

Promoted for and on behalf on Cycling Time Trials under their Rules and Regulations

THE WEST WALES CYCLISTS' LEAGUE



PRESENT THE WELSH CHAMPIONSHIP 100-MILE TIME-TRIAL

On Sunday, June 13th, 2021, starting at 08.25hrs on the R100/1REV Course

EVENT HEADQUARTERS – Llandovery Rugby Club
Church Bank Playing Fields,
Queensway, Llandovery,
SA20 0EF

HEADQUARTERS OPEN AT 08:00

START TIMEKEEPERS – TUDOR THOMAS (BYNEA CC), ANDY GRIST (BYNEA CC)

FINISH TIMEKEEPER – TUDOR THOMAS (BYNEA CC), ROBIN FIELD (CARDIFF BYWAYS)

Signing In/Out

Please use your own pen to sign in. Collect disposable numbers at HQ gazebo.

Attach numbers with own safety pins.

Sign out after event.

Failure to sign out after the event may lead to a DNF.

Covid Regulations.

Only attend the event if you are in good health. If you or members of your family are experiencing Covid like symptoms you must not attend. Please turn up at HQ race ready. The gazebo in the car park is to be used for signing on and out only. Do not congregate near the signing on area or the car park. No turbos to be used to warm up. Please do not warm up on the course or you will get DQ'd. Please do not turn up at the start line more than 5 mins before your start time. Do not leave any items at the signing on or with the Timekeepers. There will be no hold up/push off. You start with one foot on the ground. Once you have signed out of the event please leave as soon as possible. Do not congregate after you have finished.

Thank you for your co-operation with these regulations.

Event Secretary: Andy Grist, 17 Olive Street, Morfa, Llanelli. SA15 2AP Mobile 07721 538386

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Welcome to the 2021 West Wales '100' incorporating the Welsh Championship 100. One of the true classics on the South Wales racing calendar a superb, scenic, sexy, sporting course that's put the West Wales 100 on the 'bucket list' of many racing cyclists across the UK.

The CTT and the event organiser all strongly recommend the use of Snell/ANSI helmets.

Awards.

Male Champion - Championship Cap; C W Alexander Book (for one year); WCA Medallion & Invitation to Welsh BAR Lunch

Womens Champion - Championship Cap; Championship Trophy (for one year); WCA Medallion & Invitation to Welsh BAR Lunch

2nd Fastest Male and Woman – WCA Medallion

3rd Fastest Male and Woman – WCA Medallion

Greatest Improvement in Last Three Seasons – WCA Medallion

1st, 2nd and 3rd Vets on Standard – WCA Medallion

Fastest Team – WCA Shield, WCA Medallions

ORDER OF START

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
25	Pete Bishop	Exeter Wheelers	MV61	05:03:17	08:25
26	Robert Hall	Celtic Tri	MS		08:26
27	Robbie Disney	Ludlow CC	MS		08:27
28	Jennifer Wallace	Swansea Vale Tri	FS		08:28
29	Tom Danter	Cardiff Ajax	MS		08:29
30	Lee Williams	Newport Phoenix CC	MS		08:30
31	Fenella Brown	Beacons Roads CC	FV52	05:18:57	08:31
32	Nathan Miles	Haverfordwest Hornets	MV50	04:49:04	08:32
33	Gerry McGarr	Gloucester City CC	MV69	05:18:39	08:33
34	Daniel Newton	Bynea CC	MS		08:34
35	George Comins	Royal Navy & Royal Marines CA	MEsp		08:35
36	Rebecca Comins	Newport Phoenix CC	FV51	05:17:42	08:36
37	Craig Patterson	N.E.W.T.	MV42	04:41:29	08:37

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38	Paul Renshaw	Vector Cycling Road Team	MV45	04:44:10	08:38
39	Frances Owen	Fibrax Wrexham CC	FS		08:39
40	Philip Tucker	Bynea CC	MV41	04:40:38	08:40
41	Rhys Flint	Dragon Tri	MS		08:41
42	Rhys Jones	Porth & District CC	MS		08:42
43	Simon Kinsey	Virtual CC	MV51	04:50:08	08:43
44	Duncan Emery	Twickenham CC	MV48	04:47:01	08:44
45	Alex Touche	Pontypool CC	MS		08:45
46	Marcus Pieterse	Swansea Vale Tri	MS		08:46
47	Ricki Morgan	Tenby Aces CC	MV40	04:39:47	08:47
48	Benjamin Curtin	Swansea Vale Tri	MS		08:48
49	Paul Colman	Haverfordwest Hornets	MV60	05:01:43	08:49
50	Anthony Jones	VMCC Powered by Y Beic	MV47	04:46:02	08:50
51	Mike Hall	Port Talbot Wheelers	MV52	04:51:15	08:51
52	Robert Jones	Cardiff 100 Miles RCC	MV69	05:18:39	08:52
53	Kyle Blackmore	Virtual CC	MS		08:53
54	Kyle Davies	Cycle Specific	MS		08:54
55	Ben Lloyd	Fibrax Wrexham CC	MS		08:55
56	Joshua Blackmore	Bynea CC	MS		08:56
57	Ryan Evans	Rhondda Tri	MV49	04:48:02	08:57
58	Philip Sims	Newport Phoenix	MV45	04:44:10	08:58
59	Andrew Curley	Warwickshire RC	MV57	04:57:25	08:59
60	Chris Gibbard	Bynea CC	MS		09:00

COURSE DESCRIPTION AND NOTES TO COMPETITORS

START On A.40 trunk road, 1½ miles west of Llandovery town centre, at western edge of drain cover next to Post Box.

