

Welsh CA on behalf of South Wales DC

Present:

RTTC 12 HOUR TIME TRIAL NATIONAL CHAMPIONSHIP

SUNDAY 4th SEPTEMBER 2022

START SHEET



12 HOUR TIME TRIAL

 **KALAS**



Promoted for and behalf of Cycling Time Trials
under its Rules, Regulations and Conditions



2022 RTTC 12 HOUR TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representative will be in attendance



CHAMPIONSHIP AWARDS

Champions Night - 14th January 2023



OVERALL

1st	Gilt RTTC Medallion, Championship Trophy, Jersey & Cap
2nd	Silver RTTC Medallion
3rd	Bronze RTTC Medallion

WOMEN

1st	Gilt RTTC Medallion, Championship Trophy, Jersey & Cap
2nd	Silver RTTC Medallion
3rd	Bronze RTTC Medallion

TEAM CHAMPIONS

(Men & Women)

Gilt RTTC Medallions and Championship Shield

AGE AWARDS

(Men & Women)

age awards to the fastest in each of the following:

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 etc.

RTTC 12hr National Championship

And WCA 12hr for Road Bikes. Plus WCA 12hr for Tandems



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

Sunday 4th September 2022 Course R12/16 (revised). Start Time 06:00

Chief Marshal:

Mike Waite Abergavenny RC

Assistant Chief Marshal (finishing Circuit):

Martyn Heritage-Owen Bush Healthcare

Timekeepers

Start Timekeeper: Robin Field Cardiff Byways CC

Chief Timekeeper: Tudor Thomas Bynea CC

Circuit Timekeepers: as listed

Pusher Off

Ian Smith CC Cardiff

Signage

Andrew Butcher Cwmcaran Paragon RC; Martyn Heritage-Owen Bush Healthcare.

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)

John Shehan Port Talbot Whs Frazer White (Pontypool RCC) (Hardwick roundabout 4th exit to Hereford A465)

Will Bevan (Ross-on-Wye Whs), Phyl Harradine (CC Topp) (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.**

		RTTC National 12 hour Championship		
Number	Start Time	Name	Club / Team	Cat.
5	6:05:00	Ian Gibson	Abercynon Road Club	E
6	6:06:00	Ben McCreath	Drighlington BC	
7	6:07:00	Graham Rogerson	Port Talbot Whs CC	C
8	6:08:00	John Hassall	Bossard Whs	H
9	6:09:00	Nick Wilson	Rye & District Wheelers CC	D
10	6:10:00	Bob Richards	Royal Navy & Royal Marines CA	F
11	6:11:00	Christopher Newby	Bristol CX	C
12	6:12:00	Martin Brown	7Oaks Tri Club	E
13	6:13:00	David Nichol	Ferryhill Whs	G
14	6:14:00	Matt Jones	Port Talbot Whs CC	
15	6:15:00	Stuart Edwards	Royal Navy & Royal Marines CA	D
16	6:16:00	Rob Powell	Abergavenny RC	A
17	6:17:00	John Lowe	Withington Wheelers	C
18	6:18:00	David Greenwood	Rye & District Wheelers CC	D
19	6:19:00	Adam Rogers	Eastbourne Rovers CC	B
20	6:20:00	Adam Whittaker	FTP (Fulfil The Potential) Race Team	
21	6:21:00	Andy Cook	Chippenham & District Wheelers	D
22	6:22:00	Miles Haslam	Buxton CC/Sett Valley Cycles	E
23	6:23:00	Alec Mayes	Ashford Whs	H
24	6:24:00	Alexandra Ligeti	Vanelli-Project GO	Wom
25	6:25:00	Christina MacKenzie	Stirling Bike Club	Wom B
26	6:26:00	Paul Blamire	Amersham Road Cycling Club	B
27	6:27:00	Anita Turner	Eastbourne Rovers CC	Wom C
28	6:28:00	Roger Squire	Fibrax Wrexham RC	C
29	6:29:00	Hollie Labunsky	Port Talbot Whs CC	Wom
30	6:30:00	Andrew Whiteside	Springfield Financial Racing Team	B
31	6:31:00	Michelle Lindley	CC Weymouth	Wom B
32	6:32:00	Mike Hall	Port Talbot Whs CC	C
33	6:33:00	Robert Jones	Cardiff 100 Miles RCC	G
34	6:34:00	Simon Adcock	Team Echelon	B
35	6:35:00	Marcel Schubert	Darlington Cycling Club	A
36	6:36:00	Andrew Askwith	Vive Le Velo	D
37	6:37:00	Tom Thornely	Buxton CC/Sett Valley Cycles	A
38	6:38:00	Pip Jenkins	1904RT	Wom
39	6:39:00	Andrew Rivett	Velo Club St Raphael	C
40	6:40:00	Henrik Persson	FTP (Fulfil The Potential) Race Team	
41	6:41:00	Amanda Lane	North Dock Dredgers Tri	Wom A
42	6:42:00	Roger Sheridan	North Devon Velo	E
43	6:43:00	Gareth Jones	Clevedon & District Road Club	C
44	6:44:00	Mike Skidmore	Cheltenham & County Cycling Club	
45	6:45:00	Christopher Gibbard	Bynea Cycling Club	A
46	6:46:00	Tommy Barlow	Clevedon & District Road Club	E
47	6:47:00	Richard Sharp	Chapeau! Vive Le Velo	A
48	6:48:00	Joanna Cebrat	Bury Clarion CC	Wom A
49	6:49:00	Tom Lane	North Hampshire RC	

