

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, July 28th, 2019 starting at 08.03hrs on the R100/1 Course

EVENT HEADQUARTERS – LLANWRDA VILLAGE HALL, SA19 8HD.

START TIMEKEEPER – ALF WILLIAMS (PORT TALBOT WHS)

FINISH TIMEKEEPER – TUDOR THOMAS (BYNEA CC)

2019 WEST WALES 100 - AWARDS LIST

Fastest Rider	£40	Fastest Lady Rider	£20
2 nd Fastest Rider	£30	2 nd Fastest Lady Rider	£15
3 rd Fastest Rider	£20	Fastest Vet On Std	£20
Fastest Team of 3 Riders	£45	2 nd Fastest Vet on Std	£15

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

Welcome to the 2019 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.

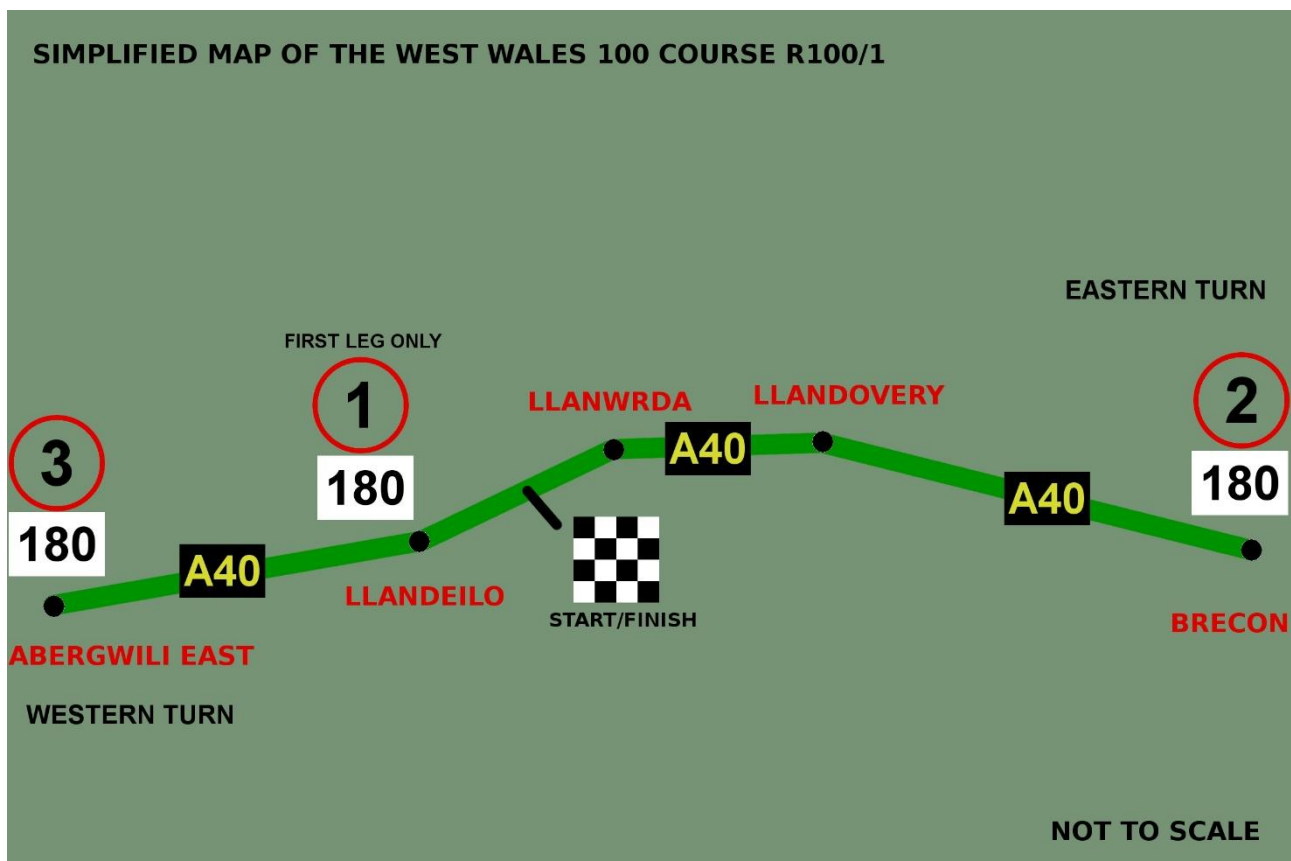
Event Secretary: Tudor Thomas, 49 Florence Street, Llanelli, SA15 2HT – Mobile: 07714 288945

