

Welsh 30 Mile Time Trial Championship 2021



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

Promoted for the
Welsh Cycling Association
by



Sunday 25th July 2021

Officials: Start:- Simon Kinsey Finish:- Robin Field. Monmouth Rbt – Ross on Wye CC.

Event Headquarters - Llanarth Village Hall (NP15 2AU) – open from 8:00

Event HQ is in the middle of the village. The intention is to institute a one-way Covid system.

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

Tel: 0778 606 7819. E-mail: realteamcycling@googlemail.com **To whom any complaints must be made in writing within 72 hours.** 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 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 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)		400yds
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 Clytha road to return to the HQ.		

COVID-19 Safety Measures: (Remember Wales has NOT relaxed restrictions).

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.**
- ✓ **A working rear light, either flashing or constant, MUST be 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 DNF.
- ✓ 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 and Woman's Championship	Prizes Presented at the WCA Dinner – To be advised
1 st .	Trophy (for one year WCA Plaque & invitation to BAR lunch)
2 nd & 3 rd	WCA Plaques
1 st Juvenile	WCA Plaque & invitation to BAR lunch
Fastest Vet on standard	WCA Plaque
Fastest Road Bike	WCA Plaque

Remaining Welsh Championships 2021

Distance	Date	Course Code	Organised by
10 Miles	Sunday 8 August	R10/17	Pontypool RCC - (Roger Wood)
25 Miles	Sunday 15 August	R25/7	Welsh CA – www.realteam.co.uk - (Martyn Heritage-Owen)
50 Miles	Sunday 26 September	R50/1b	Welsh CA – www.realteam.co.uk - (Martyn Heritage-Owen)
12 Hour	Sunday 5 September	R12/16	Welsh CA - (Robin Field)
Hill Climb	Sunday 17 October	RH10X	Welsh CA - (Robin Field)

Start Order

No	Start	Name	Club	Cat	Road Bike	25 LTS
4	09:04	Rebecca Comins	Newport Phoenix CC	WV		01:20:00
5	09:05	Peter Wilson	Bath Cycling Club	MV		01:14:11
6	09:06	Paul Rogoll	PDQ Cycle Coaching	MV		01:12:30
7	09:07	Meurig Griffiths	ATAC - Ammanford Triathlon & Cycling	MV		01:08:00
8	09:08	Kevin Grant	Frome and District Wheelers	MV		01:07:53
9	09:09	Robert Baynton	PDQ Cycle Coaching	MV		01:06:00
10	09:10	John Howells	Corinium Cycle Club	MV		01:05:51
11	09:11	Ryan Evans	Rhondda Triathlon Club	MV		01:04:53
12	09:12	Christopher Newby	Bristol CX	MV		01:04:49
13	09:13	Sandra Burrows	Vive Le Velo	WV		01:03:05
14	09:14	Roxy Woodfield	Ludlow Brewery Race Team	W		01:02:35
15	09:15	Geoff Edgerton	North Shropshire Wheelers	MV		01:02:21
16	09:16	John J Murphy	Gloucester City Cycling Club	MV		01:01:39
17	09:17	Teresa Robbins	Reading CC	WV		01:01:34
18	09:18	Adrian Osborn	Stratford Cycling Club	MV		01:01:32
19	09:19	Ian Gibson	Abercynon Road Club	MV		01:00:49
20	09:20	Joanna Knight	Bristol South Cycling Club	WV		01:00:29
21	09:21	Susan Shook	Bush Healthcare CRT	WV		01:00:15
22	09:22	David Vincent	Bristol Road Club	M		01:00:00
23	09:23	Roger Taylor	Frome and District Wheelers	MV		00:59:23
24	09:24	Hugh Davies	Port Talbot Whs CC	MV		00:58:31
25	09:25	Garry Shuker	Walsall Roads Cycling Club	MV		00:59:21
26	09:26	Phil Guy	North Shropshire Wheelers	MV		00:59:19
27	09:27	John Shehan	Port Talbot Whs CC	MV		00:59:06
28	09:28	Dylan Griffiths	Towy Riders Cycle Club	Jun	R	00:59:01
29	09:29	Clare Greenwood	Bush Healthcare CRT	WV		00:58:32
30	09:30	Stuart Evans	Port Talbot Whs CC	MV		00:58:20
31	09:31	Matthew Thomas	Cardiff 100 Miles RCC	M		00:57:22
32	09:32	Karl Moseley	Bridgnorth Cycling Club	MV	R	00:57:15
33	09:33	John Williams	Bynea Cycling Club	MV		00:56:54
34	09:34	Paul Colman	Haverfordwest Hornets	MV		00:56:44
35	09:35	Andy Kelly	Bristol South Cycling Club	MV		00:56:27
36	09:36	Marco Marletta	Cardiff Jif	MV		00:56:25

