

Welsh 50 Mile Time Trial Championship 2019



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 29 September 2019

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 8.12 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: realteamcycling@gmail.com

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 and Medallions for all the prize winner are presented at the conclusion of the event. 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 3 November 2019 at 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 .	Champion's Cap, Championship Trophy (for one year) WCA Medallion & invitation to BAR lunch
2 nd & 3 rd	WCA Medallion
Women's Championship	
1 st	Champion's Cap Championship Trophy (for one year) WCA Medallion & invitation to BAR lunch
2 nd & 3 rd	WCA Medallion
Champion Team	
Fastest team of three riders	Championship Team Shield (for 1 year) WCA Medallions & invitations to BAR lunch
Fastest Vet. On Standard, 2 nd and 3 rd on Standard	WCA Medallion(s)
Greatest Improvement in Current and Last Three Seasons	WCA Medallion
First Novice (Please be honest if you have a time pre-the internet system)	WCA Medallion

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

bib	Name	Club	Cat	Standard	Nov	LTS	Start
17	Mark Bradley	Bristol South Cycling Club	MV	02:20:48	Y		08:17
17	Kim Smale	Bristol South Cycling Club	FV	02:20:48	Y		08:17
18	Philippa Crocker	Dursley Road Club	WV	02:33:40		02:48:11	08:18
19	John Howells	Corinium Cycle Club	MV	02:40:36		02:19:00	08:19
20	Derek Morgan	Worcester St. Johns CC	MV	02:42:12		02:44:27	08:20
21	Gerry Peppin	Corinium Cycle Club	MV	02:22:27		02:16:53	08:21
22	Rebecca Comins	Newport Phoenix CC	WV	02:30:54	Y		08:22
23	Brian Lewis	Bicester Millennium CC	MV	02:45:48	Y		08:23
24	Matthew Stevens	Gloucester City Cycling Club	M			02:27:30	08:24
25	George Comins	Newport Phoenix CC	M		Y		08:25
26	Catherine Etchell	Brecon Wheelers	WV	02:34:10			08:26
27	Michael Williams	Hereford & Dist Whs CC	MV	02:25:04		02:24:01	08:27
28	Bethany Kington	Chepstow Cycling Club	W			02:22:48	08:28
29	Mel Best	Bynea Cycling Club	W		Y		08:29
30	Ian Gibson	Abercynon Road Club	MV	02:23:25	Y		08:30
31	John Murphy	Gloucester City Cycling Club	MV	02:42:12		02:18:44	08:31
32	Amanda Lane	Bynea Cycling Club	W			02:15:42	08:32
33	Matt Unsworth	Monmouth Tri Club	MV	02:18:38	Y		08:33
34	Stephen Messenger	Bicester Millennium CC	MV	02:19:27	Y		08:34
35	Daryl Stroud	Tri Team Glos	MV	02:21:32	Y		08:35
36	Colin Richards	Merthyr CC	MV	02:26:18	Y		08:36
37	Mike Gibbons	Chippenham & District Wheelers	MV	02:20:16		02:13:41	08:37
38	Peter Davies	Brighton Mitre CC	MV	02:25:04		02:13:03	08:38
39	Michael Collins	VC Sevale (Malvern)	MV	02:19:27		02:07:29	08:39
40	Emma Bexson	Stratford Cycling Club	WV	02:28:36		02:11:43	08:40
41	Iago Williams	Towy Riders Cycle Club	Juv			02:11:19	08:41
42	Lawrence Cronk	SWYD Tri Club	M			02:11:00	08:42
43	Lizzy Stocker	IRIS Race Team	W			02:10:57	08:43
44	John Shehan	Bynea Cycling Club	MV	02:34:00		02:10:32	08:44
45	Gareth Jehu	Merthyr CC	MV	02:19:51		02:10:27	08:45
46	Jo Buckland	PDQ Cycle Coaching	WV	02:32:15		02:10:22	08:46
47	Michelle Fishbourne	CES Sport	WV	02:32:15		02:10:12	08:47
48	Simon Kinsey	Virtual Cycling Club	MV	02:19:27		02:10:09	08:48
49	Ryan Williams	Merthyr CC	M		Y		08:49
50	Lee Williams	Newport Phoenix CC	M		Y		08:50
51	Mark Evans	Chippenham & District Wheelers	MV	02:21:32		02:09:58	08:51
52	Peter Owen	Norwood Paragon CC	MV	02:22:55		02:09:27	08:52
53	Roger Taylor	Frome and District Wheelers	MV	02:34:00		02:09:16	08:53
54	Blaine Phelps	Merthyr CC	MV	02:20:40		02:08:48	08:54
55	Tara Grosvenor	VeloVitesse/ALLCAP/James Barry/SiS	W			02:08:40	08:55
56	Claire Bird	Pontypool Road Cycling Club	W			02:08:07	08:56
57	Robert Smith	Warwickshire Road Club	MV	02:18:38		02:12:39	08:57
58	Arran Armstrong	Velo Club Walcot	MV	02:16:05		02:07:12	08:58
59	Emma Serjeant	Hafren CC	WV	02:26:32		02:07:06	08:59

