

Welsh 25 Mile Time Trial Championship 2012 for Men, Women & Juniors



For and on behalf of Cycling Time Trials Under their rules and regulations

Promoted by the
Welsh Cycling Association

Sunday 24th June 2012

Timekeepers:

Start:- Tony Howell Port Talbot Whs,
Mike Owen Merthyr CC

Finish:- Tudor Thomas Bynea CC,
Julia Jones Bynea CC,
Mark Hiddlestone Bynea CC

Course **R25/3L** (Cefn Rhigos - Tonna – Glynneath) Starting at 8.00am

H.Q. Rhigos Rugby Club, Heol Pendarren, Rhigos, Aberdare CF44 9HJ

Numbers will be at H.Q.

Return your number for a free tea.
Wonderful large muffins of different flavours will be available

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

To whom any complaints must be made in writing within 48 hours

Tel: 02920 632358
Mob.(On the day) 07753 603098
E-mail: robin.field@cyclingtimetrials.org.uk

Course R25/3L

Start on unclassified road at Cefn Rhigos village, 26 yards west of electricity pole no B29016 on north side.	Miles
Proceed eastwards to rbt with A4061 where take 2 nd exit (straight on) and to rbt with A465 where take 1 st exit	2.380
Proceed westwards along A465 to Blaengwrach rbt where take 2 nd exit (straight on) to Resolven rbt	11.218
where take 2 nd exit (straight on) to continue on A465 to first junction to left signed A4109. Bear to left, around the loop to Tonna rbt	16.126
Take 1 st exit to next rbt where circle rbt WITH CARE to take 4 th exit to rejoin A465 eastwards. Retrace to Resolven rbt	20.770
where take 2 nd exit on A465 to Blaengwrach rbt. Continue on A465 over river Neath bridges where bear left onto A4109 slip road (CARE – POOR SURFACE) to Finish at the centre of the first drain on the left after crossing the 2 nd river bridge.	25.014

Course Record:

Dave McCann Phoenix CC (Ireland) 45:54 (British Competition Record)

All riders are asked to comply with the following requests.

