

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

**Cardiff 100 Miles Road Cycling Club open 50 Mile Time Trial
(Incorporating The South Wales VTTA 50 Championships)
Sunday 1st August 2021**

Timekeepers
Tudor Thomas
MHO

Organiser
William Pring
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Pontyclun
Rhondda Cynon Taff
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Headquarters,

Abergavenny Scout Hall, Fairfield car park, Park Avenue. Abergavenny NP7 5SS.

Numbers and Signing on sheets are located in the HQ forecourt.

Competitors must provide their own pens for signing on/out purposes.

Toilet facilities available at event headquarters.

CORONAVIRUS RESTRICTIONS APPLY

<https://www.cyclingtimetrials.org.uk/race-details/22668>

No congregating in groups of more than 6; maintain social distancing at all times. No warming up on turbos/trainers/rollers at the HQ car park or Start area. NO SPECTATORS.

DO NOT inconvenience other competitors by changing in the toilets, but **arrive dressed ready to race.**

****PLEASE AVOID GIVING A NEGATIVE IMPRESSION TO THE PUBLIC.****

Course R50/1B

OS References: Sheet 161 - Start and Finish 308121 Start On A40 at first lay-by, approximately half a mile east of Hardwick roundabout; 39 yards west of post 13/1, at concrete joint marked 74. Proceed to Raglan roundabout (7.060) continue straight on at roundabout, then bear left onto unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy (12.080). Turn left to join A40. After passing Services, take 1st left and continue on A40 to Raglan roundabout (17.166) where straight on to Hardwick roundabout (24.766). Circle roundabout and take A40 dual carriageway to Raglan roundabout (31.811) and repeat as before (Mitchel Troy 37.831) (Raglan rbt 42.917) to Finish in 8th lay-by (opposite start) at post marked 13/1. 50.030 miles.

Open event Prize List

Male. 1st place - £30, 2nd place - £20, 3rd place - £10.

Female. 1st place - £30, 2nd place - £20, 3rd place £10.

New course record at completion of event - £200.

Solo Male 1:39:16 Kieron Davies 27-Sep-15 | Welsh CA (Welsh Championship)

Solo Female 1:51:40 Michelle Lee 04-Aug-19 | Cardiff 100 Miles RCC

South Wales VTTA 50 mile Group Championship Awards.

Female – Gold medal to be awarded to Andrea Parish (must complete course).

Male – Gold, Silver, Bronze Medals.

PLEASE BE AWARE OF THE FOLLOWING:-

Paced & Company Riding Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.

Competitor's Machine. (i) Competitors **must** fix a rear light to the rear of their bike, that is illuminated and in a position clearly visible to other road users. **No light switched on = Disqualification**

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard

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Order of Start

ctt_ number	Start number	Start time	Name	club	gender
1989	1	08:01:00	Robert Jones	Cardiff 100 Miles RCC	Male
11171	2	08:02:00	John Howells	Corinium Cycle Club	Male
37565	3	08:03:00	Charly Helyar	VTTA West Group	Female
4597	4	08:04:00	Chris Lowe	Swindon Road Club	Male
825	5	08:05:00	Steven Cottington	Bath Cycling Club	Male
40477	6	08:06:00	Ellie Reynolds	Cardiff 100 Miles RCC	Female
39118	7	08:07:00	Simon Howarth	Pontypool Road Cycling Club	Male
31516	8	08:08:00	Laura Addie	Viceroy's Triathlon Club	Female
2344	9	08:09:00	Nichola Rorke	Exeter Whs CC	Female
19128	10	08:10:00	Mark Hamer	Stratford Cycling Club	Male
15350	11	08:11:00	Rhys Jones	Porth & District CC	Male
24181	12	08:12:00	Roger Whittle	Gloucester City Cycling Club	Male
8403	13	08:13:00	Heath Williams	Port Talbot Whs CC	Male
34685	14	08:14:00	Lisa Cutterham	FTP (Fulfil The Potential) Racing	Female
5709	15	08:15:00	Tim Wood	Team Echelon	Male
1598	16	08:16:00	Daniel Kempe	Bristol South Cycling Club	Male
64	17	08:17:00	Andrea Parish	VeloSistas TT Team	Female
3142	18	08:18:00	Joanna Knight	Bristol South Cycling Club	Female
6398	19	08:19:00	Peter Owen	Norwood Paragon CC	Male
31865	20	08:20:00	Lee Williams	Newport Phoenix CC	Male
21054	21	08:21:00	Tommy Barlow	Clevedon & District Road Club	Male
19345	22	08:22:00	Andy Kelly	Bristol South Cycling Club	Male
3941	23	08:23:00	Cliff Voller	Newbury RC	Male
15420	24	08:24:00	Craig Patterson	Newport and East Wales Triathlon Club	Male
514	25	08:25:00	Simon Adcock	Worcester St. Johns CC	Male
22635	26	08:26:00	Allan Hodgson	Newport Phoenix CC	Male
33202	27	08:27:00	Hugh Pascoe	Port Talbot Whs CC	Male
34663	28	08:28:00	Malachi Cashmore	Malvern Cycle Sport	Male
23170	29	08:29:00	Ian Gibson	Abercynon Road Club	Male
10335	30	08:30:00	Stuart Day	VC Sevale (Malvern)	Male
8230	31	08:31:00	Claire Hann	Bristol & District Triathletes (BAD TRI)	Female
640	32	08:32:00	Phillip Turner	Bynea Cycling Club	Male
4762	33	08:33:00	Tony Lake	Gloucester City Cycling Club	Male
35438	34	08:34:00	Jason Hanson	Monmouth Tri Club	Male
5413	35	08:35:00	David Medhurst	Cardiff Ajax CC	Male
17610	36	08:36:00	Mike Hall	Port Talbot Whs CC	Male
4197	37	08:37:00	Andrew Clarke	North Shropshire Wheelers	Male
40514	38	08:38:00	Nick Buss	Bristol & District Triathletes (BAD TRI)	Male
25931	39	08:39:00	Hannah Saitch	Whittlefit Performance	Female
5740	40	08:40:00	Anthony Jones	VMCC powered by Y Beic	Male
13899	41	08:41:00	Craig Burrows	American Flyers	Male
34709	42	08:42:00	Christopher Newby	Bristol CX	Male