

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
1	PAUL GRIFFITHS	ACME WHS	V58	5.05:57	08:01
3	JASON STRANGE	OGMORE VALLEY WHS	V40	4.46:07	08:03
5	PAUL COLMAN	PEMBROKESHIRE VELO	V52	4.58:43	08:05
6	CATHERINE ETCHELL	BRECON WHEELERS	LV50	5.20:30	08:06
7	STEPHEN PARTNER	SWANSEA WHS	V45	4.51:31	08:07
8	DAN TAYLOR	ACME WHS			08:08
9	TANIS HAND	TENBY ACES	LV54	5.25:07	08:09
10	DAN COLMAN	PEMBROKESHIRE VELO	JUN		08:10
11	RHYS JORDAN	NARBERTH DYNAMOS			08:11
12	ERIC GRILL	CARDIFF AJAX CC			08:12
13	SIMON GRIFFITHS	TENBY ACES	V49	4.55:34	08:13
14	JUSTIN FORD	CC BLAENAU GWENT	V40	4.46:07	08:14
15	OLIVER SIMON	TENBY ACES			08:15
16	GUY LAWTON	RAF CA	V44	4.50:29	08:16
17	DAVID FRANCIS	TENBY ACES	V41	4.47:16	08:17
18	MARTIN LATEWOOD	CC BLAENAU GWENT	V43	4.49:26	08:18
19	CLIFF VOLLER	NEWBURY RC	V62	5.12:00	08:19
20	GEORGE ROSE	CYCLE COACHING WALES RT			08:20
21	MATTHEW DAVIES	EC CYCLES			08:21
22	GUY EVANS	HEREFORD & DIST. WHS	V54	5.00:57	08:22
23	ROB COLLINS	TENBY ACES			08:23
24	ANDREW SPARKS	HEREFORD & DIST. WHS	V51	4.57:39	08:24
25	NICK BROWN	TENBY ACES	V55	5.02:08	08:25
26	RICHARD WILDER	SAN DOMENICO	V40	4.46:07	08:26
27	GRAHAM BROOKHOUSE	VC MONTPELLIER	V50	4.56:36	08:27
28	DANIEL BEYON	EC CYCLES			08:28
29	ROBERT ELLIS	BYNEA CC	V48	4.54:33	08:29
30	DEAN LUBIN	CICLOS UNO	V43	4.49:26	08:30

Welcome to the West Wales '100' a long-standing event and 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 (see below) 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 it's 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.

Alf Williams

Event Secretary - West Wales 100-mile time-trial

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.

Please allow yourself enough time to get to the start. It's about two miles so a 12mph plod will take 10 minutes.