

# Welsh 100 Mile Time Trial Championship 2022



For and on behalf of Cycling Time Trials Under its Rules and Regulations

For Men and Women

Promoted by the  
Welsh Cycling Association

Sunday 3<sup>rd</sup> July 2022 Course R100/9 Starting at 06:01

Start Timekeeper: Martyn Heritage-Owen Bush Healthcare CRT

Finish Timekeeper: Robin Field Cardiff Byways CC

Recorder: Frances Field Cardiff Byways CC

Monmouth Marshals: James Coull, Paul Stephens and members of Ross-on-Wye CC

## Event Headquarters

Llanarth Village Hall, Groesonen Rd, Llanarth, NP15 2AU

The Headquarters will be open from 6:00 am Numbers will be at H.Q BUT IT WILL  
BE UNMANNED FOR MOST OF THE EVENT

**EARLY STARTERS ARE ADVISED TO DRIVE TO  
PRIMROSE GREEN RAGLAN OR RAGLAN  
VILLAGE AND SIGN ON AND GET YOUR  
NUMBER FROM ME AT THE START.**

Return your number for a free tea.

**DON'T FORGET TO SIGN OUT OR YOU WILL BE DNF**

Event Secretary: Martyn Heritage-Owen, 28 Clos Tyla Bach, St Mellons Cardiff, CF3 0EJ

Mob. (On the day) 0778 606 7819

E-mail: [realteamcycling@googlemail.com](mailto:realteamcycling@googlemail.com)

To whom any complaints must be made in writing within 72 hours THIS EVENT MAY BE SUBJECT TO  
DOPE CONTROL - IT IS YOUR RESPONSIBILITY TO CHECK. As soon as you finish you should return to  
HQ and check if you are required for Doping Control

# Awards

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh Best All Rounder Lunch.

Champions' Caps and all medallions are presented at the conclusion of the event.

We appreciate that you may want to leave quickly, but please stay to applaud the Champions.

Men's Champion.	Charlie Alexander Book for 1 year WCA Medallion & invitation to BAR lunch. C. Williams Shield
2 <sup>nd</sup> & 3 <sup>rd</sup> Men	WCA Medallions
Fastest team of three riders	Championship Team Shield (for 1 year) WCA Medallions & invitations to BAR lunch
1 <sup>st</sup> on Standard	WCA Medallion
Women's Champion	WCA Trophy for 1 year, WCA Medallion & invitation to BAR lunch
2 <sup>nd</sup> & 3 <sup>rd</sup> Women	WCA Medallions

<p>Welsh Points Competition.</p> <p>Points are awarded in all the Welsh Championships (10, 25, 30, 50, 100 miles, 12 hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association.</p> <p>Rides in all events count to the total and awards are made to the six riders (Men and Women) with the highest score.</p>
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This is not a one rider one award event

If you are good enough to win it all – you get it all!

## **THERE IS an UNOFFICIAL FEED**

(Courtesy of Abercynon RC) Raglan Rise at approx. 15, 45 and 75 miles for all riders. If you wish to leave bottles at the start, I will deliver them to the rise but they must be clearly labelled. Early starters may need to stop to pick up your own bottle.

## Course **R100/9**

START on unclassified Raglan - Gwehelog road at mark north side of entrance to allotments 3 yds south of LP WB325. Proceed northbound to Raglan roundabout to take first exit westbound on A40 dual carriageway to **Start of 1<sup>st</sup> circuit (0.034 miles)** continue on A40 to Hardwick roundabout (7.567 miles). Encircle roundabout taking 6<sup>th</sup> exit (8.097 miles) to continue eastbound on A40 dual carriageway towards Raglan (15.582 miles). Take 2<sup>nd</sup> exit (straight on) (15.666 miles) and continue on A40 to take left hand lane at Raglan interchange to continue on A40 dual carriageway past Raglan Services (17.849 miles) towards Monmouth. Pass through tunnel and bear left to garage (22.701 miles), turn left WITH GREAT CARE and follow B4293 and straight on, onto unclassified road through Mitchel Troy to re-join A40 dual carriageway

