

ORDER OF START – 2012 WEST WALES CYCLISTS' LEAGUE 100-MILE TIME-TRIAL

No.	NAME	CLUB/TEAM	CAT	VET/STD	START
8	DAN COLMAN	PEMBROKESHIRE VELO	JUN		08:08
9	SALLY HARMER	YSTWYTH CC	LV50	5.19:46	08:09
10	PAUL COLMAN	PEMBROKESHIRE VELO	V51	4.57:02	08:10
11	PAUL GRIFFITHS	ACME WHS	V57	5.03:00	08:11
12	TANIS HANDS	TENBY ACES CC	LV53	5.22:53	08:12
13	DAVE UNSWORTH	HEREFORD & DIST WHS	V74	5.32:24	08:13
14	CATHERINE ETCHELL	BRECON WHS	LV49	5.18:45	08:14
15	RUTH BRADBROOK	BIKESCIENCE-PLANET X	LV43	5.12:25	08:15
16	KEVIN BARTLEMORE	ACME WHS	V44	4.50:25	08:16
17	ROGER DUNBAR	VC L'ESCARGOT	V41	4.47:16	08:17
18	ANDREW SPARKS	HEREFORD & DIST WHS	V50	4.56:05	08:18
19	SIMON THOMAS	VC L'ESCARGOT	V43	4.49:24	08:19
20	COLIN WALLACE	MERTHYR CC	V49	4.55:10	08:20
21	S LLOYD-STEPHENS	HEREFORD & DIST WHS	L		08:21
22	TONY HUDSON	CC BLAENAU GWENT	V53	4.58:55	08:22
23	MARK ALEXANDER	OGMORE VALLEY WHS			08:23
24	CHRIS PHILLIPS	ABERCYNON RC	V42	4.48:21	08:24
25	LEIGHTON WILLIAMS	PORT TALBOT WHS			08:25
26	GUY EVANS	HEREFORD & DIST WHS	V53	4.58:55	08:26
27	MIKE BROADBENT	BYNEA CC	V51	4.57:02	08:27
28	JON LITTLEWOOD	PORT TALBOT WHS			08:28
29	LUKE WILLIAMS	HEREFORD & DIST WHS			08:29
30	LYN JONES	E.C. CYCLES			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 2<sup>nd</sup> 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 1<sup>st</sup> 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.

