

South Wales DC

Present:

2021 RTTC 100 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 4th JULY 2021

START SHEET



100

100 MILE TIME TRIAL

KALAS



**Promoted for and behalf of Cycling Time Trials
under its Rules, Regulations and Conditions**



2021 RTTC 100 MILES TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representative will be in attendance



CHAMPIONSHIP AWARDS



MEN

1st Gilt RTTC Medallion, Championship Trophy, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

WOMEN

1st Gilt RTTC Medallion, Championship Trophy, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

TEAM CHAMPIONS

Gilt RTTC Medallions and Championship Shield

AGE AWARDS

(Men and Women)

age awards to the fastest in each of the following:

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 etc.

Due to the Covid-19 restrictions, no presentation will take place after the event,
all awards will be posted out as soon as possible.

Timekeepers

Start: Phyllis Harradine, Alf Williams

Finish: Tudor Thomas, Robin Field

Observers: Steve Landeg, John Shehan

Marshals: Members of South Wales DC, Ross Cycling Club.

CTT Representative: Peter Rogers.

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

Mobile: 0778 606 7819. Complaints should be made in writing to me within 24hrs.

HQ – Raglan Sport Pavillion (NP15 2ER) – Opens: 05:00

Overnight parking will be possible after 7pm at the Sport Field but there is no access to other facilities. Do not park on the football pitches and park at the far end which will be marked by cones.

Course Description R100/8A – Raglan, Hardwick, Monmouth

START on unclassified road signposted 'Clytha' (old A40 Raglan to Abergavenny road) at yellow mark on drain cover by Light Standard on flare at western side of entrance to Monmouthshire Livestock Market. (OS 161 384087). Continue along unclassified road to go straight on (to join B4598 at Steel Horse Cafe) and continue along B4598 via Penpergwm to Hardwick roundabout Sign "no U-turn, Clearway" (6.2 miles) continue on A40 dual carriageway eastbound to Raglan RAB Sign before RAB (13.6 miles) where take 2nd exit (straight on) and in 700 yards bear left on unclassified road (old A40) and proceed towards Monmouth to one mile south of Mitchel Troy (18.70 miles). Turn left and left again to join A40 southbound. Proceed on A40 dual carriageway to take 1st left signposted Abergavenny (arrow) and continue on A40 to Raglan roundabout (23.8 miles) Take 3rd exit (straight on) to enter Hardwick roundabout (31.4 miles). Circle roundabout and take 6th exit to complete first lap. Repeat route on A40 to Raglan RAB (39.4 miles) on A40 and unclassified road to south of Mitchel Troy (44.5 miles) to join A40 to Raglan RAB (49.5 miles) to Hardwick RAB (57.1 miles) to complete second lap. Repeat route on A40 to Raglan RAB (65.2 miles) on A40 and unclassified road to south of Mitchel Troy (70.2 miles) to join A40 to Raglan RAB (75.3 miles) to Hardwick RAB (82.9 miles) to complete third lap. Repeat route on A40 to Raglan RAB (90.9 miles) on A40 and unclassified road to south of Mitchel Troy (95.9 miles) to join A40 to Raglan to Finish on mark before unclassified road leading into Raglan Village 100.4 miles

Remember this is a circuit course and it is the onus on caught riders to avoid company riding. There will be observers around the course.

Route to the Start: Will be signed in Green - Turn left out of the HQ and proceed to T Junction. Take left and ride through the village to the Raglan Roundabout where to take the 3rd exit (you are crossing the course) to join the Old A40. It is approximately 2 miles to the Livestock Centre passing the Garden Centre on the way.

After the finish continue to Raglan Roundabout where you take the first left and retrace to Station Road.

Remember this is a circuit course and it is the onus on caught riders to avoid company riding. There will be observers around the course.

Feeding. There is no official feed **For unsupported riders:** Bottles can be left on the stretch of Road between the entrance to Raglan Castle and the left "fork to take the Groesenon Rd on the drag up as far as the bus shelter.

