

Welsh 50 Mile Time Trial Championship 2014



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 28 September 2014

Start Timekeeper: Robin Field, Cardiff Byways RC

Finish Timekeeper Glenda Fisher, WCA

Recorder John Fisher, WCA

Pusher Off: Paul Robinson, Ystwyth CC

Chief Marshal: Ritchie Tout, Cardiff Byways CC

Course R50/1b Starting at 8.00am

**New Event Headquarters; the Scout Hall, Fairfield, Park Avenue
Abergavenny NP7 5SG. Car Park is free on Sunday!**

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

Return your number for a free tea. Goodies available!

All profits from catering donations will go to 'Alzheimer Society'

The full result of this event will be published on:

www.southwalesdc.co.uk

Event Secretary: Robin Field. 89 Velindre Road, Whitchurch, Cardiff, CF14 2TG

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

robin.field@cyclingt看metrials.org.uk

To whom any complaints must be made in writing within 24 hours

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 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

Please allow 15 mins to get to the Start

**After you finish take 3rd exit (A40) to Abergavenny town centre to return to HQ.
(Approx 2.5 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 Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. **Sunday 2 November 2014 at the new venue TRW Club Resolven – it's on the R25/3 course: take the exit sign posted 'Works' at Resolven roundabout on A465.**

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

Men's Championship	
1 st	<i>Champion's Cap, Championship Trophy (for one year) WCA Plaque & invitation to BAR lunch</i>
2 nd & 3 rd	<i>WCA Plaques</i>
Women's Championship	
1 st	<i>Champion's Cap Championship Trophy (for one year) WCA Plaque & invitation to BAR lunch</i>
2 nd & 3 rd	<i>WCA Plaques</i>
Champion Team	
<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