RTTC National Team Time Trial Championship

Sunday 1st June 2014

Time of Start 08:00

Promoted for and on behalf of Cycling Time Trials

Under their Rules, Regulations and Championship Conditions

By the South Wales District Committee on behalf of the South Wales District Council

EVENT SECRETARY

Robin Field Cardiff Byways CC, 89 Velindre Road, Whitchurch, Cardiff. CF14 2TG

Tel: 02920 632358   Mobile: 07753 603098   Email: robin.field@ntlworld.com

TIMEKEEPERS

Start: Norman James Ogmore Valley Whs, Jill Colman Pembrokeshire Velo

Finish: Glenda Fisher Welsh CA, Tudor Thomas Bynea CC, Recorder: John Fisher Welsh CA . Number Taker: Alf Williams Port Talbot Whs.

Pushers Off: Paul Robinson, John Shehan, Timm Frenzel

OBSERVERS

Members from South Wales District Committee.

Please Sign on and Collect your Number from the HEADQUARTERS

Llanarth Village Hall, Groesonen Road, Llanarth. NP15 2AU (open from 06:15)

Tea, Coffee and cakes (and more!) are available at the HQ, all donations for catering will be given to **"Alzheimer Research UK"**
SCHEDULE

Prize Presentation 12:30 approx.

Guest of Honour Bill Owen, President - Welsh Cycling

THANK YOU TO THE FOLLOWING

Keith Lawton for providing on the day results and advice.

Gwent Police for their co-operation.

Keith & Brenda Robins (Beekay Products) for the donation of the RTTC Champions Caps.

Kimroy Photography official photographers to the CTT will be attending the event.

Photographs available from: www.kimroy-photography.co.uk

The National Official Representative from Cycling Time Trials at this event will be Nick Sharpe CTT National Secretary (Legal & Corporate)

Please note it is 4.5 miles to the start from the H.Q. Please

allow 15-20 minutes

CTT AWARDS

TEAMS OF MEN	
1st	**Champions' Cap, 'Renold' Championship Trophy, Silver Gilt Medallion**
2nd	**Silver RTTC Medallion**
3rd	**Bronze Medallion**
TEAMS OF WOMEN	
1st	**Silver Gilt Medallion,**
2nd	**Silver RTTC Medallion**

COURSE DESCRIPTION RS30/2 (Revised) (FOR SAFETY REASONS the course has been extended by approximately 5 miles to a new START point)

	Approx Miles
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 westbound along unclassified road to descend Clytha Cutting (CARE) to pass junction on right to Llanarth (HQ). Continue along unclassified road to go straight on (to join B4598 at Steel Horse Cafe). Continue along B4598 via Penpergwm to pass Hardwick Inn on right and pass FINISH point, to **start 1st lap**.	

Continue westbound to Hardwick roundabout (CARE) and take 1st exit to enter A40 dual carriageway.	6.2
Continue eastbound for 7.5 miles on A40 dual carriageway to Raglan roundabout. Take first left (tight bend) (WITH CARE)	13.7
Follow unclassified road (old A40) to pass **Start**	15.5
Continue westbound along unclassified road to descend Clytha Cutting (CARE) to pass junction on right to Llanarth (HQ). Continue along unclassified road to go straight on (to join B4598 at Steel Horse Cafe). Continue along B4598 via Penpergwm to pass Hardwick Inn on right and pass FINISH point, to **start 2nd lap.**	20.3
Continue westbound to Hardwick roundabout (CARE) and take 1st exit to enter A40 dual carriageway.	21.6
Continue eastbound for 7.5 miles on A40 dual carriageway to Raglan roundabout. Take first left (tight bend) (WITH CARE)	29.1
Follow unclassified road (old A40) to pass **Start**	30.9
Continue westbound along unclassified road to descend Clytha Cutting (CARE) to pass junction on right to Llanarth (HQ). Continue along unclassified road to go straight on (to join B4598 at Steel Horse Cafe). Continue along B4598 via Penpergwm to pass Hardwick Inn on right to FINISH.	35.6
FINISH point is at mark at drain cover opposite 'road junction' sign and 39 kerb joints east of entrance to 'Speedwell' dwelling and approximately 100 yards. west of large layby outside Hardwick Inn. **2.25laps**,	

