

Welsh 50 Mile Time Trial Championship 2017



Promoted for and on behalf of Cycling Time Trials Under their rules and regulations

For Men and Women

Promoted by the
Welsh Cycling Association

Sunday 24 September 2017

Start Timekeeper: Martyn Heritage-Owen www.realteam.co.uk

Finish Timekeeper Robin Field, Cardiff Byways CC

Pusher Off: Jake Hughes

Course R50/1b Starting at 8.40am

Event Headquarters; Scout Hut, Fairfield, Abergavenny, NP7 5SG

Numbers will be at HQ which will be open from 7:30 am

Return your number for a free tea. Goodies available!

Catering Supplied by Sharon Preddy Catering

The full result of this event will be published on:

www.southwalesdc.co.uk

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

Tel: 0778 606 7819 E-mail: info@realteam.co.uk

To whom any complaints must be made in writing within 72 hours

This Event is subject to Doping Control – you must return your number to HQ yourself to check whether you have been selected for test

START on A40 at first lay-by, east of Abergavenny, approximately half a mile east of Hardwick roundabout; 39 yards west of post 13/1, at concrete joint marked 74.	Dist. from Start (miles) 0.000
Proceed along A40 dual carriageway to Raglan roundabout.	7.060
Take 2 nd exit (straight on) on A40 and in 700 yards bear left (arrow) on unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy.	12.080
Turn Left and immediately turn left again (CARE) to enter A40 dual carriageway westbound. Continue on A40 dual carriageway passing Services (closed) to Turn Left (arrow) signposted Abergavenny (remaining on A40 westbound) to Raglan roundabout.	17.166
Take 3 rd exit (straight on) to continue on A40 dual carriageway to Hardwick roundabout. Encircle roundabout to take 6 th exit (A40).	24.766
Continue on A40 east bound, passing the START and continue on 2 nd circuit to Raglan roundabout	31.811
Take 2 nd exit (straight on) on A40 and in 700 yards bear left on unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy.	37.831
Turn Left and immediately turn left again (CARE) to enter A40 dual carriageway westbound. Continue on A40 dual carriageway passing Services (closed) to Turn Left (arrow) signposted Abergavenny (remaining on A40 westbound) to Raglan roundabout	42.917
Take 3 rd exit (straight on) to continue on A40 dual carriageway towards Hardwick roundabout to FINISH in 8 th lay-by (opposite Start) at post marked 13/1.	50.030

HQ to the Start is approximately 3 miles allow 15 minutes

All riders are asked to comply with the following requests.

- ✓ Do not leave your number flapping – four pins are supplied for each – spares are available.
- ✓ Do call your number to the finishing timekeeper or your time may be missed and not be recorded.
- ✓ Do keep your head up; be aware of your surroundings and **HAVE A SAFE RIDE.**
- ✓ **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 standard. In accordance with **Regulation 15 ALL JUNIOR** competitors must wear protective helmets.
- ✓ **It is further recommended that a working rear light either flashing or constant is fitted to your machine in a position visible to following road users and is active while the machine is in use (note: early starters may encounter misty conditions in places)**

Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 50, 100, 12 Hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association. Riders in all Welsh Championship events count to the final total and awards are made to the six riders with the highest score.

Champions' Caps are presented at the conclusion of the events to each Welsh Champion. We appreciate that you may want to leave quickly, but please stay to applaud the Champions.

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. Sunday 5 November 2017 at the same venue TRW Club Resolven – it's on the R25/3 course: take the exit sign posted 'Works' at Resolven roundabout on A465. Tickets are subsidised at £12.50 – 3 course traditional roast (vegetarian option on request). Dress code is informal although cycling clothing is preferred. There is plenty of room for bikes and hot showers are available – bring your family and friends for a great day. Email to frances.field@ntlworld.com for bookings/information.

