

Welsh 100 Mile Time Trial Championship 2019 + Tandem Event



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

For Men and Women

Promoted by the
Welsh Cycling Association

Sunday 16 June 2019 Course R100/9 Starting at 07:00

Start Timekeeper: Robin Field Cardiff Byways CC

Finish Timekeeper: Robin Field Cardiff Byways CC

Recorder: Frances Field Cardiff Byways CC

Pusher Off: Ian Smith CC Cardiff

Chief Marshal: John Shehan Bynea CC

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

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

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

Tel: 02920 632358 Mob. (On the day) 07753 603098

E-mail: robin.field@cyclingt看trials.org.uk

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 3 November 2019 at **TRW Club Resolven**

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 nd & 3 rd Men	WCA Medallions
Fastest team of three riders	Championship Team Shield (for 1 year) WCA Medallions & invitations to BAR lunch
1 st , 2 nd , 3 rd Vet on Standard	WCA Medallion
Women's Champion	WCA Trophy for 1 year, WCA Medallion & invitation to BAR lunch
2 nd & 3 rd Women	WCA Medallions
Greatest Improvement in the Last Three Seasons (LTS)	WCA Medallion
Fastest Juvenile	WCA Medallion
Fastest Tandem	WCA Medallions

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 (Men and Women) 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 AN UNOFFICIAL 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 **R100/9**

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 1st circuit (0.034 miles)** continue on A40 to Hardwick roundabout (7.567 miles). Encircle roundabout taking 6th exit (8.097 miles) to continue eastbound on A40 dual carriageway towards Raglan (15.582 miles). Take 2nd 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 3rd exit A40 (straight on) (30.396 miles to complete 1st circuit). **Repeat**, to complete 2nd circuit (60.760 miles). **Repeat**, to complete 3rd circuit (91.124 miles) continue to Hardwick roundabout encircle roundabout taking 6th exit (99.187 miles) continue eastbound on A40 to FINISH in western end of 2nd Layby at marker post 12/3 (100.161 Miles). (COURSE RECORD 3:20:17 Kieron Davies www.DRAG2ZERO)

PLEASE ALLOW 10 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 and bear left. The start is opposite.

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 working front and rear lights either flashing or constant are fitted to your machine in a position visible to other 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)**

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

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

Follow A449 to 2nd 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 1st 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 3rd exit into Raglan Village drive through village (passing Church on right) take next right (signed golf course). HQ is 0.5 mile on right.