Additional feeding from accompanying vehicles: There are 8 lay-bys on the A40 between Raglan and Hardwick (Abergavenny) roundabouts both westbound and eastbound all suitable for feeding.

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).

WARMING UP: The ride to the start is sufficient alternatively the Raglan to Gwehelog road (1st left at Raglan roundabout signposted Gwehelog) is suitable but it does get a bit lumpy! Do not warm up on the dual carriageway (A40) and do not U-turn in the start area or pass the Start Timekeeper.

PARKING: Parking is available at the Headquarters.

RIDING TO START: From HQ retrace to T junction in Raglan village, turn left and ride through narrow main street to Raglan roundabout, take 1st exit on unclassified road signposted 'Gwehelog'. Continue for 2 miles to the start.

**Have a safe race
Martyn**

COVID-19 Safety Measures (resulting from the CTT Risk Assessment):

- Only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID- 19 you must not attend. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind". You should not start (DNS) and leave immediately.
- Car Parking: Please Park legally and respectfully and in such a way that social distancing can be observed.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one-way system in place with 2m gaps marked. Numbers are returned at sign out. The sign on will be outside if the weather permits.
- Sanitiser gel will be available at the sign on area and should be used. Your temperature will be checked before admittance to the HQ is permitted.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number.
- Please follow any special conditions that may be posted at sign on.
- **Face covering should be used at sign on and sign off and if you enter the hall to use the toilets.** Social distancing must be observed at all times, setting up the bike, signing on etc. **DO NOT congregate outside the HQ before it opens.**
- Roller or Turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained. We would prefer warming up on the road.
- At the start maintain a 2m gap between yourself and the other riders waiting to start and keep left!
- The Timekeepers will either be sat in a car or standing a safe distance away. Do not approach the timekeepers at the start or finish. You will need to start with one foot on the ground.
- Riders must not leave personal items with the timekeepers e.g. warm up tops or on the sign-on table.
- Once you have finished you should sign out, return your number, pack your bike away, then go home.
- The result will be posted on the CTT website, if there are any queries contact myself and I will investigate and amend the results accordingly, should that be necessary. Any live event reporting will be communicated before the start to riders via the CTT email and social media.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc. Remember to register your Motor Vehicles to minimise queuing here: <https://tinyurl.com/ktck3wcs>

Use of Toilets at the HQ:

- Face coverings are required when entering the building.
- The Male and Female toilets are in use.
- Only one person is allowed in a toilet at a time.
- A maximum of 4 people is allowed waiting in the building (one by each marker).
- Reminder, the toilets or building are not to be used as a changing facility.

