

# Welsh 25 Mile Time Trial Championship 2021 for Men, Women & Juniors



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

Promoted for the  
**Welsh Cycling Association**  
by



**Sunday 15 August 2021**

**Timekeepers:**

Start:- . Phyllis and Terry Harradine.

Finish:- Robin Field, Frances Field.

Marshalls: Ross on Wye CC.

H.Q. Usk Centenary Hall, Maryport St, Usk NP15 1AD. There is plenty of parking in the South Car Park. **Signing on and Numbers will be at H.Q. (open from 7:00am).**

**There are limited toilets available, so please come ready to race.**

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

Tel: 0778 606 7819 E-mail: [coaching@realteam.co.uk](mailto:coaching@realteam.co.uk) **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](http://www.cyclingtimetrials.org.uk) and [www.timetriallingforum.org.uk](http://www.timetriallingforum.org.uk) Follow: @Realteamcycling for updates.

## Course R25/7

Follow the **BLUE SIGNS** from the HQ to the Start - **YELLOW SIGNS** during the RACE.

### Course Code: R25/7

R25/7 Start on southbound side of Monmouth Road (unclassified) at approx. SO 38983 02022 - opposite post between gates on right to farm buildings and to "Usk Castle Chase Natural Burial Ground", 125 yards south west of "Bends for 1 1/2 miles" sign on the old Usk/Raglan road. Proceed towards Usk. At foot of hill turn left (M) and left again (M) onto A472 and proceed to take left hand lane at Llangeview interchange (M) where join A449. Proceed via Raglan interchange (M) where road becomes the A40. Continue to pass picnic area (11.757 miles) and through tunnel (12.5 miles point is 100 yds inside the tunnel). After tunnel bear left (M) and in 300 yards at garage (M) turn left with great care on B4293. Cross over tunnels and in 2/3 mile keep straight on on unclassified road (care at pedestrian crossing) to rejoin the A40 at Mitchel Troy (M). (Sign Mitchel Troy 14.367 miles) Retrace via Raglan interchange and at Llangeview bear left (M) to leave A449 and proceed on A472 to: Finish opposite 2nd drain cover on right, 25 yards beyond tele pole No DP63 and 350 yards beyond rear of sign reading A449/B4235 on approach to Usk.

District Regulation: Saturday events not to start before 3pm.

All riders are asked to comply with the following requests.

- ✓ Do **call your number** to the finishing timekeeper or your time will not be recorded.
- ✓ Do keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE**.
- ✓ **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 standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective helmets.**
- ✓ **You must start with a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**
- ✓ This event may be subject to doping control. It is YOUR responsibility to check.
- ✓ Sign in / Sign out failure to do so will result in a DNF.
- ✓ No passing the start time keeper or warming up on the course.
- ✓ **No anti-social behaviour especially urinating in public.**
- ✓ **Failure to follow these basic rules will result in a DQ & referral to the South Wales DC for further disciplinary action. You have been fair warned that someone will be performing spot checks.**

### Reminder

- ✓ 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.**

### COVID – The wearing of masks indoors is still mandatory in Wales.

- **There will be no pusher off.**
- **A result board is subject to organising arrangements.**
- **No teas and coffee either.**
- **Do not attend if you have a temperature or feel unwell.**
- **Indoor gathering limits no longer apply and but we are be subject to the venue limit of 25.**

### 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

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch.

**TRW Club Resolven – Date TBC.**

There will be a small presentation of presentation medals at the conclusion of the event. Unclaimed WCA plaques from previous years will be available to collect at this event.

| Men's Championship   | Presentation   |
|--|--|
| 1 <sup>st</sup> .  | Trophy (for one year WCA Plaque & invitation to BAR lunch)                   |
| 2 <sup>nd</sup> & 3 <sup>rd</sup>  | WCA Plaques  |
| Women's Championship   |  |
| 1 <sup>st</sup>  | Trophy (for one year WCA Plaque & invitation to BAR lunch)                   |
| 2 <sup>nd</sup> & 3 <sup>rd</sup>  | WCA Plaques  |
| Juniors Championship   |  |
| 1 <sup>st</sup> MALE   | Trophy (for one year WCA Plaque & invitation to BAR lunch)                   |
| Prizes Presented at the WCA Dinner below                                       |  |
| <b>Champion Team</b> Fastest team of three riders from the Championship fields | Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch |
| Fastest Man Vet in Age Bands VA – VH<br><b>(Irrespective of event ridden)</b>  | WCA Plaque   |
| Fastest Woman Vet in Age Bands WVA – WVF                                       | WCA Plaque   |
| Greatest Improvement on last three seasons                                     | WCA Plaque   |

