

Welsh CA 12 Hour Championship



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

Sunday 1st September 2019 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

John Shehan Bynea CC

Signage

Andrew Butcher Cwmcarn Paragon RC

Officials, Observers and Marshalls

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

Christian and Michelle Fishbourne CES Sport, Jeff Rees Acme Whs (Rhondda) CC (Llangeview Turn)

Philip Sims Newport Phoenix (Hardwick roundabout 4th exit to Hereford A465)

Chris Hughes, Dave Unsworth, + members of Hereford & Dist Whs (Hereford (Tesco) roundabout)

Keith Hyatt Calford CC (Raglan fork)

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

Members of South Wales DC and West DC Clubs. 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 9:00am,
then from 4:00pm – until end of event.**

Awards – 2019

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 from a Western TTA club	Cotter Pin Challenge Cup 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	2013	Pembrokeshire Velo	Dan Colman Paul Colman Clifford Jackson	798.28
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 Llangula 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:** for better visibility, riders are recommended to fit a rear flashing red light which will enable you to be seen clearly on the dual carriageway – especially on the finishing circuit. 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 and food at HQ when you sign on. 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
- 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 that evening to give a provisional distance, please be patient if we slow down a bit as we've been on the go since 3 am!

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 picnic area on the northbound A40 approaching the Monmouth tunnels and in the Services on A40 between Raglan to Monmouth tunnels are open (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.
4. **Parking** is available at the Headquarters. **Competitors please do not park in the coned off Officials area.**
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 9:00 am, tea and coffee will be available free before the start, please help yourself. **The HQ will re-open at approx. 4:00 pm with Sharon Preddy Catering** from 5:00 pm with wonderful cakes and Bacon Butties tea coffee etc.

Feeding Arrangements

Food will be available at HQ before the Start

Menu:

Bananas

Malt Loaf

Brioche

Various Gels

Melon (later on)

Drinking water will be available

**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, Carol 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 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

No	Start	Name 1	Name 2	Club	Gender	Cat	Age	LTS	Vet Std
10	06:10	Stephen	Reynolds	Haverfordwest Hornets	Male	Veteran	53		200.41
11	06:11	Harry	Cowley	Chester RC	Male	Veteran	71	193.30	168.45
12	06:12	Simon	Kinsey	Virtual Cycling Club	Male	Veteran	49	224.30	204.19
13	06:13	Chad	Scallan	Pembrokeshire Velo	Male	Espoir	22		
14	06:14	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran	67	206.80	177.25
15	06:15	Paul	Stephens	Ross on Wye & Dist CC	Male	Veteran	54	245.60	197.85
16	06:16	Alex	Touche	Pontypool Road Cycling Club	Male	Espoir	22		
17	06:17	Thomas	Southey	Bristol South Cycling Club	Male	Senior	24	225.00	
18	06:18	Matthew	Stevens	Gloucester City Cycling Club	Male	Senior	26	196.60	
19	06:19	Ray	Retter	Born to Bike - Bridgtown Cycles	Male	Veteran	73	243.60	163.45
20	06:20	Daren	Austin (Trike)	Twickenham CC	Male	Veteran	52	281.30	169.44
21	06:21	Lee	Williams	North Hampshire RC	Male	Senior	34		
22	06:22	Lawrence	Cronk	SWYD Tri Club	Male	Senior	32		
23	06:23	Paul	Colman	Pembrokeshire Velo	Male	Veteran	58	260.20	192.44
24	06:24	Iain	Bell	Monmouthshire Wheelers	Male	Veteran	47		206.75
25	06:25	Nick	Cave	Team Lutterworth Cycle Centre	Male	Veteran	53	274.50	199.14
26	06:26	Ian	Gibson	Abercynon Road Club	Male	Veteran	59		190.99
27	06:27	John	Bradbury	CC Sudbury	Male	Veteran	48		205.46
28	06:28	Graham	Kemp	Team Bottrill	Male	Veteran	40		217.10
29	06:29	Bob	Richards	Royal Navy & Royal Marines CA	Male	Veteran	62	239.40	186.34
30	06:30	Neil	Lauder	Arctic Aircon RT	Male	Senior	36	296.10	
31	06:31	Stuart	Edwards	Royal Navy & Royal Marines CA	Male	Veteran	55	250.30	196.55
32	06:32	Shaun	Griffiths	Pembrokeshire Velo	Male	Veteran	55	233.00	196.55
33	06:33	Jamie	Richardson Paige	Chippenham & District Wheelers	Male	Senior	26		
34	06:34	Dean	Ware	Team Backstedt Bike Performance	Male	Senior	38	267.60	
35	06:35	Daniel	Colman	Pembrokeshire Velo	Male	Senior	24	282.20	
36	06:36	Philip	Tucker	Cycle Specific	Male	Senior	39		
37	06:37	Henrik	Persson	Kingston Wheelers CC	Male	Senior	36	276.70	
38	06:38	Crystal	Spearman	Born to Bike - Bridgtown Cycles	Female	Senior	31	269.20	
39	06:39	Peter	Hooper	Eastbourne Rovers CC	Male	Senior	34	291.90	
40	06:40	Anthony	Jones	Towy Riders Cycle Club	Male	Veteran	46	296.90	208.08

