

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

Cardiff 100 Miles Road Cycling Club

Open 9.8 Mile Time Trial: Tuesday 1st January 2019, 1:34pm start

Timekeepers

Start: Roger Pratt (Cardiff Ajax CC)
Finish: Robin Field (Cardiff Byways CC)

Organizer

Bob Jones
16 Springhall Road
Sawbridgeworth
Herts CM21 9ET
Mob. 07973-353207

COURSE RS/9

OS References: Landranger sheet 170 - Start and finish at approx SS905734.

Start on B4265 at western end of layby, about 1 mile south east of St Brides Major. Proceed in a south easterly direction via Wick to circle the roundabout (M) at junction of B4265 and B4270 (SS966696). Retrace in north westerly direction over the same road to Finish at layby opposite the start point (9.8 miles).

Event Headquarters (open from 12:00 until 5pm):-

Event HQ: **St Brides Major village hall, Southerndown Road, approx CF32 0SG at SS894746.**

Turn southwards off B4265 towards Southerndown; village hall is about 50 yards on the left, just before a house called The Vicarage. Refreshments at HQ.

Please do not leave bicycles unattended.

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.

One free tea coffee or soft drink 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 1 MILE FROM EVENT HQ.

SPECTATORS please **refrain from** parking your vehicles around the Start and Finish areas.

Awards

One small but tasty prize per competitor, plus:-

1st fastest solo	2nd fastest solo	3rd fastest solo
£25	£20	£15
1st fastest solo W or WJ - £15		

If you should abandon the race please advise the organizer at the earliest opportunity: mob. 07973-353207

Important Notice to all Riders

In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a CYCLE SAFETY HELMET that meets an internationally accepted safety standard.

All riders under the age of 18 *must* wear such a helmet.

In addition, CTT and the event promoters recommend that Competitors should fit a working rear LED light to enhance visibility to other road users.

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

It is the 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 park or stop your car within sight of the starting or finishing timekeeper.

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 around the Start and Finish areas.

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.

No competitor may carry advertising or the name of a commercial business on their race clothing except as a member of a club that has paid the CTT advertising fee.

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

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