

# Welsh CA Championship 12hr

for Time Trial and Road Bikes.



For and on behalf of Cycling Time Trials Under its Rules and Regulations

**Sunday 3<sup>rd</sup> September 2023 Course R12/16 (revised). Start Time 06:00**

## **Chief Marshal:**

Mike Waite Abergavenny RC

## **Assistant Chief Marshal (finishing Circuit):**

Martyn Heritage Owen Bush Healthcare or Ian Smith Welsh CA

## **Timekeepers**

Start Timekeeper: Robin Field Cardiff Byways CC

Chief Timekeeper: Tudor Thomas Bynea CC

Circuit Timekeepers: as listed

## **Pusher Off**

Ian Smith Welsh CA

## **Signage**

Andrew Butcher Cwmcam Paragon RC; Robin Field Cardiff Byways CC

## **Officials, Observers and Marshalls**

[Catalin](#) Patrichi, [Robin](#) Drewett, [Rick](#) Harris, [Paul](#) Stephens, Ross-on-Wye & Dist. (Monmouth tunnels)

Robin Field, Ian Smith, Gareth Hill (Abercynon RC) (Llangeview Turn)

Frazer White Roger Wood (Pontypool RCC) (Hardwick roundabout 4<sup>th</sup> exit to Hereford A465)

Will Bevan (Ross-on-Wye Whs), Phyl Harradine (Welsh CA) (Hereford (Tesco) roundabout)

Gerry McGarr (Gloucester City CC) (Raglan fork)

Mike Waite Abergavenny RC, Andrea Parish Velosistas RT, (Mitchel Troy)

Members of South Wales DC are Observers

## **Dope Control**

IT IS YOUR RESPONSIBILITY TO CHECK. As soon as you finish you should return to HQ and check if you are required for Doping Control. If you finish early, you will still have to check at the end of the event.

## **Headquarters**

**Raglan Football Club Pavilion, Station Road, Raglan NP15 2ER**

## **Event Secretary:**

Robin Field, 89 Velindre Road, Whitchurch, Cardiff. CF14 2TG

Mobile Number on the day 07753 603098

**To whom any complaints must be made in writing within 72 hours of the event completion.**

# The Headquarters will be open from 5:00am until 8:00am, then from 4:00pm – until end of event.

## Origin of the Welsh Cycling Association

At one time individual clubs in South Wales, such as Acme Wheelers and Glamorgan Road Club promoted Open 12 Hour events: this was in the late 1920's. By the early 1930's no club felt it had the resources to run it alone so the South Wales Cycling Association was formed with the chief purpose of promoting this. The name changed to the Welsh Cycling Association to more reflect the participation from North Wales based clubs. The Welsh Cycling Association is now the controlling body for all Welsh Championship Time Trials promoted under Cycling Time Trials regulations.

Time trialling has changed enormously since those early days but the basic concept is still the same. The requirement and goodwill of having helpers and supporters to run events is as important today as it has ever been. The Welsh CA has been promoting the 12Hr for over 90 years. With your continued support we will soon make it one hundred years!

### Awards – 2023

Men's Champion	WCA Championship Cap. Temple Trophy (for one year) Welsh Championship Medallion
2 <sup>nd</sup> and 3 <sup>rd</sup>	Welsh Championship Medallions
Fastest rider from a non Welsh CA club See note below	Reub Giles Cup (for one year) Welsh Championship Medallion
<b>Team Champions</b> (three riders)	Welsh Championship Team Shield (for one year) Welsh Championship Medallions
Women's Champion	WCA Championship Cap. Welsh Championship Trophy (for one year)
Greatest distance covered by a novice/comeback	Welsh 12 Hr Novice Cup (for one year) Welsh Championship Medallion
Greatest improvement on Last Three Seasons	Welsh Championship Medallion
Fastest Vet on Std	Welsh Championship Medallion
2 <sup>nd</sup> and 3 <sup>rd</sup> Vet on Std.	Welsh Championship Medallion
Joint Mersey 24 / Welsh 12 ride Aggregate mileage	Marcher Trophy (for one year) Welsh Championship Medallion
Fastest rider in the Road Bike Category	Welsh Championship Medallion

PLEASE NOTE – THIS IS NOT ONE RIDER ONE PRIZE –IF YOU ARE GOOD ENOUGH TO WIN IT YOU GET IT!

