

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

THE WEST WALES CYCLISTS' LEAGUE



PRESENT AN OPEN 100-MILE TIME-TRIAL

On Sunday, June 17th, 2018 starting at 08.05hrs on the R100/1 Course

EVENT HEADQUARTERS – LLANWRDA VILLAGE HALL, SA19 8HD.

START TIMEKEEPER – ALF WILLIAMS (PORT TALBOT WHS)

FINISH TIMEKEEPER – ROBIN FIELD (CARDIFF BYWAYS)

WEST WALES 100 AWARDS LIST

Fastest Rider	£60	Fastest Lady Rider	£30
2 nd Fastest Rider	£40	2 nd Fastest Lady Rider	£20
3 rd Fastest Rider	£20	3 rd Fastest Lady Rider	£10
Fastest Vet On Std	£20	Fastest Lady Vet on Std	£20
Fastest Juvenile	£10	Fastest Team of 3 Riders	£60

N.B. NOT ONE RIDER ONE PRIZE – IF YOU WIN IT YOU GET IT!

Welcome to the 2018 West Wales '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.

The CTT, the South Wales Police and the event organiser all strongly recommend the use of Snell/ANSI helmets.

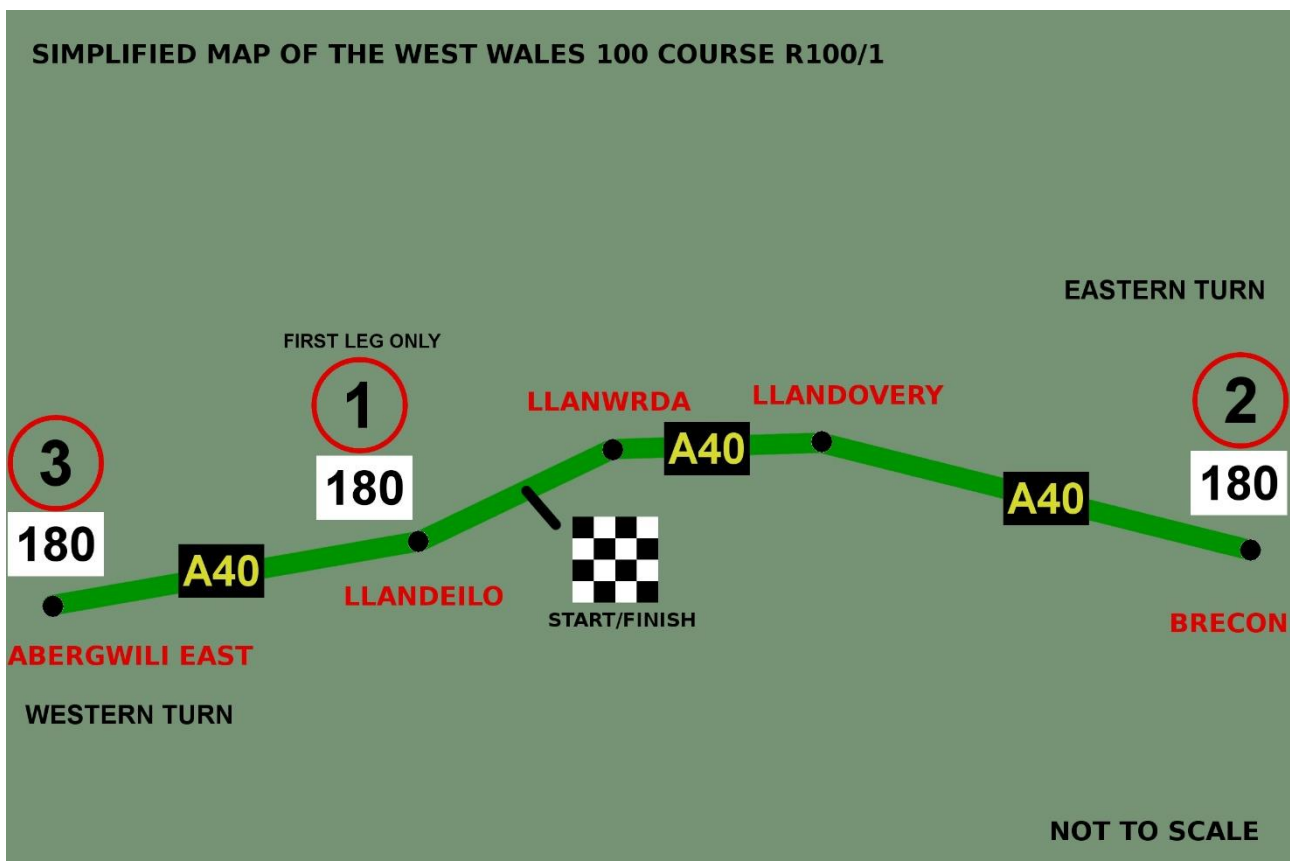
Event Secretary: Alf Williams, 25 Tanygroes Street, Port Talbot, SA13 1EL – Mobile: 07767 442717