Proceed westwards via Llanwrda By-pass to **TURN** around Llangadog roundabout (5.059 miles).

Retrace over the same route to pass the Start (10.192 miles) and continue through Llandovery town (with care), then continue eastwards to Trecastle (sign at 20.959 miles). Continue east via Sennybridge (23.271 miles) to Brecon Roundabout at junction with A.470 (31.565 miles).

TURN around roundabout and retrace westwards via Sennybridge (39.118 miles) and Trecastle (42.239 miles) to Llandovery (sign at 51.013 miles).

Proceed carefully through Llandovery town (sharp right hand bend at 51.625 miles) and continue past the start point (53.071 miles) to Llangadog roundabout (58.130 miles). Take 2nd exit and proceed via Manordeilo and Rhosmaen to Llandeilo roundabout (63.317 miles). Take 2nd exit along the Llandeilo By-pass via Dryslwyn, Pontarcothi (sign at 71.722 miles) Nantgaredig, Felinwen, to **TURN** around Abergwili (east) roundabout (76.115 miles).

Retrace eastwards over the same route via Felinwen, Nantgaredig, Pontarcothi (79.885 miles), Dryslwyn, to Llandeilo roundabout (88.892 miles). Take 2nd exit and proceed via Rhosmaen,

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Manordeilo to Llangadog roundabout (94.065 miles). Again take 2nd exit via Llanwrda By-pass to pass the Start point (99.175 miles) to **FINISH** at eastern edge of drain cover adjacent to lighting column Ref.503/4/1 at minor road junction 60 yards before the river bridge at Llandovery.

Useful National Grid Co.ordinates :-

Starting Point :- SN 752 334

1st.Turn Llangadog roundabout :-SN 694 286

2nd.Turn Brecon roundabout :- SO 031 284

3rd.Turn Abergwili roundabout :- SN 441 211

Finishing Point :-SN 760 347

Event Headquarters :- SN 762 340

The R100/1REV is unusual for a '100' course in that it uses just the one road (the scenic A40) on which competitors will encounter a variety of terrain. Whilst it is a slightly sporting course (debate/discuss) it is also 'good for the head' in so much that you are always climbing, descending, taking a bend or admiring the scenery and therefore stay mentally fresh... although your legs may have a different take on this.

Please make sure that you become totally familiar with the course by tracing it with your finger on a road map (remember them?) or by doing a practice lap at 03.00hrs. Please especially get to know the initial turn at Llangadog and then the far turns at Brecon and Abergwili East.

There is the world's largest permanent cowpat on that bend near Manordeilo and in wet weather it becomes a bit of a cowpat slick so be careful! It regularly takes out motorcyclists so speedy testers on skinny tyres are easy prey in the wet. Regarding motorcyclists, then the whole area is a magnet for our leather-clad friends but, thankfully, they're a good-natured bunch and generally respectful of our sport ("two wheels good") so just be aware because they don't half shift!

Llandovery! There is bottle neck in the town especially when you return from Brecon. Please stay safe and remember just how much road you have in front of you to make up for any small delays and channel any momentary anger into smashing it on the open, rolling roads of West Wales. On a race of this distance and on rural roads you should always expect the unexpected! But you'll have plenty of time to make up any delays so please don't take any unnecessary risks and make getting back home to your families your first priority and a fast time your second priority. Keep your head up and have a safe and speedy ride.

TRAFFIC LIGHTS

Unfortunately there are temporary traffic lights between Trecastle and Sennybridge. Whilst only 100 metres or so in length they are on a bend. This is hugely frustrating but the official line is that you must obey the rules of the road and the rules of our sport.

Regulation 22. Use of Motor Vehicles

(a) A competitor shall not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle or it's occupants, except in events at distances of 100km or more to assist with a competitor's reasonable feeding and other requirements.

(b) In International selection events the Board may authorise motorised vehicles for the observance of a competitor(s).

(c) Where vehicles are to be authorised a full description of the vehicle and registration number shall be given to the event promoter prior to the start of the competitor. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Where possible the vehicle must be driven at normal traffic speed and must not follow the competitor, nor impede or annoy other competitors. Any competitor whose authorised vehicle impedes or causes annoyance to any other competitor shall be liable to disqualification from the event. Where any other vehicle precedes or follows for any length of time, or frequently passes a competitor, that vehicle shall be deemed to be associated with that competitor who shall be liable to disqualification from the event.

A CTT vehicle registration form can be downloaded from the CTT website folowing this link :-

<https://www.cyclingtimetrials.org.uk/documents/index/riders>

Fill in the form and hand it to the organiser at the signing in before the rider starts.