No.	Name	Club	Start Time	Reserve
1	Jerry Bromyard			
2	Mike Homer	RNRMCA 'F'	08:03	Lenny Brown
3	Barrie Whitehead			
4	David Steele			
5	Paul Haslam	Birmingham Midland Cycling Club	08:06	Andrew Davis
6	Andrew Waters-Peach			
7	Sam Powell			
8	John Storrie	RNRMCA 'E'	08:09	Jerry Bromyard
9	Leon Marshall			
10	Roger Taylor			
11	Andy Henderson	Frome & District Whs	08:12	
12	Gordon Clements			
13	David Medhurst			
14	Graeme Boswell	Cardiff Ajax CC	08:15	Harry Lock
15	Toby Hopper			
16	Barry Moss			
17	Andy Phipps	RNRMCA 'D'	08:18	Sam Powell
18	Jim Scott			
19	Daniel Colman			
20	John Aspell	Forza Cycles	08:21	Neal Craig
21	Christopher Matthews			
22	Paul Colman			
23	John Regan	Pembrokeshire Velo	08:24	
24	Will Jenkins			
25	Darren Lewis			
26	John Vinson	Poole Whs	08:27	
27	Terry Icke			

No.	Name	Club	Start Time	Reserve
28	Justin Dance	RNRMCA 'C'	08:30	Barry Moss
29	Tony Staples			
30	Stuart Edwards			
31	Alexander Brace	Team NBCC 'B'	08:33	
32	Rhys Jordan			
33	David Francis			
34	Rob Sherrin	...a3crg 'B'	08:36	Darren Fagan
35	Darryl Barr			
36	Jonathan Hepper			
37	Ben Anstie	Cadence RT 'A'	08:39	
38	James Cartridge			
39	Simon Snowden			
40	Martin Osman	MJS Racing 'B'	08:42	
41	Nick Walford			
42	George Bate			
43	Garry Drew	RNRMCA 'B'	08:45	Justin Dance
44	Chris Vellacott			
45	Phil Rogers			
46	Andy Winterbottom	Somerset RC 'B'	08:48	
47	Carl Guppy			
48	Darren Avery			
49	David Hooper	MJS Racing 'A'	08:51	
50	Mark Barfield			
51	Rob Bishop			
52	Caroline Harding	Velo Club St Raphael	08:54	
53	Nikola Butler			
54	Vanessa Whitfield	Ystwyth CC		
55	Sharon Lewis			
56	Elinor Thorogood		08:57	Lois Brewer
57	Anita Saycell			
58	Ann Bowditch	GVC Edmond de Rothschild	09:00	
59	Marina Bleasdale			
60	Joanna Watts			
61	Anna Turvey	Pearl Izumi Sports Tours International BOBC 'B'	09:03	
62	Claire Galloway			
63	Lauren Creamer			
64	Jenny Simmonds	Look Mum No Hands!	09:06	
65	Rebecca Slack			
66	Helen Mckay			
67	Ciara Horne	Pearl Izumi Sports Tours International BOBC 'A'	09:09	
68	Katie Archibald			
69	Sarah Storey			
70	Bronwen Ewing			
71	Lynn Hamel	Trainsharp Racing Team	09:12	Rebecca Rimmington
72	Karina Bowie			
73	Rhodri Evans	Bynea Cycling Club 'B'	09:15	
74	Arwel Davies			
75	Rob Ellis			

No.	Name	Club	Start Time	Reserve
76	Paul Grainger			
77	Mark Cox	Fairly United Cycling Team	09:18	Duncan Mellish
78	Peter Oliver			
79	Rob Jones			
80	Mark Rosser	Ogmore Valley Whs CC 'A'	09:21	
81	Joseph Beech			
82	Andrew Hastings			
83	Dean Shannon	Richardsons - Trek RT	09:24	George Wood
84	Rhys Howells			
85	Emyr Griffiths			
86	Anthony Mark Jones	Bynea Cycling Club 'A'	09:27	
87	David Brice			
88	Cameron Campbell			
89	Alexander Royle	Army Cycling Union	09:30	Mike Cripps
90	Ryan Perry			
91	Sean Childs			
92	Nick Tryon	RNRMCA 'A'	09:33	Garry Drew
93	Chris Smart			
94	B Xavier Disley			
95	Robert West	RST Sport/Aero-Coach	09:36	
96	Billy Oliver			
97	Stephen Potts			
98	Mick Daniels	Somerset RC 'A'	09:39	
99	Steuart Saunders			
100	Kieron Davies			
101	Oliver Simon	Team NBCC 'A'	09:42	Peter Lloyd
102	Nick Brown			
103	Michael Dodson			
104	Bill Seddon	Bolsover & District CC	09:45	
105	Xavier Scott			
106	Phil Hunt			
107	Russell Jelly	Mapperley CC 'B'	09:48	
108	Shaun Eden			
109	Greg Parker			
110	Simon Berogna	Velo Club St Raphael	09:51	
111	Phill Sykes			
112	David Ellis			
113	Robert Morris	Mapperley CC 'A'	09:54	
114	Ian Comery			
115	Daniel Davies			
116	Daniel Thorogood	Ystwyth CC 'B'	09:57	Graham Lewis
117	Carwyn Henson			
118	Charles Mitchell			
119	Graeme Stirzaker	...a3crg 'A'	10:00	Patrick Brennan
120	Sebastian Ader			
121	Graham Lewis			
122	Shelley Childs	Ystwyth CC 'A'	10:03	Dan Davies
123	Dewi Hughes			