## Welsh Championships are always open to all

The riders - and team - recording the greatest mileage/s are the Welsh 12 Hour Champions

The **Reub Giles Cup** will be awarded to the rider from a non Welsh CA club recording the greatest mileage. If the Championship is won by a rider from a non Welsh CA club, the Reub

Giles Cup will be awarded to the Welsh CA rider recording the greatest distance

**Novice/comeback awards** are open to those riders who have not completed a 12 hour event in the last three seasons

## Current Welsh Competition Records

Men, solo	2021	Anthony Jones	VMCC powered by Y Beic	305.84
Team	2019	Pembrokeshire Velo	Dan Colman Chad Scallan Paul Colman	808.46
Ladies, solo	2022	Christina MacKenzie	Stirling BC	262.22

## Rider Safety & Notes to Helpers

**Riders & Helpers should read this section with particular care**

Obey all traffic regulations – the police monitor compliance at various points during the event – please do not put the future of the 12 at risk with irresponsible riding

- 1 **Traffic lights on A465:** the traffic lights on Llangula Bridge (at approx. 60 & 82 miles) can detect a cycle and change for it. There are police video cameras monitoring these lights SO DON'T JUMP THEM!. There are 'temporary ' (i.e. 12+ months) lights just beyond, covering a house damaged by a lorry: please obey them!
- 2 **Helmets:** all competitors must wear a properly affixed helmet of a hard/soft shell construction of a recognised standard.
- 3 **Lights:** all competitors must use i) a rear red light steady or flashing, ii) a front white light steady or flashing, both of which must be fitted to the machine, switched on and working at the start (CTT Reg 14 (I & j) Everyone participating in the event is also advised to wear high-visibility clothing – including helpers.
- 4 **Numbers & signing on and off:** pick up your number at HQ when you sign on. Spare numbers are available for early morning warm up jackets if conditions are cool or to go with a change of clothing. Numbers will be given after you have signed on and **handed in your car registration form**. Any extra safety information will be given as you sign on. **YOU MUST SIGN OFF AT THE END OF THE EVENT FAILURE TO DO SAY MAY RESULT IN A DNF AGAINST YOU**. Please **shout your number** at the Monmouth garage (tunnels), Llangeview turn on A472 (Chepstow 14), Hereford (Tesco r/a) and Hardwick gyratory checking points and when passing each of the timekeepers on the finishing circuit. With poor light, flapping numbers, 'Nopin'z' type cloudy pockets etc, it can be difficult to identify individual riders so please help.
- 5 **Regulations:** you have all signed an agreement with CTT stating that you are familiar with the Regulations. Riders and helpers must work within these Regulations. Please make sure your helpers also read these instructions. The future running of the event relies on appropriate behaviour from riders and helpers. Please be especially aware of **Regulation 19 'competitors must not wear head/earphones associated with audio equipment'**
- 6 **Course signage:** the course will be signed and marshalled as far as possible but not all turns will have marshals and some will not have them throughout the day. Please make sure you understand the route. Hardwick roundabout is the first you come to – it is big. First time is straightforward, take the first exit, it will be signed. The next time you get here go round the system until you are directed to Hereford (4<sup>th</sup> exit). All riders will go to Hereford and then once you get back to Hardwick you go onto the Mid Day circuit. When the first rider on the road has completed **five** Mid-Day circuits\* \*\* everyone will then head to the start of the Finishing Circuit. \*The Chief Marshal may reduce the number of circuits in adverse weather conditions. \*\*Riders well ahead of the field may be sent on a 6<sup>th</sup> circuit.
- 7 **This event is subject to Dope Control, it is your responsibility to check whether you are required to attend Dope Control. Early finishers: once you have reached TK1 you will be credited with a finishing distance.** Tell the info desk or a marshal but – best of all – just take a short time-out and then carry on. **Please make sure you notify us if you decide to finish earlier than this (but see the note about Dope Control).**

