

THE SOUTH WALES DISTRICT COUNCIL

PRESENT:

2019 RTTC 50 MILE TIME TRIAL

NATIONAL CHAMPIONSHIP

SUNDAY 30TH JUNE 2019

START SHEET



50

50 MILE TIME TRIAL



PROMOTED FOR AND BEHALF OF CYCLING TIME TRIALS
UNDER ITS RULES, REGULATIONS AND CONDITIONS



2019 RTTC 50 MILES TIME TRIAL NATIONAL CHAMPIONSHIP



CYCLING TIME TRIALS REPRESENTATIVE
WENDY DORLING



CHAMPIONSHIP AWARDS

MEN

1ST GILT RTTC MEDALLION, CHAMPIONSHIP TROPHY & CAP

2ND SILVER RTTC MEDALLION

3RD BRONZE RTTC MEDALLION

WOMEN

1ST GILT RTTC MEDALLION, CHAMPIONSHIP TROPHY & CAP

2ND SILVER RTTC MEDALLION

3RD BRONZE RTTC MEDALLION

TEAM CHAMPIONS

GILT RTTC MEDALLIONS AND CHAMPIONSHIP SHIELD

AGE AWARDS

(MEN AND WOMEN)

AGE AWARDS TO THE FASTEST IN EACH OF THE FOLLOWING:

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 ETC.

An A5 version of this start sheet booklet is available for riders and officials at the event HQ on race day.

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations and Championship conditions
by the South Wales District Council.



SOUTH WALES DISTRICT

PROUDLY PRESENT

THE 2019 RTTC 50 MILE TIME TRIAL NATIONAL CHAMPIONSHIP FOR MEN AND WOMEN

SUNDAY, JUNE 30th, 2019 STARTING AT 08.19hrs

ON THE R50/5 COURSE

(LLANDOVERY-CARMARTHEN-LLANDOVERY)

EVENT HEADQUARTERS

LLANDOVERY RFC
HEOL PLUGUFFAN
LLANDOVERY
SA20 0DT

(open from 07.00hrs)

EVENT SECRETARY

ALF WILLIAMS
25 TANYGROES STREET
PORT TALBOT
SA13 1EL

07565 186291

alf.williams@ntlworld.com

Croeso i Gymru!

Welcome to Wales! And a very warm welcome to the 2019 National Championship 50 promoted by the South Wales District on behalf of Cycling Time Trials.

Firstly, big thanks to the board of Cycling Time Trials for giving us the go ahead on yet another national championship for the South Wales District and for their on-going support during the build up.

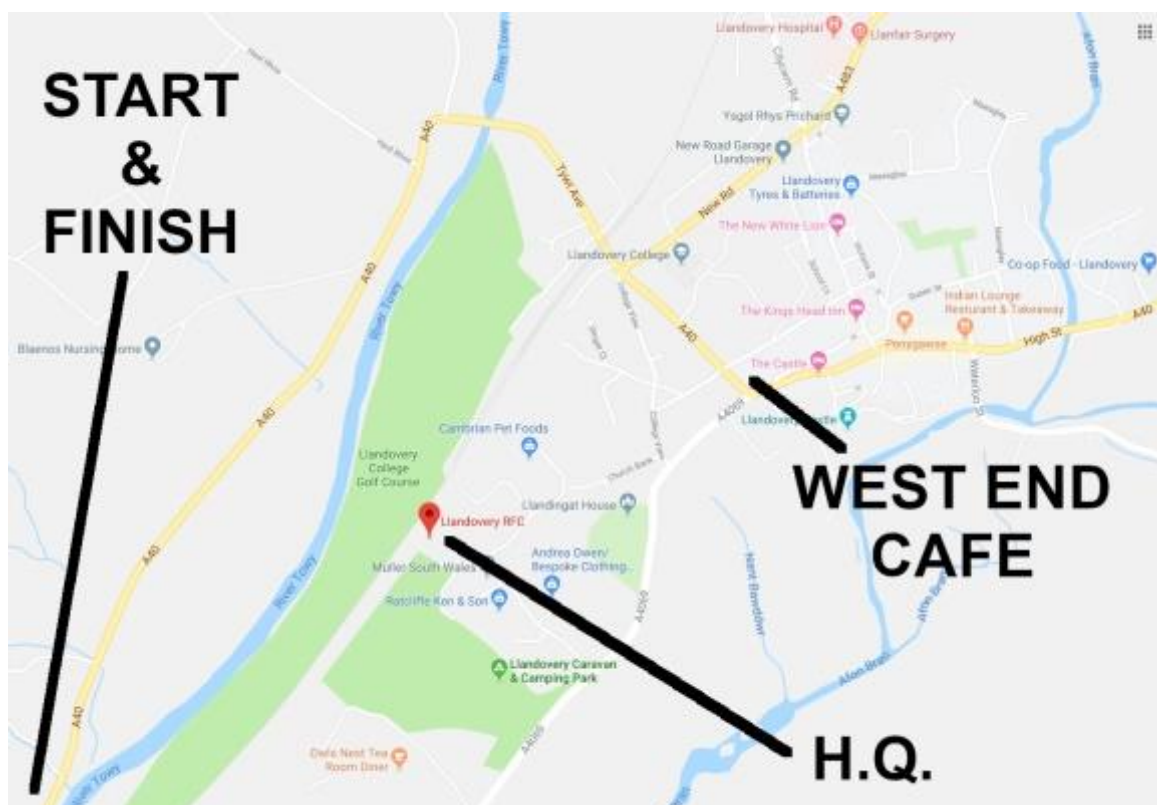
Secondly, and speaking personally as the Event Secretary, a big thank you to everyone on the South Wales District Council for their help and support and for agreeing to take the event to West Wales - a most wonderful part of the world that gives the riders a scenic and slightly sporting course to compete on.

