

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

On Sunday, June 18th, 2017 starting at 08.16hrs on the R100/1 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 nd Fastest Rider | £40 | 2 nd Fastest Lady Rider | £20 |
| 3 rd Fastest Rider | £20 | 3 rd 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 2017 West Wales '100' one of the true classics on the South Wales racing calendar a superb, scenic, sexy, sporting course that's put the West Wales 100 on the 'bucket list' of many racing cyclists across the UK.

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

Event Secretary: Alf Williams, 25 Tanygroes Street, Port Talbot, SA13 1EL – Mobile: 07767 442717

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| No. | NAME | CLUB / TEAM | CAT | VET/STD | START TIME |
|-----|---------------------|--------------------------|------|---------|------------|
| 16 | JACQUELINE HOBSON | BORN TO BIKE | LV52 | 5.22:40 | 08.16 |
| 17 | GEOFF THOMAS | RHONDDA TRIATHLON CLUB | V63 | 5.13:43 | 08.17 |
| 18 | MICHAEL WILLIAMS | HEREFORD & DIST WHS CC | V60 | 5.08:49 | 08.18 |
| 19 | CATHERINE ETCHELL | BRECON WHEELERS | LV54 | 5.27:07 | 08.19 |
| 20 | PHILIP TUCKER | BYNEA CYCLING CLUB | | | 08.20 |
| 21 | MICHELLE FISHBOURNE | ABERCYNON ROAD CLUB | LV50 | 5.20:20 | 08.21 |
| 22 | ROBERT BROWN | MILFORD TRITONS CC | V41 | 4.47:16 | 08.22 |
| 23 | RICHARD SMITH | VELO TEIFI | | | 08.23 |
| 24 | DIGGER DAWSON | HEREFORD TRIATHLON CLUB | | | 08.24 |
| 25 | GRAHAM BROOKHOUSE | WORCESTER TRI CLUB | V54 | 5.00:57 | 08.25 |
| 26 | MIKE SLACK | TEAM NBCC | | | 08.26 |
| 27 | JASON PRITCHARD | BYNEA CYCLING CLUB | | | 08.27 |
| 28 | PHILIP THOMAS | RHONDDA TRIATHLON CLUB | | | 08.28 |
| 29 | DEAN DAVID | BYNEA CYCLING CLUB | | | 08.29 |
| 30 | CHRISTOPHER HOLMAN | TEAM BOTTRILL / HSS HIRE | | | 08.30 |
| 31 | MICHAEL BURTON | VELO TEIFI | | | 08.31 |
| 32 | KIRSTY MURRAY | PEMBROKESHIRE VELO | LV44 | 5.13:37 | 08.32 |
| 33 | GERAINT DAVIES | VELO TEIFI | | | 08.33 |
| 34 | NATHAN MILES | PEMBROKESHIRE VELO | V46 | 4.52:32 | 08.34 |
| 35 | ROB JONES | CARDIFF AJAX CC | V40 | 4.46:07 | 08.35 |
| 36 | ANDREW REES | NARBERTH DYNAMOS CC | V52 | 4.58:43 | 08.36 |
| 37 | JOSHUA TARLING | WEST WALES CRT | JUV | | 08.37 |
| 38 | CELIA BOOTHMAN | PEMBROKESHIRE VELO | LV41 | 5.10:04 | 08.38 |
| 39 | RICKI MORGAN | CARDIFF TRIATHLETES | | | 08.39 |
| 40 | PAUL COLMAN | PEMBROKESHIRE VELO | V56 | 5.03:21 | 08.40 |
| 41 | GARETH HILL | ABERCYNON ROAD CLUB | V45 | 4.51:31 | 08.41 |
| 42 | MARK LUDGATE | VELO TEIFI | V46 | 4.52:32 | 08.42 |
| 43 | DICCON HILL | CARDIFF 100 MILES RCC | V45 | 4.51:31 | 08.43 |
| 44 | RHYS JONES | RIDE BIKE WALES | | | 08.44 |
| 45 | NIC CLEAVE | SWANSEA WHEELERS | V44 | 4.50:29 | 08.45 |
| 46 | PHILLIP TURNER | BYNEA CYCLING CLUB | V49 | 4.55:34 | 08.46 |
| 47 | GERAINT HANDS | VELO TEIFI | | | 08.47 |
| 48 | GUY EVANS | HEREFORD & DIST WHS CC | V58 | 5.06:57 | 08.48 |
| 49 | ROBERT JONES | CARDIFF 100 MILES RCC | V65 | 5.17:29 | 08.49 |
| 50 | JOE BEECH | OGMORE VALLEY WHEELERS | | | 08.50 |
| 51 | RICHARD COOMER | PEMBROKESHIRE VELO | | | 08.51 |
| 52 | MICHAEL TARLING | WEST WALES CRT | V41 | 4.47:16 | 08.52 |
| 53 | SHANE DAVIES | PEMBROKESHIRE VELO | | | 08.53 |
| 54 | CHRIS WOOLLEY | ACME WHS (RHONDDA) CC | V45 | 4.51:31 | 08.54 |
| 55 | GRANT ARNOLD | PEMBROKESHIRE VELO | | | 08.55 |
| 56 | CHRIS FISHBOURNE | ABERCYNON ROAD CLUB | V43 | 4.49:26 | 08.56 |
| 57 | STEPHEN TAYLOR | PEMBROKESHIRE VELO | V51 | 4.57:39 | 08.57 |
| 58 | JAMES ELGAR | N.E.W.T. | | | 08.58 |
| 59 | TRISTIAN MANNING | BYNEA CYCLING CLUB | | | 08.59 |
| 60 | DANIEL COLMAN | PEMBROKESHIRE VELO | | | 09.00 |

COURSE DESCRIPTION AND NOTES TO COMPETITORS

R100/1 (Rev) - START at the southern end of layby on the A40 approx. 1.7 miles south-west of Llanwrda and proceed south along the A40 to the small Llangadog rbt (0.500miles) and continue 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. 30 yards past the start.

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 (remember them?) or by doing a practice lap at 03.00hrs. Please especially get to know the initial turn at Llandeilo and then the far turns at Brecon and Abergwili East. Allow enough time to get to the start. It's about two miles so a 12mph plod will take 10 minutes.

At time of writing, there is currently one short stretch set of 'temporary' traffic lights near the village of Halfway (between Llandovery and Brecon). My heart sank when I saw them when driving the course but there's really not much we can do about this and it is a really short set of lights...

The headquarters at Llanwrdda will be open at about 07.15hrs 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 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!

Llandovery! There is bottle neck in the town especially when you return from Brecon. Please stay 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 smashing it 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.

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 Mandy on the cake stall.