

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

THE WEST WALES CYCLISTS' LEAGUE



PRESENT THE WELSH CHAMPIONSHIP 100-MILE TIME-TRIAL

On Sunday, June 12th, 2022, starting at 07:03hrs on the R100/1REV Course

EVENT HEADQUARTERS – Llandovery Rugby Club
Church Bank Playing Fields,
Queensway, Llandovery,
SA20 0EF

HEADQUARTERS OPEN AT 06:00

START TIMEKEEPER – TUDOR THOMAS (BYNEA CC)

FINISH TIMEKEEPER – TUDOR THOMAS (BYNEA CC), ROBIN FIELD (CARDIFF BYWAYS)

Signing In/Out

Please use your own pen to sign in.

Attach numbers with own safety pins.

Sign out after event.

Failure to sign out after the event may lead to a DNF.

Covid Regulations.

Only attend the event if you are in good health. If you or members of your family are experiencing Covid like symptoms you must not attend.

Other Regulations.

Please do not warm up on the course or you will get DQ'd. Please do not turn up at the start line more than 5 mins before your start time.

Working front and rear lights must be fitted to your bike and you must wear a helmet otherwise you may not be allowed to start.

Event Secretary: Andy Grist, 17 Olive Street, Morfa, Llanelli. SA15 2AP Mobile 07721 538386

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Thank you for your co-operation with these regulations.

Welcome to the 2022 West Wales '100' incorporating the Welsh Championship 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.

Awards.

First Female -£30 Second Female -£20

First Male - £30 Second Male- £20 Third Male-£10

First Non Aero - £30

Fastest Vet -£30 Second Vet - £20 Third Vet -£10

Team Award - £30

One rider, one award, except team award

ORDER OF START

No.	NAME	CLUB / TEAM	CAT	VET/STD	START
3	Peter Burrows	University of Bristol Cycling Club (UOBCC)	Sen		07:03am
4	Robbie Disney	Ludlow CC	Esp		07:04am
5	Paul Renshaw	Cowley Road Condors CC	Vet	4:45:05	07:05am
6	Kieron Davies	Drag2Zero	Sen		07:06am
7	Tim Lewis	Cycle Specific	Sen		07:07am
8	Phil Turner	FTP RC	Vet	4:53:34	07:08am
9	Chris Jones	Bynea CC	Vet	4:47:01	07:09am
10	Lee Williams	Newport Phoenix CC	Sen		07:10am
11	Trisha Smith	Hereford & Dist Whs CC	F Sen		07:11am
12	Nathan Miles	Haverfordwest Hornets	Vet	4:50:08	07:12am
13	Jez Shotter	Brighton Excelsior CC	Vet	4:51:15	07:13am
14	Craig Mabon	Cycle Specific	Sen		07:14am
15	Sion Slyman	Swansea Vale Tri	Sen		07:15am
16	Steve Holloway	RÁS	Sen		07:16am
17	Tara Grosvenor	Mid Devon CC	F Sen		07:17am
18	Dewi Slyman	Swansea Vale Tri	Vet	4:40:38	07:18am
19	Kyle Davies	Bynea Cycling Club	Sen		07:19am
20	Pat Wright	Paceline RT	Sen		07:20am
21	Kenneth Richardson	Saint Piran	Sen		07:21am

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22	Craig Burrows	Whittlefit Performance	Sen		07:22am
23	Daniel Newton	Bynea Cycling Club	Sen		07:23am
24	Mike Hall	Port Talbot Whs CC	Vet	4:52:23	07:24am
25	William Sawyer	Velo Club St Raphael	Vet	4:57:25	07:25am
26	Robert Jones	Cardiff 100 Miles RCC	Vet	5:21:00	07:26am
27	Hannah Saitch	Horsepower Coaching	F Sen		07:27am
28	Owen Burgess	Chippenham & District Wheelers	Sen		07:28am
29	Ben Jones	Cycle Specific	Sen		07:29am
30	Anthony Jones	VMCC powered by Y Beic	Vet	4:47:01	07:30am
31	David Hathaway	Black Country Triathletes	Vet	4:53:34	07:31am
32	Gerry McGarr	Gloucester City Cycling Club	Vet	5:21:00	07:32am
33	Jonathan Sayce	Hereford & Dist Whs CC	Vet	4:46:02	07:33am
34	Paul Colman	Port Talbot Whs CC	Vet	5:03:17	07:34am
35	David Medhurst	Cardiff Ajax CC	Sen		07:35am
36	Lindsey Lyes	The Ark Cycles	Sen		07:36am
37	Graham Brookhouse	VeloVitesse/ALLCAP/James Barry	Vet	5:00:14	07:37am
38	Emma Bexson	Stratford Cycling Club	F Vet	5:13:06	07:38am
39	Roger Sheridan	North Devon Velo	Vet	5:03:17	07:39am
40	Philip Tucker	Bynea Cycling Club	Vet	4:41:29	07:40am

