

Welsh CA 12 Hour Championship



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

Sunday 5th September 2021 Course R12/16 (revised). Start Time 06:00

Chief Marshal:

Mike Waite Abergavenny RC

Timekeepers

Start Timekeeper: Robin Field Cardiff Byways CC

Chief Timekeeper: Tudor Thomas Bynea CC

Circuit Timekeepers: as listed

Pusher Off

Ian Smith CC Cardiff

Signage

Andrew Butcher Cwmcarn Paragon RC; Martyn Heritage-Owen Bush Healthcare.

Officials, Observers and Marshalls

Will Bevan, James Coul & Bill Raey Ross-on-Wye & Dist. (Monmouth tunnels)

Robin Field, Ian Smith, Jeff Rees Acme Whs (Rhondda) CC (Llangeview Turn)

John Shehan Port Talbot Whs Frazer White (Pontypool RCC) (Hardwick roundabout 4th exit to Hereford A465)

Chris Hughes Hereford & Dist Whs, Phyl & Terry Harradine (CC Topp) (Hereford (Tesco) roundabout)

Gerry McGarr (Gloucester City CC) (Raglan fork)

Mike Waite Abergavenny RC, Andrea Parish Velosistas RT, (Mitchel Troy)

Members of South Wales DC are Observers

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. If you finish early, you will still have to check at the end of the event.

Headquarters

Raglan Football Club Pavilion, Station Road, Raglan NP15 2ER

Event Secretary:

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

Mobile Number on the day 07753 603098

To whom any complaints must be made in writing within 72 hours of the event completion.

**The Headquarters will be open from 5:00am until 7:00am,
then from 4:00pm – until end of event.**

Awards – 2021

Men's Champion	WCA Championship Cap. Temple Trophy (for one year) Welsh Championship Medallion Invitation to WCA BAR Lunch
2 nd and 3 rd	Welsh Championship Medallions
Fastest rider from a non Welsh CA club See note below	Reub Giles Cup (for one year) Welsh Championship Medallion
Team Champions (three riders)	Welsh Championship Team Shield (for one year) Welsh Championship Medallions Invitations to WCA BAR Lunch
Women's Champion	WCA Championship Cap. Welsh Championship Trophy (for one year) Invitation to WCA BAR Lunch
Greatest distance covered by a novice/comeback	Welsh 12 Hr Novice Cup (for one year) Welsh Championship Medallion
Greatest improvement on Last Three Seasons	Welsh Championship Medallion
Fastest Vet on Std	Welsh Championship Medallion
2 nd and 3 rd Vet on Std.	Welsh Championship Medallion
Joint Mersey 24 / Welsh 12 ride Aggregate mileage	Marcher Trophy (for one year) Welsh Championship Medallion
Fastest rider in the Road Bike Category	Welsh Championship Medallion

PLEASE NOTE – THIS IS NOT ONE RIDER ONE PRIZE –IF YOU ARE GOOD ENOUGH TO WIN IT YOU GET IT!

Welsh Championships are always open to all

The riders - and team - recording the greatest mileage/s are the Welsh 12 Hour Champions
The **Reub Giles Cup** will be awarded to the rider from a non Welsh CA club recording the
greatest mileage

If the Championship is won by a rider from a non Welsh CA club, the Reub Giles Cup will be
awarded to the Welsh CA rider recording the greatest distance

Novice/comeback awards are open to those riders who have not completed a 12 hour
event in the last three seasons

Current Welsh Competition Records

Men, solo	2018	Anthony Jones	Towy Racing Cyclists' Club	296.95
Team	2019	Pembrokeshire Velo	Dan Colman Chad Scallan Paul Colman	808.46
Ladies, solo	2016	Katja Rietdorf	Born to Bike – Bridgtown Cycles	257.94

Rider Safety & Notes to Helpers

Riders & Helpers should read this section with particular care

Obey all traffic regulations – the police monitor compliance at various points during the event – please do not put the future of the 12 at risk with irresponsible riding