No	Start	Name	Club	Cat	LTS
1	06:01	Kenneth Hardcastle	Hart Evolution Race Team	MV 70-75	05:37:49
2	06:02	Christopher Finn	Abergavenny RC	MV 55-59	05:20:00
3	06:03	Kevin Garland	PDQ Cycle Coaching	MV 45-49	05:03:39
4	06:04	Martin Beale	Velo Club St Raphael	MV 45-49	05:01:04
5	06:05	Simon Howarth	Pontypool Road Cycling Club	MV 55-59	05:00:00
6	06:06	Iain Evans	Army Cycling	M	05:00:00
7	06:07	Ian Hardcastle	Hart Evolution Race Team	MV 40-44	04:58:00
8	06:08	John J Murphy	Gloucester City Cycling Club	MV 80-84	04:54:59
9	06:09	Mike Hall	Port Talbot Whs CC	MV 50-54	04:50:41
10	06:10	Roger Whittle	Gloucester City Cycling Club	MV 50-54	04:45:04
11	06:11	Alexander Holden-Smith	AS Test Team	M	04:45:00
12	06:12	Craig Gardner	Newbury Velo	M	04:45:00
13	06:13	Meurig Griffiths	ATAC - Ammanford Triathlon And Cycling	MV 55-59	04:44:44
14	06:14	Nathan Miles	Haverfordwest Hornets	MV 50-54	04:37:42
15	06:15	Iain Bell	Monmouthshire Wheelers	MV 45-49	04:37:09
16	06:16	Tony Lake	Gloucester City Cycling Club	MV 45-49	04:34:16
17	06:17	Gareth Jehu	Merthyr CC	MV 50-54	04:31:55
18	06:18	Lee Francis	Velo Club Bristol	M	04:30:03
19	06:19	Freddie Martin	Performance Cycles CC	M	04:30:00
20	06:20	Heath Williams	Port Talbot Whs CC	MV 50-54	04:30:00
21	06:21	Kevin Fiander	Monmouth Tri Club	MV 55-59	04:30:00
22	06:22	Gareth Jones	Clevedon & District Road Club	MV 50-54	04:29:41
23	06:23	Gerry McGarr	Gloucester City Cycling Club	MV 66-69	04:27:17
24	06:24	Stuart Peckham	Velo Club St Raphael	MV 50-54	04:27:00
25	06:25	Cliff Voller	Newbury RC	MV 70-75	04:26:12
26	06:26	Tom Cox	Saint Piran	MV 66-69	04:26:03
27	06:27	Hugh Pascoe	Port Talbot Whs CC	M	04:25:48
28	06:28	Daryl Stroud	Gloucester City Cycling Club	MV 55-59	04:25:41
29	06:29	Phil Hurst	Velo Club Venta	M	04:25:00
30	06:30	Gary Lock	New Forest CC	MV 40-44	04:21:49
31	06:31	Andy Tucker	Newbury Velo	MV 45-49	04:21:19
32	06:32	Hugh Madeley	London Dynamo	M	04:20:00
33	06:33	Christopher Hall	JAM Cycling Race Team coached by BPC	M	04:20:00
34	06:34	Nichola Rorke	Exeter Whs CC	FV 50-54	05:18:21
35	06:35	Jayme Fraioli	PDQ Cycle Coaching	F	05:15:00
36	06:36	Amy Hinton	Banbury Star Cyclists' Club	F	05:00:00
37	06:37	Roxy Woodfield	Hereford Triathlon Club	F	04:56:02
38	06:38	Amanda Lane	Bynea Cycling Club	FV 40-44	04:45:30
39	06:39	Celia Boothman	Pembrokeshire Velo	FV 45-49	04:37:11
40	06:40	Alex Clay	The Independent Pedaler - Nopinz	F	04:01:49
41	06:41	Lauren Davies	AS Test Team	FV 40-44	04:14:34
42	06:42	Joanna Wright	Farnham Triathlon Club	F	04:25:40
43	06:43	Jennifer George	The Independent Pedaler - Nopinz	F	04:30:00
44	06:44	Jenny Hill	Army Cycling	F	04:32:30

