

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

Cardiff 100 Miles Road Cycling Club

Open 15 Mile Time Trial: Saturday 30th March 2024, 2pm start

Timekeepers

Phyl Harradine (CC Topp)
Robin Field (Cardiff Byways CC)



Organizer

Bob Jones
2 Little Orchard
DINAS POWYS
Glam CF64 4NH
mob. 07873-353207

Event Headquarters (open 1pm until 5pm):-
Llanarth Village Hall, Nr Raglan, NP15 2AZ.

Please do not leave bicycles unattended.

COMPULSORY REQUIREMENTS

A Helmet MUST be worn by ALL competitors (Helmets MUST conform to a recognized Standard such as EN-1078, CPSC, SNELL B95).

ALL competitors MUST have a working Front Light fixed to the front and a separate working Rear Light fixed to the rear of their machine.

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.

Help yourselves to free tea coffee soft drink & biscuits 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.

Start is approx 4.6 miles from Event HQ: please allow 25 mins by bike!

Awards			
1 st solo F on TT bike	2 nd solo F on TT bike	1 st solo O on TT bike	2 nd solo O on TT bike
£20	£15	£25	£20
1 st solo F on Road Bike	1 st solo O on Road Bike	3 rd solo O on TT bike	1 st team of 3 solos on aggregate time
£15	£15	£15	£15 ea.
New Course Record - £20 Open CR - 28:58 (Chris Gibbard 30/06/2021). Female CR – 30:55 (Hayley Simmonds 30/06/2021).			

SPECTATORS please **refrain from** parking your vehicles within sight of either Start or Finish areas.

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

COURSE R15/5

START IS APPROX 4.6 MILES FROM EVENT HQ.

R15/5 Landranger sheet 161 - Start SO314114; Finish SO314111.

Start on B4598 opposite bus stop lay-by for The Hardwick pub (NP7 9AA), 13 yds west of bell-mouth to T junction with side lane. Proceed north-westwards toward Hardwick rbt. (0.87 miles). Take 1st exit **left** onto A40 towards Raglan rbt. Encircle Raglan rbt **M** (8.7miles) taking 5th exit **left** onto A40 westbound back towards Abergavenny. After A40 bends from west to north-west, **Finish** at Joint #273 at beginning of next lay-by, 15.011 miles.

Start SO 31430 11448; Finish SO 31468 11128

NO PUSHER-OFF at the Start !

Important Notice to all Riders:-

The route will be signed, but there will only be observers to show you the way at the Turn: please be familiar with the course so there are no surprises.

It is the Rider's responsibility to comply with the laws of the road and with consideration to other road users, please do so.

PLEASE BE AWARE OF THE FOLLOWING:-

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 the number checkers to ensure your finish time is correctly recorded.

Competitors shall be clothed from neck to at least mid-thigh. Sleeves shall extend to at least middle of upper arm.

ALL RIDERS ARE REQUESTED TO COMPLY WITH THE FOLLOWING:-

DO NOT leave your number flapping - four pins are supplied for each – please use them **ALL**.

DO NOT allow your friends and relations to follow you around the course - it's against CTT regulations.

DO call your number to the finishing timekeeper or your time may not be recorded.

DO keep your head up, be aware of your surroundings, and HAVE A SAFE RIDE.

SPECTATORS please **refrain from** parking your vehicles within sight of either Start or Finish areas.

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

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