- 1 Traffic lights on A465:** the traffic lights on Llanguna Bridge (60 & 82 miles from the start) are a modern installation and can detect a cycle and change for it. They usually cause little problem but the lights must be obeyed. There are police video cameras monitoring these lights.
- 2 Helmets:** the Police, Cycling Time Trials and the Welsh Cycling Association strongly recommend that all riders wear an approved cycling safety helmet.
- 3 Lights and visibility:** a rear flashing red light must be fitted, switched on and be working at the start (CTT Reg 14 (i)). Recent 12s have been observed by Gwent Police who have advised that riders should have been using lights in poor visibility. Everyone participating in the event is also advised to wear high-visibility clothing – including helpers.
- 4 Numbers & signing on and off:** pick up your number at HQ when you sign on (comply with COVID requirements). Spare numbers are available to go with a change of clothing. Numbers will be given after you have signed on and handed in your car registration form. Any extra safety information will be given as you sign on. There will also be a number for your helpers to put on their car – this will help marshals to recognise your helpers. **YOU MUST SIGN OFF AT THE END OF THE EVENT FAILURE TO DO SAY MAY RESULT IN A DNF AGAINST YOU.** Please call out your number at the Monmouth garage (tunnels), Llangeview (Chepstow 14), Hereford and Hardwick checking points and when passing each of the timekeepers on the finishing circuit. With poor light, flapping numbers, etc, it can be difficult to identify individual riders so please help.
- 5 Regulations:** you have all signed an agreement with CTT stating that you are familiar with the Regulations. Riders and helpers must work within these Regulations. Please make sure your helpers also read these instructions. The future running of the event relies on appropriate behaviour from riders and helpers. Please be especially aware of **Regulation 19 'competitors must not wear head/earphones associated with audio equipment'**
- 6 Course signage:** the course will be signed and marshalled as far as possible but not all turns will have marshals and some will not have them throughout the day. Please make sure you understand the route. Hardwick roundabout is the first you come to – it is big. First time is straightforward, take the first exit, it will be signed. The next time you get here go round the system until you are directed to Hereford (4th exit). All riders will go to Hereford and then once you get back to Hardwick you go onto the Mid Day circuit. When the first rider on the road has completed five Mid-Day circuits* ** everyone will then head to the start of the Finishing Circuit. *The Chief Marshal may reduce the number of circuits in adverse weather conditions. **Riders well ahead of the field may be sent on a 6th circuit.
- 7 This event is subject to Dope Control, it is your responsibility to check whether you are required to attend Dope Control. Early finishers:** once you have reached TK1 you will be credited with a finishing distance. Tell the info desk or a marshal but – best of all – just take a short time-out and then carry on. **Please make sure you notify us if you decide to finish earlier than this (but see the note about Dope Control).**
- 8 Notes to helpers:** all cars must be registered. Handing in a car registration form does not entitle you to follow your rider around the course. The course is dual carriageway based and there are lots of lay-bys. After the initial Hereford leg, a rider will never be more than 30 minutes away.
- 9 Helpers must park sensibly: do not use the Hardwick pub car park** – but parking on the bit of the “old road” adjacent to the pub is fine.

- 10 **Navigating your way around the course:** riders who have vehicular support must register. Where practical, please support other riders with water, sponges, mechanical assistance, encouragement, etc.
- 11 **Frequent passing (lay-by hopping):** this is a breach of CTT Regs. **You must not pass your rider more than once every 10 miles and you must not follow your rider (Regulation 22).** Following your rider and lay-by hopping is a nuisance to other riders and road users. Especially after the Hereford leg, we strongly recommend that helpers select a suitable spot on the circuit and wait for their rider to come by. Police will be monitoring the event they have received complaints locally of people having 'natural breaks' in clear view of members of the public– please be discreet.
- 12 **Finding feeding places:** the Hereford road is no problem – plenty of lay-bys. There are 8 lay-bys on the A40 between Hardwick and Raglan roundabouts (east and west) and three on A449 between Llangeview interchange and Raglan Interchange (north and south) all suitable for feeding. **There is a Neutral Feed for all on the long area on the climb beyond the Raglan Castle turn to Mitchel Troy on the Unclassified road (old A40) which riders do up to five times. Afterwards, this decamps to the Finishing Circuit.**
- 13 **And finally:** to everyone - be courteous to each other, the marshals and other road-users. Fran and I calculate all finishing distances within 48 hrs to give a provisional distance. The precise final distances will take up to 14 days.

