

Welsh 100 Mile Time Trial Championship 2024



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

For Men and Women

Promoted by the
Welsh Cycling Association

Sunday 23rd June 2024 Course R100/9 Starting at 06:02

Start & Finish Timekeeper: Robin Field Cardiff Byways CC

Recorder: Frances Field Cardiff Byways CC

Monmouth Marshals: Members of Ross-on-Wye CC

Event Headquarters

Raglan Old Church School Hall, Chepstow Rd, Raglan, NP15 2DY

The Headquarters will be open from 5:00 am

DON'T FORGET TO SIGN OUT OR YOU WILL BE DNF

Catering: Be advised that my partner Sharon has just had a hip replacement and is in the early stages of recovery. Please assume the HQ will be unmanned and unlocked and any refreshments will be rudimentary and self-service. The event is run on a shoe-string so any offers of help will be greatly appreciated.

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

Mob. (On the day) 0778 606 7819

E-mail: realteamcycling@googlemail.com

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 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.	WCA Medallion. C. Williams Shield
2 nd & 3 rd Men	WCA Medallions
Fastest team of three riders	Championship Team Shield (for 1 year) WCA Medallions
1 st on AAT	WCA Medallion
1 st Road Bike	WCA Medallion
Women's Champion	WCA Trophy for 1 year, WCA Medallion
2 nd & 3 rd Women	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 IS an UNOFFICIAL FEED

(Courtesy of Abercynon RC) Raglan Rise at approx. 15, 45 and 75 miles for all riders. If you wish to leave bottles at the start, I will deliver them to the rise but they must be clearly labelled.

Early starters may need 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).

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 Nopinz 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.
- ✓ 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**.
- ✓ **HELMETS ARE MANADTORY**.
- ✓ **Working front and rear lights either flashing or constant are MANDATORY**.
- ✓ **Don't forget that you MUST sign out personally at the end of the event (Reg. 17b)**
- ✓ **THE ONUS is on caught riders not to take pace.**

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

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

Follow A449 to 2nd exit (Raglan). Take 1st Left Monmouth Rd. At the Beaufort Arms turn right and the Hall is on the left just after the Church.

From Midlands and North M5/M50

Follow A40 via Monmouth (Tunnels) take 1st exit signposted Abergavenny (ignoring the Services exit). Take 1st Left Monmouth Rd. At the Beaufort Arms turn right and the Hall is on the left just after the Church.

From West (A465 Heads of the Valleys) OR A40 (via Brecon)

Continue to Raglan Roundabout; take 3rd exit into village and at the Beaufort Arms turn right.

No	firstname	lastname	Bike	club	class	Cat	LTS	Start
2	Joel	Davies	TT	Merthyr CC	Open	Senior	05:00:00	06:02
3	Conrad	Lawson	TT	Hereford Triathlon Club	Open	Veteran	05:00:00	06:03
4	Peter	Loader	TT	Mid Devon Cycling Club	Open	Veteran	05:00:00	06:04
5	Gretchen	Zoeller	TT	Born to - Bridgtown Cycles	Female	Veteran	04:50:59	06:05
6	Anthony	Fidow	TT	Newport Phoenix CC	Open	Veteran	04:45:00	06:06
7	Michelle	Lindley	TT	Poole Wheelers Cycling Club	Female	Veteran	04:45:00	06:07
8	Cameron	Bonner	TT	Dursley Road Club	Open	Espoir	04:45:00	06:08
9	Brad	Quinn	TT	City RC (Hull)	Open	Senior	04:45:00	06:09
10	Gareth	Bonner	TT	Dursley Road Club	Open	Veteran	04:45:00	06:10
11	Robert	Jones	TT	Cardiff 100 Miles RCC	Open	Veteran	04:39:25	06:11
12	Ricki	Morgan	TT	Tenby Aces CC	Open	Veteran	04:37:44	06:12
13	Lisa	Davies	TT	VMCC powered by Y Beic	Female	Senior	04:35:12	06:13
14	Heath	Williams	TT	Port Talbot Whs CC	Open	Veteran	04:35:00	06:14
15	Chris	Finn	Road	Monmouthshire Wheelers	Open	Veteran	04:34:00	06:15
16	Sam	Smith	Road	Bath Cycling Club	Open	Senior	04:30:00	06:16
17	Ben	Probert	TT	Hereford Triathlon Club	Open	Veteran	04:30:00	06:17
18	John	Lowe	TT	Withington Wheelers	Open	Veteran	04:20:08	06:18
19	Madison	Shaddick	TT	Swansea Vale Tri	Female	Senior	04:18:00	06:19
20	Peter	Phillips	TT	Newport Phoenix CC	Open	Senior	04:15:00	06:20
21	Corinne	Clark	TT	360VRT	Female	Senior	04:14:43	06:21
22	Emma	Bexson	TT	Stratford Cycling Club	Female	Veteran	04:10:12	06:22
23	Ian	Gibson	TT	Abercynon Road Club	Open	Veteran	04:10:00	06:23
24	Tom	Burke-Nott	TT	Bristol South Cycling Club	Open	Veteran	04:10:00	06:24
25	Dave	Williams	TT	Celtic Tri	Open	Veteran	04:10:00	06:25
26	Roxy	Woodfield	TT	Ludlow Brewery RT	Female	Senior	04:09:56	06:26
27	Steve	Holloway	TT	RÁS	Open	Veteran	04:08:32	06:27
28	Claire	Emons	TT	...a3crg	Female	Veteran	04:07:45	06:28
29	Paul	Colman	TT	Port Talbot Whs CC	Open	Veteran	04:07:31	06:29
30	Mark	Pierce	TT	Plymouth Corinthian CC	Open	Senior	04:06:45	06:30