Awards

Men's Championship	
1 st .	<i>Champion's Cap, Championship Trophy (for one year) WCA Medallion & invitation to BAR lunch</i>
2 nd & 3 rd	<i>WCA Medallion</i>
Women's Championship	
1 st	<i>Champion's Cap Championship Trophy (for one year) WCA Medallion & invitation to BAR lunch</i>
2 nd & 3 rd	<i>WCA Medallion</i>
Champion Team	
<i>Fastest team of three riders</i>	<i>Championship Team Shield (for 1 year) WCA Medallions & invitations to BAR lunch</i>
<i>Fastest Vet. On Standard</i>	<i>WCA Medallion</i>
<i>Greatest Improvement in Current and Last Three Seasons</i>	<i>WCA Medallion</i>

This is NOT a One Rider One Award Event if you are good enough to win it, you get it!

No	Name	Club	Cat	VTTA	LTS	TIME
40	John Trout	1st Chard Whs	MV	02:41:26	2:36:08	08:40
41	Philippa Crocker	Dursley Road Club	WV	02:32:41	02:45:05	08:41
42	Sally Harmer	Pembrokeshire Velo	WV	02:34:18	02:35:00	08:42
43	John Howells	Corinium Cycle Club	MV	02:41:26	02:23:00	08:43
44	David Lugton	Portsmouth Hill CC	M			08:44
45	Paul Winchcombe	Chippenham & District Whs	MV	02:23:54	01:59:10	08:45
46	Andrew Lawrence	1st Chard Whs	MV	02:21:49	02:12:25	08:46
47	Stephen Taylor	Pembrokeshire Velo	MV	02:20:54	02:05:00	08:47
48	Dominic Norcross	Team NBCC	MV	02:16:04	02:11:40	08:48
49	Roger Taylor	Frome and District Whs	MV	02:34:30	02:03:47	08:49
50	Mark Andrews	Merthyr CC	MV	02:18:18	01:55:11	08:50
51	Darren Webb	Somerset Road Club	M		01:59:00	08:51
52	Terry Anthony	Ogmore Valley Whs CC	MV	02:28:38	02:04:48	08:52
53	John Shehan	Bynea CC	MV	02:34:30	02:07:16	08:53
54	Roxy Woodfield	Hereford & Dist Whs CC	W		02:28:28	08:54
55	Jonathan Barnes	Herefordshire CC	M		01:55:00	08:55
56	Michael Hill	Chester RC	M		01:59:00	08:56
57	Mark German	1st Chard Whs	MV	02:23:54	02:05:26	08:57
58	Robert Jones	Cardiff 100 Miles RCC	MV	02:28:38	02:10:26	08:58
59	Derek Morgan	Gannet CC	MV	02:43:08	02:28:22	08:59
60	Chris Massey	Team Bottrill / HSS Hire	MV	02:17:52	01:55:26	09:00
61	Dean Ware	Merthyr CC	M		01:58:18	09:01
62	Mike Lindsay	Pembrokeshire Velo	MV	02:20:27	02:02:00	09:02
63	James Coull	Ross on Wye & Dist CC	MV	02:19:09	02:10:00	09:03
64	Peter Wilson	Bath CC	MV	02:56:30	02:27:30	09:04
65	Chris Scawn	Plymouth Corinthian CC	MV	02:29:29	01:53:29	09:05
66	Clive Franklin	Somerset Road Club	MV	02:21:49	01:58:02	09:06
67	Andy Kelly	Bristol South CC	MV	02:20:54	02:01:54	09:07
68	David Singleton	Acme Whs (Rhondda) CC	MV	02:21:49	02:10:00	09:08
69	Emma Bexson	Stratford CC	WV	02:27:23	02:24:28	09:09
70	Graeme Boswell	Cardiff Ajax CC	MV	02:16:32	01:52:49	09:10
71	Mark Bradley	Bristol South CC	MV	02:20:54	01:58:00	09:11
72	Amy Ogden	Tuxford Clarion C C	WV	02:26:20	02:01:54	09:12
73	Gareth Hill	Abercynon Road Club	MV	02:17:52	02:10:21	09:13
74	Michael Williams	Hereford & Dist Whs CC	MV	02:25:05	02:24:01	09:14
75	Will Bevan	Ross on Wye & Dist CC	M		01:52:45	09:15
76	Daniel Kempe	Bristol South CC	MV	02:20:27	01:57:58	09:16
77	Paul Stephens	Ross on Wye & Dist CC	MV	02:20:54	02:01:45	09:17
78	Philip Sims	Newport Phoenix CC	MV	02:16:32	02:10:00	09:18
79	Mik Bradley	Wyre Forest Cycle Racing Club	MV	02:20:27	02:20:00	09:19
80	Ray Retter	North Devon Whs	MV	02:34:30	01:52:30	09:20