bib	Name	Club	Cat	Standard	Nov	LTS	Start
60	Jordan Bow	Merthyr CC	M		Y		09:00
61	Dean Prosser	Hereford & Dist Whs CC	MV	02:19:27		02:06:45	09:01
62	James Brayford	Lyme Racing Club	M			02:06:09	09:02
63	John Williams	Bynea Cycling Club	MV	02:28:26		02:05:26	09:03
64	Ray Retter	Born to Bike - Bridgtown Cycles	MV	02:34:00		02:04:33	09:04
65	Mike Hall	Port Talbot Whs CC	MV	02:19:27		02:04:16	09:05
66	Phillip Turner	ATAC - Ammanford Triathlon And Cycling	MV	02:19:51		02:10:53	09:06
67	Andrea Parish	VeloSistas TT Team	WV	02:31:48		02:02:39	09:07
68	Alex Leek	PDQ Cycle Coaching	M			02:02:26	09:08
69	Sandra Burrows	Vive Le Velo	WV	02:32:43		02:22:44	09:09
70	Mike Lindsay	SKCC	MV	02:20:40		02:01:54	09:10
71	Geoff Thomas	Rhondda Triathlon Club	MV	02:26:59		02:01:35	09:11
72	David Singleton	Acme Whs (Rhondda) CC	MV	02:21:59		02:00:15	09:12
73	Jac Gruffydd	Energy Cycling Club/Clwb Beicio Egni	M		Y		09:13
74	Rhys Deen	Merthyr CC	M		Y		09:14
75	Martin Osman	CC Giro	MV	02:17:24	Y		09:15
76	John Aspell	PDQ Cycle Coaching	MV	02:19:51	Y		09:16
77	Rosey Mushens	73 Degrees Bicycles, WestSide Coaching rt	WV	02:33:11	Y		09:17
78	Clive Franklin	Somerset Road Club	MV	02:21:59		01:58:02	09:18
79	Andy Hunt	Ystwyth CC	MV	02:15:36		01:58:50	09:19
80	Leon Evans	Cardiff Ajax CC	MV	02:17:24		01:58:45	09:20
81	Tommy Barlow	Clevedon & District Road Club	MV	02:22:27		01:58:31	09:21
82	Mark Gateshill	PDQ Cycle Coaching	M			01:58:05	09:22
83	Jamie Best	Bynea Cycling Club	MV	02:17:24		01:57:52	09:23
84	Philip Sims	Newport Phoenix CC	MV	02:16:59		01:57:49	09:24
85	Steve Bray	Salt and Sham Cycle Club	MV	02:19:03		01:57:07	09:25
86	Paul Winchcombe	Chippenham & District Wheelers	MV	02:23:57		01:56:06	09:26
87	Diccon Hill	Cardiff 100 Miles RCC	MV	02:18:14		01:55:32	09:27
88	Pippa MacDougall	Tavistock Whs CC	WV	02:31:21	Y		09:28
89	Michael Portlock	Merthyr CC	MV	02:19:03		01:55:12	09:29
90	Owen Burgess	Newport Phoenix CC	M		Y		09:30
91	Ed Pitt	Salt and Sham Cycle Club	M		Y		09:31
92	Stuart Day	citycyclecentre	MV	02:19:27	Y		09:32
93	Dan Cutting	Epic R C	MV	02:16:05		01:54:36	09:33
94	Mark Hamer	Stratford Cycling Club	MV	02:16:59		02:02:10	09:34
95	Jonathan Barnes	Hereford Triathlon Club	M			01:54:06	09:35
96	Lee Williams	North Hampshire RC	M			01:54:01	09:36
97	Tom Stocker	Bournemouth Jubilee Whs	M			01:53:40	09:37
98	Crystal Spearman	Born to Bike - Bridgtown Cycles	W			01:54:53	09:38
99	Darrel Williams	Bynea Cycling Club	MV	02:20:16		01:53:34	09:39
100	Steve Burrows	Vive Le Velo	MV	02:23:57		01:53:27	09:40
101	Rob Jones	Cardiff Ajax CC	MV	02:16:32		01:53:20	09:41

bib	Name	Club	Cat	Standard	Nov	LTS	Start
102	Stephanie Post	Team Bottrill	W			01:53:37	09:42
103	Earl Smith	Royal Dean Forest Cycle Club	MV	02:19:03		01:53:17	09:43
104	Chris Jones	Bynea Cycling Club	MV	02:17:24		01:52:43	09:44
105	Neil Cleminshaw	Vive Le Velo	MV	02:19:03		01:52:33	09:45
106	Michael Hill	Chester RC	M			01:52:32	09:46
107	Michelle Lee	PDQ Cycle Coaching	WV	02:30:00		01:51:40	09:47
108	Simon Cox	Chippenham & District Wheelers	MV	02:18:38		01:51:05	09:48
109	Neil Poulton	Ogmore Valley Wheelers	M			01:49:47	09:49
110	Gavin MacDougall	Royal Navy & Royal Marines CA	MV	02:20:16		01:46:49	09:50
111	Anthony Jones	Towy Riders Cycle Club	MV	02:17:49		01:44:16	09:51
112	Luke Rendell	Poole Whs	M			01:47:53	09:52
113	Chris Owsram	PDQ Cycle Coaching	M		Y		09:53
114	Matt Burden	73 Degrees Bicycles, WestSide Coaching rt	MV	02:16:05			09:54
115	Tony Chapman	Frome and District Wheelers	MV	02:18:14		01:47:19	09:55
116	Keith Ainsworth	Sheffrec CC	MV	02:23:57		01:42:05	09:56
117	Ian To	Swindon Wheelers	M		Y		09:57
118	Chris Gibbard	Bynea Cycling Club	M			01:41:21	09:58
119	Oliver Simon	Team NBCC	M			01:48:34	09:59
120	Conrad Moss	NOPINZ	MV	02:16:59		01:39:29	10:00