



Welsh CA 12 Hour Championship

And the Western TTA 12 Hour Championship

Sunday 1st July 2018 Course R12/16 (revised). Start Time 06:00

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

Event Secretary:

Robin Field, 89 Velindre Road, Whitchurch, Cardiff. CF14 2TG

Mobile Number on the day 07753 603098

Chief Marshall:

Bridget Boon, Severn RC

Mobile Number during event 07973 336905

Timekeepers

Start Timekeeper: Robin Field Cardiff Byways C.C.

Chief Timekeeper: Tudor Thomas Bynea C.C.

Circuit Timekeepers: as listed

Officials, Observers and Marshalls

Ian and Bridget Boon Severn RC

Paul Robinson Welsh CA.

Members of South Wales DC and West DC Clubs.

Headquarters

Raglan Football Club Pavilion, Station Road, Raglan NP15 2ER

**The Headquarters will be open from 5:00am until 9:00am,
then from 4:00pm – until end of event.**

Robin Field.

Awards – 2018

Men's Champion	WCA Championship Cap. Temple Trophy (for one year) Welsh Championship Plaque Invitation to WCA BAR Lunch
2 nd and 3 rd	Welsh Championship Plaques
Fastest rider from a non Welsh CA club See note below	Reub Giles Cup (for one year) Welsh Championship Plaque
Team Champions (three riders)	Welsh Championship Team Shield (for one year) Welsh Championship Plaques Invitations to WCA BAR Lunch
Women's Champion	WCA Championship Cap. Welsh Championship Trophy (for one year) Invitation to WCA BAR Lunch
Greatest distance covered by a novice/comeback	Welsh 12 Hr Novice Cup (for one year) Welsh Championship Plaque
Greatest improvement on Last Three Seasons	Welsh Championship Plaque
Fastest Vet on Std	Welsh Championship Plaque
Fastest Junior	Welsh Championship Plaque
Joint Mersey 24 / Welsh 12 ride Aggregate mileage	Marcher Trophy (for one year) Welsh Championship Plaque
Fastest rider from a Western TTA club	Cotter Pin Challenge Cup Welsh Championship Plaque

PLEASE NOTE – THIS IS NOT ONE RIDER ONE PRIZE –IF YOU ARE GOOD ENOUGH TO WIN IT YOU GET IT!

Welsh Championships are always open to all

The riders - and team - recording the greatest mileage/s are the Welsh 12 Hour Champions
The **Reub Giles Cup** will be awarded to the rider from a non Welsh CA club recording the greatest mileage

If the Championship is won by a rider from a non Welsh CA club, the Reub Giles Cup will be awarded to the Welsh CA rider recording the greatest distance

Novice/comeback awards are open to those riders who have not completed a 12 hour event in the last three seasons

Welsh Competition Records

Men, solo	2016	Danny Grieves	G. S. Metro	294.02
Team	2013	Pembrokeshire Velo	Dan Colman Paul Colman Clifford Jackson	798.289
Ladies, solo	2016	Katja Rietdorf	Born to Bike – Bridgtown Cycles	257.94

Prize of £50 to the Champion if Welsh Competition Record is beaten (Men, Women or Team).

Rider Safety & Notes to Helpers

Riders & Helpers should read this section with particular care

Obey all traffic regulations – the police monitor compliance at various points during the event – please do not put the future of the 12 at risk with irresponsible riding

- 1 **Traffic lights on A465:** the traffic lights on Llangula Bridge (60 & 82 miles from the start) are a modern installation and can detect a cycle and change for it. They usually cause little problem but the lights must be obeyed. There are police video cameras monitoring these lights.
- 2 **Helmets:** the Police, Cycling Time Trials and the Welsh Cycling Association strongly recommend that all riders wear an approved cycling safety helmet.
- 3 **Lights and visibility:** for better visibility, riders are recommended to fit a rear flashing red light which will enable you to be seen clearly on the dual carriageway – especially on the finishing circuit. Recent 12s have been observed by Gwent Police who have advised that riders should have been using lights in poor visibility. Everyone participating in the event is also advised to wear high-visibility clothing – including helpers.
- 4 **Numbers & signing on and off:** pick up your number and food at HQ when you sign on. Spare numbers are available to go with a change of clothing. Numbers will be given after you have signed on and handed in your car registration form. Any extra safety information will be given as you sign on. There will also be a number for your helpers to put on their car – this will help marshals to recognise your helpers. **YOU MUST SIGN OFF AT THE END OF THE EVENT FAILURE TO DO SAY MAY RESULT IN A DNF AGAINST YOU.** Please call out your number at the Monmouth garage (tunnels), Llangeview (Chepstow 14), Hereford and Hardwick checking points and when passing each of the timekeepers on the finishing circuit. With poor light, flapping numbers, etc, it can be difficult to identify individual riders so please help.
- 5 **Regulations:** you have all signed an agreement with CTT stating that you are familiar with the Regulations. Riders and helpers must work within these Regulations. Please make sure your helpers also read these instructions. The future running of the event relies on appropriate behaviour from riders and helpers.
- 6 **Course signage:** the course will be signed and marshalled as far as possible but not all turns will have marshals and some will not have them throughout the day. Please make sure you understand the route. Hardwick roundabout is the first you come to – it is big. First time is straightforward, take the first exit, it will be signed and there will be marshals at the key positions. The next time you get here go round the system until you are directed to Hereford (4th exit). All riders will go to Hereford and then once you get back to Hardwick you go onto the Mid Day circuit. When the first rider on the road has completed four Mid-Day circuits* everyone will then head to the start of the Finishing Circuit (a 'Finish Circuit Open' board will be displayed at Raglan roundabout to make you and your followers aware of this too). *The Chief Marshal may reduce the number of circuits in adverse weather conditions
- 7 **This event is subject to Dope Control, it is your responsibility to check whether you are required to attend Dope Control. Early finishers:** once you have reached TK1 you will be credited with a finishing distance. Tell the info desk or a marshal but – best of all – just take a short time-out and then carry on. **Please make sure you notify us if you decide to finish earlier than this (but see the note about Dope Control).**
- 8 **Notes to helpers:** all cars must be registered. Handing in a car registration form does not entitle you to follow your rider around the course. The course is dual carriageway based and

there are lots of lay-bys. After the initial Hereford leg, a rider will never be more than 30 minutes away.