Finally, a big thank you to the riders for entering! The number of entries is a bit disappointing but we realise that we're slightly off the beaten track and, perhaps, there's other issues at play with a wider general decline in numbers.

Anyway, down here in West Wales we're putting the finishing touches to our preparations and we're really looking forward to seeing you all. We just can't wait! So from everyone at the South Wales District please have a very safe journey and have a great day out at the 2019 National Championship 50.

Alf Williams
EVENT SECRETARY

LLANDOVERY – LOCATION OF START & HQ



Parking – there is plenty of car parking available at the Llandovery RFC HQ. Please park down the right-hand side and not the left-hand side which is reserved for race officials. The HQ opens at 07.00hrs.

To get to the start you simply ride to the 'T' junction and turn left onto the A4069. Then at the next junction (by the West End Café) you turn left again onto the A40. It's about 1.8 miles from the HQ to the start.

There is No Parking at the Start & Finish.

2019 NATIONAL 50 – ORDER OF START - WOMEN

No.	START	NAME	CLUB / TEAM	CAT	AGE
19	08:19	LAURA CLEMENTS	UFIT TRI TEAM		32
20	08:20	CRYSTAL SPEARMAN	BORN TO BIKE - BRIDGTOWN CYCLES		31
21	08:21	MARIANNE HOLT	TEAM BOTTRILL		38
22	08:22	KATE BRADLEY	BORN TO BIKE - BRIDGTOWN CYCLES	A	41
23	08:23	JENNIFER MILLMORE	ISLINGTON CYCLING CLUB		32
24	08:24	JANET FAIRCLOUGH	ST HELENS CRC	D	58
25	08:25	EMMA LEWIS	THE INDEPENDENT PEDALER		28
26	08:26	THERESA TAYLOR	RIBBLE VALLEY CROSSROADS CARE CT	D	59
27	08:27	KATJA RIETDORF	BORN TO BIKE - BRIDGTOWN CYCLES	B	48
28	08:28	ANDREA PARISH	VELOSISTAS TT TEAM	C	51
29	08:29	EMMA ANGOVE	73 DEGREES BICYCLES, WESTSIDE COACHING RT		38
30	08:30	VICKY GILL	DRAG2ZERO		38
31	08:31	FIONA BURNIE	GS METRO		34
32	08:32	ALEX CLAY	AEROLAB WARD WHEELZ		23
33	08:33	VIRGINIA McGEE	...A3CRG	D	55
34	08:34	DEBORAH SHERIDAN	WARWICKSHIRE ROAD CLUB	E	62
35	08:35	ALICE LETHBRIDGE	DRAG2ZERO		34
36	08:36	ALISON VESSEY	DIDCOT PHOENIX CC	F	65
37	08:37	LIZ POWELL	DRAG2ZERO	A	44
38	08:38	CHRISTINA MURRAY	ARMY CYCLING	A	42
39	08:39	COURTNEY EDMONDS	BIKE JOCKEY CC		25
40	08:40	KATE ALLAN	DRAG2ZERO		34

