



Welsh Cycling Association
presents
Welsh 12 Hour Championship
incorporating the Western TTA 12 hour Championship
Promoted for and on behalf of CTT under their Rules & Regulations

Sunday 21 June 2015 at 6am

Starting Timekeeper: Robin Field, Cardiff Byways

Chief Marshal: **Bridget Boon, Severn RC**
Mobile phone during event: 07973 336905

Event Management:
Ritchie Tout, Edwin Hargraves,
Ian Boon & Bridget Boon, Robin Field

Event Headquarters before and after the event:
Llanarth Village Hall (**OS Landranger 161: 373104**)

Please be quiet in the car park and drive slowly and sensibly in the village – be considerate and do not give local residents any cause for complaint

The Start is at Timekeeper 3 position and will be marked

From HQ, turn left and proceed to junction with Clytha/Abergavenny road
Start is opposite the junction

Event Secretary: Ritchie Tout
Sunnyside Cottage, Mynyddbach, Monmouthshire, NP16 6RT
Tel: 0117 928 1118 Mob: 07809 552 246

Champions awards will be presented as soon as we have a result,
hopefully no later than 8pm

Please stay to cheer the Champions

The provisional result will be on the WCA website
www.welshcycling.org and www.timetriallingforum.co.uk

All other awards will be made at the Welsh Best-All-Rounder Lunch in November

Please read this start sheet thoroughly – it contains important information.

Awards – 2015

Champion	WCA Temple Trophy (for one year) Welsh Championship Plaque Invitation to WCA BAR Lunch
2 nd and 3 rd	Welsh Championship Plaques
Fastest rider from a visiting club See note below	Reub Giles Cup (for one year) & Welsh Championship Plaque
Team Champions (three riders)	Welsh Championship Team Shield (for one year) Welsh Championship Plaques Invitations to WCA BAR Lunch
Ladies Champion	Welsh Championship Plaque Invitation to WCA BAR Lunch
Greatest distance covered by a novice	Welsh 12 Hr Novice Cup (for one year) Welsh Championship Plaque
Greatest improvement on LTS	Welsh Championship Plaque
Fastest Young Rider: age 19 and under	Welsh Championship Plaque
Fastest Vet on Std in each age group	Welsh Championship Plaque
Joint Mersey 24 / Welsh 12 ride Aggregate mileage	Marcher Trophy (for one year) Welsh Championship Plaque
Fastest rider from a Western TTA club	Cotter Pin Challenge Cup Welsh Championship Plaque
Tricycle award	Welsh Championship Plaque
Tandem award	Welsh Championship Plaque
The 219 award	A bottle of wine for the rider closest to this distance

PLEASE NOTE – ONE RIDER/ONE PRIZE EXCEPT TEAM, VETERANS AWARDS, MARCHER TROPHY & COTTER PIN CUP

Welsh Championships are open to all riders

The rider - and team - recording the greatest mileage are the Welsh 12 Hour Champions

The **Reub Giles Cup** will be awarded to the rider from a visiting club (i.e. not affiliated to the WCA) recording the greatest mileage

If the Championship is won by a visiting rider, the Reub Giles Cup will be awarded to the WCA rider recording the greatest distance

Novice awards are open to those riders who have never completed a 12 hour event

12 Hour Team Award: Clubs with three or more riders are shown on Page 7

VETERAN AGE GROUPS ARE: GROUP A 40-49 / GROUP B 50+ / GROUP C 70+ / GROUP D 80+

Welsh Competition Records

Men, solo	2013	Jon Wynn	Northover VT Rudy Project	287.76
Men, team	2013	Pembrokeshire Velo	Dan Colman, Paul Colman & Clifford Jackson	798.289
Ladies, solo	2003	Lynne Taylor	Walsall Roads Club	248.97

Prize of £50 to the Champion if Welsh Competition Record is beaten.

