

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

bike~pace

Open 50 mile Time Trial incorporating VTТА National Championship:

Saturday 14th May 2022, 2:01pm start

Timekeepers

Start: Phyllis Harradine (CC Topp)
Finish: Tudor Thomas (Bynea CC)
Robin Field (Cardiff Byways CC)

Organizer

Bob Jones
2 Little Orchard
Dinas Powys
Glam CF64 4NH

Event Headquarters (open 1pm until 7pm):-
Llanarth Village Hall, Groesonen Road, Llanarth, Mon NP15 2AZ.

Car parking is within the grounds.

Numbers and Signing on sheets will be located inside.

Please avoid arriving more than 1 hour before your start.

Open Event Awards					
1 st solo M	2 nd solo M	3 rd solo M	1 st solo W	2 nd solo W	3 rd solo W
£30	£25	£20	£30	£25	£20
1 st Tandem.		1 st Road Bike.	1 st LTS improvement	2 nd LTS improvement	
£20 each		£20	£25	£20	
1st Club Team of 3 (aggregate time) Team members can be from any solo section.			2nd Club Team of 3 (aggregate time) Team members can be from any solo section.		
£75 (£25 each)			£60 (£20 each)		
New Course Record = £20					
Men - 1:39:16 (Kieron Davies 27/09/2015); Women – 1:51:40 (Michelle Lee 04/08/2019). Junior M - 1:56:24 (Josh Griffiths 07/08/2016); Tandem - 2:04:01 (Bradley/Smale 29/09/2019)					
VTТА National Championship Awards (members only)					
3 rd solo MV on VTТА Standard.	2 nd solo MV on VTТА Standard.	1 st solo MV on VTТА Standard.	1 st solo WV on VTТА Standard.	2 nd solo WV on VTТА Standard.	3 rd solo WV on VTТА Standard.
Bronze VTТА medal	Silver VTТА medal	Gold VTТА medal, jersey, cap.	Gold VTТА medal, jersey, cap.	Silver VTТА medal	Bronze VTТА medal
	1 st group team of 3 on VTТА Standard.	1 st Tandem on VTТА Standard.	1 st club team of 3 on VTТА Standard.		
	VTТА medal each	Gold VTТА medal each	VTТА medal each		

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

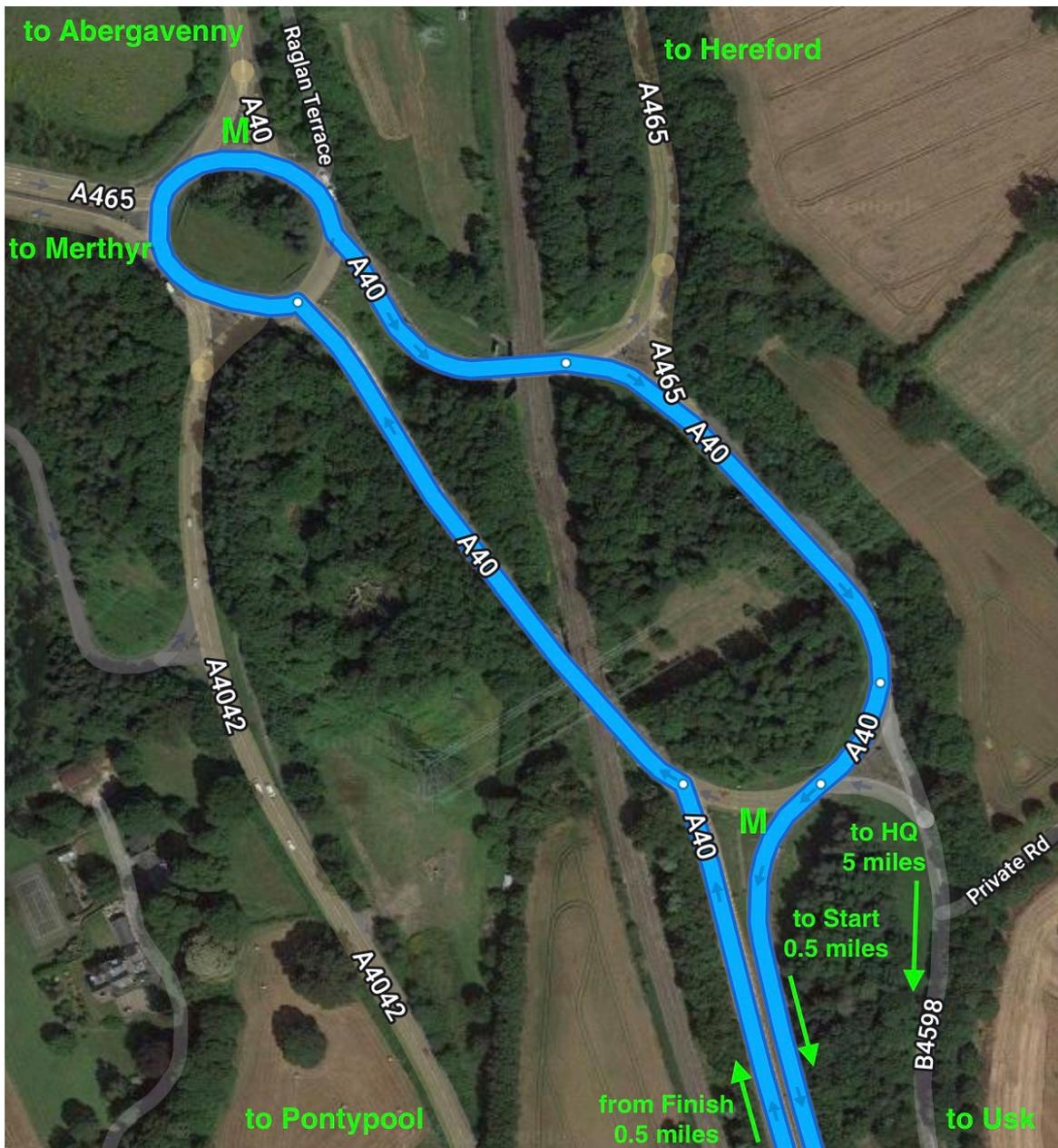
COURSE R50/1b
START IS APPROX 5.8 MILES FROM EVENT HQ.

