

Welsh 30 Mile Time Trial Championship 2022



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

Promoted by the

Welsh Cycling Association Sunday 24th July 2022

Timekeepers: Start:- Martyn Heritage-Owen. Finish:- Robin Field, Frances Field.
Monmouth Rbt – Ross on Wye CC.

Headquarters (open from 8:00am.).

Llanarth Village Hall, Groesonen Rd, Llanarth, NP15 2AU

One free tea coffee or soft drink upon returning your number after the race.

***** **DIRECTIONS TO Start - ALLOW 20 MINS TO GET THERE!** *****

From HQ turn left and cycle towards the old A40, turn left and climb Clytha cutting at Raglan Rbt turn left and climb away from Raglan and take the left fork to the John Deere.

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

Tel: 0778 606 7819 E-mail: Realtemacycling@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 and www.resultsheet.co.uk

R30/7 - Course Description	Miles
https://www.cyclingtimetrials.org.uk/race-details/15964 OS Ref: Landranger 1:50000 Sheet 161.	
START at SO 42473 08388 SW corner of John Deere Tractor Sales, a mile north-east of Raglan on old Monmouth Road (unclassified).	0.000
Proceed 400yds SW (towards Raglan) to junction with A40; turn left with care to join A40 eastbound	400yds
then immediately bear left onto slip road towards Monmouth (A40). Continue past Monmouth Services (1.4 miles), picnic area (5.6 miles) and through tunnel (6.3 miles)	
Immediately after tunnel bear left (B4233)	6.4m
in 190 yds at mini r/b with petrol station on corner turn left (M) with great care onto B4293	6.6m
Cross above tunnels and in 0.8 miles keep straight onto unclassified road; after another 1.5 miles (beyond Mitchel Troy) keep ahead to rejoin A40	9.1m
Retrace south-westwards and after passing Monmouth Services, bear left	12.9m
Continue on A40 to Raglan rbt	14m
Where take 3rd exit (A40) to Abergavenny Hardwick rbt	21.6m
Encircle giratory system (M) taking 6th exit and retrace on A40 eastbound to Raglan rbt where take 2nd exit (A40) to finish 200 yards east of rbt in line with 2nd lighting column for layby in front of Raglan Castle.	30.061 miles
FINISH is at SO 41282 07924	

Riders MUST.

- ✓ **Call your number** to the finishing timekeeper or your time will not be recorded.
- ✓ Keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE.**
- ✓ **A HARD-SHELL HELMET is MANDATORY**
- ✓ **FRONT AND REAR lights, either flashing or constant are MANDATORY.**
- ✓ This event may be subject to doping control. It is YOUR responsibility to check.
- ✓ Sign in / Sign out at the HQ. Failure to do so will result in a disqualification.
- ✓ No passing the start time keeper or warming up on the course.
- ✓ **No anti-social behaviour especially urinating in public.**
- ✓ **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.**

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

Champions Caps and presentation medals for podium rider will be presented at the conclusion of the event. We appreciate that you may want to leave quickly, but please stay to applaud the Champions. Unclaimed WCA plaques from previous years may be available to collect.

Men's and Woman's Championship	Prizes Presented at the WCA Dinner at the TRW Club Resolven
1 st .	Trophy (for one year WCA Plaque & invitation to BAR lunch) Champions Cap
2 nd & 3 rd	WCA Plaques
1 st Juvenile and 1 st Junior	WCA Plaques
Fastest Vet on standard	WCA Plaque
Fastest Road Bike	WCA Plaque

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

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

Follow A449 to 2nd exit (Raglan). At Raglan Rbt take 4th Exit to Old A40. The right turn for the village will be signposted.

From Midlands and North M5/M50

Follow A40 via Monmouth (Tunnels) take 1st exit signposted Abergavenny (remaining on A40) In 100 yds take exit into Raglan Village and in 600 yds turn left (signed golf course). HQ is 0.5 mile on right.

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

Continue to Hardwick Roundabout; take Old A40 past the Hardwick pub to the signposted turn.

Entries close soon for the WCA 12 hour which in 2022 is the National Championship

[Enter Here:-](#)

