

Promoted on behalf of Cycling time trials under their rules and Regulations.

Cardiff 100 Miles Road Cycling Club  
**Open 10 mile Time Trial**

Saturday 8<sup>th</sup> October 2022  
Starts 14:00

Timekeepers

Tudor Thomas  
Nigel Gaen

Organiser

WilliamPring  
14 Lon-yr-awel  
Pontyclun  
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07504348506  
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**Headquarters**

Abergavenny Scout hall,  
Fairfield Car Park,  
Abergavenny  
NP7 5SG

*Headquarters are approximately 4 miles from start.*

**Course R 10 /17**

OS References: Sheet 161 - Start and finish 333100. **Start** at 1st drain cover in 3rd lay-by east of Hardwick roundabout, Abergavenny, on A40, 25 yards east of Kilo post 97 and 400 yards east of bridge over road. Proceed on A40 to Raglan roundabout (4.94 miles) and turn by circling roundabout and retrace on A40 to **finish** at road joint western end of lay-by opposite start. (*The start is approximately 3 miles east of hardwick roundabout.*)

No competitor shall be permitted to start unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant.

No competitor shall be permitted to start unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant.

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction.

Helmets should conform to a recognised standard.

Male Prizes			Female Prizes		
1 <sup>st</sup> Place - £50	2nd Place - £30	3rd Place - £15	1 <sup>st</sup> Place - £50	2nd Place - £30	3rd Place - £15

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Distance from Headquarters to start is approximately 4 Miles. Distance from Hardwick Roundabout to start, approximately 3 miles

