

Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations.

# Welsh C A: Welsh Championship

**Open 50 mile Time Trial: Saturday 30<sup>th</sup> September 2023, 2:01pm start**

## Timekeepers

Start: Phyllis Harradine  
(CC Topp)  
Finish: Robin Field  
(Cardiff Byways CC)



## Organizer

Bob Jones  
2 Little Orchard  
DINAS POWYS  
Glam CF64 4NH  
mob. 07873-353207

## START SHEET

**Event Headquarters** (open 1pm until 6pm.):-

**St Johns Ambulance Hall, Fairfield Car Park, Abergavenny NP7 5SG.**

**Abergavenny gets very busy on Saturdays: please allow extra time for heavy traffic. Car parking is Pay & Display!**

Numbers and Signing on sheets will be located in the HQ.

Please do not leave bicycles unattended.

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

**Free teas coffees biscuits at HQ after the race.**

### COURSE R50/1b

**START IS APPROX 2 MILES SOUTH FROM EVENT HQ.**

**Please allow at least 15 minutes if cycling.**

OS References: Sheet 161 - Start and Finish SO 308121

**Start** on A40 at first lay-by approx half a mile east of Hardwick Gyratory; at concrete joint marked 74, which is 39 yards west of white post 13/1. Proceed eastwards to Raglan rbt (7.060) where straight on for half a mile to bear left onto unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy (12.080). Turn hard left (**M**) to rejoin A40 westbound. After passing Monmouth Services, take 1st left and continue on A40 to Raglan rbt (17.166) where straight on, (passing the finish at 24.28 miles) to **Hardwick Gyratory (24.766)**. **Circle gyratory (M)** and take A40 dual carriageway eastbound past the Start and back to Raglan rbt (32.811). Repeat as before (Mitchel Troy 37.831) (Raglan rbt 42.917) to **Finish** in 8th lay-by (opposite start) at white post marked 13/1. 50.030 miles.

**NO PUSHER-OFF at the Start !**

### ROAD BIKE EVENT

This section has special restrictions on clothing and equipment:-  
Generally the bike and clothing must be either "Old Skool" or permitted for Road Racing under current British Cycling regulations. Modern Time Trialling equipment isn't allowed.

So:- **No Tribars; no disc wheels nor wheel covers; no aero helmets.**

**No 3 or 4 spoke wheels; maximum wheel rim depth 6cm.**

**Helmets, if worn, must *not* cover the ears *nor* have a pointy tail.**

**If you should abandon the race, please advise the organizer at the earliest opportunity: mob. 07873-353207**

## Open Event Awards

1 <sup>st</sup> LTS improvement	2 <sup>nd</sup> LTS improvement	3 <sup>rd</sup> LTS improvement
<b>£30</b>	<b>£25</b>	<b>£20</b>



New Course Record = **£30**

Course Records: M - 1:39:16, Kieron Davies 27/09/2015; W – 1:49:24, Angela Carpenter 14/05/2022);  
MJ – 1:56:24, Josh Griffiths, 7/08/2016.

## Welsh C A Championship Awards, open to all entrants

There will be a prize presentation at the conclusion of the event.

3 <sup>rd</sup> solo Man	2 <sup>nd</sup> solo Man	1 <sup>st</sup> solo Man	1 <sup>st</sup> solo Woman	2 <sup>nd</sup> solo Woman	3 <sup>rd</sup> solo Woman
<b>WCA medallion</b>	<b>WCA medallion</b>	<b>WCA medallion, trophy for 1 year, Champion's Cap, invite to BAR lunch.</b>	<b>WCA medallion, trophy for 1 year, Champion's Cap, invite to BAR lunch.</b>	<b>WCA medallion</b>	<b>WCA medallion</b>

	1 <sup>st</sup> Club Team of 3 solos.	2 <sup>nd</sup> Club Team of 3 solos.	
	<b>WCA medallion each.</b>	<b>WCA medallion each.</b>	

3 <sup>rd</sup> Road Bike	2 <sup>nd</sup> Road Bike	1 <sup>st</sup> Road Bike	1 <sup>st</sup> Vet on Age-adjusted time	2 <sup>nd</sup> Vet on Age-adjusted time	3 <sup>rd</sup> Vet on Age-adjusted time
<b>WCA medallion</b>	<b>WCA medallion</b>	<b>WCA medallion, Champion's Cap, invite to BAR lunch</b>	<b>WCA medallion, Champion's Cap, invite to BAR lunch</b>	<b>WCA medallion</b>	<b>WCA medallion</b>

### Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 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 (to be presented at the Welsh CA BAR Lunch).

### PHOTOGRAPHY

Paul Carpenter has kindly agreed to photograph competitors, both while racing and at the prize presentation. Competitors should e-mail Paul with a description of their bike and kit, and he will reply with samples:-

[paulcarpenter1992@hotmail.com](mailto:paulcarpenter1992@hotmail.com)

NB. Paul will be away until the middle of next week, but will then be able to respond.

