

NOTES TO COMPETITORS

The headquarters at Llanwrda will be open at about 07.10hrs but are in a real sleepy, snoozy village so you are kindly asked to keep the noise down and avoid slamming car doors, etc.

There is the world's largest permanent cowpat on that bend near Manordeilo and in wet weather it becomes a bit of a cowpat slick so be careful! It regularly takes out motorcyclists so speedy testers on skinny tyres are easy prey in the wet.

Regarding motorcyclists, then the whole area is a bit of a magnet for our leather-clad friends but, thankfully, they're a good-natured bunch and generally respectful of our sport ("two wheels good") so just be aware because they don't half shift!

On a race of this distance and on rural roads you should always expect the unexpected! But you'll have plenty of time to make up any delays so please don't take any unnecessary risks and make getting back home to your families your first priority and a fast time your second priority.

The CTT, the South Wales Police and the event organiser all strongly recommend the use of Snell/ANSI helmets. Keep your head up and have a safe and speedy ride.

At time of writing, there is currently one short stretch set of 'temporary' traffic lights (due to road edge erosion following the floods) just south-west of Llandovery. There's really not much we can do about this and it is a really short set of lights...

Dear Deidre

Q. I've heard that Wales is silly hilly and the course gives me the fear. Will I need a triple chainset?

A. Fear not West Wales virgin. This course is mildly 'sporting' and there are no brutal climbs, just a couple of long drags. Trust me, I'm a race organiser. If you do need to use your inner chainring then you can claim a free Welsh cake from the cake stall.



UK POWERED ACCESS DIVISION

LOXAM ACCESS, LLEWELYN'S QUAY, PORT TALBOT, SA13 1RF.
Phone: 01639 888777 Fax: 01639 899226 E-mail: awilliams@loxam-access.co.uk

Promoted for and on behalf on Cycling Time Trials under their Rules and Regulations

THE WEST WALES CYCLISTS' LEAGUE



PRESENT AN OPEN 100-MILE TIME-TRIAL

Sunday, June 15th, 2014 starting at 08.01hrs on the R100/1 course

EVENT HEADQUARTERS – LLANWRDA VILLAGE HALL

START TIMEKEEPER – ALF WILLIAMS (PORT TALBOT WHS)

FINISH TIMEKEEPER – ROBIN FIELD (CARDIFF BYWAYS)

AWARDS LIST

Fastest Rider - £40

Fastest Lady Rider - £30

2nd Fastest - £30

2nd Fastest Lady Rider - £20

3rd Fastest - £20

3rd Fastest Lady Rider - £10

Fastest Vet/Std - £20

Fastest Team of 3 Riders - £30

Strictly one award per rider (except team) but unused prizes will be passed down.

EVENT SEC: ALF WILLIAMS, 25 TAN-Y-GROES STREET, PORT TALBOT, SA13 1EL. 01639 770581

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
1	PAUL GRIFFITHS	CARDIFF AJAX CC	V59	5.07:21	08:01
2	CATHERINE ETCHELL	BRECON WHS	LV51	5.21:29	08:02
3	RHYS JORDAN	TEAM NBCC			08:03
4	IAN BAINBRIDGE	CLEVEDON & DIST' RC	V62	5.12:00	08:04
5	DAVID MEDHURST	CARDIFF AJAX CC			08:05
6	GARY FLOWER	ACME WHS	V45	4.51:31	08:06
7	JASON STRANGE	OGMORE VALLEY WHS	V41	4.47:16	08:07
8	ROSS PHILLIPS	CWMCARN PARAGON			08:08
9	RICHARD DANKS	CLIMB ON BIKES RT			08:09
10	PAUL COLMAN	PEMBROKESHIRE VELO	V53	4.59:49	08:10
11	ANTHONY HUDSON	CC BLAENAU GWENT	V55	5.02:08	08:11
12	HEATHER DENNIS	CARDIFF AJAX CC	LV41	5.10:04	08:12
13	NIGEL JONES	HEREFORD WHS	V45	4.51:31	08:13
14	MIKE LAWRENCE	TEAM NBCC	V57	5.04:37	08:14
15	ARWEL DAVIES	BYNEA CC	V41	4.47:16	08:15
16	ELINOR THOROGOOD	YSTWYTH CC	L		08:16
17	CARL SCOTT	PEMBROKESHIRE VELO			08:17
18	CHRIS ALLEN	PORT TALBOT WHS			08:18
19	RICHARD WILDER	SAN DOMENICO	V40	4.46:07	08:19
20	RHYDIAN EVANS	CC BLAENAU GWENT			08:20