- 9 **Helpers must park sensibly: do not use the Hardwick pub car park** – but parking on the bit of the “old road” adjacent to the pub is fine.
- 10 **Navigating your way around the course:** riders will be given a coloured sticky number when they sign if they have vehicular support. Please fix this to the windscreen. Marshals will see it and can direct you if you lose your rider. You can also contact the information desk at Hardwick roundabout and they will do their best to help. Where practical, please support other riders with water, sponges, mechanical assistance, encouragement, etc.
- 11 **Frequent passing (lay-by hopping):** this is a breach of CTT Regs. **You must not pass your rider more than once every 10 miles and you must not follow your rider (Regulation 22).** Following your rider and lay-by hopping is a nuisance to other riders and road users. Especially after the Hereford leg, we strongly recommend that helpers select a suitable spot on the circuit and wait for their rider to come by. Police will be monitoring the event they have received complaints locally of people having ‘natural breaks’ in clear view of members of the public– please be discreet.
- 12 **Finding feeding places:** the Hereford road is no problem – plenty of lay-bys. There are 8 lay-bys on the A40 between Hardwick and Raglan roundabouts (east and west) and three on A449 between Llangeview interchange and Raglan Interchange (north and south) all suitable for feeding. **There is a long area on the climb beyond the Raglan Castle turn to Mitchel Troy on the Unclassified road (old A40) which riders do five times which is ideal. I’m hoping to have a feed station should there be enough help**
- 13 **And finally:** to everyone - be courteous to each other, the marshals and other road-users.

All complaints regarding poor or inappropriate behaviour will be taken seriously.

You are the public face of our Sport so make it a smiley face!

Some useful information

1. **Mobile Phone Reception.** The 02 network covers the entire course. Vodafone service is patchy on the A40. Orange and T-Mobile are also reasonably good.
2. **Toilets.** There are facilities at HQ. There are toilets in the picnic area on the northbound A40 approaching the Monmouth tunnels and in the Services on A40 between Raglan to Monmouth tunnels are open (all on the Early Morning Circuit).
3. **Fuel.** The centre of Abergavenny (follow the A40) The Services on A40 north of Raglan Interchange and the Monmouth garage beyond the Monmouth tunnels.
4. **Parking** is available at the Headquarters. Competitors please do not park in the coned off Officials area.

5. **Note to Helpers** There are 8 laybys both westbound and eastbound on A40 dual carriageway between Hardwick roundabout and Raglan roundabout. There are no intersections. You will see your rider every 25.7 miles. **Do not cross the central reservation barriers or your rider will be disqualified.** Please remember that Gwent Constabulary will be monitoring your conduct during this event.
6. **HQ Opening Times** – The HQ will be open from 5:00 am to 9:00 am, tea and coffee will be available before the start, please help yourself. The HQ will re-open at approx. 4:00 pm with catering available from Sharon Preddy Catering with wonderful cakes and Bacon Butties.

Feeding Arrangements

Food will be available before the Start at HQ

Menu:

Bananas

Malt Loaf

Brioche

Raisins/Sultanas

Ham or Cheese Cobs

I am hoping to have a Neutral Feed Station on the Mid Day circuit on the left fork on the gradual climb on the unclassified road (old A40) to Mitchel Troy depending on numbers of helpers from Abercynon RC and other local clubs.

Watch out for the Melon Man!

Riders without helpers can leave LABELLED bottles at HQ for collection at the Hardwick info desk (under the Easy-Up) which will be manned throughout the event. You'll have to stop to pick it up.

Riders - do your bit to keep Wales tidy!

Please do not drop bags & wrappers on the course

No	First name	Surname	Club	Cat	Age	LTS	Vet Std (miles)	Start Time
5	Stewart	Cox	Royal Navy & Royal Marines CA	Tan	54		n/a	06:05
5	Bob	Richards	Royal Navy & Royal Marines CA	Tan	60	233.14	n/a	06:05
7	Jared	Forte	Ludlow CC	Jun	17			06:07
8	Andrea	Parish	VeloSistas TT Team	WV	50		181.54	06:08
9	Simon	Kinsey	Virtual Cycling Club	V	48	224.38	202.08	06:09
10	lewis	donovan	Bynea Cycling Club		19	210		06:10
11	Andrew	Rees	Narberth Dynamos Cycling Club	V	53		195.95	06:11
12	Paul	Winchcombe	Chippenham & District Wheelers	V	58	221.88	189.19	06:12
13	Nia	James	Cardiff Ajax CC	WV	44		188.19	06:13
14	Paul	Stephens	Ross on Wye & Dist CC	V	53	245.68	195.95	06:14
15	Rebecca	Richardson	Hafren CC	W	32			06:15
16	Philip	Thomas	Rhondda Triathlon Club		37			06:16
17	Matthew	Stevens	Gloucester City Cycling Club		25			06:17
18	Robert	Jones	Cardiff 100 Miles RCC	V	66	228.3	175.52	06:18
19	Matthew	Hanford	Bynea Cycling Club	Jun	17			06:19
20	anthony	jones	Towy Racing Cycling Club (TRCC)	V	46		204.53	06:20
21	Malcolm	Borg	West Suffolk Wheelers	V	42	225.84	209.71	06:21
22	Andy	Cook	Chippenham & District Wheelers	V	55		193.36	06:22
23	Stuart	Edwards	Royal Navy & Royal Marines CA	V	53	250.36	195.95	06:23
24	David	Bucknall	Royal Dean Forest Cycle Club	V	44		207.05	06:24
25	Tom	Bertenshaw	Severn Road Club		38	276.71		06:25
26	George	Barker	Beacon Roads CC	V	58		189.19	06:26
27	Paul	Dring	Team Echelon	V	44		207.05	06:27
28	Chris	Bates	Pembrokeshire Velo	V	45		205.77	06:28
29	Diccon	Hill	Cardiff 100 Miles RCC	V	46	236	204.53	06:29
30	Victor	Chetta	Arctic Tacx RT	V	40	286.12	212.59	06:30