If you should abandon the race, please advise the organizer at the earliest opportunity: mob. 07873-353207

## Important Notice to all Riders: **COMPULSORY REQUIREMENTS**

All competitors **MUST** wear a properly affixed **HELMET** which must be of hard/soft shell construction. Helmets should conform to a recognized Standard such as **SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33954, CPSC, EN-1078.**

All competitors must have a working white **Front Light** fitted to the front of their machine, and a separate working red **Rear Light** fitted to the rear of their machine.

**DO NOT** warm up or use turbo/trainers/rollers near the HQ or within 100 yds of any dwelling (South Wales District regulation).

## Important Advice to all Riders

**PEDESTRIANS AND MARSHALS ARE NOT PERMITTED ON THE DUAL CARRIAGEWAY SO KEEP A GOOD LOOK OUT FOR RACE SIGNS AND ARROWS.** The route will be signed, but there will only be marshal(s) to show you the way at the Turns: please be familiar with the course so there are no surprises.

It is Riders' responsibility to ride within the laws of the road and with consideration to other road users, please do so.

All riders are requested to comply with the following:-

**DO NOT** park or stop your car within the starting or finishing lay-bys.

**DO NOT** leave your number flapping - please use a pin at each corner.

**DO NOT** allow your friends and relations to follow you around the course - it's against CTT regulations.

**DO NOT STOP** after crossing the **Finish line**, but return direct to **HQ**, hand in your number, and sign out.

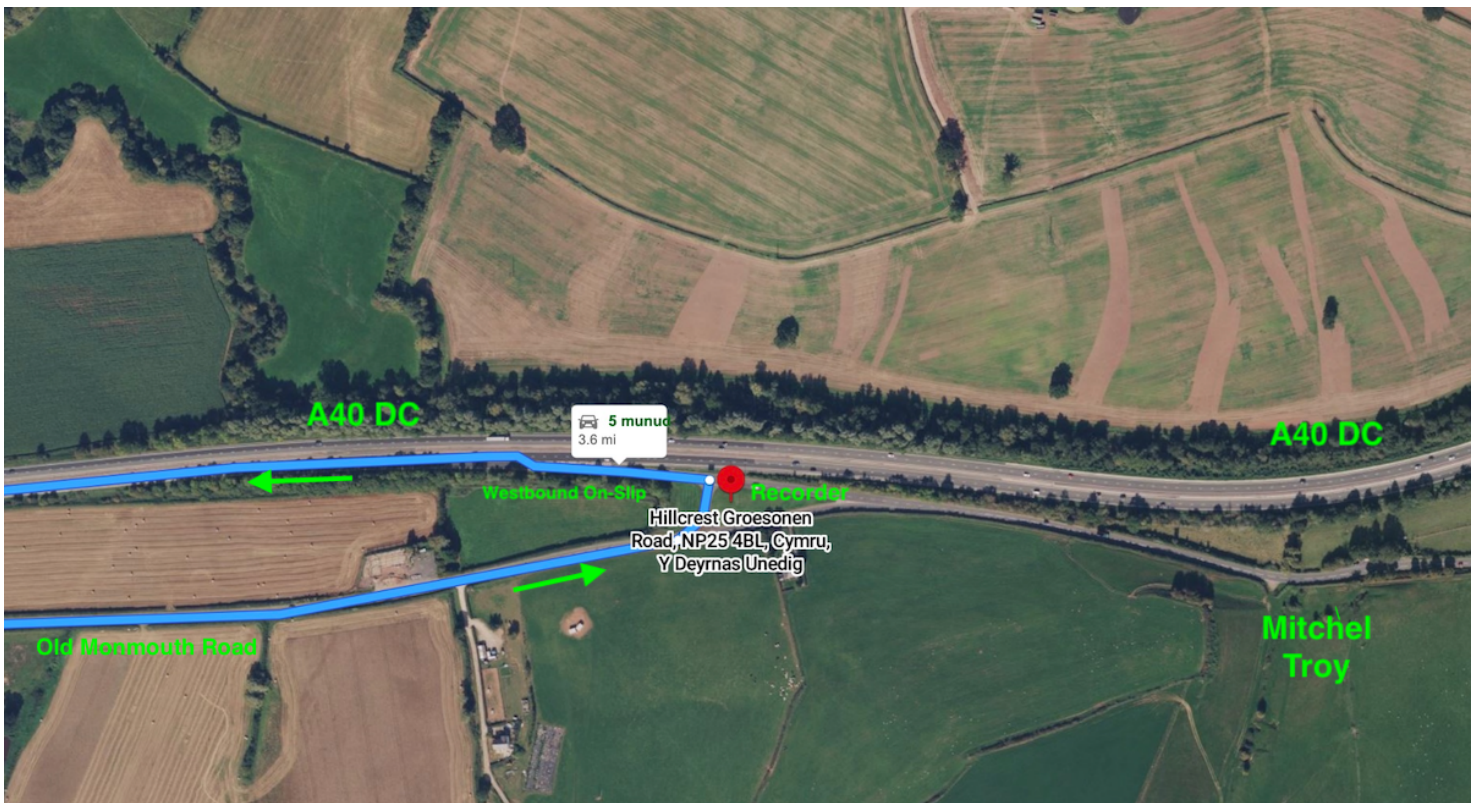
**DO** call your number to the finishing timekeeper or your time may not be recorded.