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
21	GUY EVANS	HEREFORD WHS	V55	5.02:08	08:21
22	JUSTIN FORD	CC BLAENAU GWENT	V40	4.46:07	08:22
23	STEVEN MADELEY	OGMORE VALLEY WHS	V52	4.58:43	08:23
24	TONY CULLEN	TOTAL TRI TRAINING	V40	4.46:07	08:24
25	PAULA MOSELEY	CLIMB ON BIKES RT	LV41	5.10:04	08:25
26	KEVIN BARTLEMORE	ACME WHS	V46	4.52:32	08:26
27	MARK NOTT	OGMORE VALLEY WHS	V45	4.51:31	08:27
28	ANDREW SPARKS	HEREFORD WHS	V52	4.58:43	08:28
29	ROB JONES	OGMORE VALLEY WHS			08:29
30	DAN COLMAN	FORZA RT			08:30
31	DAVID FRANCIS	TEAM NBCC	V42	4.48:22	08:31
32	DAN TAYLOR	ACME WHS			08:32
33	PAUL THOMAS	PORT TALBOT WHS	V45	4.51:31	08:33
34	CHRIS MARTIN	YEOVIL CC	V47	4.53:33	08:34
35	ROB ELLIS	BYNEA CC	V49	4.55:34	08:35
36	JAMES WILTSHIRE	ST AUSTELL WHS			08:36
37	RHYS PAYNE	PORTH & DISTRICT			08:37
38	NICK BROWN	TEAM NBCC	V56	5.03:21	08:38
39	GRAHAM BROOKHOUSE	VC MONTPELLIER	V51	4.57:39	08:39
40	DANIEL THOROGOOD	YSTWYTH CC	V52	4.58:43	08:40

Welcome to the 2014 West Wales '100' one of the true 'classics' on the South Wales racing calendar. The R100/1 is unusual for a '100' course in that it uses just the one road (the scenic A40) on which competitors will encounter a variety of terrain. Whilst it is a slightly sporting course (debate/discuss) it is also 'good for the head' in so much that you are always climbing, descending, taking a bend or admiring the scenery and therefore stay mentally fresh.

Please make sure that you become totally familiar with the course by tracing it with your finger on a road map or by doing a practice lap at 03.00hrs. Mention must be made of the fact that as an 'umbrella organisation' the West Wales Cyclists' League has no membership assets of its own and marshals will be a rare sight so please get to know the course and especially the initial turn at Llandeilo and then the far turns at Brecon and Abergwili East.

Good luck to all competitors and especially to our visitors from outside of the South Wales District. Enjoy the day!

COURSE DESCRIPTION - R100/1 (Rev) - START in lay-by with GPO cable box in verge on the A40 approx. 1.7 miles south-west of Llanwrda and proceed along the A40 south-west to the Llandeilo rbt (5.572 miles) where circle rbt and retrace past Llanwrda (12.993 miles) and continue on the A40 through Llandovery, Trecastle and Sennybridge to the Brecon West rbt (37.208 miles) where circle rbt and retrace on the A40 through Sennybridge, Trecastle and Llandovery past Llanwrda to Llandeilo rbt (68.939 miles) where 2nd exit (i.e. right) along the A40 Llandeilo by-pass to Abergwili East rbt (81.643 miles) where circle rbt and retrace along A40 back to Llandeilo rbt (94.550 miles) where 1st main exit (i.e. left) and proceed north-west along the A40 to FINISH at drain cover on LHS of road approx. 36 yards past the start.

N.B. There is a very small roundabout near Llangadog that you will reach within a few puffs and pants of the start. Always go straight on at this roundabout to stay on the A40. Allow yourself enough time to get to the start. It's about two miles so a 12mph plod will take 10 minutes.