Some useful information

1. **Mobile Phone Reception.** Can be patchy along the A40.
2. **Toilets.** There are facilities at HQ. There are toilets in the Services on A40 between Raglan and Monmouth tunnels are open 24hrs (all on the Early Morning Circuit).
3. **Fuel.** The centre of Abergavenny (follow the A40) The Services on A40 north of Raglan Interchange and the Monmouth garage beyond the Monmouth tunnels are all 24hrs.
4. **Parking** is available at the Headquarters. **Competitors please do not park in the coned off Officials area. Overnight parking (no facilities) is permitted at HQ for a small fee.**
5. **Note to Helpers** There are 8 laybys both westbound and eastbound on A40 dual carriageway between Hardwick roundabout and Raglan roundabout. There are no intersections. You will see your rider every 25.7 miles. **Do not cross the central reservation barriers or your rider will be disqualified.** Please remember that Gwent Constabulary will be monitoring your conduct during this event.
6. **HQ Opening Times** – The HQ will be open from 5:00 am to 7:00 am, **regrettably no tea and coffee is available due to COVID restrictions.** The **HQ will re-open at approx. 4:00 pm**

Feeding Arrangements

There will not be food at HQ before the Start

There is a Neutral Feed Station on the Mid Day circuit on the left fork on the gradual climb on the unclassified road (old A40) to Mitchel Troy thanks to Gareth Hill, and members of Abercynon RC and anyone else who wishes to help out.

Watch out for the Melon Man later on!

**Riders without helpers can leave LABELLED bottles etc. at HQ these will be collected by the Neutral Feed team which will be manned for the mid-day circuits. You'll have to stop to pick up.
Riders - do your bit to keep Wales tidy!**

Please do not drop bags & wrappers on the course

Approximate First Rider times (06:01 start):-
Monmouth Tunnels 06:45
Usk (Llangeview Interchange) 07:25
Hardwick r/a (4th exit A465) 08:00
Hereford (Tesco r/a) 08:50
Hardwick r/a (Mid-day Circuit Start) 09:50
Finishing Circuit Opens (no earlier than) 15:10

R12.16 Course (revised 2019)	Inter Miles	Tot. Miles
Start on unclassified road signposted 'Clytha' (old A40 Raglan - Abergavenny road) at yellow mark on drain cover by Light Standard on flare at western side of entrance to Monmouthshire Livestock Market (O.S. 161 384087)	0.000	0.000
Proceed westwards on unclassified road (joining B4598 at Steel Horse Cafe) and continue to Hardwick roundabout to take 1st exit TO START MORNING CIRCUIT	6.155	6.155
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	13.714
Straight on to continue on A40 Sign "no U-turn, Clearway" after RAB	0.085	13.799
to Raglan interchange where bear left to Monmouth still on A40 Post 22/8 after services end of slip road	2.183	15.981
to Monmouth Tunnels where after tunnels bear left onto road signed for Trellech and Rockfield to mini roundabout at Esso Petrol Station (Give Way sign) (check)	4.852	20.834
Turn left WITH GREAT CARE and follow B4239 and unclassified road through Mitchel Troy to re-join A40 Dual-carriageway (blue sign "no U-turns, Clearway")	2.545	23.379

