

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

# Cardiff 100 Miles Road Cycling Club

**Open 50 Mile Time Trial: Saturday 11<sup>th</sup> May 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 6pm):-  
**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 5.8 miles from Event HQ: by bike, please allow at least 30 mins!**

<b>Awards</b>			
1 <sup>st</sup> solo F on TT bike	2 <sup>nd</sup> solo F on TT bike	1 <sup>st</sup> solo O on TT bike	2 <sup>nd</sup> solo O on TT bike
<b>£20</b>	<b>£15</b>	<b>£25</b>	<b>£20</b>
1 <sup>st</sup> solo J on TT bike	1 <sup>st</sup> solo O on Road Bike	3 <sup>rd</sup> solo O on TT bike	1 <sup>st</sup> team of 3 solos on aggregate time
<b>£15</b>	<b>£15</b>	<b>£15</b>	<b>£15 ea.</b>
New Course Record - <b>£25</b> 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 R50/1b**

**START IS APPROX 4.6 MILES FROM EVENT HQ.**

**R50/1b** OS References: Sheet 161 - Start and Finish SO 308121

**Start** on A40 at first lay-by approx half a mile east of Hardwick rbt; 39 yards west of post 13/1, at concrete joint marked 74. 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 left **(O)** to rejoin A40 westbound. After passing Monmouth Services, take 1st slip road left and continue westwards on A40 to Raglan rbt (17.166) where straight on to Hardwick gyratory (24.766). Circle gyratory **(O)** and take A40 dual carriageway eastbound past the Start and back to Raglan rbt (32.811). Repeat as before (Mitchel Troy 37.831) (Raglan rbt 42.917) to **Finish** in 8th lay-by (opposite start) at post marked 13/1. 50.030 miles.

**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.

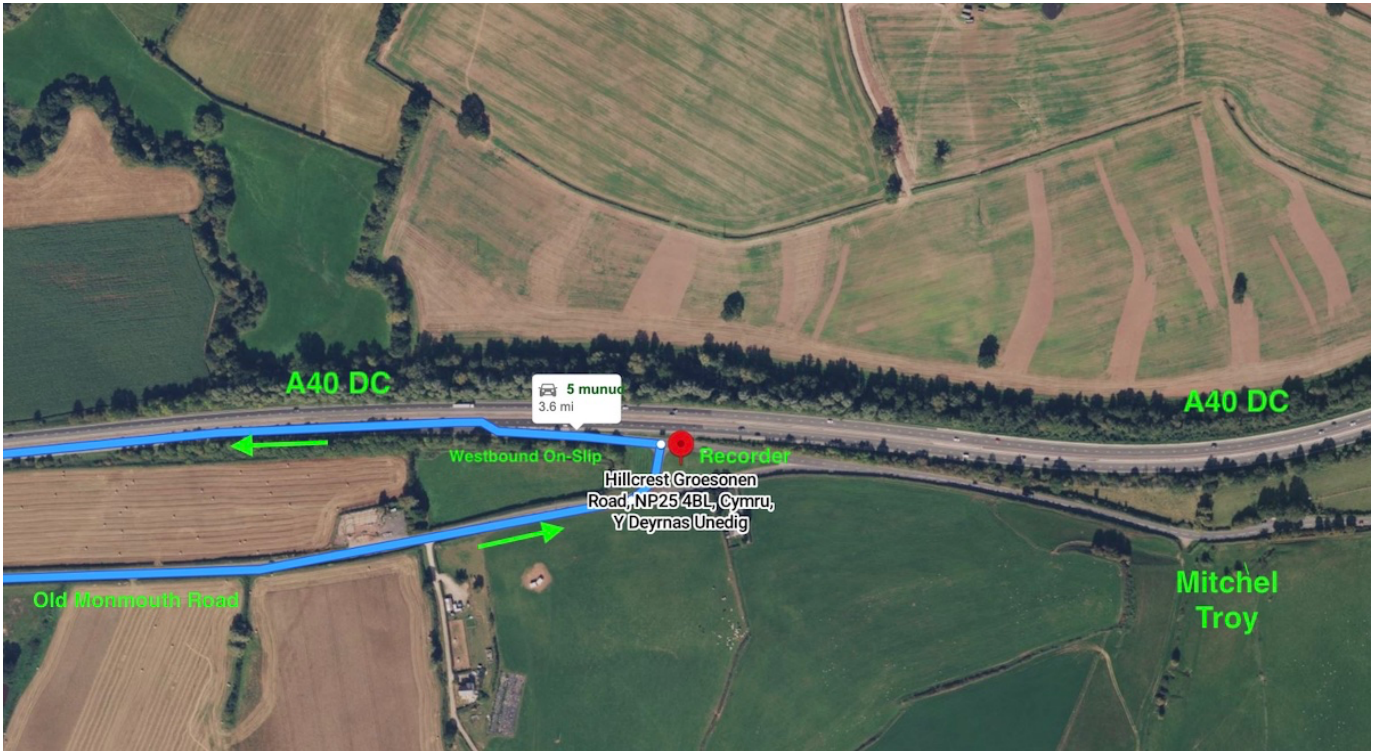
**DO call your number to the finishing timekeeper or your time may not be recorded.**

