

# Welsh 30 Mile Time Trial Championship 2018 for Men, Women & Juniors



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

Promoted for the  
**Welsh Cycling Association**  
by



**Saturday 15 September 2018**

**Timekeepers:**

Start:- Phil Harradine – CC Top.

Finish:- Robin Field, Frances Field – Cardiff Byways.

Headquarters (open from 1pm.).

Raglan Old Church School Hall, Chepstow Road, Raglan, Mon NP15 2EN

Event HQ is in the middle of the village, between the church and the main village car park.

Please note the postcode given is for nearby buildings: the hall itself doesn't appear in Royal

Mail's list.

There is ample parking in the new car park behind the hall.

Please ensure you have signed on before the start, and signed out after the finish.

Numbers and Signing on sheets are located in the event headquarters.

One free tea coffee or soft drink upon returning your number after the race.

NB. You must return your number to HQ and sign out in person, in case of UKAD testing.

Event Secretary: Martyn Heritage-Owen. 28 Clos Tyla Bach, St Mellons, Cardiff. CF3 0EJ

Tel: 0778 606 7819 E-mail: [coaching@realteam.co.uk](mailto:coaching@realteam.co.uk) **To whom any complaints must be**

**made in writing within 72 hours**

The full result of this event will be published on [www.southwalesdc.co.uk](http://www.southwalesdc.co.uk)  
[www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk) and [www.timetriallingforum.org.uk](http://www.timetriallingforum.org.uk)  
 Follow: @Realteamcycling for updates.

| <b>R30/7 - Course Description</b>   | Miles                  |
|---|------------------------|
| <a href="https://www.cyclingtimetrials.org.uk/race-details/15964">https://www.cyclingtimetrials.org.uk/race-details/15964</a> OS Ref: Landranger 1:50000 Sheet 161.   |                        |
| START at SO 42473 08388 opposite steel field gate on right, 35yds beyond SW corner of John Deere Tractor Sales, a mile north-east of Raglan on old Monmouth Road (unclassified).  | 0.000                  |
| Proceed 400yds SW (towards Raglan) to junction with A40; turn left with care to join A40 eastbound  | 400yds                 |
| then immediately bear left onto slip road towards Monmouth (A40). Continue past Monmouth Services (1.4 miles), picnic area (5.6 miles) and through tunnel (6.3 miles)   |                        |
| Immediately after tunnel bear left (B4233)  | 6.4m                   |
| in 190 yds at mini r/b with petrol station on corner turn left (M) with great care onto B4293   | 6.6m                   |
| Cross above tunnels and in 0.8 miles keep straight onto unclassified road; after another 1.5 miles (beyond Mitchel Troy) keep ahead to rejoin A40   | 9.1m                   |
| Retrace south-westwards and after passing Monmouth Services, bear left  | 12.9m                  |
| Continue on A40 to Raglan rbt   | 14m                    |
| Where take 3rd exit (A40) to Abergavenny Hardwick rbt   | 21.6m                  |
| Encircle giratory system (M) taking 6th exit and retrace on A40 eastbound to Raglan rbt where take 2nd exit (A40) to finish 200 yards east of rbt in line with 2nd lighting column for layby in front of Raglan Castle. | <b>30.061</b><br>miles |
| FINISH is at SO 41282 07924   |                        |
| <b>Continue on A40 and turn right crossing A40 into Monmouth Rd. Ride to the village, turn left by "The Beaufort" to return to the HQ.</b>  |                        |

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 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.**
- ✓ This event may be subject to doping control. It is YOUR responsibility to check.
- ✓ Sign in / Sign out failure to do so will result in a disqualification.
- ✓ No passing the start time keeper or warming up on the course.
- ✓ **No anti-social behaviour especially urinating in public.**
- ✓ **Failure to follow these basic rules will result in a DQ & referral to the South Wales DC for further disciplinary action. You have been fair warned that someone will be performing spot checks.**

#### Reminder

- ✓ The onus is on the caught rider to ensure that there is no company riding.
- ✓ **Ride on the left-hand side of the left-hand lane.**

#### Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 30, 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.