(25.246 miles) and after passing Raglan Services bear left at Raglan Interchange signed Abergavenny (arrow) (29.033 miles) to remain on A40 to Raglan roundabout (30.295 miles). Take 3<sup>rd</sup> exit A40 (straight on) (30.396 miles to complete 1<sup>st</sup> circuit). **Repeat**, to complete 2<sup>nd</sup> circuit (60.760 miles). **Repeat**, to complete 3<sup>rd</sup> circuit (91.124 miles) continue to Hardwick roundabout encircle roundabout taking 6<sup>th</sup> exit (99.187 miles) continue eastbound on A40 to FINISH in western end of 2nd Layby at marker post 12/3 (100.161 Miles). **FROM THE FINISH RIDE TO RAGLAN RBT Where take 1st Exit on OLD A40 to Llanarth.**

**\*\*\*\*\* DIRECTIONS TO Start - ALLOW 20 MINS TO GET THERE! \*\*\*\*\***

**From HQ turn left and cycle towards the old A40, turn left and climb Clytha cutting at Raglan Rbt go straight across the rbt to the start.**

All riders are asked to comply with the following requests.

- ✓ Please secure your number carefully in a central position below your waist (Reg. 16) in order that the Timekeeper can see it!
- ✓ Do not leave your number flapping – four pins are supplied for each. Please check that your number is still visible if you use a Nopin type pocket on a skinsuit.
- ✓ Competitors receiving vehicle assistance **must register on the form prior to starting.** Place in the tray when you sign for your number **OR HAND IT IN AT THE START.**
- ✓ Do call your number to the finishing timekeeper or you may be missed!
- ✓ Do keep your head up; be aware of your surroundings and **HAVE A SAFE RIDE.**
- ✓ **HELMETS ARE MANDATORY.**
- ✓ **Working front and rear lights either flashing or constant are MANDATORY.**
- ✓ **Don't forget that you MUST sign out personally at the end of the event (Reg. 17b)**
- ✓ **THE ONUS is on caught riders not to take pace.**

**\*\*\*\*\* DIRECTIONS TO HQ \*\*\*\*\***

**From South and East (via M4) leave at Junction 24**

Follow A449 to 2<sup>nd</sup> exit (Raglan). At Raglan Rbt take 4<sup>th</sup> Exit to Old A40. The right turn for the village will be signposted.

**From Midlands and North M5/M50**

Follow A40 via Monmouth (Tunnels) take 1<sup>st</sup> exit signposted Abergavenny (remaining on A40) In 100 yds take exit into Raglan Village and in 600 yds turn left (signed golf course). HQ is 0.5 mile on right.

**From West (A465 Heads of the Valleys) OR A40 (via Brecon)**

Continue to Hardwick Roundabout; take Old A40 past the Hardwick pub to the signposted turn.

