

Welsh 50 Mile Time Trial Championship 2012 for Men and Women



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

Promoted by the
Welsh Cycling Association

Sunday 26th August 2012

Timekeepers:

Start:- Len Samuel **Cwmcarn Paragon RC**

Finish:- Glenda Fisher **WCA**

Recorder:- John Fisher **WCA**

Course R50/1b (Hardwick r/a –Mitchel Troy - Hardwick and repeat)

Starting at 8.00am

H.Q. Llanarth Village Hall, Groesonen Rd, Llanarth, NP15 2AU

Numbers will be at H.Q.

**Return your number for a free tea.
Cakes and muffins back by popular demand!**

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**

Course R50/1b

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 2nd 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 Total (Little Chef) Services to Turn Left (arrow) signposted Abergavenny (remaining on A40 westbound) to Raglan roundabout.	17.166
Take 3rd exit (straight on) to continue on A40 dual carriageway to Hardwick roundabout. Encircle roundabout to take 6th exit (A40).	24.766
Continue on A40 east bound, passing the START and continue on 2nd circuit to Raglan roundabout	31.811
Take 2nd 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 Total (Little Chef) Services to Turn Left (arrow) signposted Abergavenny (remaining on A40 westbound) to Raglan roundabout	42.917
Take 3rd exit (straight on) to continue on A40 dual carriageway towards Hardwick roundabout to FINISH in 8th lay-by (opposite Start) at post marked 13/1.	50.030

Please allow 20 mins to get to the Start

After you finish take 5th exit (B4598) to return to HQ. (Approx 5 miles)

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**

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

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

Awards

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

This is NOT a One Rider One Award Event

The Welsh CA urgently needs assistance from volunteers who will give a small amount of time to ensure that all Welsh CA events continue to be promoted to a high standard. WE NEED YOU!