

Welsh 30 Mile Time Trial Championship 2018 for Men, Women & Juniors



Promoted for and on behalf of Cycling Time Trials Under their rules and regulations

Promoted for the
Welsh Cycling Association
by



Saturday 15 September 2018

Timekeepers:

Start:- Phil Harradine – CC Top.

Finish:- Robin Field, Frances Field – Cardiff Byways.

Headquarters (open from 1pm.).

Raglan Old Church School Hall, Chepstow Road, Raglan, Mon NP15 2EN

Event HQ is in the middle of the village, between the church and the main village car park.

Please note the postcode given is for nearby buildings: the hall itself doesn't appear in Royal

Mail's list.

There is ample parking in the new car park behind the hall.

Please ensure you have signed on before the start, and signed out after the finish.

Numbers and Signing on sheets are located in the event headquarters.

One free tea coffee or soft drink upon returning your number after the race.

NB. You must return your number to HQ and sign out in person, in case of UKAD testing.

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

Tel: 0778 606 7819 E-mail: coaching@realteam.co.uk **To whom any complaints must be**

made in writing within 72 hours

The full result of this event will be published on www.southwalesdc.co.uk
www.cyclingtimetrials.org.uk and www.timetriallingforum.org.uk
 Follow: @Realteamcycling for updates.

R30/7 - Course Description	Miles
https://www.cyclingtimetrials.org.uk/race-details/15964 OS Ref: Landranger 1:50000 Sheet 161.	
START at SO 42473 08388 opposite steel field gate on right, 35yds beyond SW corner of John Deere Tractor Sales, a mile north-east of Raglan on old Monmouth Road (unclassified).	0.000
Proceed 400yds SW (towards Raglan) to junction with A40; turn left with care to join A40 eastbound	400yds
then immediately bear left onto slip road towards Monmouth (A40). Continue past Monmouth Services (1.4 miles), picnic area (5.6 miles) and through tunnel (6.3 miles)	
Immediately after tunnel bear left (B4233)	6.4m
in 190 yds at mini r/b with petrol station on corner turn left (M) with great care onto B4293	6.6m
Cross above tunnels and in 0.8 miles keep straight onto unclassified road; after another 1.5 miles (beyond Mitchel Troy) keep ahead to rejoin A40	9.1m
Retrace south-westwards and after passing Monmouth Services, bear left	12.9m
Continue on A40 to Raglan rbt	14m
Where take 3rd exit (A40) to Abergavenny Hardwick rbt	21.6m
Encircle giratory system (M) taking 6th exit and retrace on A40 eastbound to Raglan rbt where take 2nd exit (A40) to finish 200 yards east of rbt in line with 2nd lighting column for layby in front of Raglan Castle.	30.061 miles
FINISH is at SO 41282 07924	
Continue on A40 and turn right crossing A40 into Monmouth Rd. Ride to the village, turn left by "The Beaufort" to return to the HQ.	

All riders are asked to comply with the following requests.

- ✓ Do **call your number** to the finishing timekeeper or your time will not be recorded.
- ✓ Do keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE.**
- ✓ **IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**
- ✓ This event may be subject to doping control. It is YOUR responsibility to check.
- ✓ Sign in / Sign out failure to do so will result in a disqualification.
- ✓ No passing the start time keeper or warming up on the course.
- ✓ **No anti-social behaviour especially urinating in public.**
- ✓ **Failure to follow these basic rules will result in a DQ & referral to the South Wales DC for further disciplinary action. You have been fair warned that someone will be performing spot checks.**

Reminder

- ✓ The onus is on the caught rider to ensure that there is no company riding.
- ✓ **Ride on the left-hand side of the left-hand lane.**

Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 30, 50, 100, 12 Hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association. Riders in all Welsh Championship events count to the final total and awards are made to the six riders with the highest score.

Awards - This is NOT a One Rider One Award Event

Champions Caps and presentation medals for podium rider will be presented at the conclusion of the event. We appreciate that you may want to leave quickly, but please stay to applaud the Champions. Unclaimed WCA plaques from previous years will be available to collect.