COURSE DESCRIPTION AND NOTES TO COMPETITORS

START On A.40 trunk road, 1½ miles west of Llandovery town centre, at western edge of drain cover next to Post Box.

Proceed westwards via Llanwrda By-pass to **TURN** around Llangadog roundabout (5.059 miles).

Retrace over the same route to pass the Start (10.192 miles) and continue through Llandovery town (with care), then continue eastwards to Trecastle (sign at 20.959 miles). Continue east via Sennybridge (23.271 miles) to Brecon Roundabout at junction with A.470 (31.565 miles).

TURN around roundabout and retrace westwards via Sennybridge (39.118 miles) and Trecastle (42.239 miles) to Llandovery (sign at 51.013 miles).

Proceed carefully through Llandovery town (sharp right hand bend at 51.625 miles) and continue past the start point (53.071 miles) to Llangadog roundabout (58.130 miles). Take 2nd exit and proceed via Manordeilo and Rhosmaen to Llandeilo roundabout (63.317 miles). Take 2nd exit along the Llandeilo By-pass via Dryslwyn, Pontarcothi (sign at 71.722 miles) Nantgaredig, Felinwen, to **TURN** around Abergwili (east) roundabout (76.115 miles).

Retrace eastwards over the same route via Felinwen, Nantgaredig, Pontarcothi (79.885 miles), Dryslwyn, to Llandeilo roundabout (88.892 miles). Take 2nd exit and proceed via Rhosmaen, Manordeilo to Llangadog roundabout (94.065 miles). Again take 2nd exit via Llanwrda By-pass to pass the Start point (99.175 miles) to **FINISH** at eastern edge of drain cover adjacent to

lighting column Ref.503/4/1 at minor road junction 60 yards before the river bridge at Llandovery.

Useful National Grid Co.ordinates :-

Starting Point :- SN 752 334

1st.Turn Llangadog roundabout :-SN 694 286

2nd.Turn Brecon roundabout :- SO 031 284

3rd.Turn Abergwili roundabout :- SN 441 211

Finishing Point :-SN 760 347

Event Headquarters :- SN 762 340

The R100/1REV 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, 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... although your legs may have a different take on this.

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 (approx 03.00hrs.) Please especially get to know the initial turn at Llangadog and then the far turns at Brecon and Abergwili East.

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, 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.

TRAFFIC LIGHTS

Unfortunately there are temporary traffic lights between Trecastle and Sennybridge. Whilst only 100 metres or so in length they are on a bend. This is hugely frustrating but the official line is that you must obey the rules of the road and the rules of our sport.

Regulation 22. Use of Motor Vehicles

(a) A competitor shall not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle or it's occupants, except in events at distances of 100km or more to assist with a competitor's reasonable feeding and other requirements.

(b) In International selection events the Board may authorise motorised vehicles for the observance of a competitor(s).

(c) Where vehicles are to be authorised a full description of the vehicle and registration number shall be given to the event promoter prior to the start of the competitor. A competitor shall not be overtaken by his support vehicle more frequently than once every 10 miles. Where possible the vehicle must be driven at normal traffic speed and must not follow the competitor, nor impede or annoy other competitors. Any competitor whose authorised vehicle impedes or causes annoyance to any other competitor shall be liable to disqualification from the event. Where any other vehicle precedes or follows for any length of time, or frequently passes a competitor, that vehicle shall be deemed to be associated with that competitor who shall be liable to disqualification from the event.

A CTT vehicle registration form can be downloaded from the CTT website folowing this link :-

<https://www.cyclingtimetrials.org.uk/documents/index/riders>

Fill in the form and hand it to the organiser at the signing in before the rider starts.