- 8 **Notes to helpers:** all cars must be registered. Handing in a car registration form does not entitle you to follow your rider around the course. The course is dual carriageway based and there are lots of lay-bys. After the initial Hereford leg, a rider will never be more than 30 minutes away.
- 9 **Helpers must park sensibly: do not use the Hardwick pub car park** – but parking on the bit of the “old road” adjacent to the pub is fine.
- 10 **Navigating your way around the course:** riders who have vehicular support must register. Where practical, please support other riders with water, sponges, mechanical assistance, encouragement, etc.
- 11 **Frequent passing (lay-by hopping):** this is a breach of CTT Regs. **You must not pass your rider more than once every 10 miles and you must not follow your rider (Regulation 22).** Following your rider and lay-by hopping is a nuisance to other riders and road users. Especially after the Hereford leg, we strongly recommend that helpers select a suitable spot on the circuit and wait for their rider to come by. Police will be monitoring the event they have received complaints locally of people having ‘natural breaks’ in clear view of members of the public– please be discreet.
- 12 **Finding feeding places:** the Hereford Road is no problem – plenty of lay-bys. On the A40 between Hardwick Gyratory and Raglan there are 8 lay-bys on both Westbound and eastbound carriageways and three on A449 between Llangeview interchange and Raglan Interchange (north and south) all suitable for feeding. **There is a Neutral Feed for all on the long area on the climb beyond the Raglan Castle turn to Mitchel Troy on the Unclassified road (old A40) which riders do up to five times. Afterwards, this decamps to the Finishing Circuit.**
- 13 **Visibility - All marshals must wear HiViz jackets/gilets if you don't have one, spares are available at HQ. Helpers are advised to wear Hi Viz too.**
- 14 **And finally:** to everyone - be courteous to each other, the marshals and other road-users. Fran and I calculate all finishing distances within 48 hrs to give a provisional distance. The precise final distances will take up to 14 days.

### Some useful information

1. **Mobile Phone Reception.** Although improved can still be patchy along the A40.
2. **Toilets.** There are facilities at HQ first thing and later in the day. There are toilets in the Services on A40 between Raglan and Monmouth tunnels which are open 24hrs (all on the Early Morning Circuit).
3. **Fuel.** The centre of Abergavenny, The Services on A40 north of Raglan Interchange and the Monmouth garage beyond the Monmouth tunnels are all 24hrs.
4. **Parking** is available at the Headquarters. **Competitors please do not park in the coned off Officials area. Overnight parking (no facilities) is permitted at HQ for a small fee.**
5. **Note to Helpers** There are 8 laybys both westbound and eastbound on A40 dual carriageway between Hardwick roundabout and Raglan roundabout. There are no intersections. You will see your rider every 25.7 miles. **Do not cross the central reservation barriers or your rider will be disqualified.** Please remember that Gwent Constabulary will be monitoring your conduct during this event.
6. **HQ Opening Times** – The HQ will be open from 5:00 am to 7:30 am, The HQ will re-open at approx. 4:00 pm

**There will be Tea/Coffee at HQ before the Start - help yourself!**

**There is a Neutral Feed Station** on the Mid Day circuit on the left fork on the gradual climb on the unclassified road (old A40) to Mitchel Troy (beyond Raglan Castle turn). Thanks to Gareth Hill, and members of Abercynon RC and anyone else who wishes to help out.

**Watch out for the Melon Man later on!**

Riders without helpers can leave LABELLED bottles etc. at HQ before the Start, these will be collected by the Neutral Feed team which will be manned for the mid-day circuits. You'll have to stop to pick up. Riders - do your bit to keep Wales tidy!