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)	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	7.559	227.489
To T/K1 access bridge to Cefn Coch Farm (to start finishing circuit)	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

On the Finishing Circuit

Timekeepers' positions will be clearly marked throughout the event.

		Inter	Miles
Timekeeper 1	Tudor Thomas Bynea CC Paul Robinson (tbc) Welsh CA		
	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, Ogmore Valley Whs. Norman James Ogmore 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 Pontypool RCC Vince Edwards 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 Pwll" and approximately 200 yards east of Hardwick PH (formerly known as the Horse & Jockey), 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	tbc		
	At western end of 2 nd layby at white post marked 12/3	0.974	8.531
Timekeeper 8 Recorder	Stuart Edinborough, Hereford & Dist. Wheelers Dave Unsworth, Hereford & Dist. Wheelers		
	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

Setting up watches

Timekeepers please meet Robin Field at **TK3** (Green Bus Shelter near Llanarth) at 14:30 to check watches and collect timekeeper boards prepared by Robin & Frances Field.

Please bring back your Timekeeper Stake with you to HQ to have a well-deserved cuppa and food.

Marshalling Positions 2019

Marshalling jackets will be brought to the Early Morning Circuit marshals by **tb** (**Chief Marshal**) or an assistant preceding the field.
(Hereford will supply their own)

When you have finished please hand them to the **Chief Marshal**, return them to HQ or drop them at Hardwick information desk

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, Food & Car Registration Forms + Parental Consent forms (u18yrs)	Frances Field
Course Signing	Warning & route signs –	Andrew Butcher Cwmcarn Paragon RC
	Hereford rbt & Belmont	Dave Unsworth, Stuart Edinborough /Chris Hughes + Hereford Wheelers
At Start	Starting Timekeeper Pusher off	Robin Field Cardiff Byways RC John Shehan Bynea CC

Marshalling Pt	Instructions	Marshals
Hardwick rbt 6.1 miles eta 06:30	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	Arrow
Raglan Services northbound	Stay on A40	-----
Monmouth Tunnels	Take slip road exit immediately after tunnels	Arrow
Monmouth Service station 20.8 miles eta 07:10	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' eta 07:35	TURN RIGHT around break in carriageway to enter A449 on-slip	Christian and Michelle Fishbourne CES Sport + Jeff Rees Acme Whs
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
Hardwick roundabout A465 turn 46.6 miles eta 08:10	Take 4 th exit to Hereford. Turn signs around after last rider.	Philip Sims Newport Phoenix
Traffic Lights Llangua Bridge 58 & 78 miles eta 08:40 & 09:20	to Hereford & back	Observers to be confirmed
Hereford rbt 68.6 miles eta 09:00	See riders round the roundabout & return them to Abergavenny. Checkers form to Dave , supply own marshalling jackets	Dave Unsworth, Stuart Edinborough & Hereford Wheelers
Hardwick rbt 90.7 miles	Start of Middle Day Circuit	10:10 to close Edwin Hargraves & Robin Field + others

eta 9:50	Riders returning from Hereford, to take 2 nd exit onto A40 towards Raglan	
Raglan Fork (onto unclassified road) 98 miles eta 10:10	Middle Day Circuit	Keith Hyatt Catford CC
Mitchel Troy (103 miles) eta 10:30	Middle Day Circuit Check	Mike Waite and + others
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