No	Name	Club	Cat	VTTA	LTS	TIME
81	Gary Flower	Acme Whs (Rhondda) CC	MV	02:19:09	01:57:01	09:21
82	Grant Arnold	Pembrokeshire Velo	M		02:00:25	09:22
83	Simon Geary	Hereford & Dist Whs CC	MV	02:17:52	02:08:15	09:23
84	Geoff Thomas	Rhondda Triathlon Club	MV	02:27:06	02:21:53	09:24
85	Mark Ashurst	Northover VT / Rudy Project	MV	02:19:09	01:51:45	09:25
86	Grant Whiteside	Pontypool Road CC	MV	02:16:59	01:57:41	09:26
87	Adam Taylor	Royal Dean Forest Cycle Club	M		02:00:48	09:27
88	Chris Fishbourne	Abercynon Road Club	MV	02:16:59	01:59:34	09:28
89	Kirsty Murray	Pembrokeshire Velo	WV	02:28:22	02:08:22	09:29
90	Philip Tucker	Bynea CC	M		01:51:27	09:30
91	Crystal Spearman	NOPINZ	W		01:57:46	09:31
92	Richard Coleman	Stourbridge Velo	MV	02:27:06	02:00:37	09:32
93	Sue Rust	Kettering CC	WV	02:33:12	02:13:54	09:33
94	Claire Bird	Pontypool Road CC	W			09:34
95	David Bucknall	Royal Dean Forest Cycle Club	MV	02:16:59	01:50:00	09:35
96	Andrea Parish	VeloSistas TT Team	WV	02:30:43	02:05:34	09:36
97	Danielle Flawn	Tredz Bikes	W			09:37
98	Michelle Fishbourne	Abercynon Road Club	WV	02:31:12	02:12:46	09:38
99	Kari Jones	VeloSistas TT Team	W		02:17:42	09:39
100	Chris Gibbard	Bynea CC	M		01:50:00	09:40
101	Michael Portlock	Merthyr CC	MV	02:18:43	01:55:12	09:41
102	Dean Prosser	Hereford & Dist Whs CC	MV	02:19:09	02:10:49	09:42
103	David Lancaster	VC 10	MV	02:20:54	02:10:00	09:43
104	Jon Airey	Ross on Wye & Dist CC	MV	02:27:51	02:15:58	09:44
105	Luke Cornish	Cwmcarn Paragon Road Club	M		01:49:31	09:45
106	Josh Griffiths	Bristol South CC	Jun		01:56:24	09:46
107	Simon Cox	Chippenham & District Whs	MV	02:18:18	02:00:07	09:47
108	Phil Willoughby	Towy Racing CC (TRCC)	M		02:07:00	09:48
109	Gareth Jones	Monmouth Tri Club	M		02:15:00	09:49
110	Keith Ainsworth	Langsett Cycles Race Team	MV	02:23:54	01:48:29	09:50
111	Tom Cox	Northover VT / Rudy Project	MV	02:27:06	01:54:19	09:51
112	Rob Jones	Cardiff Ajax CC	MV	02:16:04	01:57:35	09:52
113	Jon Knight	Pontypool Road CC	MV	02:17:26		09:53
114	Cliff Voller	Newbury RC	MV	02:29:29	02:05:45	09:54
115	Victor Chetta	Mid Shropshire Whs	MV	02:15:35	01:47:47	09:55
116	Gareth Jones	Clevedon & District Road Club	MV	02:18:43	01:55:20	09:56
117	Colin Wallace	Merthyr CC	MV	02:21:49		09:57
118	Nic Stevenson	Westerley CC	M		01:57:30	09:58
119	Chris Jones	Port Talbot Whs CC	MV	02:19:09	02:01:00	09:59
120	Anthony Jones	Towy Racing CC (TRCC)	MV	02:17:52	01:47:01	10:00