

WREXHAM ROADS CLUB.

Sponsors - Fibrax. Alf Jones Cycles. DC Legal.

Affiliated to Cycling Time Trials & British Cycling.

Chairman Russ Ellis
Secretary Roger Squire
Treasurer Rob McDonald

32 MILE MOUNTAIN TIME TRIAL 28th APRIL 2019 09:00

This event is organised for and behalf of the CTT, under their rules and regulations, and utilises their Risk Assessment, as accepted by North Wales Police.

Course: Start on A542 (Llangollen side of Horseshoe Pass) at telephone box approximately 100 metres north of entrance to Valle Crucis Abbey. Proceed in a northerly direction over the Horseshoe Pass to traffic island. Take the second exit and continue to junction with A525. Turn left. Continue along A525 down the Nant-y-Garth Pass to Llanfair Dyffryn Clwyd and turn left opposite the White Horse PH. Continue through village to A494 where turn left. Follow A494 south through Gwyddelwern to turn left approximately ¼ mile after leaving the village. In 150 metres turn left at **stop sign** onto A5104. Continue along A5104 to Llandegla Island and take the third exit onto A542 to cross roads just before the Ponderosa café. Turn left to **Finish** opposite first telegraph pole on left.

PLEASE DO NOT PARK IN THE CAFÉ CAR PARK

EVENT PARKING IS ON THE GRASS AREA OPPOSITE THE CAFÉ.

IMPORTANT NOTICE:

PLEASE TAKE EXTRA CARE WHEN APPROACHING THE VILLAGE OF LLANFAIR DYFFRYN CLWYD. WHEN TURNING LEFT THROUGH THE VILLAGE THE ROAD IS BEING WORKED ON. THERE WILL BE ACCESS THROUGH FOR RIDERS. PAVEMENTS WILL BE BARRIERED OFF, THEREFORE ROAD WILL BE NARROWER. PLEASE TAKE CARE.

SAFETY NOTES:

ALL RIDERS PLEASE TAKE EXTRA CARE WHEN DECENDING THE HORSESHOE PASS ON THE WAY DOWN TO THE START. KEEP TO THE LEFT OF THE WHITE LINE. VEHICLES ACCENDING QUICKLY UP THE HORSESHOE PASS.

KEEP TO THE LEFT OF THE WHITE LINE WHEN ACCENDING THE HORSESHOE PASS DURING YOUR RACE. ANYBODY PASSING OVER THE WHITE LINE WILL BE DISQUALIFIED - SORRY THIS IS FOR YOUR OWN SAFETY.

PLEASE NOTE THAT THERE ARE CATTLE GRIDS ON BOTH SIDES OF THE HORSESHOE PASS

TAKE CARE, ESPECIALLY ON THE NORTHERN SIDE AS THE GRID IS ON A BEND.

TAKE EXTRA CARE ON THE BENDS DECENDING THE NANT Y GARTH PASS, ROAD SURFACE CAN BE SLIPPY.

Cycling Time Trials and the event promoters strongly advise you to wear a hard shell helmet that meets internationally accepted standards.

In accordance with CTT Regulation 15 ALL Junior and Juvenile competitors MUST wear protective hard shell helmets.

The promoters also recommend that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

PRIZE LIST

Fastest Rider - £50 and Trophy donated by Terry Donellon Wrexham Roads Club.

Second Fastest - £30 and Plaque.

Third Fastest - £20 and Plaque.

Fastest Women - £20 and Plaque.

Second Fastest Women - £15 and Plaque.

Third Fastest Women - £10 and Plaque.

Fastest Junior - £20 and Plaque.

Fastest Espoir - £20 and Plaque.

Vet A (40 - 49) - £10 and Gold Medal.

Vet B (50 - 59) - £10 and Gold Medal.

Vet C (60 - 69) - £10 and Gold Medal.

Vet A Women (40 - 49) - £10 and Medal.

FASTEST CLUB TEAM OF 3 - £10 and Medal each.

Please have an enjoyable and Safe ride, keep your head up at all times.

Hot refreshments and food is available at the Ponderosa Cafe (summit & HQ) on the Horseshoe Pass.

Don't forget to sign on and sign off. Please respect other road users, Timekeepers and riders.

There will be a prize presentation after the event at the Ponderosa.