

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

Cardiff 100 Miles Road Cycling Club

Timekeepers

Tony Howell, Port Talbot Whs (start)
Robin Field, Cardiff Byways CC (finish)

Organiser

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

Open 25 Mile Time Trial

Saturday 1st July 2017

Headquarters (open from 1:00 until 8:00pm):-

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

NB. as Twyn Square will be closed for Usk Summer Festival, vehicular access to Maryport Street is from New Market Street next to the river bridge (see attached map).

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.

NB. You must return your number to HQ and sign out in person.

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

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

Awards:

1st Place	2nd Place	3rd Place	1st Woman	2nd Woman
£30	£25	£20	£20	£15
1st Team of 3	1st Non-Aero	1st LTS impr	2nd LTS impr	1st Two-up team (comp or non-comp)
£45 (£15 ea)	£15	£20	£15	£30 (£15 ea)

£50 special prize for breaking Course Record - 47:31 by Kieron Davies (10/05/15 CC Blaenau Gwent 25)

1st, 2nd, 3rd awards are for the solo event only. Team on Bidlake (fastest third rider).

2-up Teams are only eligible for 2-up prizes: all other prizes are for solo competitors.

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: TOWARDS THE BOTTOM LOOK OUT FOR DRIVERS EMERGING FROM NEW HOUSING ESTATES BOTH SIDES OF OLD MONMOUTH ROAD (see Map).

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

NOTE 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.

NB. You must return your number to HQ and sign out in person.

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

PLEASE BE AWARE OF THE FOLLOWING:-

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 not be deeper than 50mm.

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 in this section).

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