## Welsh Championships 2021

| Distance   | Date                | Course Code | Organised by   |
|------------|---------------------|-------------|--|
| 50 Miles   | Sunday 26 September | R50/1b      | Welsh CA – <a href="http://www.realteam.co.uk">www.realteam.co.uk</a> - (Martyn Heritage-Owen) |
| 12 Hour    | Sunday 5 September  | R12/16a     | Welsh CA - (Robin Field)   |
| Hill Climb | Sunday 17 October   | RH10X       | Welsh CA - (Robin Field)   |

## Start Order

### Men

| No | Start | Name                 | club                              | Cat    | LTS      |
|----|-------|----------------------|-----------------------------------|--------|----------|
| 5  | 08:05 | Peter Wilson         | Bath Cycling Club                 | M85-89 | 01:14:11 |
| 6  | 08:06 | Simon Howarth        | Pontypool Road Cycling Club       | M55-59 | 01:06:10 |
| 7  | 08:07 | John Howells         | Corinium Cycle Club               | M80-84 | 01:05:51 |
| 8  | 08:08 | Ryan Evans           | Rhondda Triathlon Club            | M45-49 | 01:05:49 |
| 9  | 08:09 | Paul Davies          | Weston Wheelers Cycling Club      | M50-54 | 01:05:00 |
| 10 | 08:10 | Robert Baynton       | PDQ Cycle Coaching                | M50-54 | 01:05:00 |
| 11 | 08:11 | Joshua Blackmore     | Bynea Cycling Club                | M      | 01:04:02 |
| 12 | 08:12 | Jon Airey            | Ross on Wye & Dist CC             | M65-69 | 01:03:52 |
| 13 | 08:13 | Hubert Ashley-Towell | Royal Dean Forest Cycle Club      | M50-54 | 01:02:03 |
| 14 | 08:14 | John J Murphy        | Gloucester City Cycling Club      | M80-84 | 01:01:39 |
| 15 | 08:15 | Adrian Osborn        | Stratford Cycling Club            | M60-64 | 01:01:32 |
| 16 | 08:16 | David Roe            | Revo Racing                       | M70-74 | 01:01:24 |
| 17 | 08:17 | Robert Jones         | Cardiff 100 Miles RCC             | M65-69 | 01:01:19 |
| 18 | 08:18 | Tom Woollard         | Northover VT / Rudy Project / SCS | M75-79 | 01:00:59 |
| 19 | 08:19 | Ian Gibson           | Abercynon Road Club               | M60-64 | 01:00:49 |
| 20 | 08:20 | David Thomas         | Rhondda Triathlon Club            | M40-44 | 01:00:00 |
| 21 | 08:21 | Oliver Berney        | Utag RT                           | M50-54 | 00:59:33 |
| 22 | 08:22 | Roger Taylor         | Frome and District Wheelers       | M75-79 | 00:59:23 |
| 23 | 08:23 | Garry Shuker         | Walsall Roads Cycling Club        | M65-69 | 00:59:21 |
| 24 | 08:24 | John Shehan          | Port Talbot Whs CC                | M75-79 | 00:59:06 |
| 25 | 08:25 | Dan Kingston         | Cwmcarn Paragon Road Club         | M40-44 | 00:59:04 |
| 26 | 08:26 | Jeffrey Rees         | Virtual Cycling Club              | M55-59 | 00:59:03 |
| 27 | 08:27 | Peter Loader         | Mid Devon CC                      | M60-64 | 01:09:00 |
| 28 | 08:28 | Cliff Voller         | Newbury RC                        | M70-74 | 00:59:02 |
| 29 | 08:29 | Alistair Morgan      | Pontypool Road Cycling Club       | M55-59 | 00:59:00 |
| 30 | 08:30 | Ian Deakin           | Mid Devon CC                      | M60-64 | 01:01:00 |
| 31 | 08:31 | Simon Kinsey         | Virtual Cycling Club              | M50-54 | 00:58:54 |
| 32 | 08:32 | Hugh Davies          | Port Talbot Whs CC                | M75-79 | 00:58:31 |
| 33 | 08:33 | Haydn Davies         | Giant CC - Halo Films             | M65-69 | 00:58:18 |
| 34 | 08:34 | Stuart Evans         | Port Talbot Whs CC                | M75-79 | 00:58:20 |
| 35 | 08:35 | Matt McLen-Howells   | Pontypool Road Cycling Club       | M45-49 | 00:58:06 |
| 36 | 08:36 | Tom Davies           | Rapha Cycling Club                | M      | 00:58:01 |
| 37 | 08:37 | Jeremy Addis         | Velo Club St Raphael              | M45-49 | 00:57:45 |
| 38 | 08:38 | Michael Collins      | VC Sevale (Malvern)               | M50-54 | 00:57:44 |
| 39 | 08:39 | Les Thomas           | Port Talbot Whs CC                | M55-59 | 00:57:34 |
| 40 | 08:40 | Chris Goulden        | American Flyers                   | M60-64 | 00:57:10 |
| 41 | 08:41 | Phillip Turner       | Bynea Cycling Club                | M50-54 | 00:57:02 |
| 42 | 08:42 | Paul Colman          | Haverfordwest Hornets             | M60-64 | 00:56:44 |
| 43 | 08:43 | Gary Jones           | Successcycling.co.uk              | M55-59 | 00:56:23 |
| 44 | 08:44 | Mike Hall            | Port Talbot Whs CC                | M50-54 | 00:56:08 |
| 45 | 08:45 | Roger Wood           | Pontypool Road Cycling Club       | M65-69 | 00:56:06 |
| 46 | 08:46 | Andrew Newey         | Ribble Valley C&RC                | M      | 00:55:59 |
| 47 | 08:47 | David Evans          | Team Echelon                      | M60-64 | 00:55:54 |

