

Welsh 100 Mile Time Trial Championship 2016



For and on behalf of Cycling Time Trials Under their Rules and Regulations

For Men and Women

Promoted by the
Welsh Cycling Association

Sunday 4 September 2016

Start Timekeeper: Robin Field Cardiff Byways CC

Finish Timekeeper Norman James Ogmore Valley Whs,

Recorder Martyn Heritage-Owen www.realteam.co.uk

Pusher Off: Paul Robinson, Ystwyth CC

Chief Marshal: John Shehan Bynea CC

Course R100/8 – Starting at 7.00am

Event Headquarters Llanarth Village Hall

Numbers will be at H.Q.

Return your number for a free tea. Bacon Rolls etc available!

Catering: Sharon Preddy Catering

The full result of this event will be published on:

www.southwalesdc.co.uk

Event Secretary: Robin Field, 89 Velindre Road, Whitchurch, Cardiff. CF14 2TG

Tel: 02920 632358 Mob. (On the day) 07753 603098 E-mail: Robin.field@ntlworld.com

To whom any complaints must be made in writing within 72 hours
THIS EVENT MAY BE SUBJECT TO DOPE CONTROL - IT IS YOUR RESPONSIBILITY TO CHECK. As soon as you finish you should return to HQ and check if you are required for Doping Control

Awards

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh Best All Rounder Lunch Sunday 6 November 2016 at **TRW Club Resolven**

Champions Caps are presented at the conclusion of the events to the Welsh 100 Mile Champions. We appreciate that you may want to leave quickly, but please stay to applaud the Champions.

Men's Champion.	Charlie Alexander Book for 1 year WCA Plaque & invitation to BAR lunch. C. Williams Shield
2 nd & 3 rd	WCA Plaques
Fastest team of three riders	Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch
Fastest Vet on Standard	WCA Plaque
Women's Champion	WCA Trophy for 1 year, WCA Plaque & invitation to BAR lunch
Greatest Improvement in the Last Three Seasons (LTS)	WCA Plaque

Welsh Points Competition.

Points are awarded in all the Welsh Championships (10, 25, 50, 100 miles, 12 hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association. Rides in all events count to the total and awards are made to the six riders with the highest score.

This is not a one rider one award event

If you are good enough to win it all – you get it all!

THERE WILL BE BANANAS, GELS AND WATER AVAILABLE AT HQ for all riders.

Course R100/8

START in lane signposted "Bettws Newydd, Clytha and Golf Course" opposite "bends for 1 1/2 miles" approximately 200 yards south of junction with unclassified road (old A40) at entrance to Clytha Park.

Proceed northbound and in 200 yards turn left (with care) along unclassified road to join B4598 (at Steel Horse Cafe) to Hardwick roundabout (4.855 miles). Take 1st exit on A40 dual carriageway (Start of 1st circuit) to Raglan roundabout (12.340). Take 2nd exit (straight on) to continue on A40 dual carriageway. Take left hand lane at Raglan interchange to continue on A40 dual carriageway to Monmouth (19.460). Pass through tunnels and bear left to garage (care), take 1st exit at mini roundabout and follow B4293 and unclassified road through Mitchel Troy. Rejoin A40 and after passing Raglan Services bear left (arrow) and continue on A40 to Raglan roundabout. Take 3rd exit A40 (straight on) to continue on dual carriageway to Hardwick roundabout Abergavenny (M). Encircle roundabout (6th exit) (35.218) to continue on 2nd circuit on A40 to Raglan (42.703) – Monmouth tunnels (49.823) - Mitchel Troy - Raglan - Hardwick roundabout Abergavenny. Circle roundabout (65.581) to continue on 3rd circuit on A40 to Raglan – Monmouth tunnels - Mitchel Troy - Raglan - Hardwick roundabout Abergavenny (95.945). Circle roundabout to take 5th exit (M) on B4598 signed Usk. Proceed along B4598 to Steel Horse Cafe where straight on, on unclassified road to **FINISH** before junction to Llanarth, 50 yards short of Green Bus Shelter on right at far end of disused field gate 10 yards short of footpath sign

“Llansanffraed Court 1.5km” (100.061 Miles)

PLEASE ALLOW 10 MINUTES TO GET TO THE START

All riders are asked to comply with the following requests.

- ✓ Please secure your number carefully in your lower back region in order that the Timekeeper can see it! Do not leave your number flapping – four pins are supplied for each.
- ✓ Competitors receiving vehicle assistance **must register on the enclosed form**. Place in the tray when you sign for your number. Do not make U-Turns within sight of the start or finish.
- ✓ Do call your number to the finishing timekeeper or you may be missed!.
- ✓ 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 use a flashing red rear light and wear a HARD SHELL HELMET. In accordance with **Regulation 15 ALL JUNIOR** competitors must wear protective helmets.
- ✓ **It is further recommended that a working rear light either flashing or constant is fitted to your machine in a position visible to following road users and is active while the machine is in use**

Riders and their helpers must not use the Hardwick Public House car park; there is a large public lay-by alongside

******* DIRECTIONS TO HQ *******

From South and East M4 Junction 24

Follow A449 to 2nd exit (Raglan) CONTINUE TO Raglan roundabout and take 4th exit (Clytha). Continue on unclassified road for 2.5 miles, down Clytha Cutting and take sharp right turn towards Llanarth. HQ is approx 0.5 miles on right.

From Midlands and North M5/M50

Follow A40 via Monmouth (Tunnels) take 1st exit signposted Abergavenny (remaining on A40) to Raglan roundabout and take 4th exit (Clytha). Continue on unclassified road for 2.5 miles, down Clytha Cutting and take sharp right turn towards Llanarth. HQ is approx 0.5 miles on right.

From West

Continue to Hardwick Roundabout; take B4598 signed Usk, proceed along B4598 to Steel Horse Cafe where straight on, on unclassified road to turn left at junction to Llanarth. HQ is approx 0.5 miles on right.