At Event Headquarters:

Results will be calculated at the finish with pencil and paper – please be patient as we'll be very tired!
Refreshments by: Sharon Preddy (free tea to riders returning their numbers)

Presentation of Champions' Caps.

The Presentation will take place at approximately: 8.15 pm
We'll all be tired but please stay to applaud the winners

After the event when all riders have finished

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

Robin Field will clear the course on Monday for any uncollected signs, rubbish, etc

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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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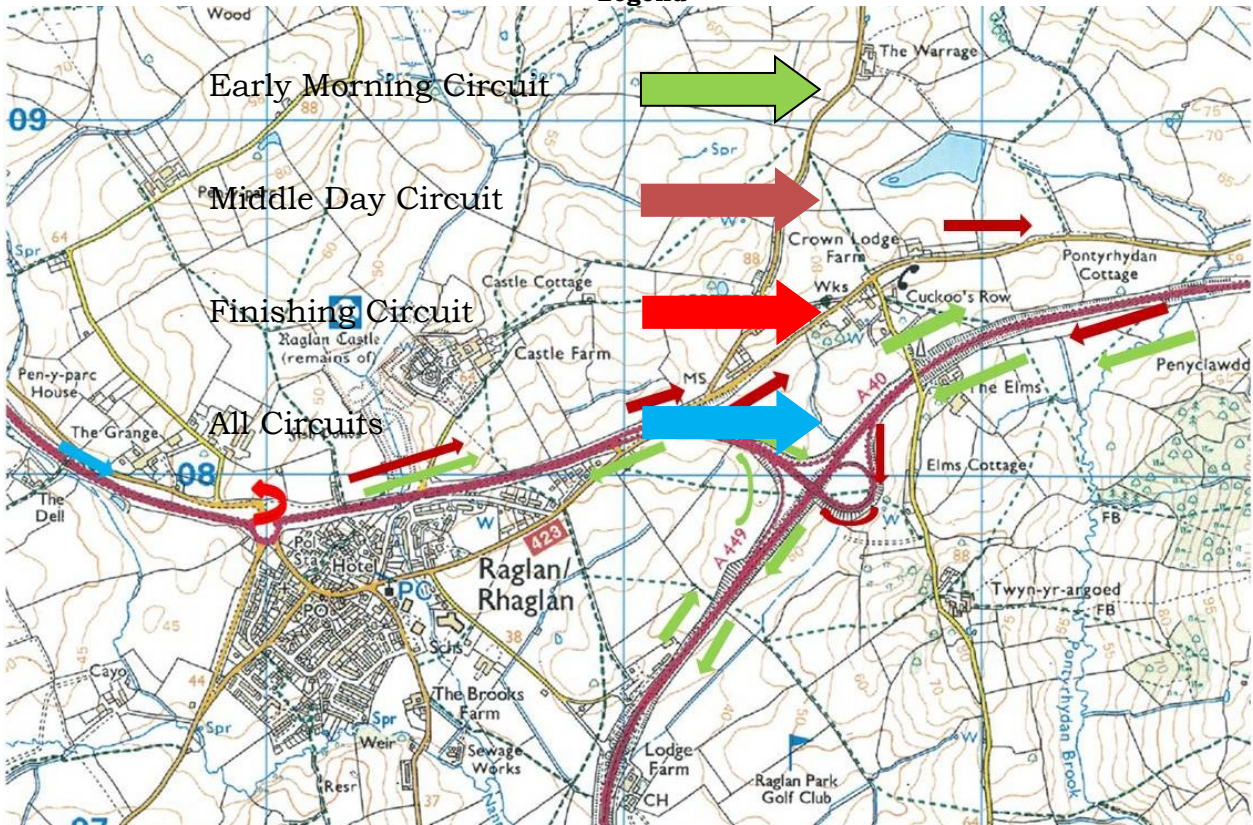
Route to Start from HQ.