Rider Safety & Notes to Helpers

**Riders & Helpers should read this section with particular care
(mainly obvious stuff – but it has to be said!)**

Obey all traffic regulations – the police monitor compliance at various points during the event – please do not put the future of the 12 at risk with irresponsible riding

**Any rider or a rider's helpers failing to observe road traffic regulations
may result in the rider being disqualified**

- 1 Helpers:** we are short of helpers so if you can persuade family/friends/club mates to turn out to help us on the event, the WCA would be very grateful. Particularly if you are fielding a team of riders, it would be good if your club could offer some support in marshalling the event.
- 2 Public relations:** local residents will have put up with day-long road closures for the Velothon on 14 June. The closures were not popular so please do not give locals any reason for further complaint.
- 3 Traffic Lights on B4598 at Chainbridge:** there are traffic lights at Chainbridge. Please obey the lights. We will monitor compliance through the day.
- 4 Traffic lights on A465:** the traffic lights on Llangula Bridge (20 & 42 miles from the start) are a modern installation and can detect a cycle and change for it. They usually cause little problem but the lights must be obeyed. There are police video cameras monitoring these lights.
- 5 Stop sign at Usk must be obeyed by all riders:** riders must obey the marshals' instructions. Riders must be prepared to stop and put a foot down. This spot is busy during the middle of the day so you may be held up by traffic but please remain calm and be courteous to other road users.
- 6 Raglan village:** the road through the village becomes very congested during late morning/lunch time. Drivers park on both sides reducing the road to a single track. We have had complaints from residents here so please do not give them reason to complain.
- 7 Helmets:** a helmet is not compulsory but Cycling Time Trials and the Welsh Cycling Association do recommend that riders wear an approved cycling safety helmet.
- 8 Lights and visibility:** for better visibility, riders are recommended to fit a rear flashing red light which will enable you to be seen clearly on the dual carriageway – especially on the finishing circuit. Recent 12s have been observed by Gwent Police which has advised that riders should have been using lights in poor visibility. Everyone participating in the event is advised to wear high-visibility clothing – including helpers as it helps to identify you as participating in the event.
- 9 Numbers & signing on:** pick up your number and food at HQ when you sign on. Spare numbers are available to go with a change of clothing. Numbers will be given after you have signed on and handed in your car registration form. Any extra safety information will be given as you sign on. There will also be a number for your helpers to put on their car – this will help marshals to recognise your helpers. Please pin your number on securely and in a place where it can be seen by race officials (i.e. not half way up your back).
- 10 Number checks:** please call out your number at the Chepstow 14 and Hardwick checking points and when passing each of the timekeepers on the finishing circuit. With poor light, flapping numbers, etc, it can be difficult to identify individual riders so please help.
- 11 Be quiet at HQ:** please do not annoy the residents by shouting, slamming car doors, playing music, warming up on a noisy turbo trainer etc.
- 12 Toilets:** there are toilets at HQ. Public toilets in Usk are now closed. If you are using alternative al fresco facilities, please be discreet.
- 13 Regulations:** you have all signed an entry form stating that you are familiar with the Regulations. Riders and helpers must work within the Regulations so please make sure your helpers also read these instructions. The future running of the event relies on appropriate behaviour from riders and helpers.
- 14 Course signage:** the course will be signed and marshalled as far as possible but not all turns will have marshals and some will not have them through the whole day. Please make sure you understand the route. Hardwick roundabout is the first you come to – it is big. It will be signed and there will be marshals at the key positions. Go round the system until you are directed to Hereford. All riders will go to Hereford and then onto the Chainbridge circuit. When the first rider on the road has completed six Chainbridge laps he/she, and all following riders, will be turned onto the finishing circuit – i.e. back up the A40 dual carriageway to start the finishing circuit at TK1.

[Cont'd.]

