



# 2015 100 Miles

# National Championship

Sunday 5 July 2015

Promoted for and on behalf of Cycling Time Trials under their Rules, Regulations and Championship Conditions by South Wales District Council.

### Event Secretary

Robin Field, 89 Velindre Road, Whitchurch, Cardiff. CF14 2TG  
Tel: 07753603098 (on the day)

### Timekeepers

Glenda Fisher Welsh CA  
Tudor Thomas Bynea CC  
Norman James Ogmore Valley Whs  
Julia Jones Bynea CC

### Officials, Observers and Marshalls

John Fisher Welsh CA  
Paul Robinson Ystwyth CC  
Members of South Wales DC and West DC Clubs

### HQ

Raglan Football Club  
Station Road, Raglan, Monmouthshire  
NP15 2ER (for Sat Nav)  
(Available from 06:00)

## Course

### R100/8A

100 Mile Course Description	Total Miles
<b>Start</b> on unclassified road signposted 'Clytha' (old A40 Raglan - Abergavenny road) at yellow mark on drain cover on flare at western side of entrance to Monmouthshire Livestock Market and 5yds east of and opposite TP 1D (O.S. 161 384087)	0.000
Proceed westwards on unclassified road (joining B4598 at Steel Horse Cafe) and continue to Hardwick roundabout (Abergavenny) to take 1st exit ( <b>to start 1st Lap</b> )	6.155
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	13.714
Take 2nd exit (straight on) along A40 dual carriageway going eastwards (passing Raglan Castle turn) and take LEFT fork on unclassified road towards Mitchel Troy (signpost Monmouth)	14.360

Continue on unclassified road (old A40) via Dingestow to TURN left and IMMEDIATELY left (with care) to enter A40 on-slip	18.695
Proceed westwards to 1st turn off left (where A40 leaves A449)	22.495
Continue on A40 over fly-over to Raglan roundabout	23.818
Take 3rd exit (straight on) on A40 dual carriageway and proceed westwards to enter Hardwick roundabout (Abergavenny)	31.447
Encircle roundabout taking 6th exit <b>(to start 2nd Lap)</b>	31.945
Proceed as before to Raglan RAB going eastwards	39.504
South of Mitchel Troy	44.485
Raglan RAB going westwards	49.608
Encircle Hardwick RAB <b>(to start 3rd Lap)</b>	57.735
Proceed as before to Raglan RAB going eastwards	65.294
South of Mitchel Troy	70.275
Raglan RAB going westwards	75.398
Encircle Hardwick RAB <b>(to start 4th Lap)</b>	83.525
Proceed as before to Raglan RAB going eastwards	91.084
South of Mitchel Troy	96.065
Proceed westwards to 1st turn off left (where A40 leaves A449)	99.865
Continue on A40 over fly-over to take left junction to FINISH at mark at RLC WB436 on left and near 'Raglan' sign	100.559

### Directions from HQ to Start

From HQ retrace to T junction in Raglan village, turn left and ride through narrow main road to Raglan roundabout, take 3<sup>rd</sup> exit on unclassified road signposted 'Clytha'. Continue for 2 miles to the start.

### Directions from finish to HQ

Continue beyond the FINISH sign and in half a mile turn left onto Station Road to HQ.

### Parking

Parking is available at the Headquarters. Proceed beyond Headquarters entrance for 30 yards, turn right and right through gate into field. Competitors please do not park in the Officials area.

### Note to Helpers

There are 8 laybys both westbound and eastbound on A40 dual carriageway between Hardwick roundabout, Abergavenny and Raglan roundabout. There are no intersections. You will see your rider every 25.4 miles. **Do not cross the central reservation barriers or your rider will be disqualified.** Please remember that Gwent Constabulary will be monitoring your conduct during this event.