**Please do not drop bags & wrappers on the course.**

**Approximate First Rider times (06:01 start):-**

**Monmouth Tunnels 06:45**

**Usk (Llangeview Interchange) 07:25**

**Hardwick r/a (4<sup>th</sup> exit A465 to Hereford) 08:00**

**Hereford (Tesco r/a) 08:50**

**Hardwick r/a (Mid-day Circuit Start) 09:50**

**Finishing Circuit Opens (no earlier than) 15:10**

<b>R12.16 Course (revised 2022)</b>	<b>Inter Miles</b>	<b>Tot. Miles</b>
Start on unclassified road signposted 'Clytha' (old A40 Raglan - Abergavenny road) at yellow mark on drain cover by Light Standard on flare at western side of entrance to Monmouthshire Livestock Market (O.S. 161 384087)	0.000	0.000
Proceed westwards on unclassified road (joining B4598 at Steel Horse Cafe) and continue to Hardwick roundabout to <b>take 1st exit TO START MORNING CIRCUIT</b>	6.155	6.155
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	13.714
<b>Straight on</b> to continue on A40 Sign "no U-turn, Clearway" after RAB	0.085	13.799
to Raglan interchange where bear left to Monmouth still on A40 Post 22/8 after services end of slip road	2.183	15.981
to Monmouth Tunnels where after tunnels bear left onto road signed for Trellech and Rockfield to mini roundabout at Esso Petrol Station ( <b>Give Way sign</b> ) (check)	4.852	20.834

Turn left <b>WITH GREAT CARE</b> and follow B4239 and unclassified road through Mitchel Troy to re-join A40 Dual-carriageway (blue sign "no U-turns, Clearway)	2.545	23.379
Join A40 westbound	0.213	23.592
Proceed past Raglan Services to go <b>STRAIGHT ON</b> , at Raglan Interchange (sign Usk) as road becomes A449. Post 21/0	3.411	27.003
<b>Turn left</b> at Llangeview Interchange (signpost <b>Usk</b> ) on A472	5.254	32.257
<b>TURN at break in dual carriageway</b> (signpost B4236 'Chepstow 14') to remain on A472 (check)	0.505	32.761
Proceed to take left hand lane at Llangeview Interchange to re-join north bound A449	0.387	33.148
continue on A449 to <b>bear left</b> at Raglan interchange	4.398	37.547
Join A40 to Raglan roundabout	1.186	38.732
Take 3rd exit (straight on) on A40 to Hardwick roundabout	7.629	46.361
Encircle roundabout taking <b>4th exit</b> A465 (Hereford)	0.300	46.661
proceed on A465 to Hereford ( <i>traffic lights at Llangua bridge - see notes re riders safety</i> ) via Pontrilas (Sign Hereford 12)	12.234	58.895
to roundabout at Kingfisher Rise Estate (Tesco) (check)	9.736	68.631
<b>Encircle rbt</b> and retrace on A465 via Pontrilas (sign "Abergavenny 12")	9.970	78.601
Continue, to <b>Hardwick rbt</b> , Abergavenny <b>TO FINISH MORNING CIRCUIT</b>	12.181	90.782
Take <b>2nd exit</b> <b>TO START FIRST MID DAY CIRCUIT</b> (check)	0.198	90.980
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	98.539
Take 2nd exit (straight on) along A40 dual carriageway going eastwards (passing Raglan Castle turn) and <b>take LEFT fork</b> on unclassified road towards Mitchel Troy (signpost Monmouth) ( <b>neutral feed here</b> )	0.646	99.185
Continue on unclassified road (old A40) via Dingestow to <b>TURN left</b> and <b>IMMEDIATELY left</b> (with care) to enter A40 on-slip (check)	4.335	103.520
Proceed westwards (to pass Services,) <b>turn left (Abergavenny)</b> (where A40 leaves A449) at Raglan Interchange	3.800	107.320
Continue on A40 to Raglan roundabout	1.323	108.643
Take 3rd exit (straight on) on A40 dual carriageway and proceed westwards to enter Hardwick roundabout (Abergavenny)	7.629	116.272
Encircle roundabout taking 6th exit <b>TO START SECOND MID DAY CIRCUIT</b> .	0.498	116.770
Repeat. <b>TO START THIRD MID DAY CIRCUIT</b> .	25.790	142.560
Repeat <b>TO START FOURTH MID DAY CIRCUIT</b> .	25.790	168.350
Repeat <b>TO START FIFTH MID DAY CIRCUIT*</b>	25.790	194.140
Repeat <b>TO FINISH FIFTH MID DAY CIRCUIT**</b>	25.790	219.930
<b>When the first rider completes the fifth circuit*/** proceed along A40 to Raglan roundabout; take FIRST EXIT (CARE) signed Clytha (to start finishing circuit at TK1)</b>	7.559	227.489
T/K1 access bridge to Cefn Coch Farm	0.362	227.851
T/K2, Monmouthshire Livestock Market	1.279	229.160
T/K3, Bus Shelter opposite turning to Llanarth	2.087	231.217
T/K4, layby past King of Prussia Inn (closed)	1.656	232.873
T/K5, layby past Farmhouse 3 Tyr-Pwll sign, near Hardwick Inn	1.502	234.375
T/K6 mark on kerb at Hardwick rbt to take 1st exit onto A40 eastbound	1.033	235.408
T/K7, 2nd layby on dual carriageway	0.974	236.382
T/K8, 3rd layby on dual carriageway	1.601	237.983