Rider Safety & Notes to Helpers (cont'd)

- 15 Early finishers:** please make sure you notify us if you decide to finish early. Tell the info desk or a marshal but – best of all – just take a short time-out and then carry on.
- 16 Notes to helpers:** all cars must be registered. Handing in a car registration form does not entitle you to follow your rider around the course. Please use alternative routes to cross the circuit or find a nice spot and just wait. The course is based around short circuits to avoid the need to have a car sitting behind a rider all day. After the initial Hereford leg, a rider will never be more than 20 minutes away.
- 17 Bridge over the A40 (before Steel Horse Cafe right-hand turn):** we know that this is a good place to congregate and see the riders but the Police have indicated that they will book anyone parking with wheels on the road. Please park at each end of the bridge.
- 18 Helpers must park sensibly:** do not use pub car parks unless you are buying food or drink there. This applies particularly at the Hardwick pub – but parking on the bit of the “old road” adjacent to the pub is fine.
- 19 Navigating your way around the course:** riders will be given a coloured sticky number when they sign if they have vehicular support. Please fix this to the windscreen. Marshals will see it and can direct you if you lose your rider. You can also contact the information desk at Hardwick roundabout and they will do their best to help. Remember the Chainbridge circuit is less than 25 miles so if you stay where you are, your rider is likely to come round before too long. Where practical, please support other riders with water, sponges, mechanical assistance, encouragement, etc.
- 20 Frequent passing (lay-by hopping):** this is prohibited by CTT Regs. You must not pass your rider more than once every 10 miles and you must not follow your rider (Regulation 22). Following your rider and lay-by hopping is a nuisance to other riders and road users. Especially after the Hereford leg, we strongly recommend that helpers select a suitable spot on the circuit and wait for their rider to come by. Police will be monitoring the event. The local Police force in particular does not want the event to take place – do not give them an excuse to make a complaint.
- 21 Finding feeding places:** the Hereford road is no problem – plenty of lay-bys. On the Chainbridge circuit, it is more difficult. There are some places on the B4598 to Usk but that means you will get snarled up in the Usk traffic – impeding riders. If you drive into Raglan, turn right at the Church and then left onto the A40 to rejoin the course at Raglan roundabout. This avoids Raglan village (see 4 above). There are 8 lay-bys on the A40 all suitable for feeding.
- 22 And finally:** to everyone - be courteous to each other, the marshals and other road-users. All complaints regarding poor or inappropriate behaviour will be taken seriously. You are the public face of our Sport so make it a smiley one!

Some useful information

1. **Mobile Phone Reception.** The O2 network covers all of the course. Vodafone service is patchy on the A40. Orange and T-Mobile are also reasonably good.
2. **Toilets.** There are toilet facilities at HQ. Sadly the public toilets in Usk are now closed
3. **Fuel.** Raglan services are closed – petrol station in the centre of Abergavenny (follow the A40) and in Usk (far end of stone bridge heading to Pontypool).

Remember – the Welsh 12 is a great day out so enjoy it!

Feeding Arrangements

Last year, very few riders were taking the official feeds and most relied on their own helpers.

With volunteers in short supply, there will again be more economical feeding arrangements this year to the extent that there will be no official feed.

However, drinks (water and squash) and emergency food rations will be available at Hardwick but you will need to stop and collect it.

It is possible to leave supplies on the course. Riders without helpers can leave bottles/food at the Hardwick info desk which will be manned throughout the event.

If any clubs out there would be willing to field a team to man a feeding station, the WCA will provide you with all supplies and equipment