R12.16 Course (revised 2018)	Inter Miles	Tot. Miles
Start on unclassified road signposted 'Clytha' (old A40 Raglan - Abergavenny road) at yellow mark on drain cover by Light Standard on flare at western side of entrance to Monmouthshire Livestock Market (O.S. 161 384087)	0.000	0.000
Proceed westwards on unclassified road (joining B4598 at Steel Horse Cafe) and continue to Hardwick roundabout to take 1st exit TO START MORNING CIRCUIT	6.155	6.155
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	13.714
Straight on to continue on A40 Sign "no U-turn, Clearway" after RAB	0.085	13.799
to Raglan interchange where bear left to Monmouth still on A40 Post 22/8 after services end of slip road	2.183	15.981
to Monmouth Tunnels where after tunnels bear left onto road signed for Trellech and Rockfield to mini roundabout at Esso Petrol Station (Give Way sign) (check)	4.852	20.834
Turn left WITH GREAT CARE and follow B4239 and unclassified road through Mitchel Troy to rejoin A40 Dual-carriageway (blue sign "no U-turns, Clearway")	2.545	23.379
Join A40 westbound	0.213	23.592
Proceed past Raglan Services to go STRAIGHT ON, at Raglan Interchange (sign Usk) as road becomes A449. Post 21/0	3.411	27.003
Bear left at Llangeview Interchange (signpost Usk) on A472	5.254	32.257
TURN at break in dual carriageway (signpost B4236 'Chepstow 14') to remain on A472 (check)	0.505	32.761
Proceed to take left hand lane at Llangeview Interchange to rejoin north bound A449	0.387	33.148
continue on A449 to bear left at Raglan interchange	4.398	37.547
Join A40 to Raglan roundabout	1.186	38.732
Take 3rd exit (straight on) on A40 to Hardwick roundabout	7.629	46.361
Encircle roundabout taking 4th exit A465 (Hereford)	0.300	46.661
proceed on A465 to Hereford (<i>traffic lights at Llangula bridge - see notes re riders safety</i>) via Pontrilas (Sign Hereford 12)	12.234	58.895
to roundabout at Kingfisher Rise Estate (Tesco) (check)	9.736	68.631
Circle rbt and retrace on A465 via Pontrilas (sign "Abergavenny 12")	9.970	78.601
to Hardwick rbt, Abergavenny TO FINISH MORNING CIRCUIT	12.181	90.782
Take 2nd exit TO START FIRST MID DAY CIRCUIT (check)	0.198	90.980
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	98.539
Take 2nd exit (straight on) along A40 dual carriageway going eastwards (passing Raglan Castle turn) and take LEFT fork on unclassified road towards Mitchel Troy (signpost Monmouth)	0.646	99.185
Continue on unclassified road (old A40) via Dingestow to TURN left and IMMEDIATELY left (with care) to enter A40 on-slip (check)	4.335	103.520
Proceed westwards to pass Services to 1st turn off left (where A40 leaves A449) at Raglan Interchange	3.800	107.320

Continue on A40 to Raglan roundabout	1.323	108.643
Take 3rd exit (straight on) on A40 dual carriageway and proceed westwards to enter Hardwick roundabout (Abergavenny)	7.629	116.272
Encircle roundabout taking 6th exit TO START SECOND MID DAY CIRCUIT.	0.498	116.770
Repeat. TO START THIRD MID DAY CIRCUIT.	25.790	142.560
Repeat TO START FOURTH MID DAY CIRCUIT.	25.790	168.350
Repeat TO FINISH FOURTH MID DAY CIRCUIT.	25.790	194.140
<i>When the first rider completes the fourth circuit proceed along A40 to Raglan roundabout. A FINISH CIRCUIT OPEN sign will show at Raglan Roundabout; take FIRST EXIT (CARE)</i>	7.559	201.699
To T/K1 access bridge to Cefn Coch Farm (to start finishing circuit)	0.362	202.061
T/K2, Monmouthshire Livestock Market	1.279	203.340
T/K3, Bus Shelter opposite turning to Llanarth	2.087	205.427
T/K4, layby past King of Prussia Inn (closed)	1.656	207.083
T/K5, layby past Farmhouse 3 Tyr-Pwll sign, near Hardwick Inn	1.502	208.585
T/K6 mark on kerb at Hardwick rbt to take 1st exit onto A40 eastbound	1.033	209.618
T/K7, 2nd layby on dual carriageway	0.974	210.592
T/K8, 3rd layby on dual carriageway	1.601	212.193
T/K9, 4th layby on dual carriageway	1.916	214.109
T/K10, 7th layby on dual carriageway	1.733	215.842
At Raglan r/a turn left (CARE) on unclassified road	1.340	217.182
To T/K1 access bridge to Cefn Coch Farm (to complete 1 st lap)	0.362	217.544
Repeat to T/K1 to complete 2nd lap of Finishing Circuit	15.484	232.968
Repeat to T/K1 to complete 3rd lap of Finishing Circuit	15.484	248.452
Repeat to T/K1 to complete 4th lap of Finishing Circuit	15.484	263.936
Repeat to T/K1 to complete 5th lap of Finishing Circuit	15.484	279.420
Repeat to T/K1 to complete 6th lap of Finishing Circuit	15.484	294.904
Repeat to T/K1 to complete 7th lap of Finishing Circuit	15.484	310.388
Repeat to T/K1 to complete 8th lap of Finishing Circuit	15.484	325.872