Turn Left from pavilion along Station road to T junction; turn left through Raglan village to roundabout. Take 3rd 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)

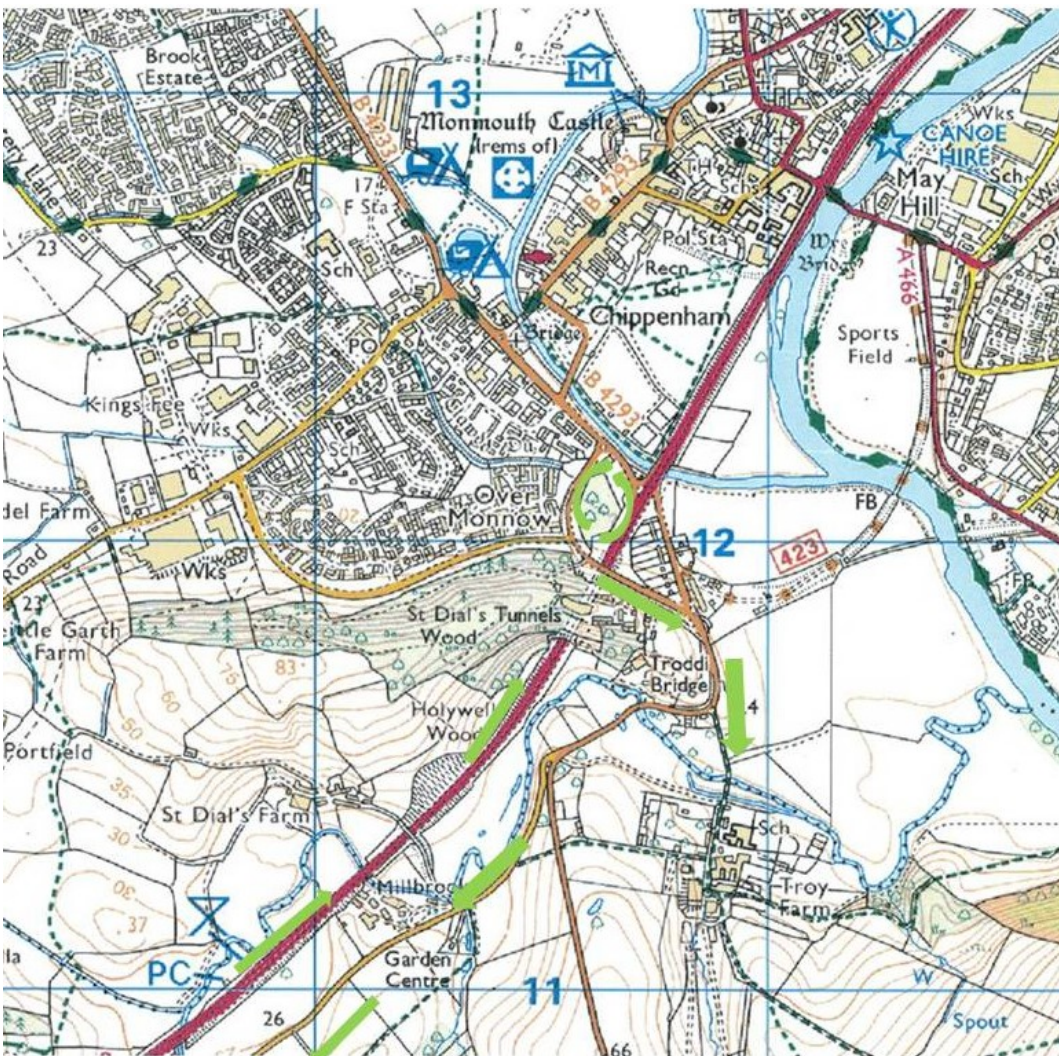


Map 1 Hardwick Roundabout

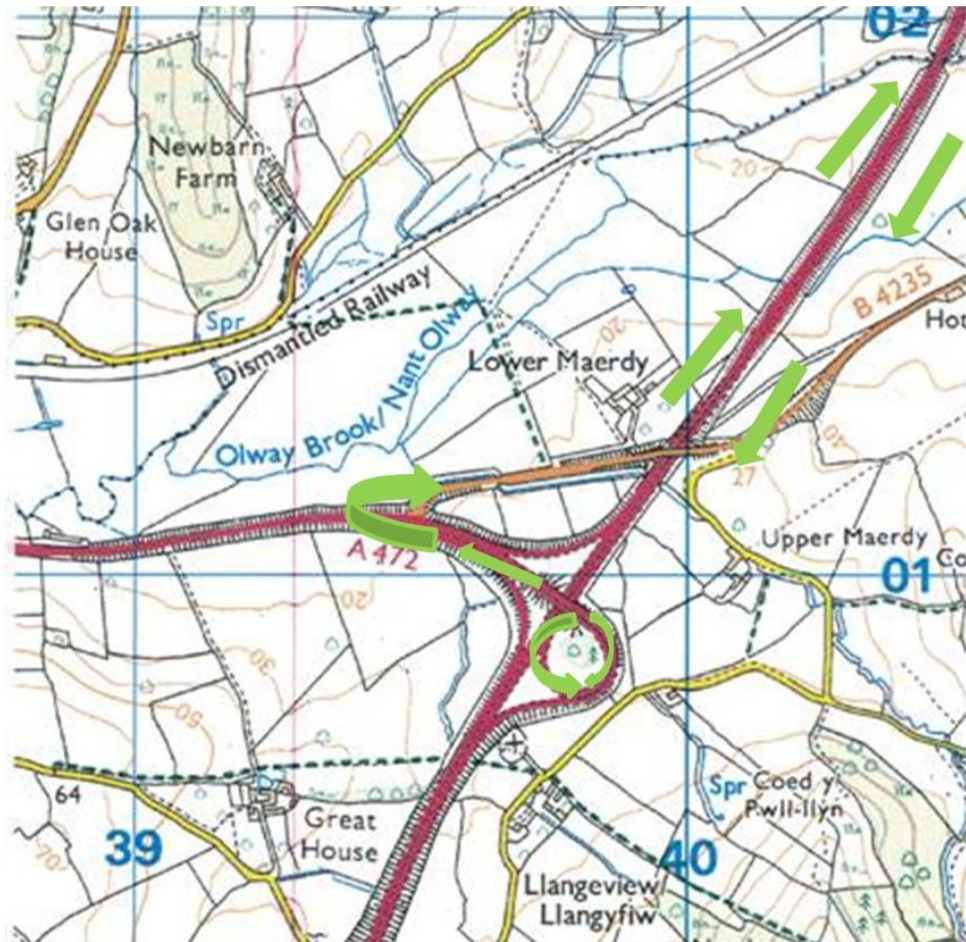
Legend



Map 2 Raglan Interchange



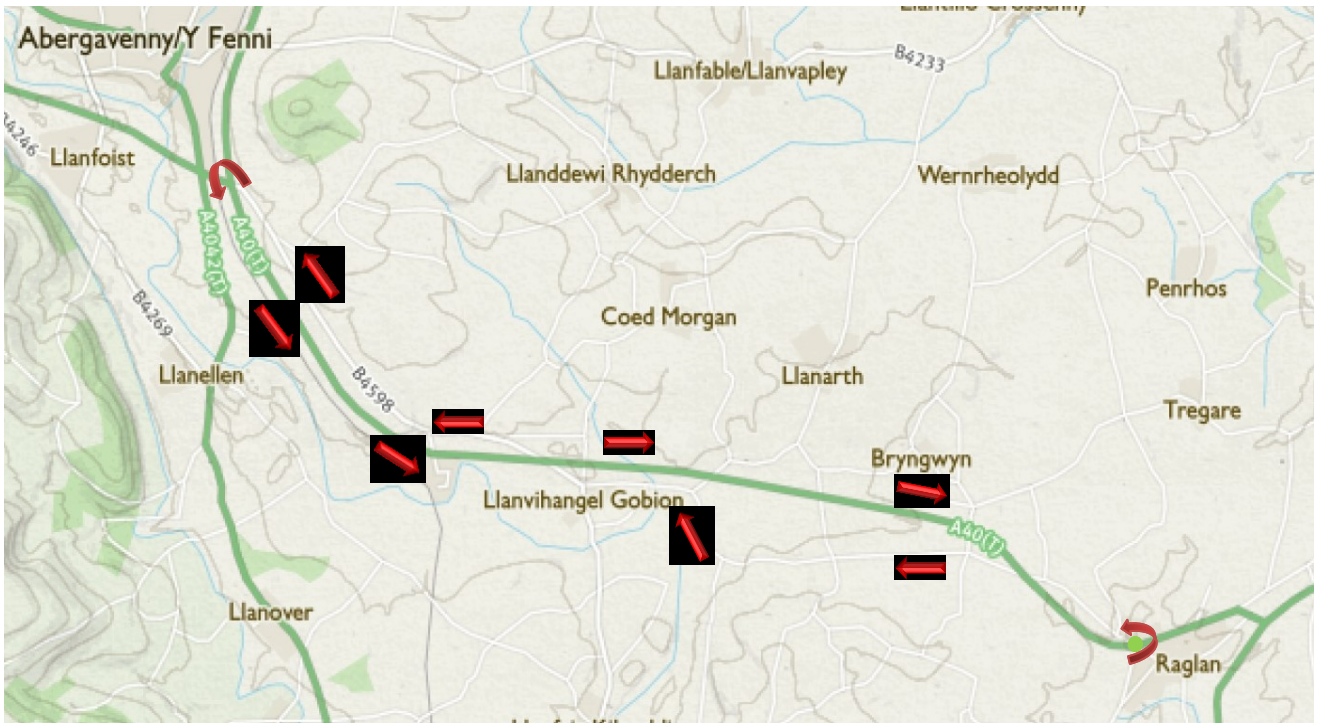
Map 3 Monmouth Tunnels



Map 4 Usk Turn (Llangeview Interchange)



Map 5 Hereford Turn (Kingfisher Rise Estate)



Map 6 **Finishing Circuit**

Welsh CA 12 Hr TT Progress Sheet

Description	INTERIM MILEAGE	Rider Total	
