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**Welcome to the 2020/21 CARTEN100 - Saturday 18th September 2021**

**START – Cardiff City Hall, CF10 3ND**

**Directions.** Once in Cardiff, follow the A470 towards Cardiff City Centre. Pass the Cardiff College of Music on your right and when approaching Cardiff Castle walls, turn left at the traffic lights by Cardiff Crown Court onto the A4161, Boulevard de Nantes. You will see Cardiff City Hall on your left. After about 200m, turn left into Park Place, 100m take another left to pass the front of the Museum. Cardiff City Hall will be straight in front of you. Turn right to find parking.

 **This Riders Pack contains:**

* **Riders Briefing Sheet** - You need to read this before the event and comply with the requirements.
* **Route Sheet** – On rear of this letter.
* **Ride Number** – Needs to be fixed to your bike with the cable ties.
* **3 x Cable Ties -** to fix the number to the front of your bike. Use two cable ties to fix to the handlebars and one around the head tube.
* **Wristband –** You will need this to leave and collect your luggage, access the feed stations and to receive your finishers voucher for your free t-shirt and meal.
* **Sticker Sheet –** Seat Post Number + Luggage Label which you attach to your bag beforehand for identification on the Luggage Lorry. You leave your luggage your own risk.
* **Sponsor Form –** 2021 Carten100 charities.

**Start Time** - 7.00am – 9.00am – This year will be a rolling start to prevent bunching in the start pen, **but** please note not all riders can leave at 7.00am so if you are competent, leave a bit later to reduce numbers.

**Parking -** Parking is plentiful in the area, but you will need to purchase a ticket if staying for any time as charging starts at 6.00am.

**Registration –** All riders registered online during the entry process, so once ready, proceed to the start.

**Cycle Numbers** – Please attach your ride numbers to the front of your bike and use the seat post sticker, this will help the marshals know you are on the ride and help locate any photos taken during the day.

**Route –** The route is extensively signed, but please get yourself familiar with the basic route.

**Bike Lights** – Running the CARTEN100 in September does leave a shorter number of daylight hours than in May. You may be more comfortable using lights during the day and into the evening especially if you are going to be arriving at the finish after 6.00pm.

**Marshals –** There are several motorbike teams to help you, please listen to any advice they give you, they are there to help. They also carry some spares and supplies, as well as a basic first aid kit.

**Feed Stations** – At Baglan, Burry Port, Carmarthenshire Athletic RFC and Tavernspite. Toilets are available at all feed stations as well as the start and finish.

**Breakfast** – Baglan Boys and Girls club, 34 miles, on the junction of A4241 and A48 on the cycle path. Refreshments will be available. **THERE IS NO ACCESS FOR VEHICLES**. Please ask your families and friends not to meet you there as the area will become too congested. Find a suitable lay-by along the route.

**Lunch** – Burry Port RNLI will have available lunch rolls, cakes, and chocolate bars as well as coffee and tea. This is in addition to the CARTEN100 Feed Station, but a good chance to fuel up before the next section of the ride.

**Finish** – The finish will not open until 1.00pm so delay your start time if you are a flyer, we will not be ready and the site will not be set-up. Mindful of the cancellation of the Ironman Wales the week before and the fact that Tenby has been fully booked out all summer, in conjunction with Pembrokeshire County Council we have decided to finish at Tenby AFC, adjacent to the Tenby Leisure Centre (SA70 8DU). This will give us space to keep everyone safe as well as allowing us to have the Tenby Lions feed all of you riders. You will also be able to collect your finishers T-Shirt.

There will also be a bar to ensure you can re-hydrate before going into Tenby town center or home. There is a free car park, The Clicketts adjacent to the site so your family and friends will be able to join you at the finish.

There will also be discounted CARTEN100 clothing and posters available at the finish.

The site will close at 8.30pm

We are delighted to run CARTEN100 after 3 postponements, but we respectfully remind you to ride safely on ride day and be mindful of the ongoing pressures on the emergency services. We are after all a ride, not a race.

Please have a great day out and enjoy yourselves

CARTEN100 Team