| <b>No</b> | <b>Start</b> | <b>Name</b>         | <b>club</b>                                     | <b>Cat</b> | <b>LTS</b> |
|-----------|--------------|---------------------|---|------------|------------|
| 48        | 08:48        | Daniel Wyatt        | Hereford & Dist Whs CC                          | M40-44     | 00:55:48   |
| 49        | 08:49        | Andrew Clarke       | North Shropshire Wheelers                       | M60-64     | 00:55:33   |
| 50        | 08:50        | Iain Bell           | Monmouthshire Wheelers                          | M45-49     | 00:55:11   |
| 51        | 08:51        | Nick Bunyard        | Westbury Wheelers                               | M40-44     | 00:55:10   |
| 52        | 08:52        | Derek Dowdeswell    | Gloucester City Cycling Club                    | M65-69     | 00:55:10   |
| 53        | 08:53        | Iwan Morton         | Abergavenny RC                                  | M45-49     | 00:55:00   |
| 54        | 08:54        | Steven Loraine      | Legato Racing Team (LRT)                        | M65-69     | 00:54:55   |
| 55        | 08:55        | Paul Derrick        | Sodbury Cycle Sport                             | M          | 00:54:52   |
| 56        | 08:56        | Phil Barnes         | SheHair Racing Team                             | M65-69     | 00:54:47   |
| 57        | 08:57        | Mark Sanders        | Mid Devon CC                                    | M60-64     | 00:54:34   |
| 58        | 08:58        | Steve Bray          | FTP (Fulfil The Potential) Racing               | M50-54     | 00:54:25   |
| 59        | 08:59        | Martin Lines        | Worcester St. Johns CC                          | M50-54     | 00:54:16   |
| 60        | 09:00        | Tom Cox             | Saint Piran                                     | M65-69     | 00:56:06   |
| 61        | 09:01        | Harry Loader        | Mid Devon CC                                    | M          | 00:53:41   |
| 81        | 09:21        | Stu Wright          | QN Racing                                       | M50-54     | 00:54:12   |
| 82        | 09:22        | Tommy Barlow        | Clevedon & District Road Club                   | M55-59     | 00:54:08   |
| 83        | 09:23        | Steve Curry         | Ogmore Valley Wheelers                          | M55-59     | 00:54:01   |
| 84        | 09:24        | Gabe Dellar         | Southampton University Road Cycling Club (SURC) | M          | 00:53:59   |
| 85        | 09:25        | Lee Spoor           | Tri Preston                                     | M45-49     | 00:53:58   |
| 86        | 09:26        | Gareth Jones        | Clevedon & District Road Club                   | M50-54     | 00:53:03   |
| 87        | 09:27        | Ian Patterson       | Utag RT   | M55-59     | 00:52:48   |
| 88        | 09:28        | Mark Bradley        | Bristol South Cycling Club                      | M55-59     | 00:52:47   |
| 89        | 09:29        | Stuart Day          | VC Sevale (Malvern)                             | M50-54     | 00:52:44   |
| 90        | 09:30        | Robert Francis      | Reflex Racing                                   | M          | 00:52:35   |
| 91        | 09:31        | Mark Woolford       | Team Swindon Cycles                             | M55-59     | 00:52:27   |
| 92        | 09:32        | John O'Dwyer        | Dursley Road Club                               | M40-44     | 00:52:22   |
| 93        | 09:33        | Mark Atkinson       | Alford Whs                                      | M          | 00:52:05   |
| 94        | 09:34        | Gerry Bowditch      | Pontypool Road Cycling Club                     | M50-54     | 00:51:57   |
| 95        | 09:35        | Michael Parker      | TMG Horizon Cycling Team                        | M55-59     | 00:51:45   |
| 96        | 09:36        | David Medhurst      | Cardiff Ajax CC                                 | M          | 00:51:29   |
| 97        | 09:37        | Daniel Colman       | Arctic Aircon RT                                | M          | 00:50:55   |
| 98        | 09:38        | Steven Cottington   | Bath Cycling Club                               | M55-59     | 00:50:39   |
| 99        | 09:39        | Andrew Grant        | Cambridge CC                                    | M65-69     | 00:50:37   |
| 100       | 09:40        | Gruffudd Lewis      | Ribble Weldtite Pro Cycling                     | M          | 00:50:21   |
| 102       | 09:42        | Chris Jones         | Bynea Cycling Club                              | M45-49     | 00:50:16   |
| 104       | 09:44        | Jon Surtees         | Born to Bike - Bridgtown Cycles                 | M50-54     | 00:50:14   |
| 106       | 09:46        | Owen Burgess        | Newport Phoenix CC                              | M          | 00:49:57   |
| 108       | 09:48        | Dean Robson         | Velo Sport Jersey                               | M          | 00:49:56   |
| 110       | 09:50        | Jon Howard          | Team Echelon                                    | M50-54     | 00:49:22   |
| 112       | 09:52        | Keith Ainsworth     | Sheffrec CC                                     | M60-64     | 00:49:34   |
| 114       | 09:54        | Tim Wood            | Team Echelon                                    | M45-49     | 00:49:10   |
| 116       | 09:56        | Robert Willcocks    | Royal Air Force Cycling Association             | M40-44     | 00:48:36   |
| 118       | 09:58        | Christopher Gibbard | Bynea Cycling Club                              | M          | 00:47:16   |
| 120       | 10:00        | Tom Ward            | AeroLab Ward WheelZ                             | M          | 00:46:27   |