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

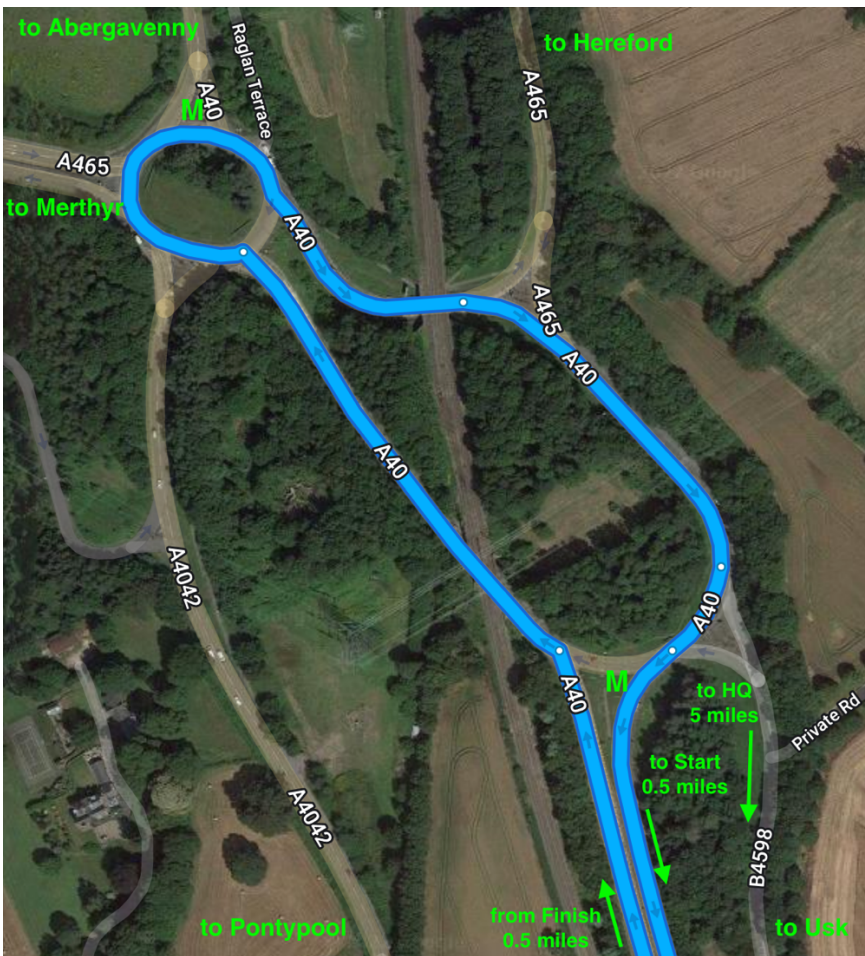
**SPECTATORS** please **refrain from** parking your vehicles within sight of either Start or Finish areas.

**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**



Road layout at the A40 on-slip, Mitchel Troy. Competitors turn here half way through both laps



Road layout at the Hardwick Gyratory. Competitors turn here once only, between the two laps.

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