

Ross-on-Wye & District Cycling Club

once again proudly presents

The Don Woodman Memorial Open 25 mile Time Trial

Sunday 20th July 2014
On the R25/7

Promoted for and on behalf of Cycling Time Trials under their rules & regulations

Timekeepers Start: Mr. D. Ward Finish: Mrs G Fisher, Recorder: Mr. J Fisher

Event organiser P. Stephens, 55 Roman Way, Ross-on-Wye, HR9 5RL, 01989 769128

Start opposite north-eastern end of iron gate on right, 125 yards south west of "Bends for 1 1/2 miles" sign on the old Usk/Raglan road. Proceed towards Usk. At foot of hill turn left and left again (M) onto A472 and proceed to take left hand lane at Llangeview interchange where join A449. Proceed via Raglan interchange where road becomes the A40. Continue to pass picnic area (11.757 miles) and through tunnel (12.5 miles point is 100 yds inside the tunnel). After tunnel bear left and in 300 yards at garage (M) turn left with great care on B4293. Cross over tunnels and in 2-3 miles keep straight on unclassified road to rejoin the A40 at Mitchel Troy (Sign Mitchel Troy 14.367 miles). Retrace via Raglan interchange and at Llangeview bear left to leave A449 and proceed on A472 to: Finish opposite 2nd drain cover on right, 25 yards beyond telegraph pole No DP63 and 350 yards beyond rear of sign reading A449/B4235 on approach to Usk.

HEADQUARTERS Usk Memorial hall, found in Maryport Street, opposite the Prison.

NUMBERS Collect from headquarters.

REFRESHMENTS At headquarters after the event. Free tea/coffee on return of number.

PRIZE PRESENTATION Prizes will be presented at the headquarters as soon as possible after the event.

PRIZES (Only one individual prize per rider - highest prize priority except Team):

	FASTEST	VET ON STD	FASTEST WOMAN	FASTEST TEAM OF 3	Overall Weekend Prize
1ST	£30	£30	£20	£10pp	£30
2ND	£20	£20	£10		£20
3RD	£10	£10			

In the interests of your own safety, the event promoter strongly advises you to wear a helmet that meets an internationally accepted safety standard. For entrants under 18 helmets are compulsory.

A working rear light is advisable especially if damp

PLEASE BE QUIET, AND PARK CONSIDERATELY.

NO WARMING UP PAST START OR U TURNS NEAR START.