The honour of getting the event underway goes to South Wales rider Laura Clements (UFit Tri Team) and whilst Laura has no rabbits to chase she will feel the pressure of a chasing pack including Crystal Spearman (Born To Bike – Bridgtown Cycles), the in-form Emma Lewis (The Independent Pedaler) and a very strong Drag2Zero team. With the 2018 Champion, Anna Turvey, not riding then Kate Allan (Drag2Zero) is 'scratch' but on a slightly sporting 50-mile course there are absolutely no foregone conclusions and it's going to be an epic scrap for the 1-2-3.

With such a small field then the Age Category awards are mainly sorted (give or take the small matter of 50 miles of West Wales road) but there will be a keen scrap in both the A & D categories with three riders in each category including the defending champions Liz Powell (Drag2Zero) in Category A and Janet Fairclough (St. Helens CRC) in Category D.

The Team Champions Award is a straight fight between Drag2Zero (4 riders) and Born To Bike – Bridgtown Cycles (3 riders) but both teams need to get three riders across the finish line and many previous 'nailed-on' favourites have fallen by the wayside so let's hope that punctures or mechanicals do not play a part!

2019 NATIONAL 50 – ORDER OF START – MEN

No.	START	NAME	CLUB / TEAM	CAT	AGE
45	08:45	MICHAEL WILLIAMS	HEREFORD & DIST WHS CC	E	62
46	08:46	BOB AWCOCK	BORN TO BIKE - BRIDGTOWN CYCLES	H	75
47	08:47	GARETH JEHU	MERTHYR CC	C	50
48	08:48	DALE BUCKETT	BIKE JOCKEY CC		23
49	08:49	GEOFF PERRY	BORN TO BIKE - BRIDGTOWN CYCLES	D	59
50	08:50	DARREN CARRUTHERS	GLASGOW GREEN CYCLE CLUB		38
51	08:51	MICHAEL STEVENS	MELTON OLYMPIC CC	F	69
52	08:52	GEOFF THOMAS	RHONDDA TRIATHLON CLUB	F	65
53	08:53	JAMIE BEST	BYNEA CYCLING CLUB	A	44
54	08:54	JONNY BRYAN	WORCESTER ST. JOHNS CC		29
55	08:55	RAY RETTER	BORN TO BIKE - BRIDGTOWN CYCLES	G	73
56	08:56	ROGER SHERIDAN	NOPINZ	D	58
57	08:57	JARED FORTE	LUDLOW CC		18
58	08:58	PATRICK BEILBY	VELO CLUB LONG EATON	D	54
59	08:59	LEE FROST	NOPINZ		36
60	09:00	PAT WRIGHT	PACELINE RT		34
61	09:01	CHRIS LEE	MERTHYR CC	C	50
62	09:02	THOMAS BRAZIER	SYNERGY CYCLES RACE TEAM		35
63	09:03	RICHARD WILDER	SPORTZMAD	B	46
64	09:04	DAVID MEDHURST	CARDIFF AJAX CC		29
65	09:05	BRETT HARWOOD	TEAM BOTTRILL	A	43
66	09:06	TOMMY BARLOW	CLEVEDON & DISTRICT ROAD CLUB	D	57
67	09:07	ADAM WILD	GS METRO		22
68	09:08	ROBERT GROVER	BRADFORD-ON-AVON CYCLING CLUB		32
69	09:09	STEVEN COTTINGTON	BATH CYCLING CLUB	D	57
70	09:10	BEN STANCOMBE	TEAM VELOVELOCITY		29
71	09:11	CHRIS VELLACOTT	ROYAL NAVY & ROYAL MARINES CA	D	57
72	09:12	RICHARD GILDEA	DIDCOT PHOENIX CC		33
73	09:13	SIMON BOWLER	AS TEST TEAM	C	53
74	09:14	SIMON SMITH	SHUTT RIDLEY RT	A	44
75	09:15	CHRIS FENNELL	THE INDEPENDENT PEDALER		23
76	09:16	JON KNIGHT	PONTYPOOL ROAD CYCLING CLUB	B	46
77	09:17	BILLY JARISH	ROSE RACE TEAM		25

