

Welsh 50 Mile Time Trial Championship 2018



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 30 September 2018

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

Finish Timekeeper Robin Field, Cardiff Byways CC

Pusher Off: Paul Robinson

Course R50/1b Starting at 8.12 am

Event HQ: St John's Ambulance, Fairfield, Abergavenny, NP7 5SG

Numbers will be at HQ which will be open from 7:00 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)**
- ✓ Given the circuit nature of the course please ensure you don't impede riders starting when passing the start on your second lap. Also remember that company riding is forbidden and you need to drop back if caught.

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 4 November 2018 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 ^d	<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 ^d	<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	Standard	LTS	Start
12	Philippa Crocker	Dursley RC	WV	02:33:12	02:48:11	08:12
13	Derek Morgan	Gannet CC	MV	02:44:57	02:44:27	08:13
14	Bethany Kington	Chepstow CC	W			08:14
15	Roxy Woodfield	Hereford Triathlon Club	W		02:28:28	08:15
16	Matthew Stevens	Gloucester City CC	M		02:27:35	08:16
17	Michael Williams	Hereford & Dist Whs CC	MV	02:25:43	02:24:01	08:17
18	Kyle Jones	WORX Factory Racing Powered by Silverstone	Juv			08:18
19	Kevin Bessant	Bynea CC	MV	02:22:19	02:19:17	08:19
20	Joanna Knight	Bristol South CC	WV	02:35:29	02:15:28	08:20
21	Mark Evans	Chippenham & District Wheelers	MV	02:21:49	02:15:33	08:21
22	Emma Bexson	Stratford CC	WV	02:27:53	02:15:08	08:22
23	David Nicholas	Merthyr CC	MV	02:18:18		08:23
24	Jon Airey	Ross on Wye & Dist CC	MV	02:28:38	02:14:17	08:24
25	Peter Davies	Brighton Mitre CC	MV	02:25:43	02:13:56	08:25
26	Philip Thomas	Rhondda Triathlon Club	M		02:13:18	08:26
27	Neil Meredith	Abercynon RC	M			08:27
28	Michael Collins	VC Sevale (Malvern)	MV	02:19:34	02:11:20	08:28
29	Tommy Barlow	Clevedon & District RC	MV	02:23:21	02:10:00	08:29
30	Richard Parker	New Forest CC	MV	02:18:18		08:30
31	Vicky Jowett	Plymouth Corinthian CC	W		02:03:03	08:31
32	Geoff Thomas	Rhondda Triathlon Club	MV	02:27:51	02:06:42	08:32
33	Andrew Martin	Port Talbot Whs CC	MV	02:16:32		08:33
34	John Williams	Bynea CC	MV	02:29:29	02:12:28	08:34
35	Patrick Kelly	Velo Club Long Eaton	M			08:35
36	Robert Hughes	Rhondda Triathlon Club	MV	02:21:49	02:00:10	08:36
37	Cliff Voller	Newbury RC	MV	02:30:22	02:05:45	08:37
38	Sion Gibby	Abergavenny RC	MV	02:17:26		08:38
39	Peter Owen	Norwood Paragon CC	MV	02:23:21	02:12:48	08:39
40	Daniel Kempe	Bristol South CC	MV	02:20:54	02:00:47	08:40
41	Alex Leek	Velo Club St Raphael	M		02:02:26	08:41
42	Dave Williams	Cycle Specific	MV	02:19:09		08:42
43	John J Murphy	Gloucester City CC	MV	02:44:57	02:09:16	08:43
44	Phillip Turner	Bynea CC	MV	02:20:00	02:10:53	08:44
45	Blaine Phelps	Merthyr CC	MV	02:20:54		08:45
46	Gethin Davies-Jones	Abercynon RC	MV	02:20:27		08:46
47	Chris Goulden	Merthyr CC	MV	02:25:05		08:47
48	Mik Bradley	Wyre Forest CRC	MV	02:20:54	02:08:20	08:48
49	Robert Jones	Cardiff 100 Miles RCC	MV	02:29:29	02:10:44	08:49
50	David Thomas	Rhondda Triathlon Club	M		01:59:53	08:50
51	Andy Kelly	Bristol South CC	MV	02:21:21	02:01:54	08:51
52	Michelle Lee	Royal Dean Forest CC	WV	02:29:19	02:04:36	08:52
53	John Shehan	Bynea CC	MV	02:35:43	02:08:19	08:53
54	Simon Kinsey	Virtual CC	MV	02:19:34	02:10:41	08:54