T/K9, 4th layby on dual carriageway	1.916	239.899
T/K10, 7th layby on dual carriageway	1.733	241.632
At Raglan r/a turn left (CARE) on unclassified road	1.340	242.972
To T/K1 access bridge to Cefn Coch Farm (to complete 1 <sup>st</sup> lap)	0.362	243.334
Repeat to T/K1 to complete 2nd lap of Finishing Circuit	15.484	258.818
Repeat to T/K1 to complete 3rd lap of Finishing Circuit	15.484	274.302
Repeat to T/K1 to complete 4th lap of Finishing Circuit	15.484	289.786
Repeat to T/K1 to complete 5th lap of Finishing Circuit	15.484	305.270
Repeat to T/K1 to complete 6th lap of Finishing Circuit	15.484	320.754
Repeat to T/K1 to complete 7th lap of Finishing Circuit	15.484	336.238
Repeat to T/K1 to complete 8th lap of Finishing Circuit	15.484	351.722

**\*The Chief Marshal may reduce the number of circuits in adverse weather conditions.**

**\*\*Riders well ahead of the field may be sent on a 6<sup>th</sup> circuit by the Chief Marshal.**

## Setting up watches

**Timekeepers, please meet Robin Field at TK3 (Green Bus Shelter near Llanarth) at 14:00 to check watches and collect timekeeper boards prepared by Robin & Frances Field.**

Please bring your Timekeeper Stake back with you to HQ afterwards

## Marshalling Positions 2023

**Marshals please bring your own Hi Viz jacket**

Any other offers of help would be very much appreciated - volunteers are always welcome

If anyone is unable to do what is set out below, could they please let Robin Field know on 07753 603098

<b>At Headquarters</b>	Numbers, Car Registration Forms	Frances Field
<b>Course Signing</b>	Warning & route signs –	Andrew Butcher Cwmcam Paragon RC, Robin Field Cardiff Byways CC
	Hereford rbt & Belmont	Will Bevan Ross on Wye CC, Phyl Harradine Welsh CA,
<b>At Start</b>	Starting Timekeeper Pusher off	Robin Field Cardiff Byways RC Ian Smith Welsh CA

Marshalling Pt	Instructions	Marshals
<b>Hardwick rbt</b> 6.1 miles eta 06:15	Take first exit on A40	arrow
<b>A40 Raglan Roundabout</b> 13.7 miles	Second exit (straight on)	Signs + anyone available!
<b>Raglan Interchange A40 Northbound</b> 15.9 miles	Take on slip to remain on A40 to Monmouth tunnels	Arrows
<b>Raglan Services northbound</b>	Stay on A40	-----
<b>Monmouth Tunnels</b>	Take slip road exit immediately after tunnels	Arrow
<b>Monmouth Service station</b> 20.8 miles eta 06:45	Take first exit at mini roundabout WITH GREAT CARE onto B4293 signed Trelleck (check)	Paul Stephens + Ross-on-Wye CC team