**DO** keep your head up, be aware of your surroundings, and **HAVE A SAFE RIDE.**

## ***PLEASE BE AWARE OF THE FOLLOWING:-***

Competitors race through the Mitchell Troy turn **TWICE** – half way through each of the two laps.

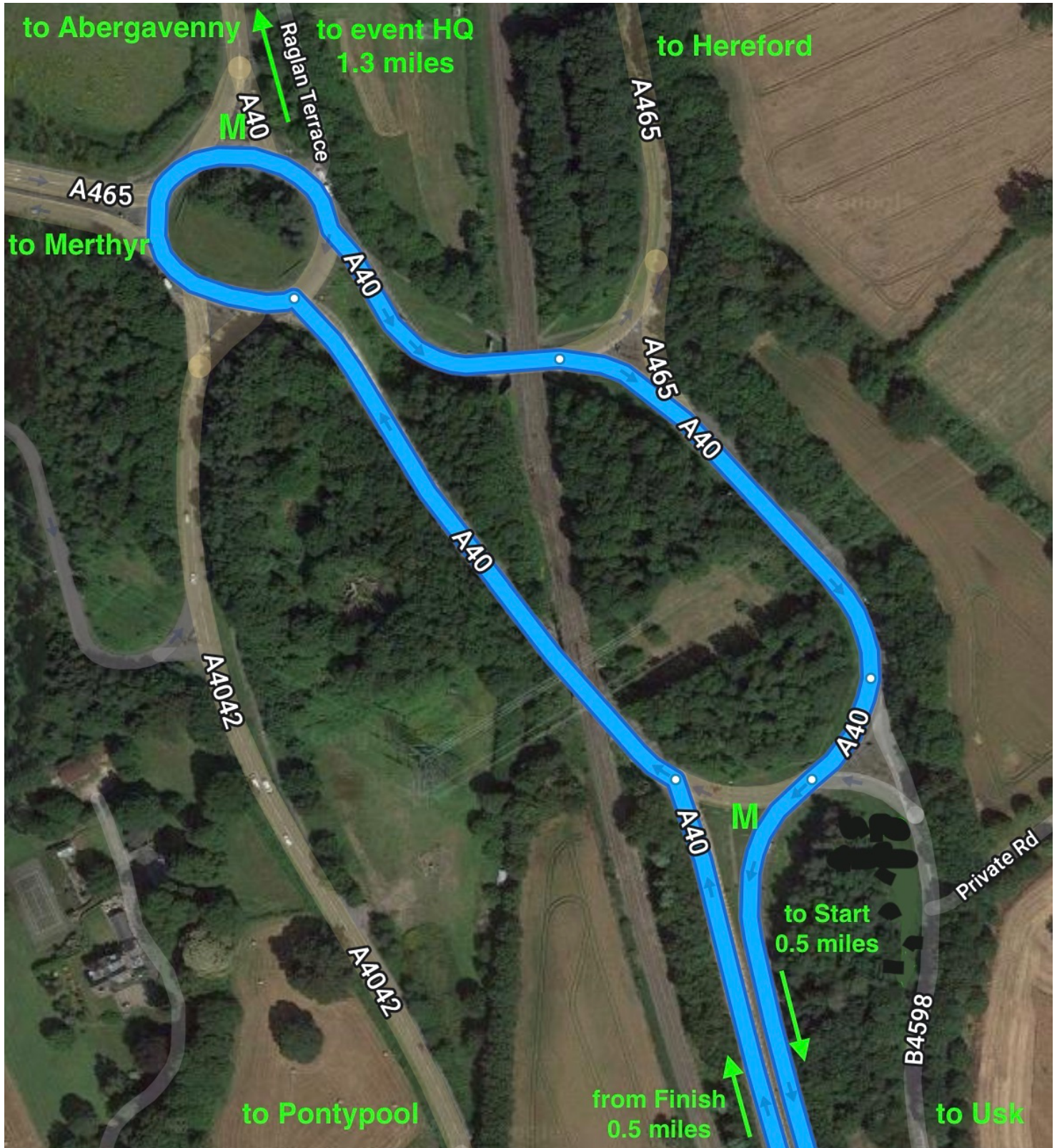
You must **GIVE WAY** at the T junction as you turn hard left onto the A40 westbound on-slip road:-



If you should abandon the race, please advise the organizer at the earliest opportunity: mob. 07873-353207



Competitors race around Hardwick Gyratory only ONCE - between the two laps. There will be plenty of cycle event warning signs, arrows, and marshals at points M:-



If you should abandon the race, please advise the organizer at the earliest opportunity: mob. 07873-353207