On the Finishing Circuit

Timekeepers' positions will be clearly marked throughout the event.

		Inter	Miles
Timekeeper 1	Tudor Thomas Bynea CC Paul Robinson (tbc) Welsh CA		
	Start finishing circuit at 3 rd kerb joint in flare to access bridge to Cefn Coch Farm (marked on OS map) 3 yards east of fire hydrant cover, 0.3 miles west of Raglan rbt on old A40, signposted "Clytha"	0.000	0.000
Timekeeper 2 Recorder	Norman James, Ogmore Valley Whs. Stephen Landeg, Ogmore Valley Whs.		
	At western side of entrance to Monmouthshire Livestock Market	1.279	1.279
Timekeeper 3 Recorder	Glenda Fisher Welsh CA Alf Williams Port Talbot Whs		
	At eastern end of drain cover, 5 yards east of Green Bus Shelter, approx 15 yards west of junction (on right) to Llanarth.	2.087	3.367
Timekeeper 4 Recorder	Phyl Harradine CC Topp Terry Harradine CC Topp		
	At eastern end of drain cover at eastern end of Bus Stop layby 20 yards west of King of Prussia pub.	1.656	5.023
Timekeeper 5 Recorder	Bridget Boon Severn RC Janet Tebbutt Western TTA		
	At eastern end of drain cover at eastern end of Bus Stop layby on crest of rise, 40 yards beyond house sign "3 Tyr Pwll" and approximately 200 yards east of Hardwick PH (formerly known as the Horse & Jockey), on right.	1.502	6.524
Timekeeper 6 Recorder	Ian Boon Severn RC Brian Griffiths Western TTA		
	At mark on kerb at Hardwick roundabout.	1.033	7.557
Timekeeper 7 Recorder	Tony Howell Port Talbot Whs Shirley Howell Port Talbot Whs		
	At western end of 2 nd layby at white post marked 12/3	0.974	8.531
Timekeeper 8 Recorder	Stuart Edinborough, Hereford & Dist. Wheelers Dave Unsworth, Hereford & Dist. Wheelers		
	At western end of 3 rd layby at 1 st gully grate, approximately 35 yards east of overhead power cables.	1.601	10.132
Timekeeper 9 Recorder	Edwin Hargraves Welsh CA Len Samuel Cwmcarn Paragon		
	At 4 th layby at post marked 6/6, 1 yard east of 5 th drain cover	1.916	12.048
Timekeeper 10 Recorder	Andy Grist Bynea CC Sarah Jayne Rees, Bynea CC		
	At western end of 7 th layby at white post marked 3/8	1.733	13.781
	Complete finishing circuit at Timekeeper 1	1.703	15.484

Setting up watches

Timekeepers please meet Robin Field at **TK3** (Green Bus Shelter near Llanarth) at 14:30 to check watches and collect timekeeper boards prepared by Robin & Frances Field.

Ian Boon will have boards and timekeepers time at Hardwick Roundabout

Please bring back your Timekeeper Stake with you to HQ to have a well-deserved cuppa and food.

Marshalling Positions 2018

Marshalling jackets will be brought to the Early Morning Circuit marshals by **Bridget Boon (Chief Marshal)** or an assistant preceding the field. (Hereford will supply their own)

When you have finished please hand them to the **Chief Marshal**, return them to HQ or drop them at Hardwick information desk

Any other offers of help would be very much appreciated - volunteers are always welcome

If anyone is unable to do what is set out below, could they please let Robin Field know on 07753603098

At Headquarters	Numbers, Food & Car Registration Forms + Parental Consent forms (u18yrs)	Frances Field
Course Signing	Warning & route signs –	Supervised by Ian and Bridget Boon
	Hereford rbt & Belmont	Dave Unsworth, Stuart Edinborough /Chris Hughes + Hereford Wheelers
At Start	Starting Timekeeper Pusher off	Robin Field Cardiff Byways RC Ian Smith CC Cardiff

