



Royal Dean Forest Cycling Club Open 25 Mile Time Trial

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

Sunday 19th March 2017, starting at 09.00 hrs

Course R25/7, Usk

EVENT ORGANISER:

Adam Taylor, 68 Sneyd Wood Rd, Cinderford Glos GL14 3GD Tel: 07846305772

TIMEKEEPERS:

Tony Howell - start / Norman James – finish

EVENT HEADQUARTERS:

Usk Memorial Hall, Maryport Street, Usk, Monmouthshire NP15 1LH, opposite the Prison, please leave enough time to get to the start (1.5 miles). Hall open from 08.00 hrs. PLEASE park with due consideration to other competitors, road users and residents.

COURSE DETAILS:

Start on southbound side of Monmouth Road (unclassified) at approx. SO 38983 02022 - opposite post between gates on right to farm buildings and to "Usk Castle Chase Natural Burial Ground", 125 yards south west of "Bends for 1 1/2 miles" sign on the old Usk/Raglan road.

Proceed towards Usk. At foot of hill turn left (M) and left again (M) onto A472 and proceed to take left hand lane at Llangeview interchange (M) where join A449. Proceed via Raglan interchange (M) where road becomes the A40. Continue to pass picnic area (11.757 miles) and through tunnel (12.5 miles point is 100 yds inside the tunnel). After tunnel bear left (M) and in 300 yards at garage (M) turn left with great care on B4293. Cross over tunnels and in 2/3 mile keep straight on, on unclassified road (care at pedestrian crossing) to rejoin the A40 at Mitchel Troy (M). (Sign Mitchel Troy 14.367 miles) Retrace via Raglan interchange and at Llangeview bear left (M) to leave A449 and proceed on A472 to:

Finish opposite 2nd drain cover on right, 25 yards beyond tele pole No DP63 and 350 yards beyond rear of sign reading A449/B4235 on approach to Usk.

NOTES:

- Please do not use the course to warm up once the event has started. No U Turns within sight of start/finish Time Keeper. No turbo training devices within 100 yards of dwellings.
- Please remember to sign on when you collect your number from the event HQ.
- Please return your number and **SIGN OUT OF THE EVENT** at the event HQ in exchange for a free drink/food.
- Results will be posted at the HQ. **Do not** ask the timekeeper at the finish area.
- Please ride with your head up at all times. Riders should comply with traffic law and regulations and obey the Highway Code and local regulations.

PRIZES:

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Fastest Overall	£30	£20	£10
Vets on standard	£20	£15	£10
Fastest Ladies	£20	£15	£10
Fastest Team of 3	£10 - (team awards are per rider)		

There will be a short prize presentation ceremony at the event HQ approximately 45 minutes after the last rider finishes.

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.

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 NEW REGULATION 15

It is recommended that riders have a red led light on the rear of their bikes particularly as it is still early in the season and we don't know what the weather will hold.

Thank you for entering and have a great ride