### THERE IS NO OFFICIAL FEED

*(There is a tricycle event preceding this TAKE CARE)*

No	Name	Club	TOS		Cat	Age
10	Paul Griffiths	Cardiff Ajax CC	07:10		E	60
11	Stuart Hall	Devon & Somerset Fire & Rescue	07:11		C	50
12	Gareth Hill	Abercynon Road Club	07:12		A	43
13	Alan Haycox	Bike Doctor	07:13		D	55
14	John Howells	Corinium CC	07:14		G	73
15	Joseph Beech	Onitcycles	07:15			24
16	David Steel	Hereford & Dist Whs CC	07:16		F	68
17	Stuart Edwards	Royal Navy & Royal Marines CA	07:17		C	50
18	Richard Turpin	VC Walcot	07:18		F	66
19	Andrew Harries	Ogmore Valley Whs	07:19		D	55
20	Dean Edwards	Born to Bike - Bridgtown Cycles	07:20			27
21	Carl Scott	Pembrokeshire Velo	07:21			29
22	Rich Hunt	Severn Valley Cycles	07:22		A	43
23	Neil Reynolds	Winchcombe Cycling Club	07:23		A	40
24	Phillip Turner	Bynea Cycling Club	07:24		B	47
25	Chris Hill	Mid Shropshire Wheelers	07:25		A	40
26	Ian Lindsay	Gloucester City CC	07:26		A	42
27	Kevin Williams	Bournemouth Jubilee Whs	07:27		C	52
28	Roger Taylor	Frome & Dist Whs	07:28		F	69
29	John Murphy	Gloucester City CC/ Rudy Project	07:29		H	75
30	Ray Retter	North Devon Wheelers	07:30		F	69
31	Mark Bridgman Smith	Bolsover & District CC	07:31		B	45
32	Mark Bird	Devon & Somerset Fire & Rescue	07:32		B	45
33	Graham Smith	Severn RC	07:33		B	48
34	Stephen Landeg	Ogmore Valley Whs	07:34		E	61
35	Stewart Cox	Royal Navy & Royal Marines CA	07:35		C	51
36	Josh Griffiths	Bristol South CC	07:36	J		15
37	Peter Hooper	Eastbourne Rovers CC	07:37			30
38	Steven Madeley	Ogmore Valley Whs	07:38		C	54
39	Bob Richards	Royal Navy & Royal Marines CA	07:39		D	57
40	David Sleigh	Clevedon & District RC	07:40		C	51
41	Deborah Sheridan	Warwickshire RC	07:41	W	D	58
42	Clare Campbell-Smith	Born to Bike - Bridgtown Cycles	07:42	W	B	47
43	Sharon Clifford	WCS Racing Team	07:43	W	D	55
44	Hannah Ricketts	Bristol South CC	07:44	W		24
45	Cynthia Kunschke	High Wycombe CC	07:45	W		37
46	Libby McLaren	Born to Bike - Bridgtown Cycles	07:46	W	A	40

No	Name	Club	TOS		Cat	Age
47	Vicky Gill	www.drag2zero.com	07:47	W		34
48	Eva Nyirenda	...a3crg	07:48	W		30
49	Joanna Knight	Bristol South CC	07:49	W	D	55
50	Hayley Simmonds	Team Velosport	07:50	W		26
51	Alison Vessey	Micky Cranks CC	07:51	W	E	61
52	Karina Bowie	Trainsharp Racing Team	07:52	W	A	44
53	Penny Gardiner	PAC-Tri	07:53	W	B	48
54	Annis Moore	Walsall Roads Cycling Club	07:54	W	B	47
55	Lynne Biddulph	Born to Bike - Bridgtown Cycles	07:55	W	B	46
56	Alicia-Jayne Thorbjorn	Cardiff Jif	07:56	W		24
57	Crystal Spearman	NopinZ	07:57	W		27
58	Helen Eborall	Born to Bike - Bridgtown Cycles	07:58	W		39
59	Amy Ogden	Tuxford Clarion C C	07:59	W		38
60	Karen Ledger	Langsett Cycles RT	08:00	W	A	42
61	Jacqueline Hobson	Born to Bike - Bridgtown Cycles	08:01	W	C	50
62	Jill Wilkinson	Chester RC	08:02	W	A	41
63	Tina Reid	Trainsharp Racing Team	08:03	W	C	50
64	Lowenna Smith	Cadence RT	08:04	W		34
65	Jasmijn Muller	Paceline RT	08:05	W		36
66	Catherine Etchell	Brecon Wheelers	08:06	W	C	52
67	Rachael Mellor	Holmfirth C C	08:07	W	C	51
68	Katja Rietdorf	Team Milton Keynes	08:08	W	A	44
69	Andrea Parish	Camel Valley C & TC	08:09	W	B	47
70	Bronwen Ewing	Trainsharp Racing Team	08:10	W	B	49
71	Chris Ledger	Langsett Cycles RT	08:11		C	53
72	Greg Parker	Velo Club St Raphael	08:12		C	51
73	Mark Ashurst	Northover Vets Team	08:13		B	46
74	Tony Staples	Royal Navy & Royal Marines CA	08:14		B	45
75	David Watson	Coventry RC	08:15		B	45
76	Daniel Kempe	Bristol South CC	08:16		B	49
77	Howard Waller	Python RT	08:17		C	50
78	John-Paul Brophy	Eastbourne Rovers CC	08:18		A	40
79	John Glaysher	...a3crg	08:19			37
80	Nigel Haigh	Strategic Lions	08:20		A	44
81	Robin Vessey	Micky Cranks CC	08:21		C	52
82	Jonathan Parker	PMR @ Toachim House	08:22		A	40
83	Harry Walton	Cheltenham & County CC	08:23			33

