

# Welsh 25 Mile Time Trial Championship 2013 for Men, Women & Juniors + Non Championship Overflow for Men



Promoted for and on behalf of Cycling Time Trials Under their rules and regulations

*Promoted by the*  
**Welsh Cycling Association**

Sunday 5 May 2013

**Timekeepers:**

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

Finish:- Andy Davies Swansea Whs, Julia Jones Bynea CC, Mark Hiddlestone Bynea CC

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

H.Q. Rhigos Rugby Club **Numbers will be at H.Q. (open from 7 am)**

Return your number for a free tea and muffin.

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@cyclingt看trials.org.uk](mailto:robin.field@cyclingt看trials.org.uk)

### Course R25/3L

<b>Start</b> 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 <sup>nd</sup> exit (straight on) and to rbt with A465 where take 1 <sup>st</sup> exit	2.380
Proceed westwards along A465 to Blaengwrach rbt where take 2 <sup>nd</sup> exit (straight on) to Resolven rbt	11.218
where take 2 <sup>nd</sup> 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 <sup>st</sup> exit to next rbt where circle rbt <b>WITH CARE</b> to take 4 <sup>th</sup> exit to rejoin A465 eastwards. Retrace to Resolven rbt	20.770
where take 2 <sup>nd</sup> exit on A465 to Blaengwrach rbt. Continue on A465 over river Neath bridges where bear left onto A4109 slip road ( <b>CARE – POOR SURFACE</b> ) to <b>Finish</b> at the centre of the first drain on the left after crossing the 2 <sup>nd</sup> river bridge.	25.014

**Course Record: Michael Hutchinson 45:46 (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.**

#### 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](http://www.southwalesdc.co.uk)

**Please Note that there is a new market opened at Resolven – be aware of queuing traffic**

## Awards

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. **Sunday 3 November 2013 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.

<b>Men's Championship</b>	
<i>1<sup>st</sup></i>	<i>Championship Trophy (for one year WCA Plaque &amp; invitation to BAR lunch)</i>
<i>2<sup>nd</sup> &amp; 3<sup>rd</sup></i>	<i>WCA Plaques</i>
<b>Women's Championship</b>	
<i>1<sup>st</sup></i>	<i>Championship Trophy (for one year WCA Plaque &amp; invitation to BAR lunch)</i>
<i>2<sup>nd</sup> &amp; 3<sup>rd</sup></i>	<i>WCA Plaques</i>
<b>Juniors Championship</b>	
<i>1<sup>st</sup></i>	<i>Championship Trophy (for one year WCA Plaque &amp; invitation to BAR lunch)</i>
<b>Champion Team</b>	
<i>Fastest team of three riders from the Championship fields</i>	<i>Championship Team Shield (for 1 year) WCA Plaques &amp; 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**