No	firstname	lastname	Bike	club	class	Cat	LTS	Start
31	Rob	Powell	TT	Abergavenny RC	Open	Veteran	04:06:38	06:31
32	Paul	Winchcombe	TT	Chippenham & District Whsers	Open	Veteran	04:06:08	06:32
33	Mike	Hall	Road	Port Talbot Whs CC	Open	Veteran	04:05:00	06:33
34	Kim	Barfoot-Brace	TT	Team Bottrill	Female	Veteran	04:04:33	06:34
35	Anthony	Green	TT	Kernow Racing Team	Open	Veteran	04:01:12	06:35
36	Tommy	Barlow	TT	Clevedon & District Road Club	Open	Veteran	04:00:13	06:36
37	Neil	Gregory	TT	Port Talbot Whs CC	Open	Veteran	04:00:00	06:37
38	Dan	Kingston	TT	FTP (Fulfil The Potential) RT	Open	Veteran	04:00:00	06:38
39	Tim	Radley	TT	Gloucester City Cycling Club	Open	Veteran	04:00:00	06:39
40	Matthew	Sowerby	TT	TricentralUk	Open	Senior	04:00:00	06:40
41	Ryan	James	TT	Virtual Cycling Club	Open	Senior	04:00:00	06:41
42	Jon	Tune	TT	City Cycle Couriers RT	Open	Veteran	04:00:00	06:42
43	Mark	Sanders	TT	Mid Devon Cycling Club	Open	Veteran	03:58:31	06:43
44	Hugh	Pascoe	TT	Port Talbot Whs CC	Open	Veteran	03:57:56	06:44
45	Phillip	Turner	TT	FTP (Fulfil The Potential) RT	Open	Veteran	03:56:41	06:45
46	Dan	Elliot	TT	TricentralUk	Open	Senior	03:55:32	06:46
47	Kyle	Blackmore	TT	Port Talbot Whs CC	Open	Senior	03:54:39	06:47
48	Chris	Lea	TT	Buxton CC/Sett Valley Cycles	Open	Veteran	03:53:53	06:48
49	Darran	Bennett	TT	Ely & District CC/B&T Motor Repairs	Open	Veteran	03:53:39	06:49
50	Karl	Norris	TT	360VRT	Open	Veteran	03:47:52	06:50
51	David	Williams	TT	Velotik Racing Team	Open	Veteran	03:47:49	06:51
52	Henrik	Persson	TT	FTP (Fulfil The Potential) RT	Open	Veteran	03:28:33	06:52
55	Kevin	Wood	TT	Sherwood CC	Open	Veteran	03:47:09	06:55
58	Lee	Williams	TT	FTP (Fulfil The Potential) RT	Open	Senior	03:31:52	06:58
61	Anthony	Jones	TT	VMCC powered by Y Beic	Open	Veteran	03:31:04	07:01
64	Tom	Thornely	TT	FTP (Fulfil The Potential) RT	Open	Veteran	03:36:43	07:04
67	Owen	Burgess	TT	UF Rowe & King	Open	Veteran	03:46:41	07:07
70	Chris	Gibbard	TT	FTP (Fulfil The Potential) RT	Open	Veteran	03:25:58	07:10