No.	START	NAME	CLUB / TEAM	CAT	AGE
78	09:18	JONATHAN WEARS	CES SPORT		26
79	09:19	PHILIP TUCKER	CYCLE SPECIFIC		39
80	09:20	MATTHEW SENTER	PETERBOROUGH CC		39
81	09:21	DAVID THOMAS	RHONDDA TRIATHLON CLUB	A	40
82	09:22	GREG PARKER	ESTRELLA BIKES	D	55
83	09:23	RICHARD SMITH	ARMY CYCLING		31
84	09:24	JOSEPH COSTELLO	WALSALL ROADS CYCLING CLUB	E	60
85	09:25	ANDY JACKSON	AEROCOACH	A	43
86	09:26	LEE PERROTT	CYCLE SPECIFIC	A	40
87	09:27	ALAN MURCHISON	DRAG2ZERO	B	48
88	09:28	JONATHAN ROBINSON	ARMY CYCLING	B	49
89	09:29	MARK SANDERS	MID DEVON CC	E	60
90	09:30	CONRAD MOSS	NOPINZ	A	44
91	09:31	LEE KENNEDY	ARMY CYCLING		37
92	09:32	ARTHUR FRANKLIN	PORTISHEAD CYCLING CLUB		33
93	09:33	TRISTAN DAVENNE	NEWBURY RC	A	44
94	09:34	ADRIAN HAWKINS	THANET RC	C	50
95	09:35	STUART TRAVIS	TEAM BOTTRILL		34
96	09:36	JONATHAN BARNES	HEREFORD TRIATHLON CLUB		27
97	09:37	CHRIS GIBBARD	BYNEA CYCLING CLUB		37
98	09:38	ADAM ROBERTSON	UNIVERSITY OF BATH CYCLING CLUB		19
99	09:39	NICHOLAS CANDY	NORTH ROAD CC		18
100	09:40	CHRIS BARTLEY	AS TEST TEAM		35
101	09:41	ROSS MCNALLY	PEMBROKESHIRE VELO		33
102	09:42	TOM WARD	AEROLAB WARD WHEELZ		24
103	09:43	LEON WRIGHT	RACE HUB		37
104	09:44	TIM FLYNN	POOLE WHS		30
105	09:45	LIAM MAYBANK	TWICKENHAM CC	B	47
106	09:46	PHILIP BROWN	WALSALL ROADS CYCLING CLUB	F	67
107	09:47	KYLE GORDON	RT 23		30
108	09:48	JOHN WINGFIELD	TEAM SIGNUM		34
109	09:49	LUKE RENDELL	POOLE WHS		30
110	09:50	ADAM DUGGLEBY	VIVE LE VELO		34
111	09:51	ROB VESSEY	DIDCOT PHOENIX CC	D	56

No.	START	NAME	CLUB / TEAM	CAT	AGE
112	09:52	DANIEL NORTHOVER	FINSBURY PARK CC	A	42
113	09:53	KEITH DORLING	TEAM BOTTRILL	E	60
114	09:54	MICHAEL HILL	CHESTER RC		38
115	09:55	MATTHEW SMITH	DRAG2ZERO	A	41
116	09:56	CHRIS SCAWN	PLYMOUTH CORINTHIAN CC	F	68
117	09:57	DAVID LANGLANDS	TEAM BOTTRILL	C	53
118	09:58	HADYN JAMES	VELOLIFE		35
119	09:59	ROBERT TAYLOR	ARMY CYCLING		38
120	10:00	MARCIN BIALOBLOCKI	NOPINZ		35

Michael Williams (Hereford & District Whs) gets the men's event underway and, being a gentleman of the highest order, he's promised not to overtake any of the women. But the same promise cannot be made by the remainder of a very strong field - including no less than nine sub-1.40:00 riders all sent off towards the end of the field starting with Matthew Senter (Peterborough CC) off at number 80. Not far behind him, at number 85, is Andy Jackson (Aerocoach) who probably regards 50-miles as a sprint such is his renowned long-distance prowess.

From Devon, Conrad Moss (NoPinz) is off at number 90 and is soon followed by Stuart Travis (Team Bottrill) off at number 95 and with the advantage of having tested himself on the course at the Bynea 50 earlier in June. Then we have a sub-1.38:00 rider in Chris Bartley (AS Test Team) a former world rowing champion who has taken to cycling like a duck to tarmac.