## Women

| No | Start | Name              | club                                       | Cat    | LTS      |
|----|-------|-------------------|--|--------|----------|
| 62 | 09:02 | Isabella McNally  | Westbury Wheelers                          | W      | 01:13:56 |
| 63 | 09:03 | Roxanne Jones     | Hereford Triathlon Club                    | W      | 01:13:00 |
| 64 | 09:04 | Sonia Laurie      | New Forest CC                              | W45-49 | 01:07:40 |
| 65 | 09:05 | Tomos Perkins     | VMCC powered by Y Beic                     | Jun    | 01:07:04 |
| 66 | 09:06 | Louise Burnie     | Swansea Wheelers/CS Abertawe               | W      | 01:05:09 |
| 67 | 09:07 | Emma Wyatt        | Hereford & Dist Whs CC                     | W40-49 | 01:02:50 |
| 68 | 09:08 | Kyle Jones        | WORX Factory Racing Powered by Silverstone | Jun    | 01:00:47 |
| 69 | 09:09 | Joanna Knight     | Bristol South Cycling Club                 | W60-64 | 01:00:29 |
| 70 | 09:10 | Susan Shook       | Bush Healthcare CRT                        | W60-64 | 01:00:15 |
| 71 | 09:11 | Rebecca Comins    | Newport Phoenix CC                         | W50-54 | 00:59:00 |
| 72 | 09:12 | Clare Greenwood   | Bush Healthcare CRT                        | W60-64 | 00:58:32 |
| 73 | 09:13 | Deborah Sheridan  | Warwickshire Road Club                     | W60-64 | 00:58:25 |
| 74 | 09:14 | Kim Barfoot-Brace | Bath Cycling Club                          | W40-44 | 00:58:17 |
| 75 | 09:15 | Jo Buckland       | FTP (Fulfil The Potential) Racing          | W50-54 | 00:58:15 |
| 76 | 09:16 | Andrea Parish     | VeloSistas TT Team                         | W50-54 | 00:55:36 |
| 78 | 09:18 | Frances Owen      | Fibrax Wrexham RC                          | W      | 00:54:08 |
| 80 | 09:20 | Anna Morris       | AeroLab Ward WheelZ                        | W      | 00:53:13 |