Join A40 westbound	0.213	23.592
Proceed past Raglan Services to go STRAIGHT ON, at Raglan Interchange (sign Usk) as road becomes A449. Post 21/0	3.411	27.003
Bear left at Llangeview Interchange (signpost Usk) on A472	5.254	32.257
TURN at break in dual carriageway (signpost B4236 'Chepstow 14') to remain on A472 (check)	0.505	32.761
Proceed to take left hand lane at Llangeview Interchange to re-join north bound A449	0.387	33.148
continue on A449 to bear left at Raglan interchange	4.398	37.547
Join A40 to Raglan roundabout	1.186	38.732
Take 3rd exit (straight on) on A40 to Hardwick roundabout	7.629	46.361
Encircle roundabout taking 4th exit A465 (Hereford)	0.300	46.661
proceed on A465 to Hereford (<i>traffic lights at Llangua bridge - see notes re riders safety</i>) via Pontrilas (Sign Hereford 12)	12.234	58.895
to roundabout at Kingfisher Rise Estate (Tesco) (check)	9.736	68.631
Circle rbt and retrace on A465 via Pontrilas (sign "Abergavenny 12")	9.970	78.601
to Hardwick rbt, Abergavenny TO FINISH MORNING CIRCUIT	12.181	90.782
Take 2nd exit TO START FIRST MID DAY CIRCUIT (check)	0.198	90.980
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	98.539
Take 2nd exit (straight on) along A40 dual carriageway going eastwards (passing Raglan Castle turn) and take LEFT fork on unclassified road towards Mitchel Troy (signpost Monmouth) (neutral feed)	0.646	99.185
Continue on unclassified road (old A40) via Dingestow to TURN left and IMMEDIATELY left (with care) to enter A40 on-slip (check)	4.335	103.520
Proceed westwards to pass Services to 1st turn off left (where A40 leaves A449) at Raglan Interchange	3.800	107.320
Continue on A40 to Raglan roundabout	1.323	108.643
Take 3rd exit (straight on) on A40 dual carriageway and proceed westwards to enter Hardwick roundabout (Abergavenny)	7.629	116.272
Encircle roundabout taking 6th exit TO START SECOND MID DAY CIRCUIT.	0.498	116.770
Repeat. TO START THIRD MID DAY CIRCUIT.	25.790	142.560
Repeat TO START FOURTH MID DAY CIRCUIT.	25.790	168.350
Repeat TO START FIFTH MID DAY CIRCUIT*	25.790	194.140
Repeat TO FINISH FIFTH MID DAY CIRCUIT**	25.790	219.930
When the first rider completes the fifth circuit*/** proceed along A40 to Raglan roundabout; take FIRST EXIT (CARE) signed Clytha (to start finishing circuit at TK1)	7.559	227.489
T/K1 access bridge to Cefn Coch Farm	0.362	227.851
T/K2, Monmouthshire Livestock Market	1.279	229.160
T/K3, Bus Shelter opposite turning to Llanarth	2.087	231.217
T/K4, layby past King of Prussia Inn (closed)	1.656	232.873
T/K5, layby past Farmhouse 3 Tyr-Pwll sign, near Hardwick Inn	1.502	234.375
T/K6 mark on kerb at Hardwick rbt to take 1st exit onto A40 eastbound	1.033	235.408
T/K7, 2nd layby on dual carriageway	0.974	236.382
T/K8, 3rd layby on dual carriageway	1.601	237.983
T/K9, 4th layby on dual carriageway	1.916	239.899
T/K10, 7th layby on dual carriageway	1.733	241.632
At Raglan r/a turn left (CARE) on unclassified road	1.340	242.972

To T/K1 access bridge to Cefn Coch Farm (to complete 1 st lap)	0.362	243.334
Repeat to T/K1 to complete 2nd lap of Finishing Circuit	15.484	258.818
Repeat to T/K1 to complete 3rd lap of Finishing Circuit	15.484	274.302
Repeat to T/K1 to complete 4th lap of Finishing Circuit	15.484	289.786
Repeat to T/K1 to complete 5th lap of Finishing Circuit	15.484	305.270
Repeat to T/K1 to complete 6th lap of Finishing Circuit	15.484	320.754
Repeat to T/K1 to complete 7th lap of Finishing Circuit	15.484	336.238
Repeat to T/K1 to complete 8th lap of Finishing Circuit	15.484	351.722

*The Chief Marshal may reduce the number of circuits in adverse weather conditions.

**Riders well ahead of the field may be sent on a 6th circuit by the Chief Marshal.

Setting up watches

Timekeepers, please meet Robin Field at **TK3** (Green Bus Shelter near Llanarth) at 14:00 to check watches and collect timekeeper boards prepared by Robin & Frances Field.
Please bring your Timekeeper Stake back with you to HQ afterwards

Marshalling Positions 2021

Marshals please bring your own Hi Viz jacket

Any other offers of help would be very much appreciated - volunteers are always welcome

If anyone is unable to do what is set out below, could they please let Robin Field know on 07753 603098

At Headquarters	Numbers, Car Registration Forms	Frances Field
Course Signing	Warning & route signs –	Andrew Butcher Cwmcarn Paragon RC
	Hereford rbt & Belmont	Chris Hughes + Hereford Wheelers, Phyl & Terry Harradine CC Topp
At Start	Starting Timekeeper Pusher off	Robin Field Cardiff Byways RC Ian Smith CC Cardiff

