



Promoted for and on behalf of Cycling Time Trials under their rules and regulations
Pembrokeshire Velo Open Weekend 30th & 31st August 2015

Event Secretary – Jill Colman – 07724 003952
Timekeepers – Michael George & Jill Colman

Event Headquarters: Carew Village Hall (Open at 7am) Directions: Following A40 westbound from Carmarthen; At St Clears roundabout take the A477 towards Pembroke, at Kilgetty traffic lights continue straight ahead, at Sageston Roundabout (next to Carew airfield) take 2nd exit and continue ½ a mile to Carew Roundabout. Take 3rd exit and enter Carew, turn right at the Carew Inn and after approximately 400 yards turn right into HQ

Note: Unfortunately we are unable to use Carew Hall for the hill climb so we'll be set up in Carew Castle car park. If you're riding the 10, you can sign on and collect your hill climb number at the same time.

The WCA, CTT and South Wales Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards. For ALL Riders under the age of 18 these helmets are COMPULSORY. Marshalls (depending on availability) will be positioned around the course - they are there to show you the way but have no authority over the traffic. 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.

8am Sunday 30th August 10 Mile TT R10/11a
(Course record 20.54 by Kieron Davies 28/07/12)

Start on unclassified road 50 yards south west of Carew roundabout. Turn left at Carew roundabout and take first exit onto A477. Proceed west on A477 to Waterloo roundabout in Pembroke Dock. Circle roundabout and retrace route heading east on A477. At Carew roundabout take second exit and continue on A477 to Sageston roundabout. Take first exit and bear left on road into Sageston to finish near right hand bend in road on junction. Competitors are asked not to warm up on the course once the first rider has started.

12pm Sunday 30th August 1.3Mile TT RH/3
(Course Record 3.51 by Darran Carpenter 26/08/07)

Start approximately 100 yards south of Milton Farm Shop at entrance to waterworks on unclassified road. Proceed in a southerly direction uphill passing Stephens Green Farm to finish approx 100 yards before junction with The Ridgeway (1.3 Miles).

8am Monday 31st August R15/4
(Course record 32.14 by Kieron Davies, 29/07/12)

Start on A477 approximately 1 mile East of Sageston roundabout. Proceed West towards Sageston roundabout and take second exit onto A477. Continue west on A477 to Waterloo roundabout in Pembroke Dock. Circle roundabout and retrace route heading east on A477. At Carew roundabout take second exit and continue on A477 to Sageston roundabout and take 2nd exit to continue on A477 towards Redberth. Turn left into Redberth and continue along old road to finish approximately half way to Sageston where power lines pass over the road. Competitors are asked not to warm up on the course once the first rider has started.

Awards

10 & 15 Mile TTs

1 st Overall	£20
2 nd Overall	£15
3 rd Overall	£10

Team of 3 (Bidlake system) £30

1 st Lady	£10
1 st Lady Vet	£10
Fastest Vet	£10
1 st Vet on standard	£10
1 st Junior	£10
1 st Juvenile	£10

Lantern Rouge
(donated by Pentlepoir Garage)

The Dennis Cafe (Mike Lindsay) has kindly donated £100 to be awarded if the 10 mile course record is broken

Pembrokeshire Inter-Club Competition

Fastest team of 3 riders from a Pembrokeshire club in the 10 mile TT £30
(Aggregate times)

Hill Climb

1 st Overall	£20
2 nd Overall	£15
3 rd Overall	£10

Team of 2 (Bidlake system) £20

1 st Lady	£10
1 st Veteran	£10
1 st Juvenile	£10

Lantern Rouge
(donated by Pentlepoir Garage)

Best All Rounder

Rider with the highest position over the three events - £30