No	Start	Name	Club	Cat	Road Bike	25 LTS
37	09:37	Mike Hall	Port Talbot Whs CC	MV		00:56:08
38	09:38	Richard Williams	Clwb Seiclo Caergybi / Holyhead CC	M		00:55:48
39	09:39	Iago Williams	Towy Riders Cycle Club	Jun		00:55:42
40	09:40	Andrea Parish	VeloSistas TT Team	WV		00:55:36
41	09:41	Andrew Clarke	North Shropshire Wheelers	MV		00:55:33
42	09:42	Iain Bell	Monmouthshire Wheelers	MV		00:55:11
43	09:43	Derek Dowdeswell	Gloucester City Cycling Club	MV		00:55:10
44	09:44	Matthew Russell	Team Swindon Cycles	M		00:55:06
45	09:45	Andy Tucker	Newbury Velo	MV		00:54:58
46	09:46	Steven Loraine	Legato Racing Team (LRT)	MV		00:54:55
47	09:47	Tom Cox	Saint Piran	MV		00:56:06
48	09:48	Dean Prosser	Hereford & Dist Whs CC	MV		00:54:55
49	09:49	Rebecca Richardson	Team Brother UK	W		00:54:54
50	09:50	Jon Vickery	Cwmcam Paragon Road Club	MV		00:54:51
51	09:51	Luke Smith	Bristol South Cycling Club	MV		00:54:25
52	09:52	Paul Winchcombe	Chippenham & District Wheelers	MV		00:54:28
53	09:53	Jon Wilkinson-Lockyer	Team Tor 2000 KALAS	MV		00:54:40
54	09:54	Daniel Kempe	Bristol South Cycling Club	MV		00:54:24
55	09:55	Steve Burrows	Vive Le Velo	MV		00:53:19
56	09:56	Mark Hamer	Stratford Cycling Club	MV		00:53:14
57	09:57	Andrew Butcher	Cwmcam Paragon Road Club	MV		00:50:57
58	09:58	Steven Cottington	Bath Cycling Club	MV		00:50:39
59	09:59	Mathew Roberts	Team Bottrill	M		00:50:35
60	10:00	Bevan Humphreys	Velo Club Melyd	M	R	00:50:30
61	10:01	Owen Burgess	Newport Phoenix CC	M		00:49:57
62	10:02	Andy Davies	Cardiff Jif	M		00:49:53
63	10:03	Philip Tucker	Bynea Cycling Club	MV		00:49:34
64	10:04	Anthony Jones	VMCC powered by Y Beic	MV		00:49:14
65	10:05	Tim Wood	Team Echelon	MV		00:49:10
66	10:06	Keith Ainsworth	Sheffrec CC	MV		00:48:00
67	10:07	Pat Wright	Paceline RT	M		00:47:55
68	10:08	Christopher Gibbard	Bynea Cycling Club	M		00:47:16
69	10:09	George Evans	Team Bottrill	M		00:47:03
70	10:10	Tom Ward	AeroLab Ward WheelZ	M		00:46:27

COVID-19 Safety Measures: (Remember Wales has NOT relaxed restrictions).

- Only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID- 19 you must not attend. An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind". You should not start (DNS) and leave immediately.
- Car Parking: Please Park legally and respectfully and in such a way that social distancing can be observed.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one-way system in place with 2m gaps marked. Numbers are returned at sign out. The sign on will be outside if the weather permits.

- Sanitiser gel will be available at the sign on area and should be used. Your temperature will be checked before admittance to the HQ is permitted.
- Riders will need to bring their own pens to sign on and sign out and their own safety pins should they need them to attach their number.
- Please follow any special conditions that may be posted at sign on.
- **Face covering should be used at sign on and sign off and if you enter the hall to use the toilets.** Social distancing must be observed at all times, setting up the bike, signing on etc. **DO NOT congregate outside the HQ before it opens.**
- Roller or Turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained. We would prefer warming up on the road.
- The Timekeepers with either be sat in a car or standing a safe distance away. Do not approach the timekeepers at the start or finish. You will need to start with one foot on the ground.
- Riders must not leave person items with the timekeepers e.g. warm up tops or on the sign-on table.
- Once you have finished you should sign out, return your number, pack your bike away, then go home.
- The result will be posted on the CTT website, if there are any queries contact me and I will investigate and amend the results accordingly, should that be necessary.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Spectators should NOT be encouraged to attend.
- For the Juniors/Juveniles that are racing - 1 member of your household is permitted to attend with them. The adult also needs to follow the guidelines stated in this briefing. They can assist with mechanicals and first aid issues. They cannot sign on/out for the rider, but should be present at the HQ with the rider.

Use of Toilets at the HQ:

Face coverings are required when entering the building.

The Male and Female toilets are in use.

Only one person is allowed in a toilet at a time.

A maximum of 4 people is allowed waiting in the building (one by each marker).

Reminder, the toilets or building are not to be used as a changing facility.

Travel

The A465 is shut between Merthyr and Govilon