

Welsh 100 Mile Time Trial Championship 2023



For and on behalf of Cycling Time Trials Under its Rules and Regulations

For Men and Women

Promoted by the
Welsh Cycling Association

Sunday 2nd July 2023 Course R100/9 Starting at 06:01

Start & Finish Timekeeper: Robin Field Cardiff Byways CC

Recorder: Frances Field Cardiff Byways CC

Monmouth Marshals: Members of Ross-on-Wye CC

Event Headquarters

Raglan Old Church School Hall, Chepstow Rd, Raglan, NP15 2DY
The Headquarters will be open from 5:00 am

Return your number for a free tea.

DON'T FORGET TO SIGN OUT OR YOU WILL BE DNF

Event Secretary: Martyn Heritage-Owen, 28 Clos Tyla Bach, St Mellons Cardiff, CF3 0EJ

Mob. (On the day) 0778 606 7819

E-mail: realteamcycling@googlemail.com

**To whom any complaints must be made in writing within 72 hours THIS EVENT MAY BE SUBJECT TO
DOPE CONTROL - IT IS YOUR RESPONSIBILITY TO CHECK. As soon as you finish you should return to
HQ and check if you are required for Doping Control**

Awards

The Welsh Time Trial Champions will be presented with their Champions' Caps and all medallions are presented at the conclusion of the event. We appreciate that you may want to leave quickly, but please stay to applaud the Champions.

Men's Champion.	WCA Medallion. C. Williams Shield
2 nd & 3 rd Men	WCA Medallions
Fastest team of three riders	Championship Team Shield (for 1 year) WCA Medallions
1 st on Standard	WCA Medallion
1 st Road Bike	WCA Medallion
Women's Champion	WCA Trophy for 1 year, WCA Medallion
2 nd & 3 rd Women	WCA Medallions

<p>Welsh Points Competition.</p> <p>Points are awarded in all the Welsh Championships (10, 25, 30, 50, 100 miles, 12 hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association. Rides in all events count to the total and awards are made to the six riders (Men and Women) with the highest score.</p>
--

This is not a one rider one award event

If you are good enough to win it all – you get it all!

THERE IS an UNOFFICIAL FEED

(Courtesy of Abercynon RC) Raglan Rise at approx. 15, 45 and 75 miles for all riders. If you wish to leave bottles at the start, I will deliver them to the rise but they must be clearly labelled. Early starters may need to stop to pick up your own bottle.

Course R100/9

START on unclassified Raglan - Gwehelog road at mark north side of entrance to allotments 3 yds south of LP WB325. Proceed northbound to Raglan roundabout to take first exit westbound on A40 dual carriageway to **Start of 1st circuit (0.034 miles)** continue on A40 to Hardwick roundabout (7.567 miles). Encircle roundabout taking 6th exit (8.097 miles) to continue eastbound on A40 dual carriageway towards Raglan (15.582 miles). Take 2nd exit (straight on) (15.666 miles) and continue on A40 to take left hand lane at Raglan interchange to continue on A40 dual carriageway past Raglan Services (17.849 miles) towards Monmouth. Pass through tunnel and bear left to garage (22.701 miles), turn left WITH GREAT CARE and follow B4293 and straight on, onto unclassified road through Mitchel Troy to re-join A40 dual carriageway (25.246 miles) and after passing Raglan Services bear left at Raglan Interchange signed Abergavenny (arrow) (29.033 miles) to remain on A40 to Raglan roundabout (30.295 miles).

Take 3rd exit A40 (straight on) (30.396 miles to complete 1st circuit). **Repeat**, to complete 2nd circuit (60.760 miles). **Repeat**, to complete 3rd circuit (91.124 miles) continue to Hardwick roundabout encircle roundabout taking 6th exit (99.187 miles) continue eastbound on A40 to FINISH in western end of 2nd Layby at marker post 12/3 (100.161 Miles).

All riders are asked to comply with the following requests.

- ✓ Please secure your number carefully in a central position below your waist (Reg. 16) in order that the Timekeeper can see it!
- ✓ Do not leave your number flapping – four pins are supplied for each. Please check that your number is still visible if you use a Nopinz type pocket on a skinsuit.
- ✓ Competitors receiving vehicle assistance **must register on the form prior to starting**. Place in the tray when you sign for your number.
- ✓ Do call your number to the finishing timekeeper or you may be missed!
- ✓ Do keep your head up; be aware of your surroundings and **HAVE A SAFE RIDE**.
- ✓ **HELMETS ARE MANDATORY**.
- ✓ **Working front and rear lights either flashing or constant are MANDATORY**.
- ✓ **Don't forget that you MUST sign out personally at the end of the event (Reg. 17b)**
- ✓ **THE ONUS is on caught riders not to take pace.**

***** **DIRECTIONS TO HQ** *****

From South and East (via M4) leave at Junction 24

Follow A449 to 2nd exit (Raglan). Take 1st Left Monmouth Rd. At the Beaufort Arms turn right and the Hall is on the left just after the Church.

From Midlands and North M5/M50

Follow A40 via Monmouth (Tunnels) take 1st exit signposted Abergavenny (ignoring the Services exit). Take 1st Left Monmouth Rd. At the Beaufort Arms turn right and the Hall is on the left just after the Church.

From West (A465 Heads of the Valleys) OR A40 (via Brecon)

Continue to Raglan Roundabout; take 3rd exit into village and at the Beaufort Arms turn right.