



Royal Dean Forest Cycling Club Open 25 Mile Time Trial

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS

Sunday 20th March 2016, starting at 09.00 hrs

Course R25/7A, Raglan

EVENT ORGANISER:

Adam Taylor, 68 Sneyd Wood Rd, Cinderford Glos GL14 3GD Tel: 07846305772

TIMEKEEPERS:

Tony Howell - start / Norman James – finish

EVENT HEADQUARTERS:

Gwehellog Village Hall, Old Raglan Road, Gwehellog, Usk NP15 1RL, approx 4 miles south of Raglan on the Usk Rd. Hall open from 08.00 hrs. Parking is limited - PLEASE park with due consideration to other road users and residents. Apologies we could not find a better HQ closer to the start. Please plan your route to the Start location.

COURSE DETAILS:

Start Across road opposite drain cover, 165 yards beyond Road Narrows sign, a mile north-east of Raglan on old A40 road (before John Deer dealership). Proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy (4.03 miles) where turn left with care to join A40. Take first exit to continue on A40 (where road leaves A449) to Raglan rbt (9.18 miles) where take 3rd exit (A40) to Abergavenny (Hardwick) rbt (16.97 miles). Encircle rbt taking 6th exit and retrace on A40 to Raglan rbt where take 2nd exit (A40) **Finish** 350 yards east of rbt in line with lamp standard WB103 at far end of lay-by on left in front of Raglan castle.

NOTES:

- Please do not use the course to warm up once the event has started.
- Please remember to sign on when you collect your number from the event HQ.
- Please return your number to the event HQ in exchange for a free drink/food.
- Results will be posted at the HQ. **Do not** ask the timekeeper at the finish area.
- Please ride with your head up at all times. Riders should comply with traffic law and regulations and obey the Highway Code and local regulations.

PRIZES:

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Fastest Overall	£30	£20	£10
Vets on standard	£20	£15	£10
Fastest Ladies	£20	£15	£10
Fastest Team of 3	£10 - (team awards are per rider)		

There will be a short prize presentation ceremony at the event HQ approximately 45 minutes after the last rider finishes.

IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD.

IT IS A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE NEW REGULATION 15

It is recommended that riders have a red led light on the rear of their bikes particularly as it is still early in the season and we don't know what the weather will hold.

Thank you for entering and have a great ride