

# Welsh 25 Mile Time Trial Championship 2022 for Men, Women & Juniors



Promoted for and on behalf of Cycling Time Trials Under their rules and regulations

*by the*

**Welsh Cycling Association**

Sponsored by



**Sunday 1 May 2022**

**Timekeepers:**

Start:- . Simon Kinsey, Andrea Parish.

Finish:- Robin Field, Frances Field.

Marshalls: Ross on Wye CC.

H.Q. Usk Centenary Hall, Maryport St, Usk NP15 1AD. There is plenty of parking in the South Car Park. **Signing on and Numbers will be at H.Q. (open from 7:00am).**

**There are limited toilets available, so please come ready to race.**

Event Secretary: Martyn Heritage-Owen. 28 Clos Tyla Bach, St Mellons, Cardiff. CF3 0EJ

Tel: 0778 606 7819 E-mail: [realteamcycling@gmail.com](mailto:realteamcycling@gmail.com) **To whom any complaints must be made in writing within 72 hours**

The full result of this event will be published on [www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk)

In 2022 we will be using ResultSheet to offer real-time results at this event. More information can be found here: <https://resultsheet.co.uk/>. Riders will receive an email link during the week and QR codes will be on the signing on table.

Follow: @Realteamcycling for updates.

## Course R25/7

Follow the **BLUE SIGNS** from the HQ to the Start - **YELLOW SIGNS** during the RACE.

### Course Code: R25/7

R25/7 Start on southbound side of Monmouth Road (unclassified) at approx. SO 38983 02022 - opposite post between gates on right to farm buildings and to "Usk Castle Chase Natural Burial Ground", 125 yards south west of "Bends for 1 1/2 miles" sign on the old Usk/Raglan road. Proceed towards Usk. At foot of hill turn left (M) and left again (M) onto A472 and proceed to take left hand lane at Llangeview interchange (M) where join A449. Proceed via Raglan interchange (M) where road becomes the A40. Continue to pass picnic area (11.757 miles) and through tunnel (12.5 miles point is 100 yds inside the tunnel). After tunnel bear left (M) and in 300 yards at garage (M) turn left with great care on B4293. Cross over tunnels and in 2/3 mile keep straight on on unclassified road (care at pedestrian crossing) to rejoin the A40 at Mitchel Troy (M). (Sign Mitchel Troy 14.367 miles) Retrace via Raglan interchange and at Llangeview bear left (M) to leave A449 and proceed on A472 to: Finish opposite 2nd drain cover on right, 25 yards beyond tele pole No DP63 and 350 yards beyond rear of sign reading A449/B4235 on approach to Usk.

District Regulation: Saturday events not to start before 3pm.

All riders are asked to comply with the following requests.

- ✓ Do **call your number** to the finishing timekeeper or your time will not be recorded.
- ✓ Do keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE**.
- ✓ **You must wear a HARD-SHELL HELMET.**
- ✓ **You must start with a working front and rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**
- ✓ This event may be subject to doping control. It is YOUR responsibility to check.
- ✓ Sign in / Sign out failure to do so will result in a DNF.
- ✓ No passing the start time keeper or warming up on the course.
- ✓ **No anti-social behaviour especially urinating in public.**
- ✓ **Failure to follow these basic rules will result in a DQ & referral to the South Wales DC for further disciplinary action. You have been fair warned that someone will be performing spot checks.**

### Reminder

- ✓ The onus is on the caught rider to ensure that there is no company riding.
- ✓ **Ride on the left-hand side of the left-hand lane.**

### COVID – All restrictions have been removed in Wales.

- **There will be a result board.**
- **There will be Teas and Coffee and a selection of cakes.**
- **Do not attend if you have a temperature or feel unwell.**
- **There will be no pusher off.**

### Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 30, 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.

## Awards - This is NOT a One Rider One Award Event

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch.

