

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

# VTTA South Wales Group

## Timekeepers

Alf Williams, Port Talbot Whs (start)  
Robin Field, Cardiff Byways (finish)



## Organiser

Bob Jones  
16 Springhall Road  
Sawbridgeworth  
Herts CM21 9ET

Mob. 07873-353207

## Open 30 Mile Time Trial incorporating the 2017 VTTA National Championship Sunday 17<sup>th</sup> September 2016

Headquarters (open from 7am until 1pm.) Showers are available.  
Raglan Fields Sports Pavilion, Station Road, Raglan, Mon NP15 2ES

The HQ is to the SE of the village.

Please note the postcode given is for the nearest dwellings: the hall itself doesn't appear in Royal Mail's list.  
Parking is available on site, on the left inside the entrance gate.

**Please ensure you have signed on before the start, and signed out after the finish.**

Numbers and Signing on sheets are located in the event headquarters.  
One free tea coffee or soft drink upon returning your number after the race.

**NB. You must return your number to HQ and sign out *in person*, in case of UKAD testing.**

**It's about 1 mile from headquarters to the start line.**

### 2017 VTTA National 30 Championship Prizes:

1st solo VTTA on Standard	2 <sup>nd</sup> solo VTTA on Standard	3 <sup>rd</sup> solo VTTA on Standard	Group Team of 3 on Standard	Club Team of 3 on Standard
Gold medal, jersey & cap	Silver medal	Bronze medal	3 Gold medals	3 Gold medals + The Brafman Cup

1st solo Woman VTTA on Standard	2 <sup>nd</sup> solo Woman VTTA on Standard	3 <sup>rd</sup> solo Woman VTTA on Standard	1st Tandem VTTA on Standard
Gold medal	Silver medal	Bronze medal	2 Gold medals

Medals are dummies for the presentation ceremony *only* and must be returned to the organiser: a formal prizegiving will take place at the St Johns Hotel, Solihull B91 1AT at lunchtime before the VTTA AGM on 27 January 2018.

### 2017 VTTA South Wales 30 Prizes:

1st solo scratch	2nd solo scratch	3rd solo scratch	1st solo W scratch	2nd solo W scratch
£30	£25	£20	£20	£15
£30 prize for breaking men's solo Course Record - 58:22 by Scott Davies (VTTA South Wales 30 on 17/09/16)				
£30 prize for breaking women's solo CR - 1:11:34 by Andrea Parish (VTTA South Wales 30 on 17/09/16)				

1 <sup>st</sup> solo (39 or under)	1 <sup>st</sup> solo (Non-aero)	1 <sup>st</sup> impr in LTS solo	2 <sup>nd</sup> impr in LTS solo	1st Two-up team M or V Men	1st Two-up team with a Woman	1st Two-up team with a Junior
£15	£15	£20	£15	£30 = £15 ea	£30 = £15 ea	£30 = £15 ea

2-up teams are only eligible for 2-up prizes: only one prize per competitor in the 2-ups

**Brian Jones, Kimroy Photography will cover both the race and the medal presentation.**

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

## **Course R30/7**

<https://www.cyclingtimetrials.org.uk/race-details/15964>

OS References: Landranger 1:50000 Sheet 161.

START at SO 42473 08388 opposite steel field gate on right, 35yds beyond SW corner of John Deere Tractor Sales, a mile north-east of Raglan on old Monmouth Road (unclassified).

Proceed 400yds SW (towards Raglan) to junction with A40; turn left with care to join A40 eastbound, then immediately bear left onto slip road towards Monmouth (A40). Continue past Monmouth Services (1.4 miles), picnic area (5.6 miles) and through tunnel (6.3 miles). Immediately after tunnel bear left (B4233) and in 190 yds at mini r/b with petrol station on corner turn left (M) with great care onto B4293 (6.6 miles). Cross above tunnels and in 0.8 miles keep straight onto unclassified road; after another 1.5 miles (beyond Mitchel Troy) keep ahead to rejoin A40 (9.1 miles). Retrace south-westwards and after passing Monmouth Services, bear left (12.9 miles) and continue on A40 to Raglan rbt (14 miles) where take 3rd exit (A40) to Abergavenny Hardwick rbt (21.6 miles). Encircle giratory system (M) taking 6th exit and retrace on A40 eastbound to Raglan rbt where take 2nd exit (A40) to finish 200 yards east of rbt in line with 2nd lighting column for layby in front of Raglan Castle. **30.061 miles**

FINISH is at SO 41282 07924

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

**It's about 1 mile from headquarters to the start line.**

### **District Regulations:**

**No cars connected with riders are to travel on the A40 during the event.**

**Competitors observed crossing the dual carriageway will be disqualified.**

Spectators and competitors, please refrain from parking your vehicles near the Start and Finish areas.

PLEASE BE AWARE OF THE FOLLOWING:-

**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.**

**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 A40 is a fast road.**

### **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 number checkers to ensure your finish time is correctly recorded.

**Please ensure you have signed on before the start, and signed out after the finish.**

Numbers and Signing on sheets are located in the event headquarters.

One free tea coffee or soft drink upon returning your number after the race.

**NB. You must return your number to HQ and sign out *in person*, in case of UKAD testing.**

**It's about 1 mile from the Finish line to headquarters: continue past the finish and in 300 yds bear left back towards the start, then turn right at the old Monmouth Road and cross the A40 with great care. After half a mile, turn left into Station Road at the eastern outskirts of Raglan.**

### **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 no deeper than 45mm.

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 solo event, TTT).

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