

# THE WEST WALES CYCLISTS' LEAGUE



PRESENT AN OPEN 100-MILE TIME-TRIAL

**Sunday, June 19<sup>th</sup>, 2016 starting at 08.01hrs on the R100/1L Course**

EVENT HEADQUARTERS – LLANWRDA VILLAGE HALL, SA19 8HD.

START TIMEKEEPER – ALF WILLIAMS (PORT TALBOT WHS)

FINISH TIMEKEEPER – ROBIN FIELD (CARDIFF BYWAYS)

## WEST WALES 100 AWARDS LIST

Fastest Rider	£60	Fastest Lady Rider	£40
2 <sup>nd</sup> Fastest Rider	£40	2 <sup>nd</sup> Fastest Lady Rider	£20
3 <sup>rd</sup> Fastest Rider	£20	3 <sup>rd</sup> Fastest Lady Rider	£10
Fastest Vet On Std	£20	Fastest Lady Vet on Std	£20
Fastest Juvenile	£10	Fastest Team of 3 Riders	£60

N.B. NOT ONE RIDER ONE PRIZE – IF YOU WIN IT YOU GET IT!

Welcome to the 2016 West Wales '100' one of the true classics on the South Wales racing calendar and after some roadworks issues requiring a 6.5 mile diversion off the A40 into Llangadog we're delighted that this year's ride keeps to the spirit of the event and we're able to serve up another superb, scenic, sexy, sporting course that's made the West Wales 100 a 'bucket list' event for many.

The CTT, the South Wales Police and the event organiser all strongly recommend the use of Snell/ANSI helmets.

## COURSE DESCRIPTION

R100/1L (Llangadog Diversion) - 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 small Llangadog rbt (0.520 miles) where straight on to the Llandeilo rbt (5.620 miles) where circle rbt and retrace along the A40 to the Llangadog rbt (10.720 miles) to turn right onto the A4069 into Llangadog proceeding with care through the narrow main street (speed bumps) to Llandovery 'T' junction (17.225 miles). Turn right onto the A40 and continue on the A40 through Llandovery, Trecastle and Sennybridge to the Brecon West rbt (37.210 miles) where circle rbt and retrace on the A40 through Sennybridge, Trecastle to Llandovery where left at the West End Café (57.195) onto the A4069 to Llangadog proceeding with care through the narrow main street (speed bumps) to the small Llangadog rbt (63.700 miles) turning left onto the A40 to Llandeilo rbt (68.800 miles) where 2<sup>nd</sup> exit (i.e. right) along the A40 Llandeilo by-pass to Abergwili East rbt (81.590 miles) where circle rbt and retrace along A40 back to Llandeilo rbt (94.380 miles) to turn left to proceed north-west along the A40 to FINISH at drain cover on LHS of road almost directly opposite the start.

## NOTES TO COMPETITORS

The headquarters at Llanwrdda will be open at about 07.00hrs 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!

Llangadog & Llandovery! There are bottle necks in both towns. Please 'play safe' and remember just how much road you have in front of you to make up for any small delays and channel any momentary anger into mashing those pedals on the open, rolling roads of West Wales. 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. Keep your head up and have a safe and speedy ride.

## 2016 WEST WALES 100 – ORDER OF START

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
1	PAUL GRIFFITHS	CARDIFF AJAX CC	V61	5.10:22	08:01
2	EDWARD EVANS	VELO TEIFI			08:02
3	WAYNE JONES	BYNEA CYCLING CLUB	V50	4.56:36	08:03
4	LEE-MICHELLE JONES	BYNEA CYCLING CLUB	LV44	5.13:37	08:04
5	NICK BROWN	TEAM NBCC	V58	5.05:57	08:05
6	JONNY GRIFFITHS	PEMBROKESHIRE VELO			08:06
7	JOSHUA TARLING	WEST WALES CRT	JUV		08:07
8	RHYS JORDAN	TEAM NBCC			08:08
9	DAVID ASTINS	PEMBROKESHIRE VELO	V46	4.52:32	08:09
10	OLIVER SIMON	TEAM NBCC			08:10

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
11	BRIAN SMITH	NORTH HAMPSHIRE RC	V52	4.58:43	08:11
12	MARK LUDGATE	BIDLAKE CC	V45	4.51:31	08:12
13	ELLIE ASTINS	PEMBROKESHIRE VELO	L		08:13
14	GARETH JEHU	MERTHYR CC	V47	4.53:33	08:14
15	LAURA BARTLETT	A3CRG	L		08:15
16	MARTYN CARROLL	PEMBROKESHIRE VELO			08:16
17	HEATH WILLIAMS	PORT TALBOT WHS	V46	4.52:32	08:17
18	FENELLA BROWN	WARWICKSHIRE RC	LV47	5.16:58	08:18
19	MARK JONES	PEMBROKESHIRE VELO	V44	4.50:29	08:19
20	PAUL COLMAN	PEMBROKESHIRE VELO	V55	5.02:08	08:20
21	RICHARD ELGAR	N.E.W.T.			08:21
22	GARY JONES	WYRE FOREST CRC	V49	4.55:34	08:22
23	STEVEN MADELEY	OGMORE VALLEY WHS	V54	5.00:37	08:23
24	DICCON HILL	CARDIFF 100 MILES RCC	V44	4.50:29	08:24
25	COLIN WALLACE	MERTHYR CC	V53	4.59:49	08:25
26	PHILLIP TURNER	BYNEA CC	V48	4.54:33	08:26
27	ANDREW REES	100% ME	V51	4.57:39	08:27
28	SARAH LLOYD-STEPHENS	HEREFORD & DIST WHS	L		08:28
29	RICHARD SMITH	VELO TEIFI			08:29
30	STEPHEN WILLIAMSON	A3CRG	V45	4.51:31	08:30
31	GARY FLOWER	ACME WHS	V47	4.53:33	08:31
32	GUY EVANS	HEREFORD & DIST WHS	V57	5.04:37	08:32
33	LEE WATTS	BYNEA CC			08:33
34	JAMES ELGAR	N.E.W.T.			08:34
35	GRAHAM BROOKHOUSE	WORCESTER TRI CLUB	V53	4.59:49	08:35
36	KIRSTY MURRAY	PEMBROKESHIRE VELO	LV43	5.12:28	08:36
37	TRISTIAN MANNING	BYNEA CC			08:37
38	CHRIS WOOLLEY	ACME WHS	V44	4.50:29	08:38
39	STEPHEN TAYLOR	TEAM NBCC	V50	4.56:36	08:39
40	DANIEL COLMAN	PEMBROKESHIRE VELO			08:40
41	ANDREW CURLEY	WARWICKSHIRE RC	V52	4.58:43	08:41
42	GRANT ARNOLD	TEAM NBCC			08:42
43	SCOTT PATRICK	34 NOMADS CC	V43	4.49:26	08:43
44	MICHAEL BURTON	100% ME			08:44
45	NIC CLEAVE	SWANSEA WHEELERS	V43	4.49:29	08:45
46	MARK DAVIES	100% ME			08:46
47	MICHAEL TARLING	WEST WALES CRT	V40	4.46:07	08:47
48	MIKE LINDSAY	WILLS WHEELS CC	V49	4.55:34	08:48
49	DAVID BRICE	BYNEA CYCLING CLUB	V54	5.00:57	08:49
50	GREGORY WOODFORD	READING CC	V55	5.02:08	08:50

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.