**Riders - do your bit to Keep Wales Tidy!
Please do not drop bottles, bags & wrappers on the course**

WCA 12 Hour 21 June 2015 Order of start

No	Rider	Club	Cat	Best LTS	Vet Std	Start Time
5	Bob Richards	Royal Navy & Royal Marines CA	VB	-	192.40	6:05
6	Mark Gorman	Royal Navy & Royal Marines CA	VB	-	196.98	6:05
7	Mark Rosser	Ogmore Valley Whs	VA	-	207.14	6:07
8	Robert Harrison	Worcester St. Johns CC		-		6:08
9	Charles Zanettacci	Cheltenham & County CC	VC	-	198.08	6:09
10	Gregory Woodford	Reading CC	VB	262.00	195.86	6:10
11	Joseph Beech	Onitcycles		-		6:11
12	Paul Griffiths	Cardiff Ajax CC	VB	176.00	188.64	6:12
13	Gordon Scott	Chippenham & Dist. Whs	VB	-	195.86	6:13
14	Bob Jones	Cardiff 100 Miles RCC		230.63		06:14
15	Stuart Edwards	Royal Navy & Royal Marines CA	VB	252.00	200.26	06:15
16	Stephen Landeg	Ogmore Valley Whs	VB	-	187.30	06:16
17	Dennis Beard	Ross-on-Wye & District CC	VD	168.00	138.75	06:17
18	Jerry Bromyard	Royal Navy & Royal Marines CA	VB	-	188.64	06:18
19	Kurt Constable	Abercynon Road Club		-		06:19
20	Robbie Richardson	Chippenham & Dist. Whs	VB	255.00	198.08	06:20
21	Michael Tarling	Ystwyth CC		225.00		06:21
22	Ian Llewelyn	Cardiff Ajax CC	VB	205.00	201.36	06:22
23	Shaun Griffiths	Pembrokeshire Velo	VB	216.80	199.17	06:23
24	Alicia-Jayne Thorbjorn	Cardiff Jif	W	-		06:24
25	Peter Garnett	Swindon RC	VA	253.61	205.92	06:25
26	Andrew Harries	Ogmore Valley Whs	VB	231.10	194.73	06:26
27	Richard Turpin	VC Walcot	VB	234.00	179.80	06:27
28	Leon Marshall	Royal Navy & Royal Marines CA		-		06:28
29	Simon Proven	Cheddar CC	VA	-	208.41	06:29
30	Mark Sanders	Mid Devon CC	VB	264.00	193.58	06:30
31	John Murphy	Gloucester City CC	VC	210.00	161.70	06:31
32	Rob Lee	Yeovil CC	VA	250.00	209.73	06:32
33	Chris Hill	Mid Shropshire Wheelers	VA	-	212.59	06:33
34	Justin Ford	CC Blaenau Gwent	VA	-	209.73	06:34
35	Toby Hopper	Cardiff Ajax CC		258.33		06:35
36	Rhianne Griffiths	Pembrokeshire Velo	W	-		06:36
37	Lenny Brown	Royal Navy & Royal Marines CA	VA	-	205.92	06:37
38	Rhydian Evans	CC Blaenau Gwent		-		06:38
39	Phill Hill	Ross-on-Wye & District CC	VA	-	203.59	06:39
40	Daniel Thorogood	Ystwyth CC	VB	262.00	196.98	06:40
41	Wyn Evans	Merthyr CC	VB	-	195.86	06:41
42	Jim Scott	Royal Navy & Royal Marines CA	VB	238.16	200.26	06:42

43	Paul Winchcombe	Chippenham & Dist. Whs	VB	240.00	194.73	06:43
44	Ian Crosby	Berkhamstead CC	VB	-	199.17	06:44
45	Garry Drew	Royal Navy & Royal Marines CA	VB	-	200.26	06:45
46	Gavin Macdougall	Tavistock Whs CC	VB	-	202.47	06:46
47	David Sleigh	Clevedon & District RC	VB	-	199.17	06:47
48	Martyn Teece-Round	Ystwyth CC		248.01		06:48
49	Diccon Hill	Cardiff 100 Miles RCC	VA	221.00	208.41	06:48
50	Sean Childs	Royal Navy & Royal Marines CA	VA	263.00	207.14	06:50

Clubs with 3 or more riders:

Cardiff Ajax
 Chippenham & District Wheelers
 Ogmore Valley Wheelers
 Royal Navy & Royal Marines CA
 Ystwyth CC

Western TTA Clubs:

Cheddar CC
 Chippenham & District Wheelers
 Clevedon & District RC
 Gloucester City CC
 Mid Devon CC
 Tavistock Whs CC
 VC Walcot
 Yeovil CC
 Swindon RC