Start Order

No	Start	Name	Surname	Club	Cat	Road	Std	25 LTS
11	09:11	John	Howells	Corinium Cycle Club	MV		1:38:11	01:05:51
12	09:12	Lisa	Davies	VMCC powered by Y Beic	W			01:15:00
13	09:13	Peter	Wilson	Bath Cycling Club	MV		1:47:11	01:11:48
14	09:14	Ffion	Hill	Towy Riders Cycle Club	F Juv			01:11:00
15	09:15	Kevin	Grant	Frome and Dist Whs	MV		1:26:39	01:07:53
16	09:16	Emma	Davies	Port Talbot Whs CC	WV		1:30:33	01:07:31
17	09:17	Earl	Smith	Royal Dean Forest CC	MV		1:22:24	01:06:24
18	09:18	Carl	Payne	Port Talbot Whs CC	M			01:05:00
19	09:19	Brian	Lewis	Bicester Millennium CC	MV		1:41:33	01:05:38
20	09:20	Stephan	Wilcox	Port Talbot Whs CC	MV		1:25:01	01:03:21
21	09:21	Jody	Parker	Team Zero-Allez	W			01:02:47
22	09:22	Robert	Jones	Cardiff 100 Miles RCC	MV		1:29:42	01:02:43
23	09:23	Tim	Davies	Sarn Helen Club	MV		1:21:36	01:02:30
24	09:24	Graham	Rogerson	Port Talbot Whs CC	MV		1:22:24	01:02:14
25	09:25	Garry	Shuker	Walsall Roads CC	MV		1:27:35	01:02:10
26	09:26	Dylan	Edwards	UF Rowe & King	MV	R	1:21:51	01:02:01
27	09:27	John J	Murphy	Gloucester City CC	MV		1:39:15	01:01:39
28	09:28	Simon	Kinsey	Virtual Cycling Club	MV		1:22:24	01:01:09
29	09:29	Chris	Lowe	Swindon Road Club	MV		1:26:13	01:00:47
30	09:30	John	Shehan	Port Talbot Whs CC	MV		1:33:44	01:00:40
31	09:31	Alex	Bath	Team Zero-Allez	M			01:00:30
32	09:32	Joy	Payne	High Wycombe CC	WV		1:35:30	01:00:25
33	09:33	Robin	Delve	Mid Devon CC	MV	R	1:26:13	01:00:17
34	09:34	Alec	Leslie	Team Zero-Allez	M			00:59:46
35	09:35	Mike	Broadbent	Port Talbot Whs CC	MV		1:25:24	00:59:17
36	09:36	Peter	Iffland	Chippenham & Dist Whs	MV		1:24:17	00:59:06
37	09:37	Jeffrey	Rees	Virtual Cycling Club	MV		1:24:38	00:59:03
38	09:38	Ian	Gibson	Abercynon RC	MV		1:25:48	00:58:52
39	09:39	Hugh	Davies	Port Talbot Whs CC	MV		1:34:32	00:58:15
40	09:40	Joanne	Jago	Performance Cycles CC	WV		1:27:13	00:57:40
41	09:41	Emma	Wyatt	Hereford & Dist Whs CC	WV		1:28:14	00:57:31
42	09:42	Malcolm	Giles	Pocomotion Road Club	MV	R	1:28:35	01:09:30
43	09:43	Joanna	Knight	Bristol South CC	WV		1:34:02	01:02:16
44	09:44	Graeme	Boswell	Cardiff Ajax CC	MV		1:21:06	00:57:28
45	09:45	Philip	Wilkinson	Rockingham Forest Wheelers	MV		1:21:36	00:56:56
46	09:46	Tony	Lake	Gloucester City CC	MV		1:21:36	00:56:38
47	09:47	Nick	Giles	Pocomotion Road Club	MV	R	1:26:13	00:57:29
48	09:48	Steven	Loraine	Legato Racing Team (LRT)	MV		1:27:35	00:56:30
49	09:49	Marco	Marletta	Cardiff Jif	MV		1:23:37	00:56:25
50	09:50	Neil	Gregory	Port Talbot Whs CC	MV		1:23:37	00:55:56
51	09:51	Chris	Newby	Bristol CX	MV		1:21:51	00:55:46
52	09:52	Iago	Williams	Towy Riders Cycle Club	M Jun			00:55:42
53	09:53	Daryl	Stroud	Gloucester City CC	MV		1:23:57	00:55:34
54	09:54	Dean	Prosser	Hereford & Dist Whs CC	MV		1:22:41	00:54:55

No	Start	Name	Surname	Club	Cat	Road	Std	25 LTS
55	09:55	Paul	Winchcombe	Chippenham & Dist Whs	MV		1:25:48	00:54:32
56	09:56	Karl	Norris	360VRT	MV	R	1:22:08	00:53:55
57	09:57	Daniel	Kempe	Bristol South CC	MV		1:23:37	00:54:24
58	09:58	Mike	Hall	Port Talbot Whs CC	MV		1:22:41	00:53:57
59	09:59	Joshua	Blackmore	Bynea Cycling Club	M			00:59:01
60	10:00	Daniel	Wyatt	Hereford & Dist Whs CC	MV		1:20:37	00:53:00
61	10:01	Mark	Bradley	Bristol South CC	MV		1:23:57	00:52:47
62	10:02	Dan	Kingston	UF Rowe & King	MV		1:19:43	00:52:37
63	10:03	Mark	Sanders	Mid Devon CC	MV		1:26:13	00:52:01
64	10:04	Simon	Adcook	Team Echelon	MV		1:21:20	00:50:44
66	10:06	Steven	Cottington	Bath Cycling Club	MV		1:25:01	00:51:56
68	10:08	Jon	Howard	Team Echelon	MV		1:22:41	00:50:06
70	10:10	Tony	Chapman	Frome and Dist Whs	MV		1:21:51	00:49:59
72	10:12	Philip	Tucker	Bynea Cycling Club	MV		1:19:56	00:49:34
74	10:14	Andy	Davies	UF Rowe & King	MV		1:19:30	00:49:18
76	10:16	Tim	Wood	Team Echelon	MV		1:21:20	00:49:10
78	10:18	Owen	Burgess	UF Rowe & King	M			00:48:24
80	10:20	Chris	Gibbard	Bynea Cycling Club	MV		1:19:30	00:47:17