

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

bike~pace

## Open 50 mile Time Trial: Saturday 26th June 2021, 2:02pm start

### Timekeepers

Start: Len Samuel (Cwmcam Paragon CC)

Finish: Robin Field (Cardiff Byways CC)

### Organizer

Bob Jones

2 Little Orchard

Dinas Powys

Glam CF64 4NH

### **COURSE R50/1b**

**START IS APPROX 2 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.

**PEDESTRIANS AND MARSHALS ARE NOT PERMITTED ON THE DUAL CARRIAGEWAY  
SO KEEP A GOOD LOOK OUT FOR RACE SIGNS AND ARROWS.**

### **Event Headquarters (open 1pm until 7pm.):-**

**Abergavenny Scout Hall, East Side Fairfield Car Park, NP7 5SG.**

Entrance to Fairfield Car Park is from Park Avenue: *please Pay & Display!*

**No refreshments or changing facilities at HQ. No changing in the toilets.**

**Numbers and Signing on sheets will be located outside in the front yard.**

**Please avoid arriving more than 1 hour before your start.**

**CORONAVIRUS RESTRICTIONS APPLY: refer to the RACE MANUAL for details:-**

<https://www.cyclingtimetrials.org.uk/race-details/22668>

**No congregating in groups of more than 6; maintain social distancing in all directions at all times.**

**No warming up on turbos/trainers/rollers at the HQ car park or Start area. NO SPECTATORS.**

**PLEASE AVOID GIVING A NEGATIVE IMPRESSION TO THE PUBLIC.**

### **Awards**

1 <sup>st</sup> solo M	2 <sup>nd</sup> solo M	3 <sup>rd</sup> solo M	1 <sup>st</sup> solo W	2 <sup>nd</sup> solo W
<b>£30</b>	<b>£25</b>	<b>£20</b>	<b>£25</b>	<b>£20</b>
1 <sup>st</sup> solo MV VTTA on Standard.	2 <sup>nd</sup> solo MV VTTA on Standard.	1 <sup>st</sup> solo WV VTTA on Standard.	2 <sup>nd</sup> solo WV VTTA on Standard.	1 <sup>st</sup> solo Road Bike
<b>£25</b>	<b>£20</b>	<b>£25</b>	<b>£20</b>	<b>£20</b>
1st Team of 3 = <b>£60</b> (£20 each) Team members can be from any solo section.			1 <sup>st</sup> LTS improvement = <b>£20</b>	
New Course Record = <b>£30</b> Men - 1:39:16 (Kieron Davies 27/09/2015);. Women – 1:51:40 (Michelle Lee 04/08/2019).				

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

## 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.

**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.**

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### **PLEASE BE AWARE OF THE FOLLOWING:-**

**Regulation 14: Competitor's Machine.** (i) Competitors **must** fix a rear light to the rear of their bike, that is illuminated and in a position clearly visible to other road users. **No light switched on = Disqualification.**

#### **Regulation 16. Competitors Clothing.**

Pin your number **BELOW THE WAIST** in a position so as to be clearly visible from behind.

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.

**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.**

## **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.**

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