

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

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

Saturday 9<sup>th</sup> October 2021  
Starts 14:00

Timekeepers

Tudor Thomas  
Phyllis Harradine

Organiser

WilliamPring  
14 Lon-yr-awel  
Pontyclun  
CF72 9AW  
07504348506  
Will.pring@btinternet.com

**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.*)

**IN THE INTERESTS OF YOUR OWN SAFETY,**

**Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard**

**In accordance with regulation 15, ALL JUNIOR competitors must wear protective hard shell helmets**

**It is recommended that a working rear light, either flashing or constant, is fitted to your machine in a position visible to following road users and is active while the machine is in use.**

Male Prizes			Female Prizes		
1 <sup>st</sup> Place - £50	2nd Place - £30	3rd Place - £10	1 <sup>st</sup> Place - £50	2nd Place - £30	3rd Place - £10

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