**TRW Club Resolven – Date TBC.**

**The WCA plaques will be presented at the conclusion of the event. Unclaimed WCA plaques from previous years will be available to collect at this event.**

Men's Championship	Presentation
1 <sup>st</sup> .	Trophy (for one-year WCA Plaque & invitation to BAR lunch)
2 <sup>nd</sup> & 3 <sup>rd</sup>	WCA Plaques
Women's Championship	
1 <sup>st</sup>	Trophy (for one-year WCA Plaque & invitation to BAR lunch)
2 <sup>nd</sup> & 3 <sup>rd</sup>	WCA Plaques
Juniors Championship	
1 <sup>st</sup> MALE	Trophy (for one-year WCA Plaque & invitation to BAR lunch)
<b>Champion Team</b> Fastest team of three riders from the Championship fields	Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch
Fastest Veteran on Standard	WCA Plaque
2 <sup>nd</sup> & 3 <sup>rd</sup>	WCA Plaque

## Welsh Championships 2022

Distance	Date	Course Code	Organised by
10	Sunday 7 <sup>th</sup> August	R10/17	Welsh CA – Pontypool RC (Roger Wood)
30	Sunday 24 <sup>th</sup> July	R30/7	Welsh CA - (Martyn Heritage-Owen)
50	Sunday 25 <sup>th</sup> September	R50/1b	Welsh CA – (Martyn Heritage-Owen)
100	Sunday 3 <sup>rd</sup> July	R100/9	Welsh CA – (Martyn Heritage-Owen)
12 Hour	Sunday 5 <sup>th</sup> September	R12/16a	National Championship/Welsh CA - (Robin Field)
Hill Climb	Sunday 9 <sup>th</sup> October	RH10X	Welsh CA - (Robin Field)

## Start Order

No	Start	Name	Club	CAT	Std	LTS/Est
5	08:05	Chris Jones	CC Weymouth	M		01:15:00
6	08:06	Claire Jackson	Royal Dean Forest Cycle Club	WV	01:13:27	01:15:00
7	08:07	Michelle Lindley	CC Weymouth	WV	01:13:54	01:12:00
8	08:08	Anthony Fidow	Cwmcarn Paragon Road Club	MV	01:13:03	01:10:00
9	08:09	Rebecca Comins	Newport Phoenix CC	WV	01:14:53	01:10:00
10	08:10	Jody Parker	Team Zero-Allez	W		01:10:00
11	08:11	Huw Lloyd	Bynea Cycling Club	MV	01:10:51	01:05:54
12	08:12	Hollie Labunsky	Port Talbot Whs CC	W		01:07:00
13	08:13	John Williams	Bynea Cycling Club	MV	01:13:55	01:05:25
14	08:14	Kimberley Pickett	Bicester Millennium CC	W		01:03:59
15	08:15	Robert Jones	Cardiff 100 Miles RCC	MV	01:14:23	01:02:43
16	08:16	Paul Sander	Stockton Wheelers CC	MV	01:12:38	01:02:37
17	08:17	Graham Rogerson	Port Talbot Whs CC	MV	01:08:23	01:02:14
18	08:18	Tim Radley	Gloucester City Cycling Club	MV	01:07:31	01:02:03
19	08:19	Gwyneth Parry	Paramount CRT	W		01:02:00
20	08:20	John J Murphy	Gloucester City Cycling Club	MV	01:22:12	01:01:39
21	08:21	Neil Gregory	Port Talbot Whs CC	MV	01:09:07	01:00:47
22	08:22	Christopher Newby	Bristol CX	MV	01:07:56	01:01:35
23	08:23	John Shehan	Port Talbot Whs CC	MV	01:17:04	01:00:40
24	08:24	Paul Archer	Newport Phoenix CC	MV	01:08:52	01:00:00
25	08:25	Gareth Rees	Cwmcarn Paragon Road Club	MV	01:06:22	01:00:00
26	08:26	Hannah Saitch	Horsepower Coaching	W		01:00:00
27	08:27	Paul Renshaw	Cowley Road Condors CC	MV	01:07:07	00:59:48
28	08:28	Donald Parker	Brighton Mitre CC	MV	01:15:55	00:59:20
29	08:29	Mike Broadbent	Port Talbot Whs CC	MV	01:10:51	00:59:17
30	08:30	William Hamilton	FTP RC	M		00:59:14
31	08:31	Ben Sparrow	Guernsey Velo Club	M		00:59:01
32	08:32	Deborah Sheridan	Warwickshire Road Club	WV	01:19:13	00:58:56
33	08:33	Ian Gibson	Abercynon Road Club	MV	01:11:11	00:58:52
34	08:34	Adrian Osborn	Stratford Cycling Club	MV	01:11:11	00:58:33
35	08:35	Stuart Evans	Port Talbot Whs CC	MV	01:17:41	00:58:20
36	08:36	Haydn Davies	Giant CC Halo Films	MV	01:13:03	00:58:18
37	08:37	Kim Barfoot-Brace	Bath Cycling Club	WV	01:12:24	00:58:17
38	08:38	Jo Buckland	FTP ( Fulfil The Potential ) Race Team	WV	01:15:42	00:58:16
39	08:39	Andrew Clarke	North Shropshire Wheelers	MV	01:11:11	00:58:03
40	08:40	Paul Colman	Port Talbot Whs CC	MV	01:10:51	00:58:00
41	08:41	Cliff Voller	Newbury RC	MV	01:14:52	00:57:58
42	08:42	Digby Rusling	Royal Dean Forest Cycle Club	MV	01:08:23	00:57:50
43	08:43	Adam Whittaker	FTP ( Fulfil The Potential ) Race Team	M		00:57:50
44	08:44	Graeme Donnell	Revolutions Racing	MV	01:09:23	00:57:49
45	08:45	Amanda Lane	North Dock Dredgers Tri	WV	01:12:36	00:57:48
46	08:46	Joanne Jago	Performance Cycles CC	WV	01:12:24	00:57:40
47	08:47	Les Thomas	Port Talbot Whs CC	MV	01:10:32	00:57:34
48	08:48	Emma Wyatt	Hereford & Dist Whs CC	WV	01:13:14	00:57:31
49	08:49	Andy Kelly	Bristol South Cycling Club	MV	01:09:39	00:57:17