No	Name	Club	TOS		Cat	Age
84	Chris Tye	Plomesgate CC	08:24		B	48
85	David Ellis	Mapperley CC	08:25		B	48
86	Andy Stuart	Velo Club St Raphael	08:26		A	40
87	Nick Tryon	Royal Navy & Royal Marines CA	08:27		A	44
88	Marc Townsend	Neon Velo	08:28			34
89	Frank Proud	Westerley Cycling Club	08:29		B	48
90	Richard Spink	T1 Diabetes.info	08:30			38
91	Eric Grill	RST Sport/Aero-Coach	08:31			33
92	Garry Drew	Royal Navy & Royal Marines CA	08:32		C	50
93	Scott Davidson	Team Velovelocity.co.uk	08:33			28
94	Matt Robinson	Westbury Whs	08:34			39
95	John Tanner	Strategic Lions	08:35		B	47
96	Robert Dyde	Pembrokeshire Velo	08:36			32
97	Steve Williamson	...a3crg	08:37		A	44
98	Matt Burden	Severn RC	08:38			38
99	Roger Wood	Pontypool RCC	08:39		E	61
100	Simon Beldon	Team Swift	08:40		B	45
101	Simon Dighton	Beacon Roads CC	08:41		C	52
102	Mark Corbett	Worcester St. Johns CC	08:42		A	42
103	Andrew Warby	RST Sport/Aero-Coach	08:43			23
104	Michael Black	Cleveleys RC	08:44		F	68
105	Charles Mitchell	...a3crg	08:45			36
106	Adam Jones	Climb on Bikes RT	08:46			21
107	Charles Zanettacci	Cheltenham & County CC	08:47		C	52
108	Alan Murchison	Banjo Cycles.com	08:48		A	44
109	Toby Hopper	Cardiff Ajax CC	08:49			35
110	Andy Jackson	Team Swift	08:50			39
111	Will Vousden	RST Sport/Aero-Coach	08:51			26
112	Stephen Campbell	Twickenham CC	08:52		B	45
113	Nicholas Cleave	Swansea Wheelers/CS Abertawe	08:53		A	42
114	Paul Robinson	Lyme Racing Club	08:54		C	51
115	Simon Wilson	Team Polypipe	08:55			34
116	Leon Marshall	Royal Navy & Royal Marines CA	08:56			35
117	Mark Sanders	Mid Devon CC	08:57		D	56
118	Chris Vellacott	Royal Navy & Royal Marines CA	08:58		C	53
119	Peter Harridge	Icknield RC	08:59		D	59
120	Gregory Woodford	Reading CC	09:00		C	54

No	Name	Club	TOS		Cat	Age
121	Justin Ford	CC Blaenau Gwent	09:01		A	42
122	Andrew Meilak	VeloRefined Aerosmiths	09:02		B	49
123	Paul Colman	Pembrokeshire Velo	09:03		C	54
124	Adrian Blacker	Norwood Paragon CC	09:04		C	51
125	Daniel Bloy	Team Velovelocity.co.uk	09:05			37
126	Chris Womack	VC Baracchi	09:06		F	68
127	Kevin Tye	VeloRefined Aerosmiths	09:07		C	53
128	Dave Pickering	Bournemouth Jubilee Whs	09:08		B	49
129	Philip Tucker	Bynea Cycling Club	09:09			35
130	Tejvan Pettinger	Sri Chinmoy Cycling Team	09:10			38
131	Geoff Frost	Team Velovelocity.co.uk	09:11		A	43
132	Daniel Colman	Pembrokeshire Velo	09:12			19
133	Liam Maybank	Twickenham CC	09:13		A	43
134	Steven Pink	CC Weymouth	09:14			37
135	Ian Holbrook	Stone Wheelers CC	09:15		B	46
136	Tom Cox	Northover VT/ Rudy Project	09:16		E	61
137	Matt Postle	Bush Healthcare CRT	09:17		A	44
138	Dean Lubin	Ciclos Uno	09:18		B	45
139	Jonathan Ellis	Royal Sutton CC	09:19			33
140	Paul Gamlin	Northover Vets Team	09:20		A	43
141	Matthew Moore	Walsall Roads Cycling Club	09:21		B	49
142	James Perkins	Team Zenith-GC Cycling	09:22			37
143	Les Pick	Poole Whs	09:23		A	43
144	Guy Evans	Hereford & Dist Whs CC	09:24		D	56
145	Joel Wainman	Team Swift	09:25		A	41
146	Richard Cooper	Swindon RC	09:26		D	56
147	Billy Oliver	NopinZ	09:27			34
148	Richard Newey	Thames Turbo Triathlon Club	09:28		C	50
149	Rhys Payne	Royal Navy & Royal Marines CA	09:29			29
150	Adam Topham	High Wycombe CC	09:30		B	46
151	Jim Scott	Royal Navy & Royal Marines CA	09:31		C	50
152	Callum Finlayson	Moray Firth Cycling Club SCU	09:32		A	42
153	Derek Smetham	Dursley RC	09:33		B	46
154	Martin Winter	Twickenham CC	09:34		C	51
155	Charles Taylor	South Pennine RC	09:35			33