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No.	NAME	CLUB / TEAM	CAT	VET/STD	START
5	REBECCA BENNETT	CYCLE SPECIFIC	L		08:05
6	NIGEL WILLIAMS	OGMORE VALLEY WHS	V52	4.58:43	08:06
7	EMMA WHEELER	CYCLE SPECIFIC	LV50	5.20:20	08:07
8	MICHELLE FISHBOURNE	TEAM BACKSTEDT BIKE PERFORMANCE	LV51	5.21:29	08:08
9	FENELLA BROWN	WARWICKSHIRE RC	LV49	5.19.12	08:09
10	DICCON HILL	CARDIFF 100 MILES RCC	V46	4.52:32	08:10
11	ERIC REES	SARN HELEN CLUB	V46	4.52:32	08:11
12	RICKI MORGAN	TEAM NBCC			08:12
13	DYLAN MORRIS	CYCLE SPECIFIC	V45	4.51:31	08:13
14	HUW MORGAN	NARBERTH DYNAMOS CC	V52	4.58:43	08:14
15	LUKE CORNISH	CWMCARN PARAGON RC			08:15
16	REBECCA RICHARDSON	HAFREN CC			08:16
17	JASON MORGAN	BYNEA CC	V50	4.56:36	08:17
18	MIKE SLACK	TEAM NBCC			08:18
19	OWAIN ROBERTS	PORT TALBOT WHS CC			08:19
20	JAMES ELGAR	N.E.W.T.			08:20
21	MICHAEL TARLING	WEST WALES CRT	V42	4.48:22	08:21
22	RICHARD ELGAR	N.E.W.T.			08:22
23	MATT BLUE	TOWY RACING CC (TRCC)	V43	4.49:26	08:23
24	STEPHEN EVANS	BYNEA CC			08:24
25	GRAHAM KEMP	TEAM BOTTRILL / VANGUARD			08:25
26	ANDREW REES	NARBERTH DYNAMOS CC	V53	4.59.49	08:26
27	ROBERT JONES	CARDIFF 100 MILES RCC	V66	5.19:33	08:27
28	DANIELLE FLAWN	CYCLE SPECIFIC	L		08:28
29	PHILLIP TURNER	BYNEA CC	V50	4.56:36	08:29
30	EARL SMITH	ROYAL DEAN FOREST CC	V48	4.54:33	08:30
31	DORIAN REES	SARN HELEN CLUB	V42	4.48:22	08:31
32	LEE DEXTER	ZOOM TRI CLUB			08:32
33	CHRIS FISHBOURNE	TEAM BACKSTEDT BIKE PERFORMANCE	V44	4.50:29	08:33
34	LAWRENCE CRONK	TEAM CRANC			08:34
35	CHRIS GIBBARD	BYNEA CC			08:35
36	JOSHUA TARLING	WEST WALES CRT	Juv		08:36
37	DAN FARMER	TEAM CRANC			08:37
38	ANDREW CURLEY	WARWICKSHIRE RC	V54	5.00:57	08:38
39	STEPHEN TAYLOR	TEAM NBCC	V52	4.58:43	08:39
40	DAVID BUCKNALL	ROYAL DEAN FOREST CC	V44	4.50:29	08:40
41	RICHARD COOMER	PEMBROKESHIRE VELO	V40	4.46:07	08:41
42	ANDY HUNT	YSTWYTH CC	V40	4.46:07	08:42
43	NICK SEXTON	ISLINGTON CC			08:43
44	GRAHAM BROOKHOUSE	WORCESTER TRI CLUB	V55	5.02:08	08:44
45	JOE BEECH	OGMORE VALLEY WHS			08:45

COURSE DESCRIPTION AND NOTES TO COMPETITORS

R100/1 (Rev) - START at the southern end of layby on the A40 approx. 1.7 miles south-west of Llanwrda and proceed south along the A40 to the small Llangadog rbt (0.500miles) and continue south-west to the Llandeilo rbt (5.572 miles) where circle rbt and retrace past Llanwrda (12.993 miles) and continue on the A40 through Llandovery, Trecastle and Sennybridge to the Brecon West rbt (37.208 miles) where circle rbt and retrace on the A40 through Sennybridge, Trecastle and Llandovery past Llanwrda to Llandeilo rbt (68.939 miles) where 2nd exit (i.e. right) along the A40 Llandeilo by-pass to Abergwili East rbt (81.643 miles) where circle rbt and retrace along A40 back to Llandeilo rbt (94.550 miles) where 1st main exit (i.e. left) and proceed north-west along the A40 to FINISH at drain cover on LHS of road approx. 30 yards past the start.



The R100/1 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 (debate/discuss) 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 at 03.00hrs. Please especially get to know the initial turn at Llandeilo and then the far turns at Brecon and Abergwili East. Allow enough time to get to the start. It's about two miles so a 12mph plod will take 10 minutes.

The headquarters at Llanwrdda will be open at 07.00hrs but are in a real sleepy, snoozy village so you are kindly asked to keep the noise down and avoid slamming car doors, etc.

NOTES TO RIDERS Continued...

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, then 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.

Dear Deidre,

Q. I've heard that Wales is silly hilly and the course gives me the fear. Will I need a triple chainset?

A. Fear not West Wales virgin. This course is mildly 'sporting' and there are no brutal climbs, just a couple of long drags. Trust me, I'm a race organiser. If you do need to use your inner chainring then you can claim a free Welsh cake from Mandy on the cake stall.

And now the serious bit...

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 its 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 vehicle registration form is included as the last page of this start sheet.



Registration Form for a vehicle to assist with a competitors reasonable feeding and other requirements as provided for in the Regulations.

Title of Event: _____

Date of Event: _____

Name of Competitor: _____

Competitor's Club: _____

Competitor's Number: _____

A motor vehicle, make, model number and colour: _____

Registration Number: _____

Will be used to assist the above named competitor while taking part in the event as described above.

The name(s) of the driver(s) of the vehicle will be as follows:-

Driver(s): _____

NOTE

THE COMPLETION OF THIS FORM DOES NOT PERMIT YOUR HELPERS TO FOLLOW YOU ALONG THE COURSE.

THEY MAY PASS AT INTERVALS OF NOT LESS THAN 10 MILES

Completed forms must be lodged with the Event Secretary not later than the start time of the competitor.