

# Welsh 30 Mile Time Trial Championship 2019



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

Promoted for the  
**Welsh Cycling Association**  
by



**Sunday 7<sup>th</sup> July 2019**

**Timekeepers:** Start:- Martyn Heritage-Owen. Finish:- Robin Field, Frances Field.  
Monmouth Rbt – Ross on Wye CC.

## **Headquarters (open from 8:15am.).**

HQ: 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.

**Warning: Two riders have been DQ by the district this year for undertaking other riders. Please don't add your name to that list.**

<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 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 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)		400yds
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> 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 and Woman'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
1 <sup>st</sup> Juvenile	WCA Plaque & invitation to BAR lunch
Fastest Tandem	WCA Plaque
Fastest Vet on standard	WCA Plaque
<b>Prizes Presented at the WCA Dinner - Sunday 3<sup>rd</sup> November 2019 at the TRW Club Resolven</b>	

### Remaining Welsh Championships 2019

Distance	Date	Course Code	Organised by
10 Miles	Sunday 11 August	R10/17	Pontypool RCC - (Roger Wood)
50 Miles	Sunday 29 September	R50/1b	Welsh CA – <a href="http://www.realteam.co.uk">www.realteam.co.uk</a> - (Martyn Heritage-Owen)
12 Hour	Sunday 1 September	R12/16	Welsh CA - (Robin Field)
Hill Climb	Sunday 13 October	RH10X	Welsh CA - (Robin Field)

### Start Order

No	Name	Club	Cat	25 LTS	Standard	Time
30	David Steel	Hereford & Dist Whs CC	MV	01:11:24	01:30:09	09:30
31	Kevin Grant	Frome and District Wheelers	MV	01:10:23	01:25:04	09:31
32	Amanda Lane	Bynea Cycling Club	W	01:10:00		09:32
33	Derek Morgan	Gannet CC	MV	01:07:08	01:35:45	09:33
34	Andrew Clarke	North Shropshire Wheelers	MV	00:55:33	01:24:44	09:34
35	Michael Williams	Hereford & Dist Whs CC	MV	01:05:04	01:25:24	09:35
36	Graham Smith	Severn Road Club	MV	01:03:37	01:22:32	09:36
37	Diane Wilson-Evans	Bynea Cycling Club	WV	01:01:21	01:31:41	09:37
38	John Murphy	Gloucester City Cycling Club	MV	01:00:57	01:35:45	09:38
39	Simon Geary	Hereford & Dist Whs CC	MV	01:00:00	01:21:22	09:39
40	Robert Jones	Cardiff 100 Miles RCC	MV	01:00:24	01:27:26	09:40
41	Clare Greenwood	Bush Healthcare CRT	WV	00:58:33	01:32:02	09:41
42	John Shehan	Bynea Cycling Club	MV	00:58:28	01:30:48	09:42
43	Phillip Turner	ATAC - Ammanford Triathlon & Cycling	MV	00:58:28	01:22:18	09:43
44	Garry Shuker	Walsall Roads Cycling Club	MV	00:58:25	01:25:46	09:44
45	David Wilson-Evans	Bynea Cycling Club	MV	00:53:32	01:25:24	09:45
46	Susan Shook	Bush Healthcare CRT	WV	00:58:18	01:32:24	09:46
47	Jo Buckland	PDQ Cycle Coaching	WV	00:58:15	01:29:36	09:47
48	Jeffrey Rees	Gower Riders Cycling Club	MV	00:58:03	01:23:34	09:48
49	Darrel Williams	Bynea Cycling Club	MV	00:52:49	01:22:18	09:49
50	Simon Kinsey	Virtual Cycling Club	MV	00:58:01	01:21:50	09:50
51	Michelle Fishbourne	CES Sport	WV	00:57:46	01:29:36	09:51

No	Name	Club	Cat	25 LTS	Standard	Time
52	Ryan Williams	Merthyr CC	M	00:57:40		09:52
53	Iago Williams	Towy Riders Cycle Club	Juv	00:57:30		09:53
54	Roger Taylor	Frome and District Wheelers	MV	00:57:12	01:30:48	09:54
55	Michelle Lee	PDQ Cycle Coaching	WV	00:57:07	01:28:01	09:55
56	Andy Kelly	Bristol South Cycling Club	MV	00:56:27	01:23:02	09:56
57	Paul Stephens	Ross on Wye & Dist CC	MV	00:55:51	01:23:02	09:57
58	Scott Gurnett	Minehead Cycling Club	M	00:55:49		09:58
59	Andrea Parish	VeloSistas TT Team	WV	00:55:36	01:29:20	09:59
60	Dean Prosser	Hereford & Dist Whs CC	MV	00:55:31	01:22:04	10:00
61	Jon Vickery	Cwmcarn Paragon Road Club	MV	00:54:43	01:23:18	10:01
62	Tristian Manning	ATAC - Ammanford Triathlon & Cycling	M	00:54:27		10:02
63	Jonathan Heath	Brecon Wheelers	M	00:54:14		10:03
64	Kyle Davies	SWYD Tri Club	M	00:53:38		10:04
65	John French	Oxford City RC	MV	00:55:13	01:26:59	10:05
66	Paul Hayward	Pontypool Road Cycling Club	MV	00:53:22	01:21:22	10:06
67	Thomas Dye	Cardiff Ajax CC	M	00:52:57		10:07
68	Anna Morris	AeroLab Ward WheelZ	W	00:53:13		10:08
69	Rob Jones	Cardiff Ajax CC	MV	00:52:47	01:20:07	10:09
70	Stephanie Post	Team Bottrill	W	00:52:30		10:10
71	Carlo Toledo	Gloucester City Cycling Club	MV	00:52:18	01:22:47	10:11
72	Rod Hicks	Port Talbot Whs CC	MV	00:51:54	01:23:02	10:12
73	Phil Willoughby	Towy Riders Cycle Club	M	00:51:29		10:13
74	Alex Leek	Velo Club St Raphael	M	00:51:13		10:14
75	Simon Adcook	Team Bottrill	MV	00:51:12	01:20:53	10:15
76	Steven Cottingham	Bath Cycling Club	MV	00:50:39	01:23:50	10:16
77	Chris Massey	CES Sport	MV	00:50:32	01:21:22	10:17
78	Simon Garrett	Team Echelon	MV	00:50:08	01:20:53	10:18
79	Mark Ellis	Team Milton Keynes	MV	00:50:03	01:23:18	10:19
80	Andy Davies	Cardiff Jif	M	00:49:53		10:20
81	Anthony Jones	Towy Riders Cycle Club	MV	00:49:14	01:21:07	10:21
82	Will Bevan	Ross on Wye & Dist CC	M	00:48:39		10:22
83	Conrad Moss	NOPINZ	MV	00:47:24	01:20:38	10:23
84	Chris Gibbard	Bynea Cycling Club	M	00:47:16		10:24
85	Tom Ward	AeroLab Ward WheelZ	M	00:46:27		10:25

## **Tandem**

No	Name	Club	Cat	LTS	Standard	Time
88	Andrew Legge	Bristol South Cycling Club	Tandem	00:51:47	01:22:35	10:28
88	Joanna Knight	Bristol South Cycling Club	Tandem	01:00:29		10:28
89	Rachael Elliott	Newbury RC	Tandem	00:47:06	01:21:33	10:29
89	Ian Greenstreet	AeroCoach	Tandem	00:47:09		10:29
90	Mark Bradley	Bristol South Cycling Club	Tandem	00:52:47	01:22:52	10:30
90	Kim Smale	Bristol South Cycling Club	Tandem	00:59:07		10:30