No.	Name	Club	Start Time	Reserve
124	Edmund Bradbury	Cambridge University RT	10:06	James Dixon
125	Wojciech Szlachta			
126	David Mclean			
127	Richard Harris	Cwmcarn Paragon Road Club	10:09	
128	Steven Powell			
129	Andrew Butcher			
130	Ryan Morley	Fibrax-Wrexham RC	10:12	Nick Giles
131	David Crawley			
132	David Williams			
133	Kevin Tye	VeloRefined Aerosmiths	10:15	
134	Stephen Whitewick			
135	Michael Barnes			
136	Ashley Martin	Bikeshed - Uex	10:18	Peter Medhurst
137	Richard Oram			
138	Alex Murison			
139	Ken Buckley	AW Cycles.co.uk	10:21	
140	Alex Peterson			
141	Nick English			
142	Edward Trotman	Bristol South CC	10:24	
143	Paul Jones			
144	Richard Spink			
145	James Sampson	Haribo Beacon	10:27	Ashley Brown
146	Pete Williams			
147	Steven Burke			
148	Tim Bayley	Arctic Tacx RT	10:30	
149	Michael Broadwith			
150	Danny Axford			

RESERVE TEAMS

No.	Name	Club	Start Time	Reserve
151	Olav Martin-Giles	Media Velo		
152	James Harrison			
153	James Middleton			
154	Iain Cade	Cadence RT 'B'		
155	Steven Cottington			
156	Darren Gardner			
157	Steven Madeley	Ogmore Valley Whs CC 'B'		
158	Mark Nott			
159	Richard Beech			
160	Ian Hulmes	Colomba Cycle Club		Nathan Thornton
161	Ian Christie			
162	Stuart Watson			
163	Graham Hewson	Simonstrong Campaigners		
164	Jonathan Moore			
165	Duncan Mcnutt			

DIRECTIONS TO HEADQUARTERS

From the South and East - M4 take exit Junction 24
Follow A449 to 2nd exit (Raglan) continue on Dual Carriageway to Raglan Roundabout.
Take 4th exit (Clytha) (unclassified road) Turn right to Llanarth in 3 miles.

From Midlands and North exit M5 junction 8 (Strensham Services) - M50
Follow M50 and A40 via Monmouth (Tunnels) take 1st exit to Abergavenny (remaining on A40) to Raglan Roundabout,
Take 4th exit (Clytha) (unclassified road) Turn right to Llanarth in 3 miles.

From West A465 Heads of the Valleys Road or A40 Brecon
Continue to Abergavenny Hardwick Roundabout; take exit on B4598 signposted Usk. In approx 4 miles keep straight on at Steel Horse Café (DO NOT TURN RIGHT TO USK) continue 0.75 miles to turn left to Llanarth

WARMING UP
Do not warm up on the course in the direction of the race. DO NOT WARM UP PAST THE FINISH TIMEKEEPERS OR YOU WILL BE DISQUALIFIED

PARKING
Parking is available at the Headquarters. Competitors please do not park in the Officials area.

RIDING TO THE START
Turn left outside HQ; continue approx 1 mile (crossing over A40) to T junction. Turn LEFT and continue for 3 miles towards Raglan. The start is in the entrance area of the new Monmouthshire Livestock Market.

SAFETY INSTRUCTIONS
You should at all times ride at a speed that is within the boundaries of your own bike handling skills, and obey the Highway Code. The Circuit is part Dual Carriageway (clearway).There are 7 laybys in 7.5 miles. The remaining part is undulating, narrow in parts with some sharp bends and double white lines.

Riders need to be attentive at all times, and read the notes on display at the Signing On area in the HQ on the day.

RIDING BACK FROM FINISH
Take care after you finish. Please be aware that the race is 2.25 laps, other teams may still be racing. In the interests of safety early finishers should continue to Hardwick roundabout and circle the entire complex to take the 6th exit B4598 signposted Usk.

IMPORTANT INFORMATION TO RIDERS AND SUPPORTERS

This event is under 100km "Regulation 22 (a) (use of motor vehicles) does not allow competitors to be preceded, accompanied, followed or in any way receive assistance from occupants of a motor vehicle.

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 arm facing forwards

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 JUNIOR competitors must wear Protective Helmets

It is recommended that 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