

NOTES TO COMPETITORS

The headquarters at Llanwrdda 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 still a semi-permanent short stretch set of 'temporary' traffic lights (due to road edge erosion following floods) just south-west Llandoverly. 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.



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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
Incorporating the WCA Welsh 100 Mile Time Trial Championship 2015

Sunday, June 14th, 2015 starting at 08.05hrs on the R100/1 course

EVENT HEADQUARTERS – LLANWRDA VILLAGE HALL

START TIMEKEEPER – ALF WILLIAMS (PORT TALBOT WHS)

FINISH TIMEKEEPER – ROBIN FIELD (CARDIFF BYWAYS)

WEST WALES 100 AWARDS LIST

Fastest Rider - £40

Fastest Lady Rider - £30

2nd Fastest - £30

2nd Fastest Lady Rider - £20

3rd Fastest - £20

Fastest Vet on Standard - £20

4th Fastest - £10

Fastest Team of 3 Riders - £30

Please see the separate listing for the WCA Welsh Championships Awards

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

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
5	PAUL GRIFFITHS	CARDIFF AJAX	V60	5.08:49	08:05
6	RHYS JORDAN	TEAM NBCC			08:06
7	LEE-MICHELLE JONES	BYNEA CYCLING CLUB	LV43	5.12:28	08:07
8	CATHERINE ETCHELL	BRECON WHEELERS	LV52	5.22:40	08:08
9	STEPHEN TAYLOR	TEAM NBCC	V49	4.55:34	08:09
10	ROB ELLIS	BYNEA CYCLING CLUB	V50	5.20:20	08:10
11	ALICIA-JAYNE THORBJORN	CARDIFF JIF	L		08:11
12	NEAL SPENCER	TEAM NBCC	V40	4.46:07	08:12
13	WAYNE JONES	BYNEA CYCLING CLUB	V50	4.56:36	08:13
14	ALEX WILKES	TEAM NBCC			08:14
15	JUSTIN FORD	CC BLAENAU GWENT	V41	4.47:16	08:15
16	GARETH REES	TENBY ACES	V46	4.52:32	08:16
17	PHILLIP GREENWOOD	TEAM NBCC			08:17
18	RICHARD DANKS	NFTO RACE			08:18
19	BOB JONES	CARDIFF 100 MILES RCC	V63	5.13:43	08:19
20	PAUL COLMAN	PEMBROKESHIRE VELO	V54	5.00:57	08:20
21	MATTHEW COATES	TEAM NBCC	V42	4.48:22	08:21
22	NATHAN MILES	PEMBROKESHIRE VELO	V44	4.50:29	08:22

Welcome to the 2015 West Wales '100' one of the true 'classics' on the South Wales racing calendar and we're delighted that this year's event proudly incorporates the Welsh Cycling Association (WCA) Welsh Championship 100 on this superbly scenic West Wales course.

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.

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
23	GARETH HILL	ABERCYNON ROAD CLUB	V43	4.49:26	08:23
24	CHRIS WOOLLEY	RHONDDA TRIATHLON CLUB	V43	4.49:26	08:24
25	JOSEPH BEECH	ONITCYCLES			08:25
26	MARTYN TEECE-ROUND	YSTWYTH CC			08:26
27	GARETH THOMAS	SAN DOMENICO			08:27
28	CHRIS ALLEN	PORT TALBOT WHS	V40	4.46:07	08:28
29	RHYDIAN EVANS	CC BLAENAU GWENT			08:29
30	DANIEL COLMAN	PEMBROKESHIRE VELO			08:30
31	DICCION HILL	CARDIFF 100 MILES RCC	V43	4.49:26	08:31
32	DAN TAYLOR	ACME WHS (RHONDDA) CC			08:32
33	NICHOLAS CLEAVE	SWANSEA WHS	V42	4.48:22	08:33
34	WYN EVANS	MERTHYR CC	V54	5.00:57	08:34
35	NICK BROWN	TEAM NBCC	V57	5.04:37	08:35
36	DAVID LONG	ACME WHS (RHONDDA) CC			08:36
37	CHRIS HOLMAN	TEAM NBCC			08:37
38	ARWEL DAVIES	BYNEA CYCLING CLUB	V42	4.48:22	08:38
39	ROBERT DYDE	PEMBROKESHIRE VELO			08:39
40	DANIEL THOROGOOD	YSTWYTH CC	V53	4.59:49	08:40

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.



The Awards List for the 2015 WCA Welsh Championship 100

Men's Champion.	Charlie Alexander Book trophy for 1 year. WCA Plaque & invitation to BAR lunch. C. Williams Shield.
2 nd & 3 rd	WCA Plaques.
Fastest Team of Three Riders	Championship Team Shield for 1 year. WCA Plaques & invitations to BAR lunch.
Fastest Vet on Standard	WCA Plaque.
Women's champion.	WCA Trophy for 1 year, WCA Plaque & invitation to BAR lunch
Greatest Improvement in the Last Three Seasons (LTS)	WCA Plaque. NB As this award has to be assessed and calculated this will not be presented on the day.

Welsh Points Competition.

Points are awarded in all the Welsh Championships (10, 25, 50, 100 miles, 12 hour and Hill Climb) to riders from all clubs affiliated to the Welsh Cycling Association. Rides in all events count towards the total and awards are made to the six riders with the highest score.

Recommendations from the Welsh Cycling Association

- ✓ Please secure your number carefully in order that the Timekeeper can see it. Do not leave your number flapping – four pins are supplied for each.
- ✓ Competitors receiving vehicle assistance must register on the downloadable 'supporting vehicle form' (also available at the HQ). Place in the tray when you sign for your number. Do not make U-Turns within sight of the start or finish.
- ✓ Do not warm up on the course once the event has started.
- ✓ Please call out your number to the finishing timekeeper or your time may 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 use a flashing red rear light and wear a hard shell helmet.
- ✓ 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.

SIMPLIFIED MAP OF THE WEST WALES 100 COURSE R100/1



NOT TO SCALE