**Awards - This is NOT a One Rider One Award Event**

Champions Caps and presentation medals for podium rider will be presented at the conclusion of the event. We appreciate that you may want to leave quickly, but please stay to applaud the Champions. Unclaimed WCA plaques from previous years will be available to collect.

|   |  |
|---|--|
| <b>Men's Championship</b>   |  |
| 1 <sup>st</sup> .   | Trophy (for one year WCA Plaque & invitation to BAR lunch) |
| 2 <sup>nd</sup> & 3 <sup>rd</sup>   | WCA Plaques  |
| <b>Women's Championship</b>   |  |
| 1 <sup>st</sup>   | Trophy (for one year WCA Plaque & invitation to BAR lunch) |
| 2 <sup>nd</sup> & 3 <sup>rd</sup>   | WCA Plaques  |
| <b>Juniors Championship</b>   |  |
| 1 <sup>st</sup> MALE  | WCA Plaque & invitation to BAR lunch                       |
| Fastest Man Vet on standard   | WCA Plaque   |
| Fastest Woman Vet on standard   | WCA Plaque   |
| <b>Prizes Presented at the WCA Dinner - Sunday 4 November 2018 at the TRW Club Resolven</b> |  |

### Remaining Welsh Championships 2018

| Distance   | Date                | Course Code | Organised by   |
|------------|---------------------|-------------|--|
| 50 Miles   | Sunday 30 September | R50/1b      | Welsh CA – <a href="http://www.realteam.co.uk">www.realteam.co.uk</a> - (Martyn Heritage-Owen) |
| Hill Climb | Sunday 14 October   | RH10X       | Welsh CA - (Robin Field)   |

### Start Order

| No | Name            | Club                            | Cat | STD      | Start |
|----|-----------------|---------------------------------|-----|----------|-------|
| 1  | Matthew Stevens | Gloucester City Cycling Club    | M   |          | 14:01 |
| 2  | Andrew Clarke   | Mid Shropshire Wheelers         | MV  | 01:24:36 | 14:02 |
| 3  | Derek Morgan    | Gannet CC                       | MV  | 01:35:51 | 14:03 |
| 4  | Vicky Jones     | Tenby Aces CC                   | WV  | 01:26:14 | 14:04 |
| 5  | Michiel Vaal    | Team Backstedt Bike Performance | MV  | 01:23:41 | 14:05 |
| 6  | John Howells    | Corinium Cycle Club             | MV  | 01:34:51 | 14:06 |
| 7  | Iago Williams   | Towy Riders                     | Juv |          | 14:07 |
| 8  | John Eames      | Chippenham & District Wheelers  | MV  | 01:30:09 | 14:08 |
| 9  | Geoff Edgerton  | North Shropshire Wheelers       | MV  | 01:30:09 | 14:09 |
| 10 | John J Murphy   | Gloucester City Cycling Club    | MV  | 01:35:51 | 14:10 |
| 11 | Andrew Martin   | Port Talbot Whs CC              | MV  | 01:20:09 | 14:11 |
| 12 | Tracy Rowlinson | Lyme Racing Club                | WV  | 01:29:29 | 14:12 |