No	Start	Name	Club	CAT	Std	LTS/Est
50	08:50	James Greenaway	Bpm Coaching	M		00:57:12
51	08:51	Roger Whittle	Gloucester City Cycling Club	MV	01:08:23	00:57:11
52	08:52	Phillip Turner	FTP RC	MV	01:08:52	00:57:02
53	08:53	Steve Curry	Ogmore Valley Wheelers	MV	01:09:56	00:57:00
54	08:54	Vincent Douglas	Gloucester City Cycling Club	MV	01:08:23	00:56:57
55	08:55	Karina Jackson	Guernsey Velo Club	WV	01:14:38	00:56:54
56	08:56	Seb Navarro	Dursley Road Club	M		00:56:51
57	08:57	Tony Lake	Gloucester City Cycling Club	MV	01:07:43	00:56:38
58	08:58	Gareth Williams	Abergavenny RC	M		00:56:31
59	08:59	Steven Loraine	Legato Racing Team (LRT)	MV	01:12:15	00:56:30
60	09:00	John Aspell	PDQ Cycle Coaching	MV	01:08:37	00:56:29
61	09:01	Chris Goulden	American Flyers	MV	01:11:53	00:56:25
62	09:02	Marco Marletta	Cardiff Jif	MV	01:09:07	00:56:25
63	09:03	John Marinko	Brighton Mitre CC	MV	01:09:23	00:56:12
64	09:04	Joanna Knight	Bristol South Cycling Club	WV	01:18:01	01:02:16
65	09:05	Tom Cox	Saint Piran	MV	01:13:28	00:56:06
66	09:06	Richard Llewellyn	Imperial Racing Team	MV	01:07:31	00:56:06
67	09:07	Mark Palliser	FTP RC	MV	01:09:39	00:55:57
68	09:08	Iago Williams	Towy Riders Cycle Club	Jun		00:55:42
69	09:09	Steve Bray	FTP RC	MV	01:08:23	00:55:25
70	09:10	Calum Cheshire	Cycle Sport South Hams	MV	01:06:11	00:55:18
71	09:11	Justin Ford	CC Blaenau Gwent	MV	01:07:31	00:54:58
72	09:12	Michael Portlock	Merthyr CC	MV	01:08:23	00:54:56
73	09:13	Paul Derrick	FTP RC	M		00:54:52
74	09:14	Martin Lines	Worcester St. Johns CC	MV	01:08:37	00:54:51
75	09:15	Dan Kingston	UF Rowe & King	MV	01:06:11	00:54:25
76	09:16	Daniel Kempe	Bristol South Cycling Club	MV	01:09:23	00:54:24
77	09:17	Kyle Blackmore	Virtual Cycling Club	M		00:54:01
78	09:18	Mike Hall	Port Talbot Whs CC	MV	01:08:37	00:53:57
79	09:19	Michael Parker	TMG Horizon Cycling Team	MV	01:09:39	00:53:52
80	09:20	Gareth Jones	Clevedon & District Road Club	MV	01:08:10	00:53:52
81	09:21	Iain Bell	Abergavenny RC	MV	01:07:56	00:53:37
82	09:22	Hubert Ashley-Towell	Royal Dean Forest Cycle Club	MV	01:08:23	00:53:30
83	09:23	Jeremy Addis	Velo Club St Raphael	MV	01:07:43	00:53:24
84	09:24	Jonathan Mills-Keeling	Bridgnorth Cycling Club	MV	01:07:43	00:53:19
85	09:25	Adrian Ford	Team Bottrill	M		00:53:15
86	09:26	Ian Deakin	Mid Devon CC	MV	01:12:15	00:58:45
87	09:27	Claire Emons	...a3crg	WV	01:15:09	00:55:24
88	09:28	Nathan Leaves	Cwmcarn Paragon Road Club	M		00:52:53
89	09:29	Mark Bradley	Bristol South Cycling Club	MV	01:09:39	00:52:47
90	09:30	Andrew Simpkins	Team Echelon	MV	01:13:28	00:57:28
91	09:31	Dean Callister	Revolutions Racing	M		00:52:44
92	09:32	Darrel Williams	Port Talbot Whs CC	MV	01:08:52	00:52:35
93	09:33	Robert Francis	Pronto Bikes	M		00:52:35
94	09:34	Mark Woolford	Team Swindon Cycles	MV	01:09:23	00:52:34
95	09:35	Mark Hamer	Stratford Cycling Club	MV	01:07:19	00:52:34
96	09:36	Andrew Jason	City Cycle Couriers RT	MV	01:08:10	00:52:18

