

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRAILS UNDER THEIR RULES AND REGULATIONS

Saturday 11TH August 2012 R10/17 – 2pm

Start Timekeeper: Robin Field Finish Timekeeper: Mrs Glenda Fisher Recorder: Mr Fisher

EVENT SEC: Martyn Heritage-Owen 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ TEL: 02920 797505 Mobile: 0778 606 7819

Complaints regarding this event should be made in writing to the promoting secretary within 24hrs.

EVENT HEADQUARTERS - Llanarth Village Hall (NP15 2AU) – open from 1pm

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ IN THE INTERESTS OF YOUR OWN SAFETY ,CYCLING TIME TRAILS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A <u>HARD SHELL HELMET</u> THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD.IT IS A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE REGULATION 15

R10/17 - A40 Hardwick - Raglan and return. OS References: Sheet 161 - Start and finish 333100 Start at 1st drain cover in 3rd lay-by east of Hardwick rbt, Abergavenny, on A40, 25 yards east of Kilo post 97 and 400 yards east of bridge over road. Proceed on A40 to Raglan rbt (4.94 miles) and turn by circling rbt and retrace on A40 to finish at road joint 136 at western end of lay-by opposite start. District Regulation: No cars connected with riders are to travel on the A40 during the event. Competitors observed crossing the dual carriageway will be disqualified.

Prize List

 1^{st} - £30, 2^{nd} - £20, 3^{rd} - £10. 1st woman - £10, 1^{st} Junior - £10, 1^{st} Juvenile - £10, Fastest Vet - £10. Spot prizes. 50th place, last place. Team prize - £10 per rider.

One rider one prize except team prize. Spot prizes will be paid by post when timing sheets have been checked.