<b>Mitchel Troy (sign)</b>	Straight on as B4293 becomes unclassified through Mitchel Troy	Arrow
<b>Mitchel Troy (Village)</b>	Pedestrian crossing (Light controlled)	Observers tba
<b>Joining A40 Southbound 23.5 miles</b>	Join A40 dual carriageway	Arrow
<b>Raglan Services southbound</b>	Stay on A40	-----
<b>Raglan Interchange 27 miles</b>	STRAIGHT ON as road becomes A449	Arrow
<b>Llangeview Interchange 32.2 miles</b>	Take Exit to Usk (Brynbuga)	Arrow
<b>Llangeview Interchange A472/ B4235 'Chepstow 14' eta 07:25</b>	TURN RIGHT and RIGHT AGAIN around break in carriageway to enter A449 on-slip (check)	Gareth Hill, Ian Smith, Robin Field
<b>Raglan Interchange A449 Northbound 37.5 miles</b>	Take first exit to enter A40 westbound	Arrow
<b>Raglan Roundabout westbound</b>	Take 3 <sup>rd</sup> exit (straight on)	Members of Cwmcarn Paragon RC & Pontypool RCC
<b>Hardwick roundabout A465 turn 46.6 miles eta 08:10</b>	Take 4 <sup>th</sup> exit to Hereford. <b>Turn signs around after last rider.</b>	Roger Wood and Nigel Gaen Pontypool RCC
<b>Traffic Lights Llangua Bridge 58 &amp; 78 miles eta 08:40 &amp; 09:20</b>	to Hereford & back	South Wales DC Observers
<b>Hereford rbt 68.6 miles eta 09:00</b>	See riders round the roundabout & return them to Abergavenny. (check)	Will Bevan Ross on Wye CC, Andy and Valerie Hurrell Hereford Whs, Phyl Harradine Welsh CA
<b>Hardwick rbt 90.7 miles eta 9:50</b>	<b>Start of Middle Day Circuit (Check)</b> Riders returning from Hereford, to take 2 <sup>nd</sup> exit onto A40 towards Raglan	09:50 to close Robin Field Frances Field, Phyl Harradine + others
<b>Raglan Roundabout eastbound</b>	Take 2nd exit (straight on)	Members of Cwmcarn Paragon RC + Pontypool RCC
<b>Raglan Fork (onto unclassified road old A40) 98 miles eta 10:10</b>	<b>Middle Day Circuit</b>	Arrow
<b>Mitchel Troy (103 miles) eta 10:20</b>	<b>Middle Day Circuit (Check)</b>	Mike Waite Abergavenny RC Andrea Parish Velosistas CC
<b>Raglan Interchange 107 miles</b>	Turn Left to stay on A40 (Abergavenny)	Arrow
<b>Raglan Roundabout westbound (108.3 miles)</b>	Take 3 <sup>rd</sup> exit (straight on)	Members of Cwmcarn Paragon RC + Pontypool RCC
<b>Hardwick r/a 116.2 miles</b>	Take 6 <sup>th</sup> Exit to A40 Raglan (check)	Arrows
<b>Raglan Roundabout eastbound</b>	Take 1st exit (with care) <b>To start finish circuit at TK1</b>	Members of Cwmcarn Paragon RC + Pontypool RCC
<b>Circuit time checks &amp; Information desk</b>	Rider's times noted each time they pass through here. Information available. Phone no: 07753 603098 (Robin) or 07758 734563 (Fran)	Robin Field + others to provide relief as needed

## On the Finishing Circuit

Timekeepers' positions will be clearly marked throughout the event.

