

# Welsh 100 Mile Time Trial Championship 2018



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

For Men and Women

Promoted by the  
Welsh Cycling Association

Sunday 2 September 2018

Start Timekeeper: Robin Field Cardiff Byways CC

50 Mile Timekeeper Norman James Ogmere Valley Whs

Finish Timekeeper Glenda Fisher WCA,

Recorder Frances Field Cardiff Byways CC

Pusher Off: Ian Smith CC Cardiff

Chief Marshal: John Shehan Bynea CC

Monmouth Marshals Will Bevan, and members of Ross-on-Wye CC

Course R100/8B – Starting at 07:00

## Event Headquarters

Raglan Football Club Pavilion, Station Road, Raglan NP15 2ER (Hot Showers available)

**The Headquarters will be open from 6:00am**

**Numbers will be at H.Q.**

Return your number for a free tea.

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

**Catering: Sharon Preddy Catering**

The full result of this event will be published on:

[www.southwalesdc.co.uk](http://www.southwalesdc.co.uk)

Event Secretary: Robin Field, 89 Velindre Road, Whitchurch, Cardiff. CF14 2TG

Tel: 02920 632358 Mob. (On the day) 07753 603098 E-mail: [robin.field@ntlworld.com](mailto:robin.field@ntlworld.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 Sunday 4 November 2018 at **TRW Club Resolven**

Champions' Caps are presented at the conclusion of the event to the Welsh 100 Mile Champions. 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 Plaque & invitation to BAR lunch. C. Williams Shield
2 <sup>nd</sup> & 3 <sup>rd</sup>	WCA Plaques
Fastest team of three riders	Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch
Fastest Vet on Standard	WCA Plaque
Women's Champion	WCA Trophy for 1 year, WCA Plaque & invitation to BAR lunch
Greatest Improvement in the Last Three Seasons (LTS)	WCA Plaque

**Welsh Points Competition.**  
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. Rides in all events count to the total and awards are made to the six riders with the highest score.

This is not a one rider one award event

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

**THERE WILL BE A FEED** (Courtesy of Abercynon RC) beyond Mitchel Troy before re-joining A40 Southbound (3 laps) at approx. 24, 54 and 85 miles for all riders. If you wish to leave bottles at HQ they must be clearly labelled. You will have to stop to pick up your own bottle.

## Course **R100/8B**

**START** at Clytha Park Bus Stop on unclassified road (old A40) opposite entrance to Clytha Park. Proceed westbound past Steel Horse Cafe to join B4598 to Hardwick roundabout (4.741 miles). Take 1<sup>st</sup> exit on A40 dual carriageway (Start of 1<sup>st</sup> circuit) to Raglan roundabout (12.226 miles). Take 2<sup>nd</sup> exit (straight on) to continue on A40 dual carriageway. Take left hand lane at Raglan interchange to continue on A40 dual carriageway towards Monmouth. Pass through tunnel and bear left to garage (19.346 miles), turn left **WITH GREAT CARE** and follow B4293 and Unclassified road to Mitchel Troy. Rejoin A40 dual carriageway and after passing Raglan Services bear left (arrow) to continue on A40 to Raglan roundabout. Take 3<sup>rd</sup> exit A40 (straight on) to Hardwick roundabout Abergavenny . Encircle roundabout taking 6<sup>th</sup> exit (35.104 miles) to continue on 2<sup>nd</sup> circuit on A40 to Raglan (42.703 miles) – Monmouth (49.709 miles)-Mitchel Troy - Raglan - Hardwick roundabout Abergavenny. Circle roundabout (65.467 miles) to continue on 3<sup>rd</sup> circuit on A40 to Raglan - Monmouth - Mitchel Troy - Raglan - Hardwick roundabout (95.831 miles). Encircle roundabout to take 6th exit on A40 towards Raglan roundabout to **FINISH** in western end of 4th Layby at mark between 1st and 2nd drain covers (100.29 Miles)

**PLEASE ALLOW 20 MINUTES TO GET TO THE START**

### **\*\*\*\*\* DIRECTIONS TO Start \*\*\*\*\***

From HQ turn left along Station Road for 0.5 mile. At T junction turn Left through Raglan Village for 400 yds to Raglan roundabout. Take 3<sup>rd</sup> exit signed Clytha (unclassified road) (DO NOT GO DOWN A40 DUAL CARRIAGEWAY.) Proceed along unclassified road, descend Clytha Cutting with care to junction signed Bettws Newydd. Start is at Bus Stop. Start is approx 4 miles **from HQ**.

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.
- ✓ No warming up on the course once the event has started.
- ✓ No turbo training within 100 m of dwellings.
- ✓ 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**.
- ✓ **IN THE INTERESTS OF YOUR OWN SAFETY** Cycling Time Trials and the Event Promoters strongly advise you to use a flashing red rear light and wear a HARD SHELL HELMET. 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**
- ✓ **Don't forget that you MUST sign out personally at the end of the event (Reg. 17b)**

**Do not use the Hardwick Public House car park; a large lay-by is alongside**

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

**From South and East M4 Junction 24**

Follow A449 to 2<sup>nd</sup> exit (Raglan). 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 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 A40 dual carriageway to Raglan roundabout, take 3<sup>rd</sup> exit into Raglan Village drive through village (passing Church on right) take next right (signed golf course). HQ is 0.5 mile on right.