Marshalling Pt	Instructions	Marshals
Hardwick rbt 6.1 miles eta 06:15	Take first exit on A40	arrow
A40 Raglan Roundabout 13.7 miles	Second exit (straight on)	Signs and Len Samuel, + Cwmcarn Paragon RC
Raglan Interchange A40 Northbound 15.9 miles	Take on slip to remain on A40 to Monmouth tunnels	Gerry McGarr Gloucester City CC + Arrows
Raglan Services northbound	Stay on A40	-----
Monmouth Tunnels	Take slip road exit immediately after tunnels	Arrow
Monmouth Service station 20.8 miles eta 06:45 (check)	Take first exit at mini roundabout WITH GREAT CARE onto B4293 signed Trelleck	Will Bevan + Ross-on-Wye CC
Mitchel Troy (sign)	Straight on as B4293 becomes unclassified through Mitchel Troy	Arrow

Mitchel Troy (Village)	Pedestrian crossing (Light controlled)	Observers tba
Joining A40 Southbound 23.5 miles	Join A40 dual carriageway	Arrow
Raglan Services southbound	Stay on A40	-----
Raglan Interchange 27 miles	STRAIGHT ON as road becomes A449	Arrow
Llangeview Interchange 32.2 miles	Take Exit to Usk (Brynbuga)	Arrow
Llangeview Interchange/ B4235 'Chepstow 14' (check) eta 07:25	TURN RIGHT around break in carriageway to enter A449 on-slip	Robin Field Cardiff Byways CC, Ian Smith CC Cardiff, Jeff Rees Virtual CC
Raglan Interchange A449 Northbound 37.5 miles	Take first exit to enter A40 westbound	Arrow
Raglan Roundabout westbound	Take 3 rd exit (straight on)	Len Samuel, + Cwmcarn Paragon RC + Pontypool RCC
Hardwick roundabout A465 turn 46.6 miles (check) eta 08:10	Take 4 th exit to Hereford. Turn signs around after last rider.	John Shehan Port talbot Whs Steve Landeg Ogmores Valley Whs Sean Davey Newport Phoenix
Traffic Lights Llangula Bridge 58 & 78 miles eta 08:40 & 09:20	to Hereford & back	South Wales DC Observers
Hereford rbt 68.6 miles eta 09:00	See riders round the roundabout & return them to Abergavenny. Checkers form to Phyl & Terry. (supply own marshalling jackets)	Chris Hughes Hereford Wheelers + Phyl and Terry Harradine CC Topp
Hardwick rbt 90.7 miles (check) eta 9:50	Start of Middle Day Circuit Riders returning from Hereford, to take 2 nd exit onto A40 towards Raglan	09:50 to close Martyn Heritage-Owen & Robin Field + others
Raglan Roundabout eastbound	Take 2 nd exit (straight on)	Len Samuel, + Cwmcarn Paragon RC + Pontypool RCC
Raglan Fork (onto unclassified road old A40) 98 miles eta 10:10	Middle Day Circuit	Gerry McGarr Gloucester City CC + Pontypool RCC
Mitchel Troy (103 miles) eta 10:20	Middle Day Circuit Check	Mike Waite Abergavenny RC Andrea Parish Velosistas CC
Raglan Interchange 107 miles	Turn Left to stay on A40 (Abergavenny)	Arrow
Raglan Roundabout westbound (108.3 miles)	Take 3 rd exit (straight on)	Len Samuel, + Cwmcarn Paragon RC + Pontypool RCC
Hardwick r/a 116.2 miles	Take 6 th Exit to A40 Raglan	Arrows
Raglan Roundabout eastbound	Take 1 st exit (with care) To start finish circuit at TK1	Len Samuel, + Cwmcarn Paragon RC + Pontypool RCC
Circuit time checks & Information desk	Rider's times noted each time they pass through here. Information available. Phone no: 07753 603098 (Robin) or 07758 734563 (Fran)	Robin Field + others to provide relief as needed

On the Finishing Circuit

Timekeepers' positions will be clearly marked throughout the event.