We then have two sub-1.37:00 riders in Liam Maybank (Twickenham CC) and Adam Duggleby (Vive le Velo) who are very evenly matched at the shorter 25-mile distance but Adam has the better 50-mile qualifying time. Next comes 'young vet' Matthew Smith (Drag2Zero) who is off at number 115 and has a sub-1.36:00 50-mile ride to his name. This leads us to an inevitable rendezvous with our defending champion Marcin Bialoblocki (NoPinz) who'll nevertheless take nothing for granted in his attempt to retain his title.

Out of a field of 76 riders there are only four eligible teams; Army Cycling, Born To Bike-Bridgtown Cycles, NoPinz and Team Bottrill with the latter two clearly looking like the strongest. Again, all four teams need to get three riders across the finish line to be in with shout and then hope that their 'third counter' does a ride. Expect it to be close!

In the Age Category awards there's competition in almost all categories and it's only in Category G and Category H that we have just one rider... but, Gents, you've still got to finish! Simon Bowler (AS Test Team) is defending champion in Category C and Michael Stevens (Melton Olympic CC) is defending champion in Category F.

The Award Presentation

We plan to hold the award presentation for both events as soon as possible after the men's event.

PLEASE STAY AND SUPPORT OUR 2019 50-MILE TIME TRIAL CHAMPIONS.

COURSE DESCRIPTION

R50/5 (Rev) – N.B. All of the course lies along the A40 between Llandovery and Carmarthen.

START alongside the red Royal Mail Box in the lay-by on the A40 approx. 1.8 miles west of Llandovery. Proceed west along the A40 via the Llanwrda bypass to the small Llangadog rbt (5.067 miles) where 2nd exit (straight on) to continue south-west via Manordeilo and Rhosmaen to the Llandeilo rbt (10.253 miles) where 2nd exit (right) along the A40 Llandeilo by-pass, Pontarcothi and Nantgaredig to the Abergwili East rbt (23.035 miles) where 2nd exit (straight on) to continue on the Abergwili bypass to the Abergwili West rbt (23.601 miles) where 1st exit (left) along the Carmarthen Eastern bypass to the Llangunnor rbt (25.020 miles) where it meets the B4300.

TURN (5th exit) and retrace along the A40 to the Abergwili West rbt (26.524 miles) and Abergwili East rbt (27.137 miles) where 2nd exit (straight on) along the A40 via Nantgaredig and Pontarcothi to the Llandeilo rbt (39.902 miles) where 1st exit (left) along the A40 via Rhosmaen and Manordielo to the Llangadog rbt (45.078 miles) where 2nd exit (straight on) via the Llanwrda bypass to FINISH at Telegraph Pole TP12 in the lay-by opposite the start (50.195 miles).

SIMPLIFIED MAP OF THE COURSE



This a simple course to navigate providing you stick to the golden rule... Do not turn off the A40!!

The course forms part of the famous West Wales 100 and, for some strange reason, in that event we have had riders turn off at the very first roundabout at Llangadog. Mind you, they were triathletes...

So, allow me to walk you through the course to the turn. Leaving the start you'll first come to the small Llangadog roundabout. It's really a mini-roundabout and you go straight on (second exit). Five miles later you'll come to the Llandeilo roundabout where you'll turn right (second exit). The course now shows it's true sporting nature with about 13 miles of rolling roads until a little flurry of roundabout activity. At the small Abergwili East roundabout you go straight on (second exit) and at the bigger and busier Abergwili West roundabout you'll also go straight on (first exit). You'll now be on the short section of dual-carriageway for a 1.4 mile blast to the turn roundabout. It's busier and bigger again and approaching the roundabout you'll need to carefully and safely get into the right hand lane to do a '180' (fifth exit) and retrace... sticking to the golden rule of staying on the A40. The checkerboard awaits!

NUMBERS & SIGNING ON

The headquarters will be open at 07.00hrs for signing-on, collecting numbers and pre-race chat.

In accordance with Championship conditions, only numbers provided by the organiser shall be used. Both body and arm numbers must be used. Body numbers should be fitted in accordance with Regulation 16 and arm numbers should be fitted to the upper arm with the number facing forward. The numbers provided will be yours to keep as a memento of your participation in the 2019 National Championship 50-mile event.

Following your ride, please ensure that you return to the signing on desk at the event headquarters to sign out. You must sign in and out yourself.

Failure to sign out will result in a DNF being recorded against the rider's name.

