



Cardiff Ajax Cycling Club

Cardiff Ajax CC – Club evening TT 28th August 2020 (round 5 of 5)

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

Event Secretary : Graeme Boswell, 16 Timbers Square, Cardiff, CF24 3SG

Tel: 0770 8086900

Email: graemeboswell1974@gmail.com

Timekeeper: Graeme Boswell

Turn Marshal: Leon Evans

Sign-on and covid enforcer: Norman Heffernan

Course : Bonvilston-Cowbridge-Bonvilston

START on A48 corner with Old Forge, Bonvilston. Proceed westwards on A48 for 3.5 miles to slip road on left for A4222 signposted Cowbridge. At top of sliproad and with care turn right and then right on A4222 and over bridge onto slip road to join A48 eastbound (with great caution for traffic approaching from right). Proceed eastbound on A48 for 3.6 miles to **FINISH** at lamp post number 154 in Bonvilston, approximately 50 metres beyond Red Lion public house on left and directly opposite start.

Sign on: NEW LOCATION!!!! This takes place from 18:40 approximately 100 metres north of the junction of the A48 with the A4226 (Five mile lane). Your number will be laid out on the ground with safety pins and a pen. **You are encouraged to use your own set of safety pins!** If you do not need the safety pins, place them into the nearby container. Use the pen to sign yourself in and then place the pen in the “used pens” box. Follow any instructions of the covid officer.

Do not approach the start area opposite the Red Lion pub until 4 minutes before you are due to start. Then line up at the marked locations to ensure social distancing is maintained. Please note this is a semi-residential area and our behaviour will be observed by residents.

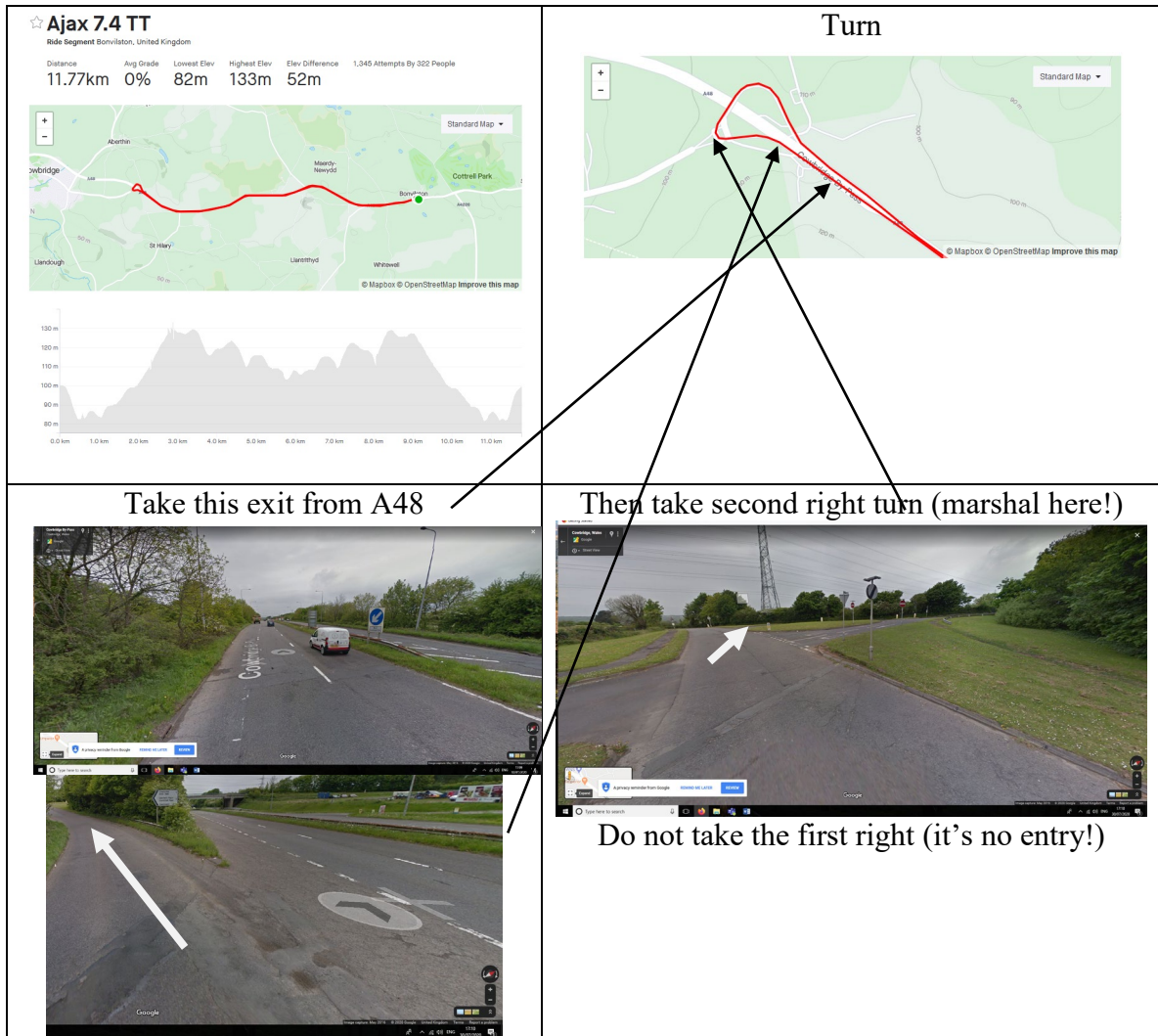
On completion of your ride, continue to the sign on area where you should place your number and the safety pins, if you used them, in the containers provided. Please then leave the event – results will be posted online.

In the interests of your own safety, CTT and the event promoters advise you to wear a hard-shell helmet that meets an international safety standard. **All competitors under the age of 18 years must wear a properly affixed helmet which must be of hard / soft shell construction.**

ALL RIDERS PLEASE NOTE NEW REGULATION FOR 2020

NO REAR LIGHT – NO RIDE!

Course map and profile



Sign-on area and start



Number	First name	Last name	Start time
1	Liz	Webb	19:01
2	Nia	James	19:02
3	Chris	Myhill	19:03
4	Kevin	Lavelle	19:04
5	Nathan	Sarkozi	19:05
6	Ben	Pearce	19:06
7	Jake	Bailey	19:07
8	Daniel	Powell	19:08
9	Matt	Williams	19:09
10	Mike	Webb	19:10
11	Tom	Dye	19:11
12	David	Medhurst	19:12