Start at Monmouthshire Livestock Centre to Hardwick roundabout	6.155	6.155	
Morning Circuit	84.627	90.782	
to start of mid-day circuit	0.198	90.98	A
1 Circuit completed	25.79		
2 Circuit completed	51.58		
3 Circuit completed	77.37		
4 Circuit completed	103.16		
5 Circuit completed	128.95		
TOTAL NUMBER OF MID DAY CIRCUITS COMPLETED			
MID DAY CIRCUIT MILEAGE			B
Proceed to Raglan roundabout take 1st exit to FINISHING CIRCUIT	7.559	7.559	
END OF MID DAY CIRCUIT TO START OF FINISHING CIRCUIT AT TK/1	7.921	7.921	C
TOTAL TO START OF FINISHING CIRCUIT			
1 Finishing Circuit completed	15.484		
2 Finishing Circuit completed	30.968		
3 Finishing Circuit completed	46.452		
4 Finishing Circuit completed	61.936		
5 Finishing Circuit completed	77.42		
6 Finishing Circuit completed	92.904		
7 Finishing Circuit completed	108.388		
8 Finishing Circuit completed	123.872		
TOTAL NUMBER OF FINISHING CIRCUITS COMPLETED			
FINISHING CIRCUIT COMPLETED MILEAGE			D
ADD FINAL INCOMPLETE CIRCUIT MILEAGE			
FINISHED AT TIMEKEEPER No.			
TK1	0		
TK2	1.279		
TK3	3.366		
TK4	5.022		
TK5	6.524		
TK6	7.557		
TK7	8.531		
TK8	10.132		
TK9	12.048		
TK10	13.782		
Distance covered on final circuit			E
ESTIMATED DISTANCE COVERED IN WELSH CA 12HR TT			A+B+C+D+E