No	Start	Name	Club	Cat	LTS
45	06:45	Joanna Patterson	The Independent Pedaler - Nopinz	F	04:00:00
46	06:46	Andrea Parish	VeloSistas TT Team	FV 50-54	04:13:29
47	06:47	Stephanie Clutterbuck	Hereford & Dist Whs CC	F	04:20:00
48	06:48	Katie Simmonds	Horsham Cycling	F	04:30:00
49	06:49	Louisa Cooper	Bournemouth Jubilee Whs	F	04:31:55
50	06:50	Frances Owen	Fibrax Wrexham RC	F	04:00:00
51	06:51	Naomi Shinkins	Bournemouth Jubilee Whs	F	04:11:19
52	06:52	Tina Reid	VC de Londres	FV 55-59	04:15:00
53	06:53	Juliet May	Velo Club Venta	F	04:30:00
54	06:54	Teresa Robbins	Reading CC	FV 45-49	04:30:00
55	06:55	Christina Murray	Army Cycling	FV 40-44	03:58:18
56	06:56	Tamsin Miller	Avid Sport	F	04:10:00
57	06:57	Jo Buckland	FTP (Fulfil The Potential) Racing	FV 50-54	04:15:00
58	06:58	Emma Bexson	Stratford Cycling Club	FV 45-49	04:29:52
59	06:59	Marianne Holt	Fareham Wheelers CC	FV 40-44	04:30:00
60	07:00	Lizi Duncombe	Socks4Watts Race Team	F	03:50:00
61	07:01	Paul Burton	Paceline RT	MV 40-44	03:44:56
62	07:02	George Elliott	Liverpool Century RC	M	03:55:00
63	07:03	Michael Portlock	Merthyr CC	MV 50-54	04:05:00
64	07:04	Arran Armstrong	Velo Club Walcot	MV 40-44	04:19:34
65	07:05	Andrew Horsfall-Turner	Cycle Specific	M	03:35:00
66	07:06	Gavin McCloskey-Lambert	Manchester Wheelers	M	03:43:14
67	07:07	Harry Loader	Mid Devon CC	M	03:55:00
68	07:08	Alexander Royle	Manchester Bicycle Club	M	04:03:11
69	07:09	Tristian Manning	ATAC - Ammanford Triathlon And Cycling	M	04:15:22
70	07:10	Robert Shaw	Plymouth Corinthian CC	M	03:34:00
71	07:11	Daniel Colman	Arctic Aircon RT	M	03:42:13
72	07:12	Lee Williams	North Hampshire RC	M	03:54:23
73	07:13	Brendan Reese	Army Cycling	MV 40-44	04:00:48
74	07:14	Paul Colman	Haverfordwest Hornets	MV 60-64	04:15:09
75	07:15	Christopher Gibbard	Bynea Cycling Club	M	03:34:40
76	07:16	George Fox	George Fox Cycling Solutions	M	03:41:00
77	07:17	Steve Burrows	Vive Le Velo	MV 60-64	03:54:19
78	07:18	Thomas Dye	Cardiff Ajax CC	M	04:00:25
79	07:19	Ed Neilson	Vive Le Velo	MV 40-44	04:15:00
80	07:20	Darren Yarwood	Chapeau! Vive Le Velo	MV 45-49	03:31:17
81	07:21	Anthony Jones	VMCC powered by Y Beic	MV 45-49	03:40:52
82	07:22	Andy Critchlow	Norwood Paragon CC	MV 45-49	03:52:22
83	07:23	Nick Cutcliffe	Royal Dean Forest Cycle Club	MV 45-49	04:00:00
84	07:24	Robin Short	Cotswold Veldrijden	MV 45-49	04:15:00
85	07:25	Christopher Fennell	The Independent Pedaler - Nopinz	M	03:30:00
86	07:26	Henrik Persson	Kingston Wheelers CC	M	03:40:04
87	07:27	Mark Sanders	Mid Devon CC	MV 60-64	03:52:17
88	07:28	Hans Forhaug	Glasgow United CC	MV 50-54	04:00:00
89	07:29	Tommy Barlow	Clevedon & District Road Club	MV 55-59	04:13:20