		<b>Inter</b>	<b>Miles</b>
Timekeeper 1 Recorder	Tudor Thomas Bynea CC		
	Start finishing circuit at 3 <sup>rd</sup> kerb joint in flare to access bridge to Cefn Coch Farm (marked on OS map) 3 yards east of fire hydrant cover, 0.3 miles west of Raglan rbt on old A40, signposted "Clytha"	0.000	0.000
Timekeeper 2 Recorder	Stephen Landeg, Ogmore Valley Whs.		
	At western side of entrance to Monmouthshire Livestock Market	1.279	1.279
Timekeeper 3 Recorder	Alf Williams Port Talbot Whs		
	At eastern end of drain cover, 5 yards east of Green Bus Shelter, approx 15 yards west of junction (on right) to Llanarth.	2.087	3.367



Timekeeper 4 Recorder	Not currently Manned		
	At eastern end of drain cover at eastern end of Bus Stop layby 20 yards west of King of Prussia pub.	1.656	5.023
Timekeeper 5 Recorder	Not currently Manned		
	At eastern end of drain cover at eastern end of Bus Stop layby on crest of rise, 40 yards beyond house sign "3 Tyr Pwl" and approximately 200 yards east of Hardwick PH on right.	1.502	6.524
Timekeeper 6 Recorder	Robin Field Cardiff Byways CC Phyl Harradine Welsh CA Frances Field Cardiff Byways CC		
	At mark on kerb at Hardwick roundabout.	1.033	7.557
Timekeeper 7 Recorder	Not currently Manned		
	At western end of 2 <sup>nd</sup> layby at white post marked 12/3	0.974	8.531
Timekeeper 8 Recorder	Not Manned		
	At western end of 3 <sup>rd</sup> layby at 1 <sup>st</sup> gully grate, approximately 35 yards east of overhead power cables.	1.601	10.132
Timekeeper 9 Recorder	Andy Grist Bynea CC Sarah Jayne Grist, Bynea CC		
	At 4 <sup>th</sup> layby at post marked 6/6, 1 yard east of 5 <sup>th</sup> drain cover	1.916	12.048
Timekeeper 10 Recorder	Not currently Manned		
	At western end of 7 <sup>th</sup> layby at white post marked 3/8	1.733	13.781
	Complete finishing circuit at <b>Timekeeper 1</b>	1.703	15.484

**Results will be calculated within 2 hours of the last rider (if my brain is still functioning!)**

**Andrew Butcher and, + Helpers** will take down remaining signs.

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### **DIRECTIONS TO HQ (NP15 2ER for Sat Nav)**

#### **From South and East M4 Junction 24**

Follow A449 to 2<sup>nd</sup> exit (Raglan) take exit towards Raglan village. In approx ½ mile turn LEFT on Station Road (signpost Golf Course) continue 500 yds and it's on the right.

#### **From Midlands and North M5/M50**

Follow A40 via Monmouth (Tunnels) take 1<sup>st</sup> exit signposted Abergavenny (remaining on A40) to take exit into Raglan village. In approx ½ mile turn LEFT on Station Road (signpost Golf Course) continue 500 yds and it's on the right.

#### **From West**

Continue to Hardwick Roundabout; take A40 Dual Carriageway to Raglan roundabout to take 3<sup>rd</sup> exit to Raglan village. Continue to pass shops and pubs and Raglan church (on the right) to take next right on Station Road (signposted Golf Course) continue 500 yds and it's on the right.

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#### **Route to Start from HQ.**

Turn Left from pavilion along Station Road to T junction; turn left through Raglan village to roundabout. Take 2<sup>nd</sup> exit (sign Clytha) on unclassified road for 1.6 miles Start point is mark on drain cover on western flare outside Monmouthshire Livestock Centre. (Finish Circuit T/K2)

**N=Novice; C = Comeback (no distance recorded in Last Three Seasons (LTS))**  
**Riders with a mileage in Mersey 24hr this season are eligible for the Marcher Cup.**