## Championship Condition 2 (j)

**Numbers** – 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.

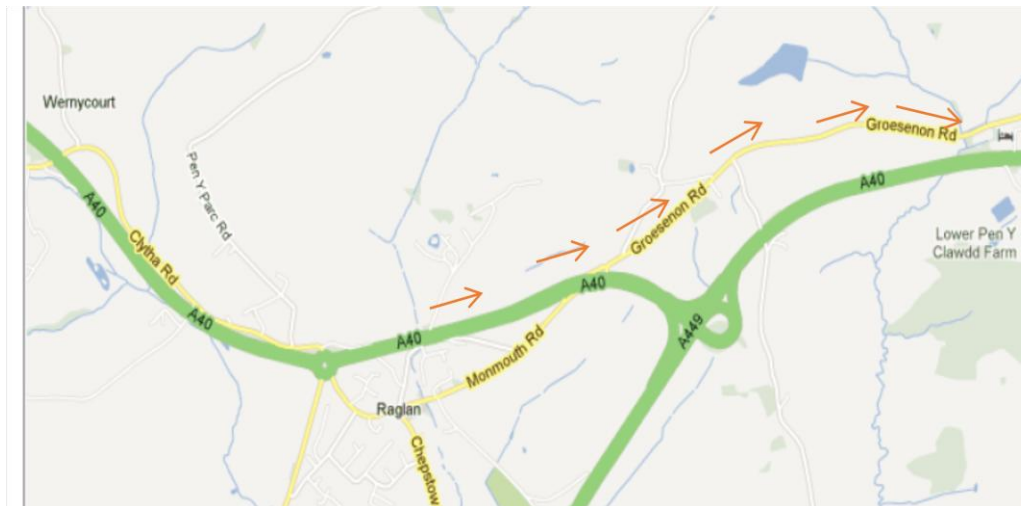
## Presentation of awards

This will take place at approximately 14:30

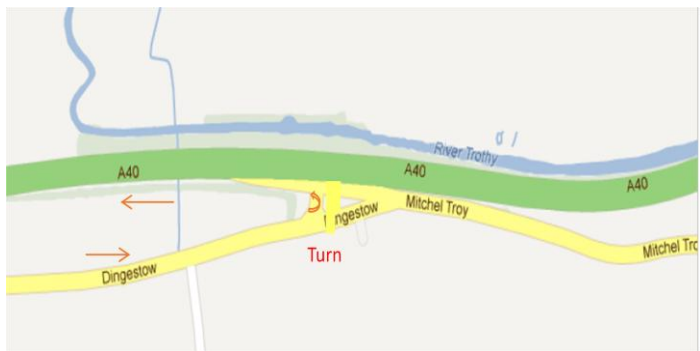
## COURSE MAP & DESCRIPTION OF THE R100/8A



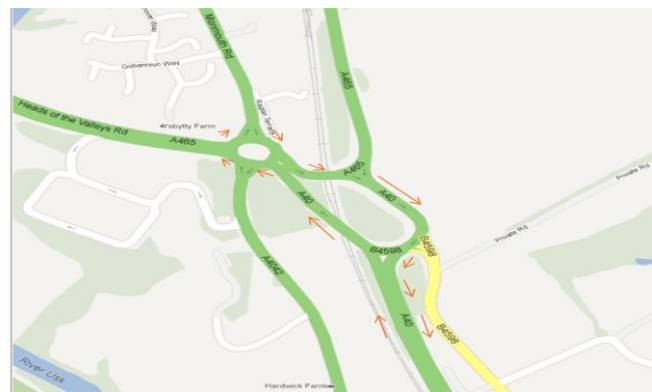
## RAGLAN FORK



## MITCHEL TROY TURN



## HARDWICK ROUNDABOUT



## DIRECTIONS TO HQ (NP15 2ER for Sat Nav)

### From South and East. Exit M4 at Junction 24 (Coldra)

Follow A449 to 2<sup>nd</sup> 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 1<sup>st</sup> 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 3<sup>rd</sup> 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 unclassified road from Raglan village (1<sup>st</sup> left at Raglan roundabout signposted Gwehelog) is suitable but it does get a bit lumpy! **Do not warm up on the dual carriageway (A40).** The old road (Clytha) runs parallel to this and is suitable for approx 2 miles to just before the Start.