		Inter	Miles
Timekeeper 1 Recorder	Tudor Thomas Bynea CC		
	Start finishing circuit at 3 rd kerb joint in flare to access bridge to Cefn Coch Farm (marked on OS map) 3 yards east of fire hydrant cover, 0.3 miles west of Raglan rbt on old A40, signposted "Clytha"	0.000	0.000
Timekeeper 2 Recorder	Stephen Landeg, Ogmores Valley Whs. Norman James Ogmores Valley Whs.		
	At western side of entrance to Monmouthshire Livestock Market	1.279	1.279
Timekeeper 3 Recorder	Glenda Fisher Welsh CA Alf Williams Port Talbot Whs		
	At eastern end of drain cover, 5 yards east of Green Bus Shelter, approx 15 yards west of junction (on right) to Llanarth.	2.087	3.367

Timekeeper 4 Recorder	Phyl Harradine CC Topp Terry Harradine CC Topp		
	At eastern end of drain cover at eastern end of Bus Stop layby 20 yards west of King of Prussia pub.	1.656	5.023
Timekeeper 5 Recorder	Philip Sims Newport Phoenix Wendy and Libby Sims Newport Phoenix		
	At eastern end of drain cover at eastern end of Bus Stop layby on crest of rise, 40 yards beyond house sign "3 Tyr Pwl" and approximately 200 yards east of Hardwick PH on right.	1.502	6.524
Timekeeper 6 Recorder	Robin Field Cardiff Byways CC Frances Field Cardiff Byways CC		
	At mark on kerb at Hardwick roundabout.	1.033	7.557
Timekeeper 7 Recorder	Roger Wood Pontypool RCC Nigel Gaen Pontypool RCC		
	At western end of 2 nd layby at white post marked 12/3	0.974	8.531
Timekeeper 8 Recorder	TBC		
	At western end of 3 rd layby at 1 st gully grate, approximately 35 yards east of overhead power cables.	1.601	10.132
Timekeeper 9 Recorder	Andy Grist Bynea CC Sarah Jayne Rees, Bynea CC		
	At 4 th layby at post marked 6/6, 1 yard east of 5 th drain cover	1.916	12.048
Timekeeper 10 Recorder	Martyn Heritage-Owen Bush Healthcare tbc		
	At western end of 7 th layby at white post marked 3/8	1.733	13.781
	Complete finishing circuit at Timekeeper 1	1.703	15.484

At Event Headquarters:due to COVID

NO RESULT BOARD

Results will be calculated within 48 hours

Andrew Butcher and Martyn Heritage-Owen, + Helpers will take down remaining signs.

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DIRECTIONS TO HQ (NP15 2ER for Sat Nav)

From South and East M4 Junction 24

Follow A449 to 2nd exit (Raglan) take exit towards Raglan village. In approx ½ mile turn LEFT on Station Road (signpost Golf Course).

From Midlands and North M5/M50

Follow A40 via Monmouth (Tunnels) take 1st exit signposted Abergavenny (remaining on A40) to take exit into Raglan village. In approx ½ mile turn LEFT on Station Road (signpost Golf Course).

From West

Continue to Hardwick Roundabout; take A40 Dual Carriageway to Raglan roundabout to take 3rd exit to Raglan village. Continue to pass shops and pubs and Raglan church (on the right) to take next right on Station Road (signposted Golf Course).

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Route to Start from HQ.

Turn Left from pavilion along Station Road to T junction; turn left through Raglan village to roundabout. Take 2nd exit (sign Clytha) on unclassified road for 1.6 miles Start point is mark on drain cover on western flare outside Monmouthshire Livestock Centre. (Finish Circuit T/K2)

Please read the relevant COVID RA advice issued by CTT

1	Event HQ – Toilet Facilities	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	High	<p>Risk mitigated through national vaccination strategy Lateral flow tests by competitors reduces risk of positive individuals present.</p> <p>Follow government guidelines on handwashing/sanitising.</p>	Low
2	Event HQ – Race Numbers	The contamination risk of infected material transferring via the race number	Low	<p>Risk mitigated through national vaccination strategy. Scientific advice shows the risk is Low from such route of infection. For reusable numbers consider washing down.</p>	Low
3	Event HQ – Venue	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Medium	<p>Where possible conduct outside, consider a gazebo (with open sides – air flow is key) for potential adverse weather/extreme direct sunshine.</p> <p>Where inside maximise ventilation</p> <p>Where no toilet facilities are required (eg Type B Events) consideration should be given to dispensing with an HQ building entirely, and creating an “HQ Area” in open space.</p> <p>Risk mitigated through national vaccination strategy and lateral flow tests In Scotland and Wales, wearing a face covering indoors is mandatory and required by law.</p>	Low