ORDER OF START

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
3	PAUL JOHN	ATAC - AMMANFORD TRIATHLON AND CYCLING	V45	4.58:20	08:03
4	GRAHAM SMITH	SEVERN ROAD CLUB	V52	4.54:58	08:04
5	PHILIP THOMAS	RHONDDA TRIATHLON CLUB			08:05
6	LYNSEY CARPENTER	CHIPPENHAM & DISTRICT WHEELERS	LV41	5.08:14	08:06
7	MICHAEL BURTON	VELO TEIFI			08:07
8	ROXY WOODFIELD	HEREFORD TRIATHLON CLUB	L		08:08
9	RICKI MORGAN	TEAM NBCC			08:09
10	AMANDA LANE	BYNEA CYCLING CLUB	L		08:10
11	GERAINT HANDS	VELO TEIFI			08:11
12	SHAUN GRIFFITHS	PEMBROKESHIRE VELO	V55	4.57:56	08:12
13	GEOFF THOMAS	RHONDDA TRIATHLON CLUB	V65	5.10:48	08:13
14	ROBERT JONES	CARDIFF 100 MILES RCC	V67	5.14:17	08:14
15	LEE WILLIAMS	NORTH HAMPSHIRE RC			08:15
16	PHILIP PRICE	PEMBROKESHIRE VELO	V42	4.45:16	08:16
17	SIMON MALLEY	CYCLE SPECIFIC	V41	4.44:11	08:17
18	RICHARD THOMAS	ATAC - AMMANFORD TRIATHLON AND CYCLING			08:18
19	DAVID KERR	BYNEA CYCLING CLUB			08:19
20	NICK LIVERMORE	BRISTOL SOUTH CYCLING CLUB			08:20
21	DANIEL NEWTON	BYNEA CYCLING CLUB			08:21
22	LEE SUMMERS	ATAC - AMMANFORD TRIATHLON AND CYCLING	V47	4.50:15	08:22
23	PHIL EDWARDS	VELO TEIFI	V41	4.44:11	08:23
24	NICHOLAS ANDERSON	SALT AND SHAM CYCLE CLUB			08:24
25	DAVE WILLIAMS	CYCLE SPECIFIC	V49	4.52:08	08:25
26	MARK ROBINSON	BYNEA CYCLING CLUB			08:26
27	WILLIAM JAMES	CYCLE SPECIFIC			08:27
28	MIKE HALL	PORT TALBOT WHS CC	V50	4.53:03	08:28
29	KARL RANDELL	SWANSEA WHEELERS/CS ABERTAWE			08:29
30	PHILIP TUCKER	CYCLE SPECIFIC			08:30
31	CHRIS JONES	BYNEA CYCLING CLUB	V45	4.58:20	08:31
32	DAVID THOMAS	RHONDDA TRIATHLON CLUB	V40	4.43:02	08:32
33	CRAIG BURROWS	PEDALCOVER INSURANCE			08:33
34	LUKE SMITH	BRISTOL SOUTH CYCLING CLUB	V51	4.54:00	08:34
35	PAT WRIGHT	PACELINE RT			08:35
36	RICHARD POYNTER	BRISTOL SOUTH CYCLING CLUB			08:36
37	GERRY MCGARR	GLOUCESTER CITY CYCLING CLUB	V67	5.14:17	08:37
38	ROD HICKS	PORT TALBOT WHEELERS	V54	4.56:55	08:38
39	KYLE DAVIES	SWYD TRI CLUB			08:39
40	CHRIS GIBBARD	BYNEA CYCLING CLUB			08:40

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... although your legs may have a different take on this.

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.

The headquarters at Llanwrdda will be open at 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.

NOTES TO RIDERS Continued...

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.

TRAFFIC LIGHTS

Unfortunately there are temporary traffic lights between Trecastle and Sennybridge. Whilst only 100 metres or so in length they are on a bend. This is hugely frustrating but the official line is that you must obey the rules of the road and the rules of our sport.

Regulation 22. Use of Motor Vehicles

(a) A competitor shall not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle or it's occupants, except in events at distances of 100km or more to assist with a competitor's reasonable feeding and other requirements.

(b) In International selection events the Board may authorise motorised vehicles for the observance of a competitor(s).

(c) Where vehicles are to be authorised a full description of the vehicle and registration number shall be given to the event promoter prior to the start of the competitor. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Where possible the vehicle must be driven at normal traffic speed and must not follow the competitor, nor impede or annoy other competitors. Any competitor whose authorised vehicle impedes or causes annoyance to any other competitor shall be liable to disqualification from the event. Where any other vehicle precedes or follows for any length of time, or frequently passes a competitor, that vehicle shall be deemed to be associated with that competitor who shall be liable to disqualification from the event.

A vehicle registration form is included as the last page of this start sheet.



Registration Form for a vehicle to assist with a competitors reasonable feeding and other requirements as provided for in the Regulations.

Title of Event: _____

Date of Event: _____

Name of Competitor: _____

Competitor's Club: _____

Competitor's Number: _____

A motor vehicle, make, model number and colour: _____

Registration Number: _____

Will be used to assist the above named competitor while taking part in the event as described above.

The name(s) of the driver(s) of the vehicle will be as follows:-

Driver(s): _____

NOTE

THE COMPLETION OF THIS FORM DOES NOT PERMIT YOUR HELPERS TO FOLLOW YOU ALONG THE COURSE.

THEY MAY PASS AT INTERVALS OF NOT LESS THAN 10 MILES

Completed forms must be lodged with the Event Secretary not later than the start time of the competitor.