| No | Name                     | Club   | Cat | STD      | Start |
|----|--------------------------|--|-----|----------|-------|
| 13 | Brad Davies              | Bynea Cycling Club                             | MV  | 01:22:36 | 14:13 |
| 14 | Gethin Davies-Jones      | Abercynon Road Club                            | MV  | 01:22:21 | 14:14 |
| 15 | Joanna Knight            | Bristol South Cycling Club                     | WV  | 01:31:03 | 14:15 |
| 16 | John Shehan              | Bynea Cycling Club                             | MV  | 01:30:48 | 14:16 |
| 17 | Garry Shuker             | Walsall Roads Cycling Club                     | MV  | 01:26:03 | 14:17 |
| 18 | Simon Kinsey             | Virtual Cycling Club                           | MV  | 01:21:52 | 14:18 |
| 19 | Michelle Fishbourne      | Team Backstedt Bike Performance                | WV  | 01:28:56 | 14:19 |
| 20 | Roger Taylor             | Frome and District Wheelers                    | MV  | 01:30:48 | 14:20 |
| 21 | Mark Bradley             | Bristol South Cycling Club                     | MV  | 01:22:51 | 14:21 |
| 22 | John Williams            | Bynea Cycling Club                             | MV  | 01:26:55 | 14:22 |
| 23 | Lawrence Cronk           | Team CRANC                                     | M   |          | 14:23 |
| 24 | Chris Fishbourne         | Team Backstedt Bike Performance                | MV  | 01:20:39 | 14:24 |
| 25 | Ray Retter               | Born to Bike - Bridgtown Cycles                | MV  | 01:30:48 | 14:25 |
| 26 | Terry Anthony            | Ogmore Valley Wheelers                         | MV  | 01:27:22 | 14:26 |
| 27 | Paul Stephens            | Ross on Wye & Dist CC                          | MV  | 01:22:51 | 14:27 |
| 28 | Andrea Parish            | VeloSistas TT Team                             | WV  | 01:28:40 | 14:28 |
| 29 | Gerard Oram              | Bynea Cycling Club                             | MV  | 01:24:17 | 14:29 |
| 30 | Dean Prosser             | Hereford & Dist Whs CC                         | MV  | 01:21:52 | 14:30 |
| 31 | Owen Burgess             | Newport Phoenix CC                             | M   |          | 14:31 |
| 32 | Owain Roberts            | Team Backstedt Bike Performance                | M   |          | 14:32 |
| 33 | David Singleton          | Acme Whs (Rhondda) CC                          | MV  | 01:23:24 | 14:33 |
| 34 | Chris Scawn              | Plymouth Corinthian CC                         | MV  | 01:27:52 | 14:34 |
| 35 | Gavin Hinxman<br>(Trike) | DRAG2ZERO                                      | MV  | 01:27:06 | 14:35 |
| 36 | Alex Touche              | Newport Phoenix CC                             | M   |          | 14:36 |
| 37 | Andrew Askwith           | Bridlington CC                                 | MV  | 01:23:07 | 14:37 |
| 38 | Stephanie Post           | Team Bottrill / Vanguard                       | W   |          | 14:38 |
| 39 | Paul Winchcombe          | Chippenham & District Wheelers                 | MV  | 01:24:36 | 14:39 |
| 40 | Nick Livermore           | Bristol South Cycling Club                     | M   |          | 14:40 |
| 41 | David Francis            | Tribe of one (FTV)                             | MV  | 01:21:09 | 14:41 |
| 42 | Dean Ware                | Team Backstedt Bike Performance                | M   |          | 14:42 |
| 43 | Rob Dyde                 | Pembrokeshire Velo                             | M   |          | 14:43 |
| 44 | Luke Cornish             | Cwmcarn Paragon Road Club                      | M   |          | 14:44 |
| 45 | Chris Massey             | Team Backstedt Bike Performance                | MV  | 01:21:09 | 14:45 |
| 46 | Christopher Gibbard      | Bynea Cycling Club                             | M   |          | 14:46 |
| 47 | David Bucknall           | Royal Dean Forest Cycle Club                   | MV  | 01:20:39 | 14:47 |
| 48 | David Janes              | Wheels of Dorset   Aero Testing   Bike Fitting | M   |          | 14:48 |
| 49 | Harry Walton             | Cheltenham & County Cycling Club               | M   |          | 14:49 |
| 50 | Kieron Davies            | DRAG2ZERO                                      | M   |          | 14:50 |