Men's Championship	
1 st .	Trophy (for one year WCA Plaque & invitation to BAR lunch)
2 nd & 3 rd	WCA Plaques
Women's Championship	
1 st	Trophy (for one year WCA Plaque & invitation to BAR lunch)
2 nd & 3 rd	WCA Plaques
Juniors Championship	
1 st MALE	WCA Plaque & invitation to BAR lunch
Fastest Man Vet on standard	WCA Plaque
Fastest Woman Vet on standard	WCA Plaque
Prizes Presented at the WCA Dinner - Sunday 4 November 2018 at the TRW Club Resolven	

Remaining Welsh Championships 2018

Distance	Date	Course Code	Organised by
50 Miles	Sunday 30 September	R50/1b	Welsh CA – www.realteam.co.uk - (Martyn Heritage-Owen)
Hill Climb	Sunday 14 October	RH10X	Welsh CA - (Robin Field)

Start Order

No	Name	Club	Cat	STD	Start
1	Matthew Stevens	Gloucester City Cycling Club	M		14:01
2	Andrew Clarke	Mid Shropshire Wheelers	MV	01:24:36	14:02
3	Derek Morgan	Gannet CC	MV	01:35:51	14:03
4	Vicky Jones	Tenby Aces CC	WV	01:26:14	14:04
5	Michiel Vaal	Team Backstedt Bike Performance	MV	01:23:41	14:05
6	John Howells	Corinium Cycle Club	MV	01:34:51	14:06
7	Iago Williams	Towy Riders	Juv		14:07
8	John Eames	Chippenham & District Wheelers	MV	01:30:09	14:08
9	Geoff Edgerton	North Shropshire Wheelers	MV	01:30:09	14:09
10	John J Murphy	Gloucester City Cycling Club	MV	01:35:51	14:10
11	Andrew Martin	Port Talbot Whs CC	MV	01:20:09	14:11
12	Tracy Rowlinson	Lyme Racing Club	WV	01:29:29	14:12

No	Name	Club	Cat	STD	Start
13	Brad Davies	Bynea Cycling Club	MV	01:22:36	14:13
14	Gethin Davies-Jones	Abercynon Road Club	MV	01:22:21	14:14
15	Joanna Knight	Bristol South Cycling Club	WV	01:31:03	14:15
16	John Shehan	Bynea Cycling Club	MV	01:30:48	14:16
17	Garry Shuker	Walsall Roads Cycling Club	MV	01:26:03	14:17
18	Simon Kinsey	Virtual Cycling Club	MV	01:21:52	14:18
19	Michelle Fishbourne	Team Backstedt Bike Performance	WV	01:28:56	14:19
20	Roger Taylor	Frome and District Wheelers	MV	01:30:48	14:20
21	Mark Bradley	Bristol South Cycling Club	MV	01:22:51	14:21
22	John Williams	Bynea Cycling Club	MV	01:26:55	14:22
23	Lawrence Cronk	Team CRANC	M		14:23
24	Chris Fishbourne	Team Backstedt Bike Performance	MV	01:20:39	14:24
25	Ray Retter	Born to Bike - Bridgtown Cycles	MV	01:30:48	14:25
26	Terry Anthony	Ogmore Valley Wheelers	MV	01:27:22	14:26
27	Paul Stephens	Ross on Wye & Dist CC	MV	01:22:51	14:27
28	Andrea Parish	VeloSistas TT Team	WV	01:28:40	14:28
29	Gerard Oram	Bynea Cycling Club	MV	01:24:17	14:29
30	Dean Prosser	Hereford & Dist Whs CC	MV	01:21:52	14:30
31	Owen Burgess	Newport Phoenix CC	M		14:31
32	Owain Roberts	Team Backstedt Bike Performance	M		14:32
33	David Singleton	Acme Whs (Rhondda) CC	MV	01:23:24	14:33
34	Chris Scawn	Plymouth Corinthian CC	MV	01:27:52	14:34
35	Gavin Hinxman (Trike)	DRAG2ZERO	MV	01:27:06	14:35
36	Alex Touche	Newport Phoenix CC	M		14:36
37	Andrew Askwith	Bridlington CC	MV	01:23:07	14:37
38	Stephanie Post	Team Bottrill / Vanguard	W		14:38
39	Paul Winchcombe	Chippenham & District Wheelers	MV	01:24:36	14:39
40	Nick Livermore	Bristol South Cycling Club	M		14:40
41	David Francis	Tribe of one (FTV)	MV	01:21:09	14:41
42	Dean Ware	Team Backstedt Bike Performance	M		14:42
43	Rob Dyde	Pembrokeshire Velo	M		14:43
44	Luke Cornish	Cwmcarn Paragon Road Club	M		14:44
45	Chris Massey	Team Backstedt Bike Performance	MV	01:21:09	14:45
46	Christopher Gibbard	Bynea Cycling Club	M		14:46
47	David Bucknall	Royal Dean Forest Cycle Club	MV	01:20:39	14:47
48	David Janes	Wheels of Dorset Aero Testing Bike Fitting	M		14:48
49	Harry Walton	Cheltenham & County Cycling Club	M		14:49
50	Kieron Davies	DRAG2ZERO	M		14:50