

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

Any rider or rider's helper failing to observe road traffic regulations, in particular failing to stop at a red light or stop sign, will result in the relevant rider being disqualified

- 1 Traffic Lights on B4598 at Chainbridge:** there are traffic lights at Chainbridge. Please obey the lights. We will monitor compliance through the day.
- 2 Traffic lights on A465:** the traffic lights on Llangula Bridge (20 & 42 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.
- 3 Stop sign at Usk must be obeyed by all riders:** riders must obey the marshals' instructions. Riders must be prepared to stop and put a foot down. This spot can be busy during the middle of the day so you may be held up by traffic but please remain calm and be courteous to other road users.
- 4 Raglan village:** the road through the village becomes very congested. Drivers park on both sides reducing the road to a single track. People going to collect their Sunday newspapers are single-minded and don't always look where they are going - whether driving or walking - so please make sure you do. We have had complaints from residents here so please do not give them reason to complain.
- 5 Helmets:** the Police, Cycling Time Trials and the Welsh Cycling Association recommend that all riders wear an approved cycling safety helmet. However, a helmet is not compulsory.
- 6 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 12's 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. If you are riding in the dark, you are required by law to use pedal reflectors or reflective ankle bands.
- 7 Numbers & signing on:** 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. Please call out your number at the Chepstow 14 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.
- 8 Be quiet at HQ:** please don't shout, slam car doors, warm up on a noisy turbo trainer etc.
- 9 Regulations:** you have all signed an entry form stating that you are familiar with the Regulations. Riders and helpers must work within the Regulations. Please make sure your helpers also read these instructions. The future running of the event relies on appropriate behaviour from riders and helpers.
- 10 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. It will be signed and there will be marshals at the key positions. Go round the system until you are directed to Hereford. All riders will go to Hereford and then onto the Chainbridge circuit. When the first rider on the road has completed six Chainbridge laps he/she, and all following riders, will be turned onto the finishing circuit – i.e. back up the A40 dual carriageway to start the finishing circuit at TK1. [Cont'd.]

Rider Safety & Notes to Helpers (cont'd)

Riders & Helpers should read this section with particular care

- 11 Early finishers:** please make sure you notify us if you decide to finish early. Tell the info desk or a marshal but – best of all – just take a short time-out and then carry on.
- 12 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. Please use alternative routes to cross the circuit or find a nice spot and just wait. The course is based around short circuits to avoid the need to have a car sitting behind a rider all day. After the initial Hereford leg, a rider will never be more than 20 minutes away.
- 13 Bridge over the A40 (before Charthouse right-hand turn):** we know that this is a good place to congregate and see the riders but the Police have indicated that they will book anyone parking with wheels on the road. Please park entirely on the pavement or, if the area is congested, somewhere else – there are places at each end of the bridge.
- 14 Helpers must park sensibly:** don't use pub car parks unless you are buying food or drink there. This applies particularly at the Hardwick pub (formerly known as the Horse & Jockey) – they are not keen on cyclists anyway – but parking on the bit of the “old road” adjacent to the pub is fine.
- 15 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. Remember the Chainbridge circuit is less than 25 miles so if you stay where you are, your rider is likely to come round before too long. Where practical, please support other riders with water, sponges, mechanical assistance, encouragement, etc.
- 16 Frequent passing (lay-by hopping):** this is prohibited by 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 and the local Police force in particular does not want the event to take place – don't give them an excuse to make a complaint.
- 17 Finding feeding places:** the Hereford road is no problem – plenty of lay-bys. On the Chainbridge circuit, it is more difficult. There are some places on the B4598 to Usk but that means you will get snarled up in the Usk traffic – impeding riders. If you drive into Raglan, turn right at the Church and then left onto the A40 to rejoin the course at Raglan roundabout. This avoids Raglan village (see 4 above). There are 8 lay-bys on the A40 all suitable for feeding.
- 18 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 one!

Some useful information

1. **Mobile Phone Reception.** The 02 network covers all of the course. Vodafone service is patchy on the A40. Orange and T-Mobile are also reasonably good.
2. **Toilets.** There are toilet facilities at HQ. There are public toilets at Usk (in the main car park 200 yards off the course - straight on at the Three Salmons and the car park is on your right – but best to turn left at this junction, then right into the square and follow the road round to the right into the car park).
3. **Fuel.** Raglan services – use the rear entrance (near the Travelodge) to return rather than via Monmouth. Also in the centre of Abergavenny (follow the A40) and in Usk (far end of stone bridge heading to Pontypool).

Remember – the Welsh 12 is a great day out so enjoy it!