CWMCARN PARAGON OPEN 25 MILE TIME TRIAL

Saturday 9th Aug 2014 at 15:01pm on the R25/7

TIMEKEEPERS;   Start ; Len Samuel (Cwmcarn).   Finish; Mr Tudor Thomas (Bynea CC)
EVENT SECRETARY; Gareth Pugh, Thorneycroft, Tregarn Road NP18 2JS.
Complaints regarding the event should be made in writing to the promoting secretary within 24 hours
Telephone 07896 323637

Event Headquarters; The Scout Hut, Usk

http://www.monmouthshire-halls.org.uk/show/monmouthshire-village-hall-81
RIDERS MUST SIGN ON AT THE RACE HQ

IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRIALS AND THE EVENT ORGANISERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS THE INTERNATIONALLY ACCEPTED SAFETY STANDARDS.
It is a regulation of Cycling Time Trials that all riders under the age of 18 or juniors as defined by regulation 9 should wear a hard shell helmet conforming to a safety standard in accordance with the new regulation 15.

THE COURSE

START; Opposite n/e end of iron gate on right, 125 yards sth/west of "bends for 1.5 miles" sign – old usk/raglan road. Proceed downhill to usk. Turn double left (marshall) onto A472. Take sliproad onto northbound A449. This road becomes A40 at Raglan junction. Proceed through short tunnel (12.5 miles) and on exit bear left (M) and after 300 yards turn left at mini roundabout onto B4293 (M) (CARE of traffic for petrol station). Cross over tunnels for 2-3 miles and keep straight on (B4293 goes left) onto unclassified road to rejoin A40 at Mitchel Troy. Retrace route on dual carriageway (A40/A449) and at Llangeveiw/Usk interchange, bear left to leave A449 and loop around to proceed on A472 to FINISH (opposite 2nd drain cover on right, 25 yards beyong tele pole DP63 and 350 yards beyond rear of sign reading A449/B4235 on approach to Usk.

PRIZE LIST

First Senior	**£30**
Second Senior	**£20**
Third Senior	**£15**
4th & 5th	**£10 each**
1st Woman	**£10**
Fastest team (3 fastest riders cumulative time)	**£30**

Please return all numbers to HQ after you have finished your ride for a free drink (tea, coffee or squash).   Have a great Ride