

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.

Promoted for and on behalf on Cycling Time Trials under their Rules and Regulations

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.