4	Interior spaces/areas where social distancing cannot be applied	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others</p>	Medium	<p>Risk mitigated through national vaccination strategy and lateral flow tests</p> <p>Ensure maximum ventilation where possible.</p> <p>In Scotland and Wales, wearing a face covering indoors is mandatory and required by law.</p>	Low
5	Race Format	<p>The risk of coming into close contact with other individuals who may have COVID-19 and infect them.</p> <p>The risk of coming into close contact with others, whilst they have COVID-19 and infecting others.</p>	Low	By its very nature time trialling lends itself to reviving competition prior to other forms of sport.	Low

COVID–The wearing of masks indoors is still mandatory in Wales. No result board this year. No teas or coffee either. Do not attend if you have a temperature or feel unwell. Indoor gathering limits no longer apply but we are being subject to the venue limit of 25.

No	Start time	firstname	lastname	club	gender	cat	age_on day	12 hour	VTTA std	M/C
4	06:04:00	Iain	Bell	Monmouthshire Wheelers	Male	V	49	237.53	209.76	
5	06:05:00	Matthew	Stevens	Gloucester City Cycling Club	Male	S	28	196.68		
6	06:06:00	Simon	Potter	Alton CC/Owens Cycles	Male	S	33	236		
7	06:07:00	Robert	Jones	Cardiff 100 Miles RCC	Male	V	69	226.57	173.46	
8	06:08:00	Shaun	Griffiths	Tenby Aces CC	Male	V	57		197.49	
9	06:09:00	Michelle	Lee	PDQ Cycle Coaching	Female	V	48		186.00	
10	06:10:00	Michelle	Lindley	CC Weymouth	Female	V	47		187.21	
11	06:11:00	Pete	Christensen	Alton CC/Owens Cycles	Male	V	40	218.53	221.55	
12	06:12:00	Patricia	Baird	Ecosse Performance Cycling Coaching	Female	V	56		175.36	
13	06:13:00	Amanda	Lane	Bynea Cycling Club	Female	V	41	253.178	194.11	
14	06:14:00	Adam	Rogers	Eastbourne Rovers CC	Male	V	46		213.85	
15	06:15:00	Paul	Colman	Haverfordwest Hornets	Male	V	60	249.4	192.21	
16	06:16:00	Gary	Martin	Westerley Cycling Club	Male	V	62	206.7	188.44	
17	06:17:00	Jake	Bailey	Cardiff Ajax CC	Male	V	44		216.47	
18	06:18:00	Roger	Sheridan	North Devon Wheelers	Male	V	60		192.21	
19	06:19:00	Paul	Renshaw	Vector Cycling Race Team	Male	V	45		215.17	R
20	06:20:00	Christopher	Gibbard	Bynea Cycling Club	Male	S	39			
21	06:21:00	Simon	Howarth	Pontypool Road Cycling Club	Male	V	58		195.78	R
22	06:22:00	Toby	Hopper	Cardiff Ajax CC	Male	V	41		221.55	
23	06:23:00	Paul	Winchcombe	Chippenham & District Wheelers	Male	V	61	252.41	190.35	
24	06:24:00	Josh	Townsend	Bynea Cycling Club	Male	S	23			
25	06:25:00	Jonathan	Shubert	FTP (Fulfil The Potential) Racing	Male	S	34	305.06		
26	06:26:00	Roger	Squire	Fibrax Wrexham RC	Male	V	52	219.87	205.43	
27	06:27:00	David	Greenwood	Rye & District Wheelers CC	Male	V	56	231.9	199.16	
28	06:28:00	Gary	Flower	Acme Whs (Rhondda) CC	Male	V	52		205.43	
29	06:29:00	David	Medhurst	Cardiff Ajax CC	Male	S	31			
30	06:30:00	Anthony	Jones	VMCC powered by Y Beic	Male	V	48	296.95	211.15	