Welsh Cycling Association Clubs:

Abercynon Road Club
 Cardiff 100 Miles RCC
 Cardiff Ajax CC
 Cardiff Jif
 CC Blaenau Gwent
 Hereford & District Wheelers
 Merthyr CC
 Onitcycles
 Ogmore Valley Wheelers
 Pembrokeshire Velo
 Ross-on-Wye & District CC
 Ystwyth CC

Course R12/95

START on unclassified road (old A40) in layby opposite junction to Llanarth at eastern end of drain cover, 5 yards east of Green Bus Shelter	0.000	0.000
Proceed past Steel Horse Café (formerly Charthouse Inn) where straight on (signed B4598 Abergavenny) to Hardwick rbt, Abergavenny to take 5 th exit A465 to Hereford		4.597
<i>Traffic Lights, Llangua Bridge – see Notes re Riders Safety</i>		
via Pontrilas (sign “Hereford 12”)	12.2339	16.831
to rbt at Kingfisher Rise estate, Hereford (Tesco)	9.7360	26.567
Circle rbt and retrace on A465 via Pontrilas (sign “Abergavenny 12”)	9.9702	36.537
to Hardwick rbt, Abergavenny	12.1819	48.719
**Take 1st exit on B4598 (sign “Usk”) to Steel Horse Café where turn right with care to continue on B4598 via Chainbridge to Usk Three Salmons Hotel – STOP sign must be observed	9.6218	58.341
Turn left WITH CARE onto A472 to junction with B4235 (sign “Chepstow 14”) where turn left to Gwernesney where straight on on unclassified road via glider field to Cross Hands STOP sign,	4.1261	62.467
where turn left with care to proceed via Treworgan Common to Raglan Church. Turn left through Raglan village to Raglan rbt	2.9589	65.426
Take 2 nd exit A40 dual carriageway to Hardwick rbt, Abergavenny	7.6035	73.029
Circle rbt to take 5 th exit (B4598) ** to commence 2 nd circuit	0.5291	73.559
** to ** is the Chain Bridge circuit - 24.839miles		
2 nd circuit, completed at A465 junction on Hardwick rbt	24.839	98.398
3 rd circuit	24.839	123.237
4 th circuit	24.839	148.076
5 th circuit	24.839	172.915
6 th circuit	24.839	197.754
When first rider on the road has completed the 6 th circuit all riders will then at the discretion of the Chief Marshal, be sent onto A40 dual carriageway via 6 th exit to Raglan rbt	7.5306	205.284
where take 1 st exit onto unclassified road (sign “Clytha 3”) to pass TK1 and commence finishing circuit		
Timekeeper 1 Access bridge to Cefn Coch Farm	0.362	205.646
Timekeeper 2 Raglan Garden Centre	1.327	206.973
Timekeeper 3 Bus Shelter opposite turning to Llanarth (Start)	2.040	209.013
Timekeeper 4 layby past King of Prussia Inn	1.656	210.669
Timekeeper 5 layby past Farmhouse “3 Tyr-Pwll” sign, near Hardwick PH formerly known as the Horse & Jockey	1.502	212.171
Timekeeper 6 driveway on right, short of B4598/A40 junction	0.986	213.157
Turn left to join A40 dual carriageway to Raglan		
Timekeeper 7 2 nd layby on dual carriageway	1.021	214.178
Timekeeper 8 3 rd layby	1.615	215.793
Timekeeper 9 4 th layby	1.902	217.695
Timekeeper 10 7 th layby	1.753	219.448
at Raglan rbt turn left to complete finishing circuit at Timekeeper 1	1.682	221.130
Complete 2 nd circuit	15.484	236.614
Complete 3 rd circuit	15.484	252.098
Complete 4 th circuit	15.484	267.582
Complete 5 th circuit	15.484	283.066
Complete 6 th circuit	15.484	298.550

Numbers and signing on at Event HQ – Llanarth Village Hall