No	Name	Club	Cat	Standard	LTS	Start
55	Paddy Coombe	Mid Devon CC	MV	02:21:21		08:55
56	Marianne Holt	Team Bottrill / Vanguard	W		02:01:13	08:56
57	Terry Anthony	Ogmore Valley Wheelers	MV	02:29:29	02:04:03	08:57
58	Claire Bird	Pontypool Road CC	W		02:08:07	08:58
59	Dominic Norcross	Team NBCC	MV	02:16:32	02:10:11	08:59
60	Gary Jones	Successcycling.co.uk	MV	02:20:54	01:58:17	09:00
61	Steven Madeley	Ogmore Valley Wheelers	MV	02:23:21	02:01:12	09:01
62	Ryan Thomas	Rhondda Triathlon Club	M			09:02
63	Virginia Mcgee	Charlottesville CC	WV	02:33:44	02:07:50	09:03
64	Richard Elgar	N.E.W.T Triathlon Club	M		02:10:11	09:04
65	Diccon Hill	Cardiff 100 Miles RCC	MV	02:18:18	01:59:32	09:05
66	Mark Gatheshill	PDQ Cycle Coaching	M			09:06
67	Mike Griffiths	N.E.W.T Triathlon Club	M		02:03:40	09:07
68	Naomi Shinkins	Bournemouth Cycleworks - UK-Biking - Trek	W		02:07:45	09:08
69	Tom James	Portsmouth Triathletes	M		02:07:06	09:09
70	Colin Mooney	Portsmouth Hill CC	MV	02:16:59		09:10
71	Lee Francis	Velo Club Bristol	M		02:00:29	09:11
72	Paul Stephens	Ross on Wye & Dist CC	MV	02:21:21	02:03:26	09:12
73	Roger Wood	Pontypool Road CC	MV	02:27:51	02:07:27	09:13
74	Jo Buckland	Bush Healthcare CRT	WV	02:31:41		09:14
75	Grant Whiteside	Pontypool Road CC	MV	02:17:26	01:57:41	09:15
76	Christina Murray	Army Cycling Union	WV	02:27:23	02:02:30	09:16
77	Andrea Parish	VeloSistas TT Team	WV	02:31:12	02:03:13	09:17
78	Roger Taylor	Frome and District Wheelers	MV	02:35:43	02:03:47	09:18
79	Toby Hopper	Cardiff Ajax CC	M			09:19
80	Robert Grover	Velo Club Walcot	M		01:57:31	09:20
81	Gary Flower	Acme Whs (Rhondda) CC	MV	02:20:00	01:57:01	09:21
82	Jon Knight	Pontypool Road CC	MV	02:17:52	01:56:50	09:22
83	Paul Winchcombe	Chippenham & District Wheelers	MV	02:24:29	01:56:06	09:23
84	David Lugton	Portsmouth Hill CC	M		01:56:03	09:24
85	Bryn Davies	Hafren CC	MV	02:17:52	01:55:49	09:25
86	Chris Massey	Team Backstedt Bike Performance	MV	02:18:18	01:55:26	09:26
87	Richard Howes	Coventry RC	MV	02:23:54	01:55:21	09:27
88	Nick Green	Stratford CC	MV	02:20:54	01:55:17	09:28
89	Michael Portlock	Merthyr CC	MV	02:19:09	01:55:12	09:29
90	Lee Williams	North Hampshire RC	M		01:55:06	09:30
91	Stephanie Post	Team Bottrill / Vanguard	W			09:31
92	Neil Poulton	Abergavenny RC	M			09:32
93	Leon Evans	Cardiff Ajax CC	MV	02:17:26		09:33
94	Steve Bray	Salt and Sham CC	MV	02:19:09		09:34
95	David Dickerson	Team Echelon	MV	02:20:00		09:35
96	Crystal Spearman	NOPINZ	W		01:54:53	09:36
97	Michael Hill	Chester RC	M		01:54:34	09:37
98	David Francis	Tribe of one (FTV)	MV	02:18:18	01:53:53	09:38

No	Name	Club	Cat	Standard	LTS	Start
99	Rob Jones	Cardiff Ajax CC	MV	02:16:32	01:53:41	09:39
100	Richard Coomer	Pembrokeshire Velo	MV	02:16:04	01:53:01	09:40
101	Ray Retter	Born to Bike - Bridgtown Cycles	MV	02:35:43	01:52:30	09:41
102	Darren Webb	Somerset RC	M		01:51:54	09:42
103	Simon Cox	Chippenham & District Wheelers	MV	02:18:43	01:51:05	09:43
104	Mark Andrews	Merthyr CC	MV	02:18:43	01:50:05	09:44
105	Carlo Toledo	Gloucester City CC	MV	02:20:54		09:45
106	Dean Ware	Team Backstedt Bike Performance	M		01:44:08	09:46
107	David Bucknall	Royal Dean Forest CC	MV	02:17:26	01:49:56	09:47
108	Tim Wood	Team Echelon	MV	02:17:26	01:49:47	09:48
109	Michiel Vaal	Team Backstedt Bike Performance	MV	02:22:49	01:49:31	09:49
110	Tom Ward	University of Derby CC	M		01:49:25	09:50
111	Oliver Simon	Team NBCC	M		01:49:23	09:51
112	Tony Chapman	Frome and District Wheelers	MV	02:18:18	01:47:19	09:52
113	Chris Gibbard	Bynea CC	M		01:45:59	09:53
114	Anthony Jones	Towy Racing CC (TRCC)	MV	02:18:18	01:45:38	09:54
115	Will Bevan	Ross on Wye & Dist CC	M		01:43:51	09:55
116	Harry Walton	Cheltenham & County CC	M		01:40:57	09:56
117	Chris Boddy	Didcot Phoenix CC	M			09:57
118	Conrad Moss	Mid Devon CC	MV	02:16:59	01:39:45	09:58
119	Keith Ainsworth	Sheffrec CC	MV	02:24:29	01:42:05	09:59
120	Kieron Davies	DRAG2ZERO	M		01:37:20	10:00