

Welsh 25 Mile Time Trial Championship 2016 for Men, Women & Juniors + Non Championship Tandem and Overflow Event



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

Promoted for the
Welsh Cycling Association
by



Sunday 1 May 2016

Timekeepers:

Start:- Norman James Ogmores Valley Whs

Finish:- Robin Field – WCA

Pusher off: Paul Robinson, Marshalls: Alan Haycox and family.

Course **R25/3H (revised)** (Cefn Rhigos - Tonna – Glynneath) Starting at 09:43

H.Q. Rhigos Rugby Club

Signing on and Numbers will be at H.Q. (open from 8:30am)

Return your number for a free tea

Catering: Sharon Preddy Catering

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

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

Tel: 0778 606 7819 E-mail: coaching@realteam.co.uk

Course R25/3H

Course Description	Inter Miles
START on access road to Hirwaun Industrial Estate (E 293120/ N206180 OS Sheets 170/160) 8 yards north of lamp column No.1 and 30 yards north of junction with unclassified road (old A465) Hirwaun to Cefn Rhigos.	0.000
Proceed south to junction with unclassified road (on to the old route) and bear left to roundabout with A4061 (Rhigos mountain road) where take second exit (straight on) to Hirwaun roundabout A465 to take first exit.	1.306
Continue along A465 to Blaengwrach roundabout (McDonalds) to take second exit (straight on).	7.169
Continue on A465 to Resolven roundabout to take third exit (straight on)	10.183
Continue on A465 to exit at next junction (signpost Seven Sisters), climbing to the Tonna roundabout, where take first exit to Aberdulais Interchange where circle roundabout and take fourth exit down slip road to rejoin the A465 eastward.	15.063
Continue along A465 to Resolven roundabout to take second exit (straight on)	19.719
Continue on A465 to Blaengwrach roundabout (McDonalds).	22.764
Take second exit continuing on A465, passing over river bridge and the Glynneath interchange to REMAIN ON A465 to FINISH in the SECOND layby on the left at a point 25 yards west of the 'Take Litter Home' sign and opposite the emergency telephone point.	25.014

Riders please continue past the Finish on A465 up the hill for 5 miles to take 3rd exit at roundabout to retrace to HQ.

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.**

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
www.cyclingtimetrials.org.uk and www.timetriallingforum.org.uk

Awards

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. **Sunday 7 November 2016 at the TRW Club Resolven (same as last year!)**

Champions Caps are presented at the conclusion of the events to each Welsh 25 Mile Champion (Junior, Woman and Man).

We appreciate that you may want to leave quickly, but please stay to applaud the Champions. Unclaimed 2015 WCA plaques will be available to collect at this event.

Men's Championship	
1 st .	<i>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>Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)</i>
2 nd & 3 rd	<i>WCA Plaques</i>
Juniors Championship	
1 st	<i>Championship Trophy (for one year WCA Plaque & invitation to BAR lunch)</i>
Champion Team	
<i>Fastest team of three riders from the Championship fields</i>	<i>Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch</i>
<i>Fastest Man from Overflow Event</i>	<i>WCA Plaque</i>
<i>Fastest Man Vet in Age Bands VA – VG</i>	<i>WCA Plaque</i>
<i>Fastest Woman Vet in Age Bands WVA - WVD</i>	<i>WCA Plaque</i>
<i>Greatest Improvement on last three seasons</i>	<i>WCA Plaque</i>

This is NOT a One Rider One Award Event

National and Welsh Championships 2016

Distance	Date	Course Code	Organised by	Internet Entry
10 Miles	Sunday 14 August	R10/17	Pontypool RCC (Dax Jenkins)	Yes
25 Miles	Sunday 1 May	R25/3H	www.realteam.co.uk (Martyn Heritage-Owen)	Yes
50 Miles	Sunday 25 September	R50/1b	Welsh CA (Ritchie Tout)	Yes
12 Hour	Sunday 26 June	R12/16	NATIONAL CHAMPIONSHIP entries close 31 May 2016 Welsh CA (Robin Field)	Yes
100 Miles	Sunday 4 September	R100/8A	Welsh CA (Robin Field)	Yes
Hill Climb	Sunday 18 September	RH/14	Welsh CA (Paul Robinson)	Yes