No	Start	firstname	lastname	Club	Cat	Standard	LTS/EST
31	06:31	John	Howells	Corinium Cycle Club	MV	5:53:14	05:53:37
32	06:32	Alison	Vuagniaux	Bath Cycling Club	FV	5:34:18	05:45:18
33	06:33	Peter	Malough	Port Talbot Whs CC	MV	4:42:22	05:29:00
67	07:07	Anthony	Fidow	Cwmcarn Paragon RC	MV	5:14:15	05:16:00
68	07:08	Amy	Seppman	Port Talbot Whs CC	F		05:15:00
69	07:09	Nichola	Rorke	Exeter Whs CC	FV	5:18:57	05:11:37
70	07:10	Andrew	Davies	Port Talbot Whs CC	MV	4:42:22	05:00:00
71	07:11	Ffion	Davies	Port Talbot Whs CC	F		05:00:00
72	07:12	Steve	Holloway	RÁS	M		05:00:00
73	07:13	Simon	Kinsey	Virtual Cycling Club	MV	4:51:15	04:58:10
74	07:14	James	Oulsnam	ATAC	M		04:58:09
75	07:15	Simon	Howarth	Pontypool Road CC	MV	5:00:14	04:55:47
76	07:16	John J	Murphy	Gloucester City CC	MV	6:02:21	04:54:59
77	07:17	Shaun	Griffiths	Tenby Aces CC	MV	4:58:47	04:54:44
78	07:18	Ryan	Evans	Rhondda Triathlon Club	MV	4:49:04	04:44:34
79	07:19	Ricki	Morgan	Tenby Aces CC	MV	4:40:38	04:44:58
80	07:20	Hollie	Labunsky	Port Talbot Whs CC	F		04:45:00
81	07:21	Joy	Payne	High Wycombe CC	FV	5:40:18	04:45:00
82	07:22	Michael	Collins	VC Sevale (Malvern)	MV	4:52:23	04:49:36
83	07:23	Robert	Jones	Cardiff 100 Miles RCC	MV	5:21:00	04:54:02
84	07:24	Amanda	Lane	North Dock Dredgers Tri	FV	5:07:59	04:34:41
85	07:25	Heath	Williams	Port Talbot Whs CC	MV	4:51:15	04:35:00
86	07:26	Tom	Cox	Saint Piran	MV	5:16:24	04:39:50
87	07:27	David	Morgan	Port Talbot Whs CC	MV	4:44:10	04:40:00
88	07:28	Gerry	McGarr	Gloucester City CC	MV	5:21:00	04:27:17
89	07:29	Daniel	Kelly	Gloucester City CC	M		04:20:00
90	07:30	Christopher	Newby	Bristol CX	MV	4:49:04	04:25:00
91	07:31	Iain	Bell	Abergavenny RC	MV	4:49:04	04:20:39
92	07:32	Nigel	Vuagniaux	Bath Cycling Club	MV	5:03:17	04:22:20
93	07:33	Roxy	Woodfield	Ludlow Brewery RT	F		04:23:55
94	07:34	Owen	Burgess	Chippenham & Dist Whs	M		04:10:00
95	07:35	Lee	Francis	Velo Club Bristol	MV	4:39:47	04:16:29
96	07:36	Craig	Seaman	Bynea Cycling Club	M		04:10:00
97	07:37	Rob	Powell	Abergavenny RC	MV	4:43:15	04:15:30
98	07:38	Mark	Pierce	Plymouth Corinthian CC	M		04:11:54
99	07:39	Mike	Skidmore	Cheltenham & County CC	M		04:15:27
100	07:40	Tom	Danter	Virtual Cycling Club	M		04:14:24
101	07:41	Hugh	Pascoe	Port Talbot Whs CC	MV	4:39:47	04:14:47
102	07:42	Mike	Hall	Port Talbot Whs CC	MV	4:52:23	04:07:58
103	07:43	Simon	Cox	Chippenham & Dist Whs	MV	4:50:08	04:07:34
104	07:44	Gareth	Jones	Clevedon & District RC	MV	4:51:15	04:06:24
105	07:45	Tommy	Barlow	Clevedon & District RC	MV	5:01:43	04:05:37
106	07:46	Chris	Jones	Bynea Cycling Club	MV	4:47:01	04:01:29
107	07:47	Phillip	Turner	FTP RC	MV	4:53:34	04:00:31
108	07:48	Adam	Gitlin	Alltrax	MV	4:49:04	04:00:00
109	07:49	Guto	Morgans	ATAC	M		04:00:00
110	07:50	Rupert	Milton	Tribe of one (FTV)	M		03:57:00

<b>No</b>	<b>Start</b>	<b>firstname</b>	<b>lastname</b>	<b>Club</b>	<b>Cat</b>	<b>Standard</b>	<b>LTS/EST</b>
112	<b>07:52</b>	Simon	Adcook	Team Echelon	MV	4:47:01	03:53:32
114	<b>07:54</b>	Anthony	Jones	VMCC powered by Y Beic	MV	4:48:02	03:39:03
116	<b>07:56</b>	Leon	Marshall	RN & RM CA	MV	4:41:29	03:31:10
118	<b>07:58</b>	Darren	Yarwood	Chapeau! Vive Le Velo	MV	4:47:01	03:28:16
120	<b>08:00</b>	Christopher	Gibbard	Bynea Cycling Club	MV	4:39:47	03:33:13