OS References: Sheet 161 - Start and Finish SO 308121

Start on A40 at first lay-by approx half a mile east of Hardwick rbt; at concrete joint marked 74, which is 39 yards west of white post 13/1. Proceed eastwards to Raglan rbt (7.060) where straight on for half a mile to bear left onto unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy (12.080). Turn hard left (**M**) to rejoin A40 westbound. After passing Monmouth Services, take 1st left and continue on A40 to Raglan rbt (17.166) where straight on to **Hardwick gyratory (24.766)**. **Circle gyratory (M)** and take A40 dual carriageway eastbound past the Start and back to Raglan rbt (31.811). Repeat as before (Mitchel Troy 37.831) (Raglan rbt 42.917) to **Finish** in 8th lay-by (opposite start) at white post marked 13/1. 50.030 miles.

NO PUSHER-OFF at the Start !

Competitors race around Hardwick Gyratory only once - between the two laps. There will be plenty of cycle event warning signs, arrows, and marshals at points M:-



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ROAD BIKE EVENT

This section has special restrictions on clothing and equipment:-

Generally the bike and clothing must be either "Old Skool" or permitted for Road Racing under current British Cycling regulations. Modern Time Trialling equipment isn't allowed.

So:- **No Tribars; no disc wheels nor wheel covers; no aero helmets.
No 3 or 4 spoke wheels; maximum wheel rim depth 6cm.
Helmets, if worn, must *not* cover the ears *nor* have a pointy tail.**

Important Notice to all Riders

PEDESTRIANS AND MARSHALS ARE NOT PERMITTED ON THE DUAL CARRIAGEWAY SO KEEP A GOOD LOOK OUT FOR RACE SIGNS AND ARROWS. The route will be signed, but there will only be marshal(s) to show you the way at the Turns: please be familiar with the course so there are no surprises.

It is Riders' responsibility to ride within the laws of the road and with consideration to other road users, please do so.

All riders are requested to comply with the following:-

- DO NOT** inconvenience other competitors by changing in the toilets, but **arrive dressed ready to race.**
- DO NOT** warm up or use turbo/trainers/rollers in the HQ car park or anywhere on the course.
- DO NOT** park or stop your car within the starting or finishing lay-bys.
- DO NOT** leave your number flapping - please use a pin at each corner.
- DO NOT** allow your friends and relations to follow you around the course - it's against CTT regulations.
- DO NOT STOP** after crossing the Finish line, but return direct to HQ, hand in your number, and sign out.

- 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.**

Important Notice to all Riders: NEW COMPULSORY REQUIREMENTS

All competitors MUST wear a properly affixed HELMET which must be of hard/soft shell construction. Helmets should conform to a recognized Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33954, CPSC, EN-1078.

All competitors must have a working white Front Light fitted to the front of their machine, and a separate working red Rear Light fitted to the rear of their machine.

PLEASE BE AWARE OF THE FOLLOWING:-

CORONAVIRUS RESTRICTIONS in Wales have been lifted (except in healthcare settings):-

- we recommend** use of face masks indoors; **•No pusher-off at start;**
 - we recommend** maintaining 2m social distancing from people you don't live with
- PLEASE AVOID GIVING A NEGATIVE IMPRESSION TO THE PUBLIC.**

**Numbers and Signing on sheets are located in the HQ entrance yard.
Please do not leave bicycles unattended.**

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

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