No	Start	Name	Club	Cat	LTS
90	07:30	Adam Duggleby	Chapeau! Vive Le Velo	M	03:29:36
91	07:31	Rob Walker	AeroLab Ward WheelZ	M	03:40:00
92	07:32	Gregory Woodford	Reading CC	MV 60-64	03:52:07
93	07:33	Mark Emsley	Team TMC	M	03:59:54
94	07:34	Niel Dunnage	PDQ Cycle Coaching	MV 45-49	04:13:05
95	07:35	Jake Sargent	FTP (Fulfil The Potential) Racing	M	03:29:10
96	07:36	George Evans	Team Bottrill	M	03:40:00
97	07:37	Tim May	PDQ Cycle Coaching	MV 40-44	03:50:43
98	07:38	Sam Hughes	Liverpool Century RC	M	03:59:51
99	07:39	Paul Winchcombe	Chippenham & District Wheelers	MV 60-64	04:06:08
100	07:40	Conrad Moss	Primera-Teamjobs	MV 45-49	03:28:01
101	07:41	Joshua Wallis	Spalding CC	M	03:40:00
102	07:42	Neil Cleminshaw	Chapeau! Vive Le Velo	MV 50-54	03:49:45
103	07:43	Simon Adcock	Worcester St. Johns CC	MV 45-49	03:58:23
104	07:44	Angus Wilson	Team Andrew Allan Architecture	MV 50-54	04:09:28
105	07:45	Arthur Franklin	FTP (Fulfil The Potential) Racing	M	03:26:04
106	07:46	Ross Holland	Saint Piran	M	03:39:01
107	07:47	Toby Williams	Velotik Racing Team	M	03:46:13
108	07:48	Alex Touche	Pontypool Road Cycling Club	M	03:57:00
109	07:49	Grant Whiteside	Harrogate Nova CC	MV 45-49	04:08:57
110	07:50	Tim McEvoy	FTP (Fulfil The Potential) Racing	MV 40-44	03:24:42
111	07:51	Richard Sharp	Chapeau! Vive Le Velo	M	03:37:06
112	07:52	Ben Lloyd	Fibrax Wrexham RC	M	03:45:00
113	07:53	Chris Tye	Plomesgate CC	MV 50-54	03:56:37
114	07:54	Dan Farmer	RÁS	M	04:10:40
115	07:55	Liam Maybank	Twickenham CC	MV 45-49	03:23:40
116	07:56	Phil Williams	Team Bottrill	M	03:36:42
117	07:57	Simon Barbour	AS Test Team	M	03:45:00
118	07:58	Robert Grover	Rogue Racing	M	03:55:29
119	07:59	David Medhurst	Cardiff Ajax CC	M	04:05:21
120	08:00	Tom Hutchinson	Team Bottrill	M	03:23:05



Best-selling author William Fotheringham has teamed up with Cycling Time Trials to offer selected women's time trial championship finishers in 2021 the chance to win copies of William's biography of Britain's greatest ever woman time triallist, Beryl Burton. Published in late 2019, *The Greatest: the Times and Life of Beryl Burton* was written with the help of Beryl's daughter Denise, and other members of the time trialling fraternity including the late Mike McNamara.

Five signed copies of *The Greatest* will be given away after each of the following CTT women's championships: the '100' on July 4, the '25' on August 8, the '50' on August 29, and the '10' on September 11. The books will be given to the five riders who finish closest – either slower or faster - to the time Burton set in winning the respective championship for the final time. In addition, five more will be given at the end of the season to the five riders finishing closest – again slower or faster – to the speed Burton set in winning her last BAR in 1983.

"I've been wanting to offer some copies of the book to Beryl Burton's successors today for some time," said Fotheringham, "but last year it seemed a bit complicated to do anything because we were in the middle of the Covid-19 pandemic. The idea is that rather than give copies to the fastest finishers in each event, we can spread the prizes around, and also offer up a direct comparison with the times that Burton was setting, without aerodynamic aids of course. For example, Burton's 1983 BAR speed would have earned her 10th place in 2019. It just seems like a fun way of commemorating Britain's greatest time triallist."

Burton last won the '25' and '50' in 1986, with times of 1-1-43 and 2-03-47 respectively. Her last victories in the '10' and '100' came in 1981, with times of 23-17 and 4-13-17. Her average for her 25th and last BAR in 1983 was 25.219mph.

In addition, CTT members will be able to claim a 15% discount on copies of *The Greatest* bought through Fotheringham's website www.williamfotheringham.com between July 4 and October 31, when the national hill-climb championship will close the 2021 season.



2020 100 MILES TIME TRIAL CHAMPIONS



Women - Katrina Matthews (Army Cycling)



Men - Adam Wild (GS Metro)



www.cyclingtimetrials.org.uk



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NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(j)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards.

USE OF MOTOR VEHICLES

As this event is over 100km regulation 22 (c) must be adhered to - (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.

REGULATION 14(i)

(i) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 17: SIGNING-ON SHEET AND SIGNING-OUT SHEET

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF. N.B. Extenuating circumstances may be considered.

IN THE INTERESTS OF YOUR OWN SAFETY,

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. In accordance with Regulation 15, all competitors under the age of 18 and/or juniors must wear protective hard shell helmets.

THIS EVENT MAY BE SUBJECT TO A DOPING CONTROL

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.



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Cycling Time Trials

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