No.	start time	Mach ne RB/TT	firstname	lastname	club	gender	category	age_on_ day	12Hr LTS	Merse y 24 hr (2023)
1	06:01	RB	Brian	Hygate	Fareham Wheelers CC	Male	Veteran	85	C	
2	06:02	RB	Andrew	Dade	Bristol Road Club	Male	Veteran	69	169.0	
3	06:03	TT	Anita	Turner	Eastbourne Rovers CC	Female	Veteran	53	N	
4	06:04	RB	Christopher	Finn	Monmouthshire Wheelers	Male	Veteran	60	212	
5	06:05	RB	Brian	Kilgannon	Royal Navy & Royal Marines CA	Male	Veteran	70	C	
6	06:06	RB	Mike	Hall	Port Talbot Whs CC	Male	Veteran	54	238	
7	06:07	TT	Paul	Colman	Port Talbot Whs CC	Male	Veteran	62	C	
8	06:08	RB	Diccon	Hill	Cardiff 100 Miles RCC	Male	Veteran	51	200	
9	06:09	TT	Simon	Kinsey	Virtual Cycling Club	Male	Veteran	53	C	
10	06:10	TT	Stuart	Edwards	Royal Navy & Royal Marines CA	Male	Veteran	59	C	
11	06:11	TT	Mark	Bradley	Bristol South Cycling Club	Male	Veteran	58	C	
12	06:12	TT	Neil	Taylor	Wigan Whs CC	Male	Veteran	43	C	
13	06:13	TT	Anthony	Green	Penzance Wheelers CC	Male	Senior	39	C	
14	06:14	TT	Matt	Seward	Thanet RC	Male	Senior	35	C	
15	06:15	TT	Philip	Wilkinson	Rockingham Forest Wheelers	Male	Veteran	50	239.9	
16	06:16	TT	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran	71	215.8	
17	06:17	TT	Tommy	Barlow	Clevedon & District Road Club	Male	Veteran	61	258.5	
18	06:18	TT	Paul	Winchcombe	Chippenham & District Wheelers	Male	Veteran	63	253.3	
19	06:19	TT	Adam	Rogers	Eastbourne Rovers CC	Male	Veteran	48	261.2	<b>418.55</b>
20	06:20	TT	Christian	Geldard	North Hampshire RC	Male	Veteran	48	255.8	<b>478.69</b>
21	06:21	TT	Gareth	Jones	Clevedon & District Road Club	Male	Veteran	53	262.2	<b>442.57</b>
22	06:22	TT	Bob	Richards	Royal Navy & Royal Marines CA	Male	Veteran	66	212.2	
23	06:23	TT	Adam	Taylor	Wigan Whs CC	Male	Senior	37	270.6	
24	06:24	TT	Hollie	Labunsky	Port Talbot Whs CC	Female	Senior	37	225.7	<b>365.16</b>
25	06:25	TT	Pat	Wright	Paceline RT	Male	Senior	38	N	
26	06:26	TT	Roxy	Woodfield	Ludlow Brewery Race Team	Female	Senior	32	N	
27	06:27	TT	Andy	Critchlow	Paceline RT	Male	Veteran	49	N	
28	06:28	TT	Tom	Thornely	FTP ( Fulfil The Potential ) Race Team	Male	Veteran	41	307.3	
30	06:30	TT	Alexander	Royle	Manchester Bicycle Club	Male	Senior	30	265.9	
32	06:32	TT	Lee	Williams	FTP ( Fulfil The Potential ) Race Team	Male	Senior	38	301.1	

No.	start time	Machi ne RB/TT	firstname	lastname	club	gender	category	age_on_ day	12Hr LTS	Merse y 24 hr (2023)
34	06:34	TT	Anthony	Jones	VMCC powered by Y Beic	Male	Veteran	50	305.8	
36	06:36	TT	Henrik	Persson	FTP ( Fulfil The Potential ) Race Team	Male	Veteran	40	303.1	
38	06:38	TT	Christopher	Gibbard	Bynea Cycling Club	Male	Veteran	41	304.3	
40	06:40	TT	Tim	McEvoy	FTP ( Fulfil The Potential ) Race Team	Male	Veteran	45	313.9	
				N = NOVICE	C= COMEBACK					

**DUE TO A SUPPLY ISSUE THE SHOWERS ARE CURRENTLY NOT OPERATIONAL**