Marshalling Pt	Instructions	Marshals
Hardwick rbt 6.1 miles eta 06:20	Take first exit on A40	arrow
A40 Raglan Roundabout 13.7 miles	Second exit (straight on)	Signs and Len Samuel, + Cwmcam Paragon RC
Raglan Interchange A40 Northbound 15.9 miles	Take on slip to remain on A40 to Monmouth tunnels	Arrow
Raglan Services northbound	Stay on A40	-----
Monmouth Tunnels	Take slip road exit immediately after tunnels	Arrow
Monmouth Service station 20.8 miles eta 06:50	Take first exit at mini roundabout WITH GREAT CARE onto B4293 signed Trellech	Will Bevan + Ross-on-Wye CC
Mitchel Troy (sign)	Straight on as B4293 becomes unclassified through Mitchel Troy	Arrow
Mitchel Troy (Village)	Pedestrian crossing (Light controlled)	Observers tba
Joining A40 Southbound 23.5 miles	Join A40 dual carriageway	Arrow
Raglan Services southbound	Stay on A40	-----
Raglan Interchange 27 miles	STRAIGHT ON as road becomes A449	Arrow
Llangeview Interchange 32.2 miles	Take Exit to Usk (Brynbuga)	Arrow
Llangeview Interchange/ B4235 'Chepstow 14' eta 07:20	TURN RIGHT around break in carriageway to enter A449 on-slip	Paul & Jill Colman Pembs Velo Jeff Rees Acme Whs
Raglan Interchange A449 Northbound 37.5 miles	Take first exit to enter A40 westbound	Arrow
Raglan Roundabout westbound	Take 3 rd exit (straight on)	Len Samuel, + Cwmcam Paragon RC
Hardwick roundabout A465 turn 46.6 miles eta 08:10	Take 4 th exit to Hereford. Turn signs around after last rider.	John Shehan Bynea CC
Traffic Lights Llangula Bridge 58 & 78 miles	to Hereford & back Eta 7.00am	Observers to be confirmed

Hereford rbt 68.6 miles eta 09:00	See riders round the roundabout & return them to Abergavenny. Checkers form to Dave , supply own marshalling jackets	Dave Unsworth, Stuart Edinborough & Hereford Wheelers
Hardwick rbt 90.7 miles eta 9:50	Start of Middle Day Circuit Riders returning from Hereford, to take 2 nd exit onto A40 towards Raglan	10:10 to close Ian Boon, Bridget Boon, Frances Field & Robin Field + others
Raglan Fork (onto unclassified road) 98 miles	Middle Day Circuit	Keith Hyatt Catford CC
Mitchel Troy (103 miles) eta 10:30	Middle Day Circuit Check	Mike Waite and + others
Circuit time checks & Information desk	Rider's times noted each time they pass through here. Information available. Phone no: 07973 336905 (Bridget) and 07974 208055 (Ian) 07753 603098 (Robin)	Ian & Bridget Boon, Robin Field + others to provide relief as needed

The Information desk at Hardwick roundabout

will be manned by **Ian Boon & Robin Field** (and others!) who will be able to tell helpers when their rider last came through this checkpoint (care when parking here as there is limited space)

Stop in a lay-by and phone 07974 208 055

****The mid day Circuit CLOSES at 16:00 although riders well down may be turned a little before this on the Chief Marshal's instructions.**

At Event Headquarters:

Results will be calculated at the finish with pencil and paper – please be patient as we'll be very tired!

Refreshments by: Sharon Preddy (free tea to riders returning their numbers)

Presentation of Champions' Caps.

The Presentation will take place at approximately: 8.15 pm
We'll all be tired but please stay to applaud the winners

After the event when all riders have finished

Martyn Heritage-Owen, Ian and Bridget Boon + Helpers will take down remaining signs.

Robin Field will clear the course on Monday for any uncollected signs, rubbish, etc

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DIRECTIONS TO HQ (NP15 2ER for Sat Nav)

From South and East M4 Junction 24

Follow A449 to 2nd exit (Raglan) take exit towards Raglan village. In approx ½ mile turn LEFT on Station Road (signpost Golf Course).

From Midlands and North M5/M50

Follow A40 via Monmouth (Tunnels) take 1st exit signposted Abergavenny (remaining on A40) to take exit into Raglan village. In approx ½ mile turn LEFT on Station Road (signpost Golf Course).

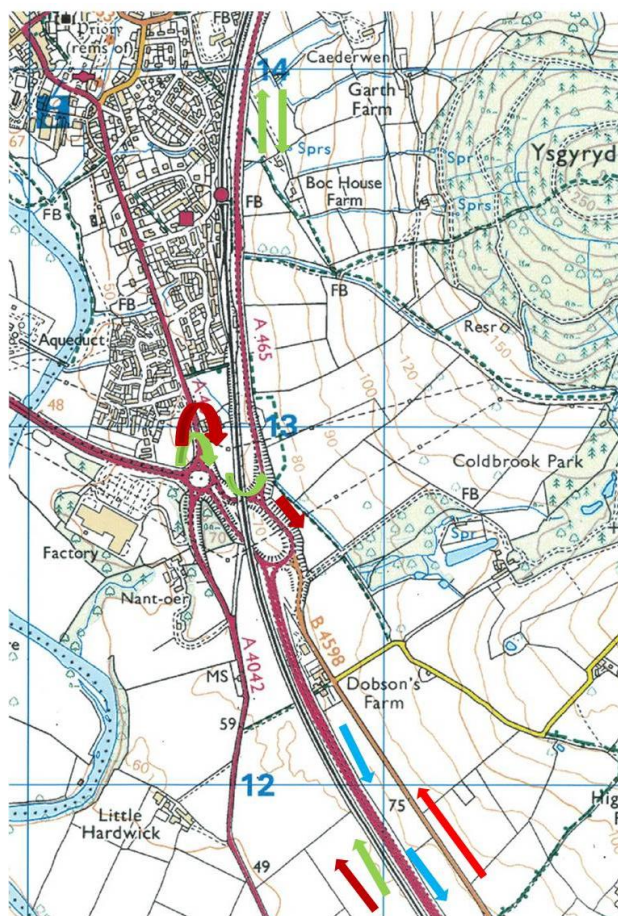
From West

Continue to Hardwick Roundabout; take A40 Dual Carriageway to Raglan roundabout to take 3rd exit to Raglan village. Continue to pass shops and pubs and Raglan church (on the right) to take next right on Station Road (signposted Golf Course).

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Route to Start from HQ.

