointy or otherwise).

No aerobars.

Wheel rims must be less than 40mm deep.

This section is intended for those riding "Old Skool, Lo Pro, or Road Bikes" and dressed to match.

(Equipment or clothing oriented to current TT scene is unwelcome, except in Main event, TTT, etc).

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