

Welsh 50 Mile Time Trial Championship 2016



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

For Men and Women

Promoted by the
Welsh Cycling Association

Sunday 25 September 2016

Start Timekeeper: Martyn Heritage-Owen www.realteam.co.uk

Finish Timekeeper Robin Field, Cardiff Byways CC

Pusher Off: Paul Robinson, Welsh CA

Chief Marshal: Ritchie Tout, Cardiff Byways RC

Course R50/1b Starting at 8.00am

Event Headquarters; Llanarth Village Hall, Llanarth, Nr Raglan, NP15 2AU

Numbers will be at HQ which will be open from 7:00 am

Return your number for a free tea. Goodies available!

Catering Supplied by Sharon Preddy Catering

The full result of this event will be published on:

www.southwalesdc.co.uk

Event Secretary: Ritchie Tout Sunnyside Cottage, Mynyddbach, Monmouthshire NP16 6RT

Tel: 02920 632358 Mob. (On the day) 07753 603098 E-mail:

robin.field@cyclingt看trials.org.uk

To whom any complaints must be made in writing within 72 hours

This Event is subject to Doping Control – you must return your number to HQ yourself to check whether you have been selected for test

START on A40 at first lay-by, east of Abergavenny, approximately half a mile east of Hardwick roundabout; 39 yards west of post 13/1, at concrete joint marked 74.	Dist. from Start (miles) 0.000
Proceed along A40 dual carriageway to Raglan roundabout.	7.060
Take 2 nd exit (straight on) on A40 and in 700 yards bear left (arrow) on unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy.	12.080
Turn Left and immediately turn left again (CARE) to enter A40 dual carriageway westbound. Continue on A40 dual carriageway passing Services (closed) to Turn Left (arrow) signposted Abergavenny (remaining on A40 westbound) to Raglan roundabout.	17.166
Take 3 rd exit (straight on) to continue on A40 dual carriageway to Hardwick roundabout. Encircle roundabout to take 6 th exit (A40).	24.766
Continue on A40 east bound, passing the START and continue on 2 nd circuit to Raglan roundabout	31.811
Take 2 nd exit (straight on) on A40 and in 700 yards bear left on unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy.	37.831
Turn Left and immediately turn left again (CARE) to enter A40 dual carriageway westbound. Continue on A40 dual carriageway passing Services (closed) to Turn Left (arrow) signposted Abergavenny (remaining on A40 westbound) to Raglan roundabout	42.917
Take 3 rd exit (straight on) to continue on A40 dual carriageway towards Hardwick roundabout to FINISH in 8 th lay-by (opposite Start) at post marked 13/1.	50.030

HQ to the Start is approximately 6 miles allow 25 minutes

After you finish take 5th exit to take B4598 direction Raglan/Monmouth to return to Llanarth HQ.

All riders are asked to comply with the following requests.

- ✓ Do not leave your number flapping – four pins are supplied for each – spares are available.
- ✓ Do call your number to the finishing timekeeper or your time may be missed and 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 (note: early starters may encounter misty conditions in places)**

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.

Champions' Caps are presented at the conclusion of the events to each Welsh Champion. We appreciate that you may want to leave quickly, but please stay to applaud the Champions.

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. Sunday 6 November 2016 at the same venue TRW Club Resolven – it's on the R25/3 course: take the exit sign posted 'Works' at Resolven roundabout on A465. Tickets are subsidised at £12.50 – 3 course traditional roast (vegetarian option on request). Dress code is informal although cycling clothing is preferred. There is plenty of room for bikes and hot showers are available – bring your family and friends for a great day. Email to frances.field@ntlworld.com for bookings/information.

Awards

Men's Championship	
1 st .	<i>Champion's Cap, Championship Trophy (for one year) WCA Medallion & invitation to BAR lunch</i>
2 nd & 3 rd	<i>WCA Medallion</i>
Women's Championship	
1 st	<i>Champion's Cap Championship Trophy (for one year) WCA Medallion & invitation to BAR lunch</i>
2 nd & 3 rd	<i>WCA Medallion</i>
Champion Team	
<i>Fastest team of three riders</i>	<i>Championship Team Shield (for 1 year) WCA Medallions & invitations to BAR lunch</i>
<i>Fastest Vet. On Standard</i>	<i>WCA Medallion</i>
<i>Greatest Improvement in Current and Last Three Seasons</i>	<i>WCA Medallion</i>

This is NOT a One Rider One Award Event if you are good enough to win it, you get it!