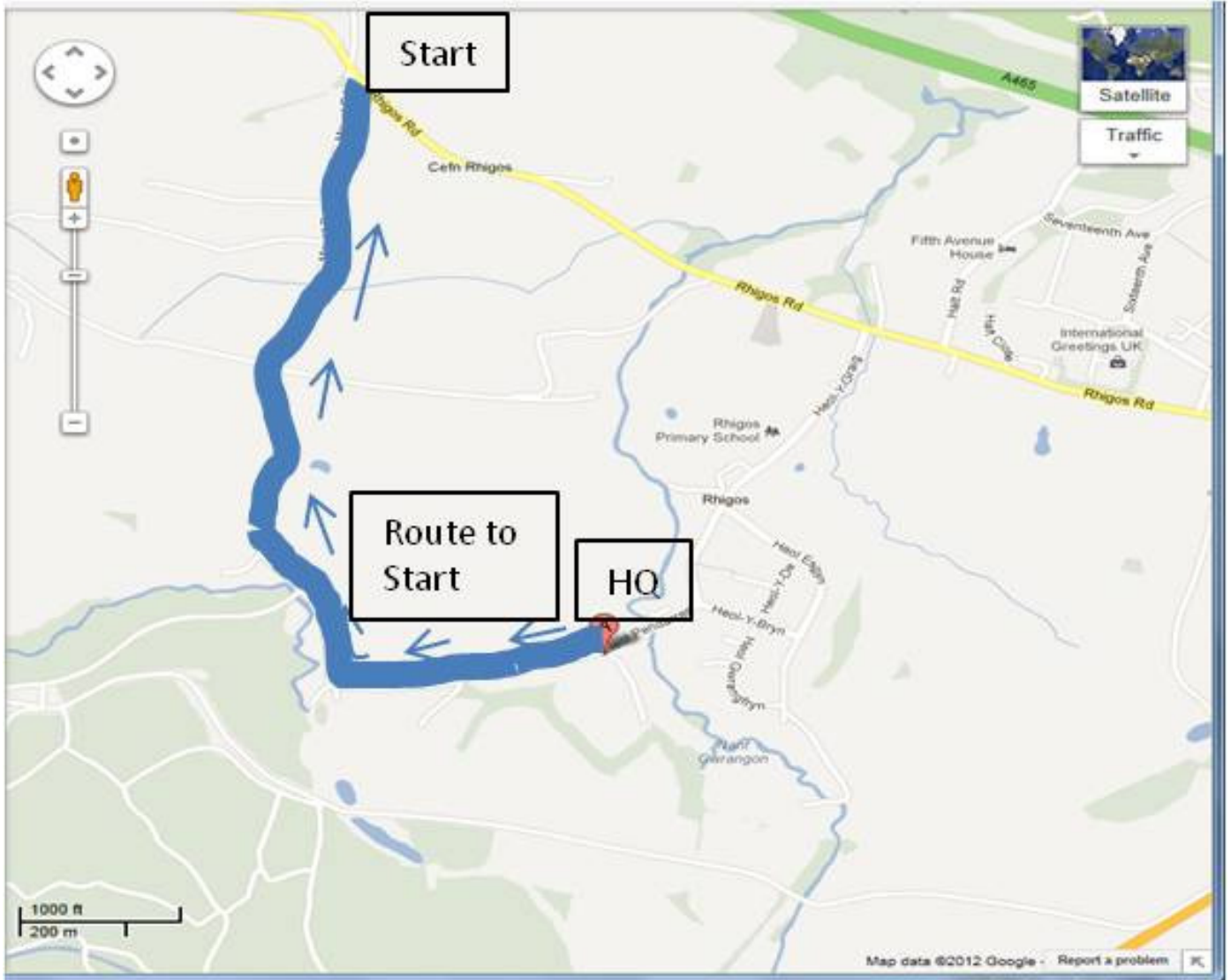
- ✓ Do call your number to the finishing timekeeper or your time will not be recorded.
- ✓ Do keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE.**
- ✓ **IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective helmets.**
- ✓ **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.**

Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 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.

The full result of this event will be published on www.southwalesdc.co.uk

Please Follow this route to the Start / back to HQ



- Any last minute hazards will be on display by the signing on sheet.
- No cars other event officials are to be parked at the start.
- No U-turns are to be undertaken within sight of the start.
- Riders are not to warm up on any part of the course while the event is being held.
- No turbo trainers are to be used within 100 metres of houses.
- Please note we are not allowed to place direction arrows on the Dual Carriageway, please ensure you are familiar with the course, so there are no surprises. It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so.

Awards

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. **Sunday 4 November 2012 at the Hawthorn Leisure Centre.**

Champions Caps are presented at the conclusion of the events to each Welsh 25 Mile Champion.

We appreciate that you may want to leave quickly, but please stay to applaud the Champions.

Men's Championship	
1 st .	<i>Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)</i>
2 nd & 3 rd	<i>WCA Plaques</i>
Women's Championship	
1 st	<i>Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)</i>
2 nd & 3 rd	<i>WCA Plaques</i>
Juniors Championship	
1 st	<i>Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)</i>
Champion Team	
<i>Fastest team of three riders from the Championship fields</i>	<i>Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch</i>
<i>Fastest Man from Overflow Event</i>	<i>WCA Plaque</i>
<i>Fastest Man Vet in Age Bands VA – VG</i>	<i>WCA Plaque</i>
<i>Fastest Woman Vet in Age Bands VA - VG</i>	<i>WCA Plaque</i>
<i>Greatest Improvement on last three seasons</i>	<i>WCA Plaque</i>

This is NOT a One Rider One Award Event

As some of you are aware the Welsh CA has been going through a 'sticky patch' for a few years and I know that prizes for 2011 (and possibly 2010) were not awarded to the winners. I hope to be able to remedy this at the Annual Dinner this year.