<b>No</b>	<b>Start</b>	<b>Name</b>	<b>Club</b>	<b>CAT</b>	<b>Std</b>	<b>LTS/Est</b>
97	09:37	John O'Dwyer	Dursley Road Club	MV	01:06:00	00:52:06
98	09:38	Liam Lloyd	Cycle Specific	M		00:52:06
99	09:39	Mark Sanders	Mid Devon CC	MV	01:11:11	00:52:01
100	09:40	Nick Bunyard	Pronto Bikes	MV	01:06:11	00:51:36
101	09:41	Tom Davies	Rapha Cycling Club	M		00:51:35
102	09:42	Daniel Colman	Pronto Bikes	M		00:51:30
103	09:43	Marc Cox	Guernsey Velo Club	M		00:51:28
104	09:44	Gerry Bowditch	Pontypool Road Cycling Club	MV	01:08:10	00:51:26
105	09:45	Anna Morris	Ward WheelZ	W		00:51:24
106	09:46	Harry Loader	Mid Devon CC	M		00:51:18
107	09:47	Tom Scorer	Royal Navy & Royal Marines CA	MV	01:06:11	00:51:16
108	09:48	Angela Carpenter	...a3crg	WV	01:15:09	00:51:12
109	09:49	Simon Adcook	Team Echelon	MV	01:07:19	00:50:44
110	09:50	Anthony Jones	VMCC powered by Y Beic	MV	01:07:31	00:49:14
111	09:51	Mathew Roberts	Team Bottrill	M		00:50:35
112	09:52	Stuart Day	Team Echelon	MV	01:08:23	00:48:36
113	09:53	Danny Glyn Roberts	Team Bottrill	MV	01:06:11	00:50:16
114	09:54	Owen Burgess	UF Rowe & King	M		00:48:24
115	09:55	Joe Rees	Bikestrong-KTM	M		00:50:12
116	09:56	Christopher Gibbard	Bynea Cycling Club	MV	01:06:00	00:47:17
117	09:57	Philip Tucker	Bynea Cycling Club	MV	01:06:22	00:49:34
118	09:58	Jake Sargent	FTP ( Fulfil The Potential ) Race Team	M		00:46:59
119	09:59	Andy Davies	UF Rowe & King	MV	01:06:00	00:49:18
120	10:00	Tom Ward	Ward WheelZ	M		00:45:36