Turn Left from pavilion along Station road to T junction; turn left through Raglan village to roundabout. Take 3rd exit (sign Clytha) on unclassified road for 1.6 miles Start point is mark on drain cover on western flare outside Monmouthshire Livestock Centre. (Finish Circuit T/K2)



Map 1 Hardwick Roundabout

Legend

Early Morning Circuit



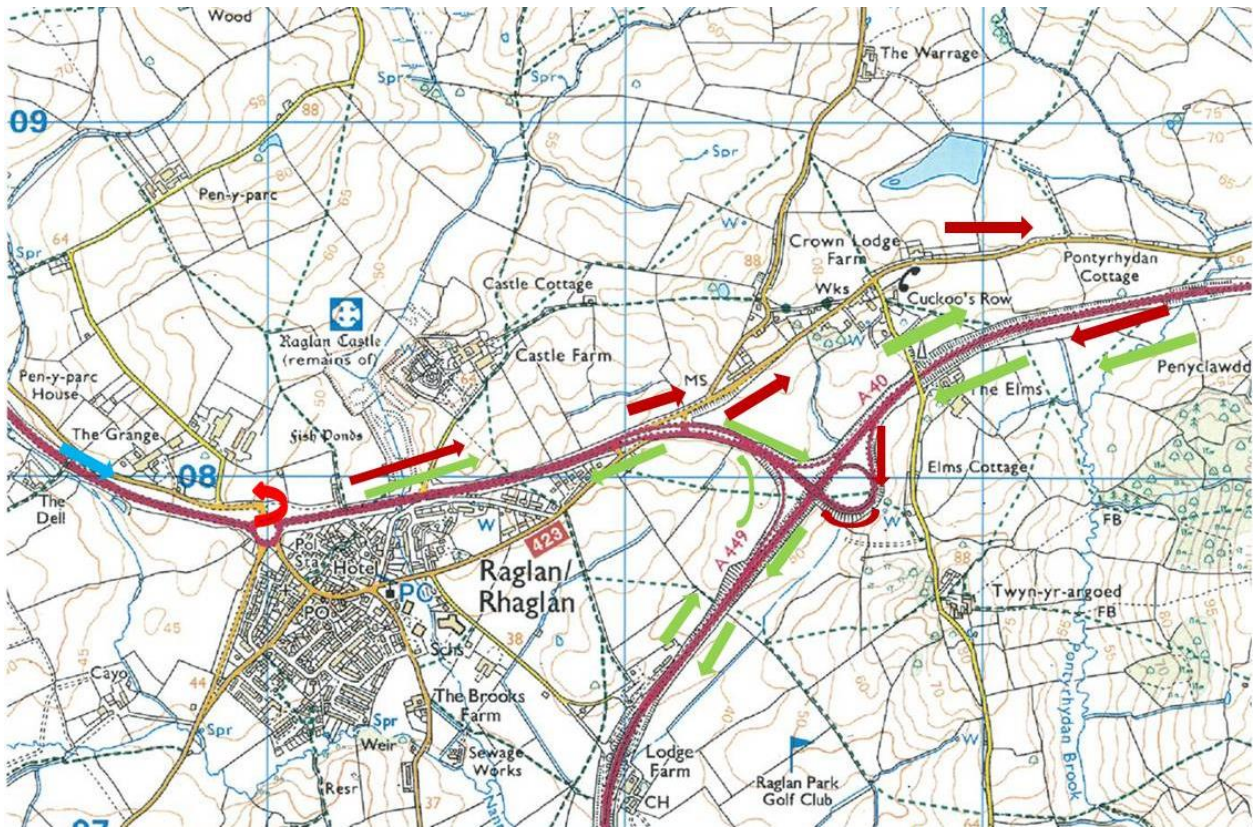
Middle Day Circuit



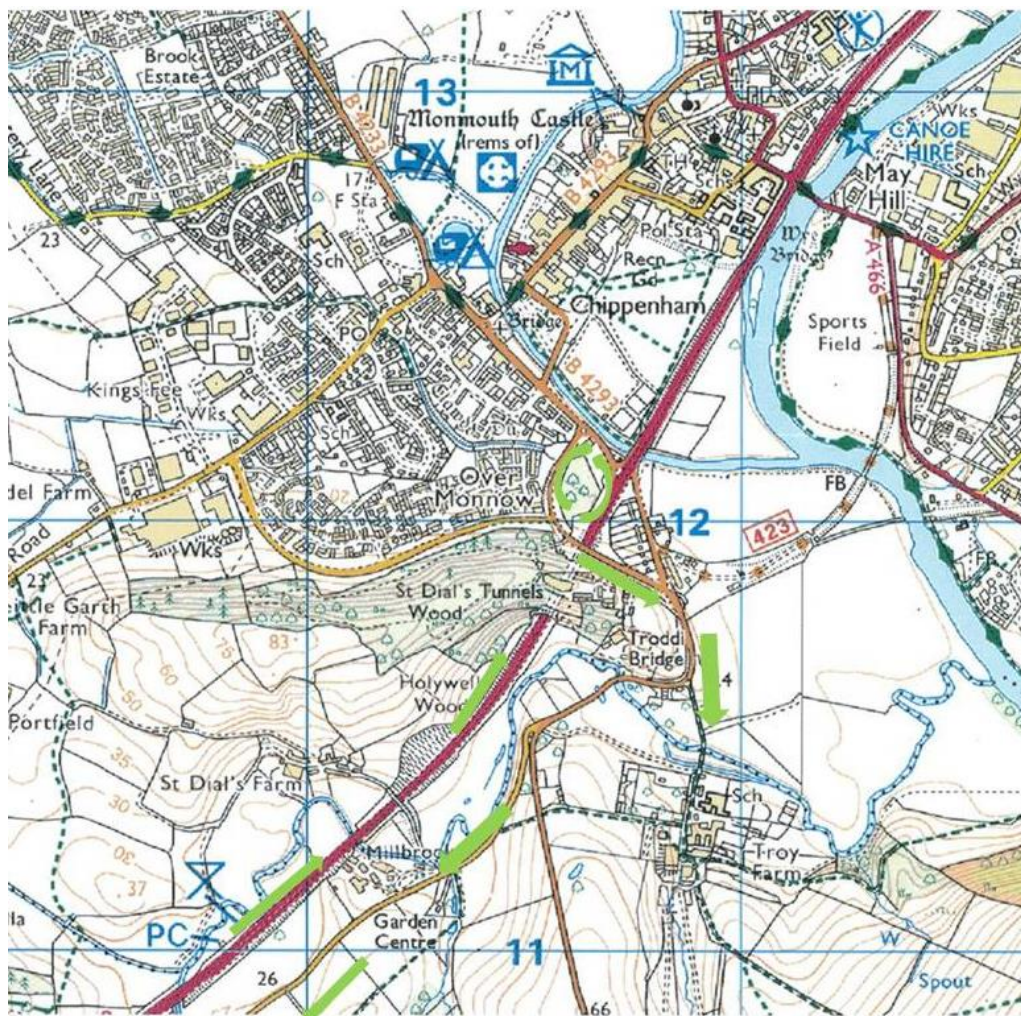
Finishing Circuit



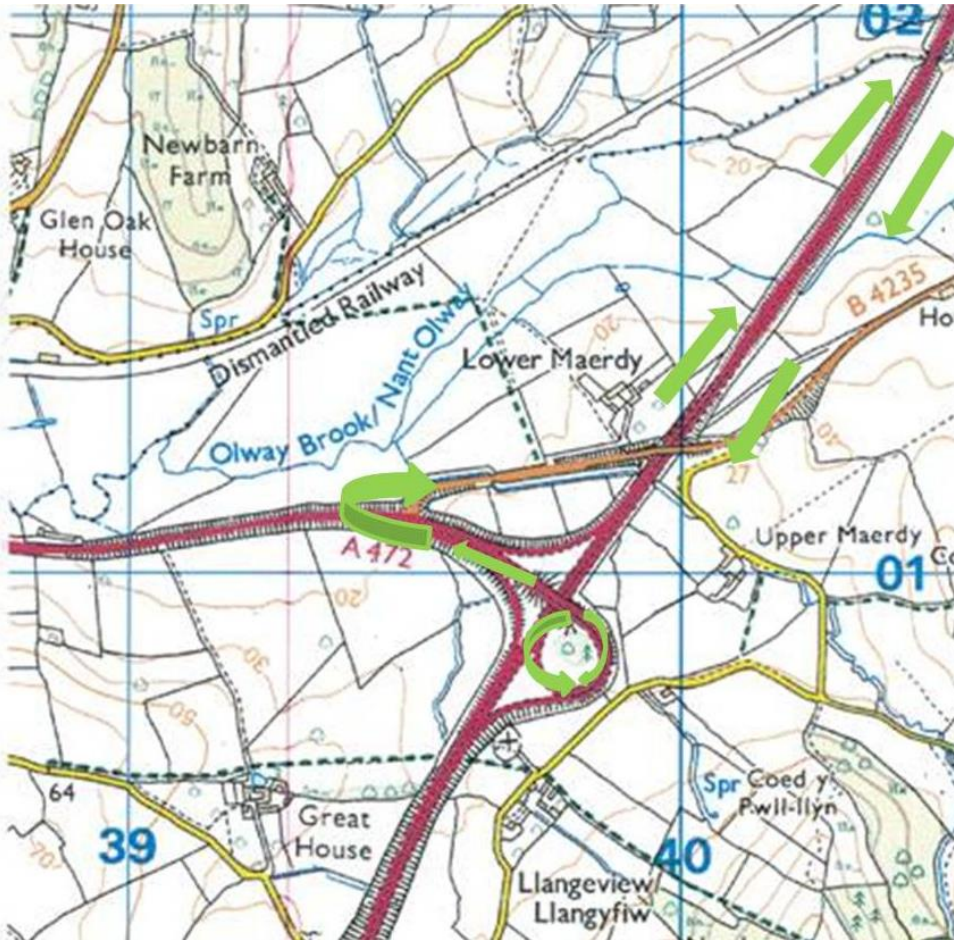