All riders must make themselves available at the headquarters following their ride, as they may be required for drug testing, if UKAD are in attendance.

TIMEKEEPERS

Start: Robin Field (Cardiff Byways), Norman James (Ogmore Valley Whs) and Tudor Thomas (Bynea CC).

Llangunnor Turn: Tony Howell (Port Talbot Whs).

Finish: Robin Field (Cardiff Byways), Norman James (Ogmore Valley Whs) and Tudor Thomas (Bynea CC).

There is to be absolutely no parking at the start or finish. Similarly, no turbos or rollers.

As soon as the last rider is off at 10.00hrs any items left with the timekeepers will be transported back to the Race HQ.

SOUTH WALES DC LOCAL REGULATIONS – ALL ARE APPLICABLE TO THIS EVENT

No warming up on the course once the event has started.

No U Turns within sight of start/finish TK.

Anti-social behaviour (e.g. urinating) will not be tolerated.

Please note that CTT National & District Observers will be present.

SAFETY MATTERS

In the interests of your own safety, Cycling Time Trials and the event promoters strongly recommend you wear a hard shell helmet that meets an internationally accepted safety standard. In accordance with Regulation 15 all junior competitors must wear protective hard shell 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.

The course will be signposted where appropriate and all major junctions leading onto the A40 will be appropriately signed to advise road users that a cycle event is taking place.

Marshalls wearing hi-vis jackets will be placed at all main roundabouts to indicate the direction to be followed. They are not in place to direct traffic movement. Riders must obey the normal rules of the road and respect other road users.

2018 50 MILES TIME TRIAL CHAMPIONS



ANNA TURVEY



MARCIN BIALOBLOCKI



WWW.CYCLINGTIMETRIALS.ORG.UK



@CYCLING_T_T



/CYCLINGTIMETRIALS/

NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(J)

COMPETITORS MUST ONLY USE THE NUMBERS SUPPLIED BY THE EVENT ORGANISER. BODY NUMBERS SHOULD BE FITTED IN ACCORDANCE WITH REGULATION 16. ARM NUMBERS SHOULD BE FITTED TO THE UPPER ARMS FACING FORWARDS.

THE NUMBERS PROVIDED ARE EVENT SPECIFIC AND ARE TO KEEP AS A SOUVENIR.

THIS EVENT IS UNDER 100KM. RIDERS SHOULD NOT BE PRECEDED, ACCOMPANIED, FOLLOWED BY OR IN ANYWAY RECEIVE ASSISTANCE FROM A MOTORISED VEHICLE.

REGULATION 17: SIGNING-ON SHEET AND SIGNING-OUT SHEET

- (A) THE COMPETITORS IN ALL TYPES OF EVENTS MUST MAKE THEMSELVES AWARE OF ANY SPECIAL SAFETY INSTRUCTIONS FOR THE EVENT AND SIGN THE OFFICIAL SIGNING-ON SHEET WHEN COLLECTING THEIR NUMBER.

- (B) IN TYPE A EVENTS A COMPETITOR MUST RETURN TO THE EVENT HQ EITHER DURING THE EVENT OR WITHIN A REASONABLE TIME AFTER THE LAST RIDER HAS FINISHED THE EVENT AND MUST (I) RETURN THEIR RACE NUMBER(S) AND (II) SIGN THE OFFICIAL SIGNING-OUT SHEET.

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 SAFETY STANDARD. IN ACCORDANCE WITH REGULATION 15 ALL JUNIOR COMPETITORS MUST WEAR PROTECTIVE HARD SHELL 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 A DOPING CONTROL

AS SOON AS YOU HAVE FINISHED YOU SHOULD RETURN TO THE EVENT HQ AS IT IS YOUR RESPONSIBILITY TO CHECK IF YOU ARE REQUIRED FOR DOPING CONTROL. RACE NUMBERS REQUIRED FOR DOPING CONTROL WILL BE DISPLAYED AT THE HQ ADJACENT TO THE RESULT BOARD. IF YOUR NUMBER IS DISPLAYED YOU SHOULD REPORT IMMEDIATELY TO DOPING CONTROL WHICH WILL BE NEARBY. REMEMBER, IT IS UP TO YOU TO CHECK AND ENSURE THAT YOU COMPLY. IF REQUIRED YOU MUST REPORT TO DOPING CONTROL AFTER FINISHING WITHOUT DELAY.



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Cycling Time Trials

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