All Circuits



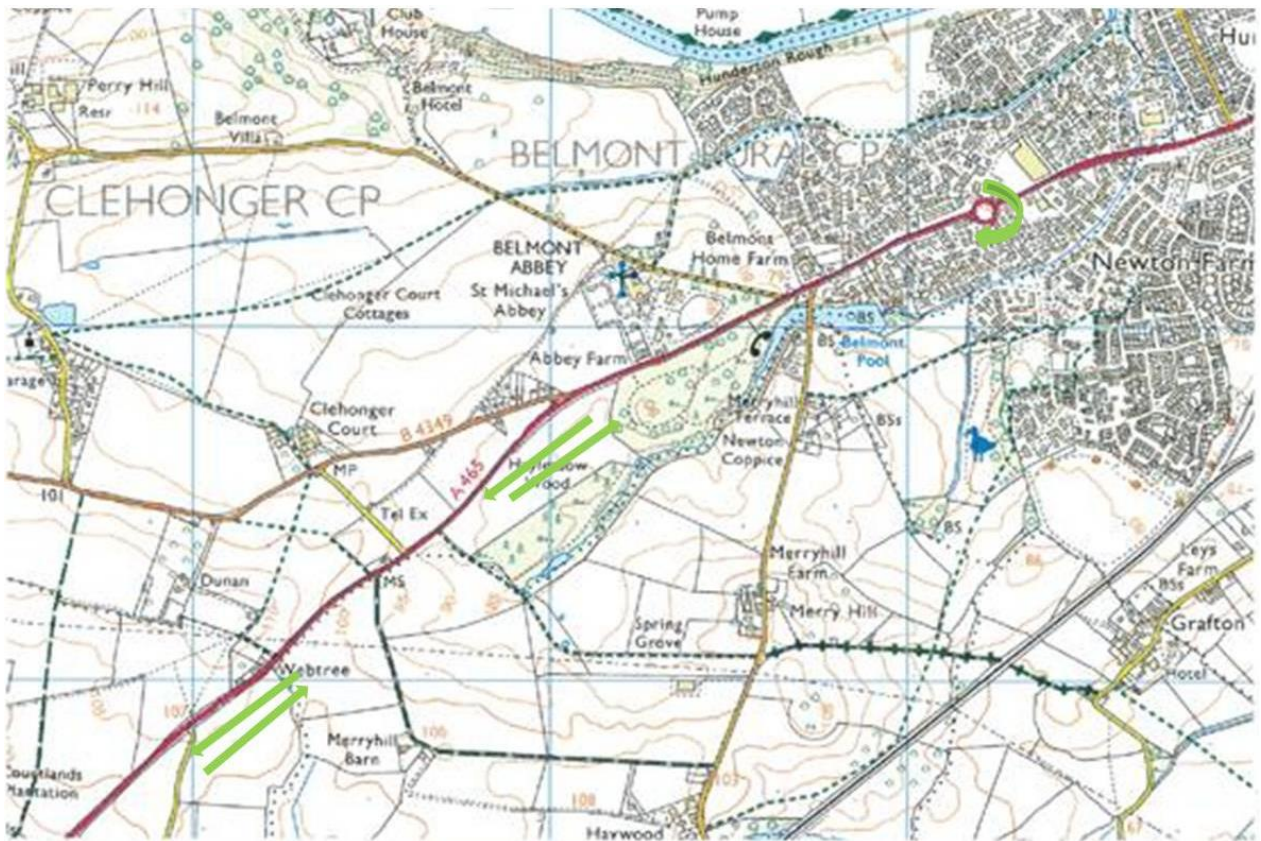
Map 2 Raglan Interchange



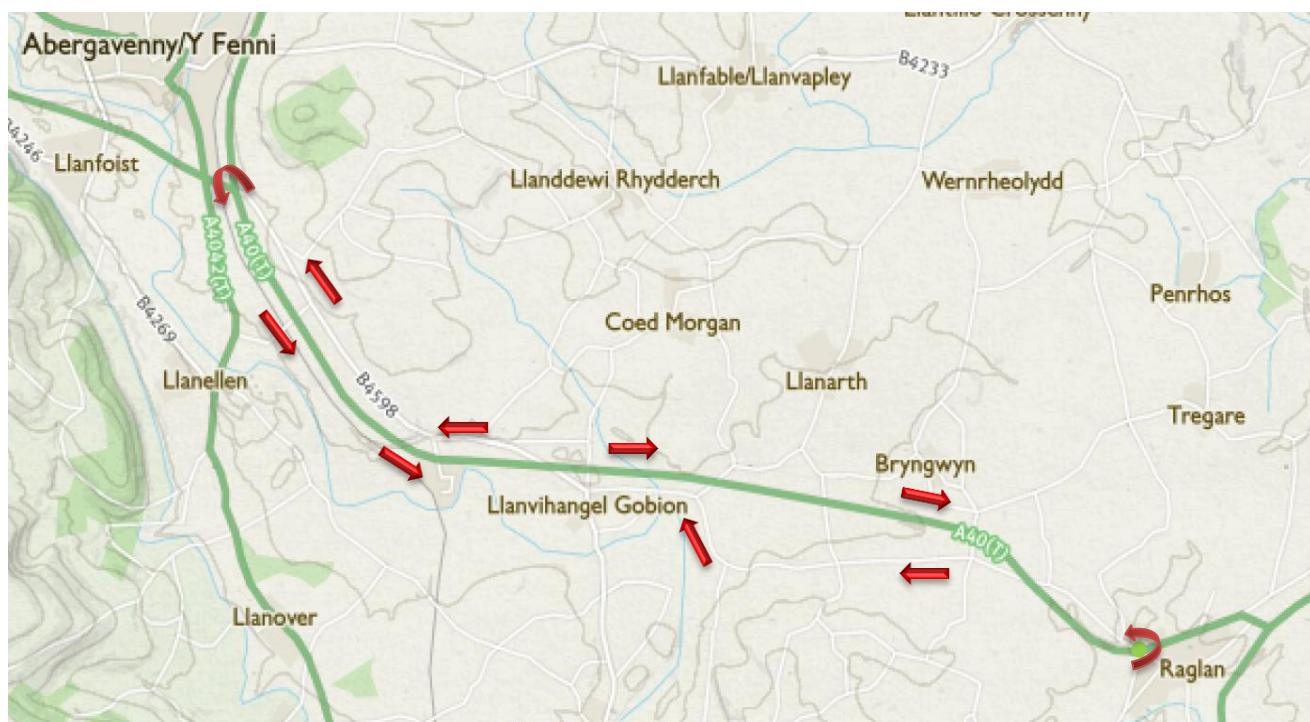
Map 3 Monmouth Tunnels



Map 4 Usk Turn (Llangview Interchange)



Map 5 Hereford Turn (Kingfisher Rise Estate)



Map 6 Finishing Circuit