50	6:50:00	Jonathan Shubert	FTP (Fulfil The Potential) Race Team	
51	6:51:00	Lisa Davis	DRAG2ZERO	Wom B
52	6:52:00	Bethany Spencer	Kettering CC	Wom
53	6:53:00	Christian Geldard	North Hampshire RC	B
54	6:54:00	Robbie Mitchell	Auchencrow Thistle CC	A
55	6:55:00	Anthony Jones	VMCC powered by Y Beic	B
56	6:56:00	Christina Murray	Army Cycling	Wom B
57	6:57:00	Lee Williams	North Hampshire RC	
58	6:58:00	Iain Bell	Abergavenny RC	C
59	6:59:00	Liam Somerville	...a3crg	
60	7:00:00	Tim McEvoy	FTP (Fulfil The Potential) Race Team	A
		<u>Tandems</u>	(Non Championship)	
1	6:01:00	Mary Corbett	Sotonia CC	
1	6:01:00	Norman Harvey	Sotonia CC	
		<u>Road Bikes</u>	(Non Championship)	
3	6:03:00	Andrew Dade	Bristol South Cycling Club	
4	6:04:00	Malcolm Cox	Velo Club St Raphael	

NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(j)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards.

USE OF MOTOR VEHICLES

As this event is over 100km regulation 22 (c) must be adhered to - (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.

REGULATION 14(i)

(i) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **REGULATION 14(j)**

(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 15

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078

REGULATION 17: SIGNING-ON SHEET AND SIGNING-OUT SHEET

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF. N.B. Extenuating circumstances may be considered.

THIS EVENT MAY BE SUBJECT TO A DOPING CONTROL

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.



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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 (in addition to the RTTC Championship awards) – 2022

Men's Champion	WCA Championship Cap. Temple Trophy (for one year) Welsh Championship Medallion Invitation to WCA BAR Lunch
2 nd and 3 rd	Welsh Championship Medallions
Fastest rider from a non Welsh CA club See note below	Reub Giles Cup (for one year) Welsh Championship Medallion
Team Champions (three riders)	Welsh Championship Team Shield (for one year) Welsh Championship Medallions Invitations to WCA BAR Lunch
Women's Champion	WCA Championship Cap. Welsh Championship Trophy (for one year) Invitation to WCA BAR Lunch
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 nd and 3 rd 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	2016	Katja Rietdorf	Born to Bike – Bridgtown Cycles	257.94

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 (l & 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 special RTTC Championship 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), Llangview 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, 'Nopinz' 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 (4th 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 6th 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.** Can 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 (follow the A40) 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 not be food at HQ before the Start

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 (near 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 (4th exit A465) 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

R12.16 Course (revised 2022)	Inter Miles	Tot. Miles
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 take 1st exit TO START MORNING CIRCUIT	6.155	6.155
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	13.714
Straight on 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 (Give Way sign) (check)	4.852	20.834
Turn left WITH GREAT CARE 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 STRAIGHT ON, at Raglan Interchange (sign Usk) as road becomes A449. Post 21/0	3.411	27.003
Bear left at Llangeview Interchange (signpost Usk) on A472	5.254	32.257

TURN at break in dual carriageway (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 bear left 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 4th exit 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
Circle rbt and retrace on A465 via Pontrilas (sign "Abergavenny 12")	9.970	78.601
to Hardwick rbt, Abergavenny TO FINISH MORNING CIRCUIT	12.181	90.782
Take 2nd exit TO START FIRST MID DAY CIRCUIT (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 take LEFT fork on unclassified road towards Mitchel Troy (signpost Monmouth) (<i>neutral feed</i>)	0.646	99.185
Continue on unclassified road (old A40) via Dingestow to TURN left and IMMEDIATELY left (with care) to enter A40 on-slip (check)	4.335	103.520
Proceed westwards to pass Services to 1st turn off left (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 TO START SECOND MID DAY CIRCUIT.	0.498	116.770
Repeat. TO START THIRD MID DAY CIRCUIT.	25.790	142.560
Repeat TO START FOURTH MID DAY CIRCUIT.	25.790	168.350
Repeat TO START FIFTH MID DAY CIRCUIT*	25.790	194.140
Repeat TO FINISH FIFTH MID DAY CIRCUIT**	25.790	219.930
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)	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 st 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 6th 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 2022

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

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

Marshalling Pt	Instructions	Marshals
Hardwick rbt 6.1 miles eta 06:15	Take first exit on A40	arrow
A40 Raglan Roundabout 13.7 miles	Second exit (straight on)	Signs and Cwmcarn Paragon RC + Pontypool RCC
Raglan Interchange A40 Northbound 15.9 miles	Take on slip to remain on A40 to Monmouth tunnels	Arrows
Raglan Services northbound	Stay on A40	-----
Monmouth Tunnels	Take slip road exit immediately after tunnels	Arrow
Monmouth Service station 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
Mitchel Troy (sign)	Straight on as B4293 becomes unclassified through Mitchel Troy	Arrow
Mitchel Troy (Village)	Pedestrian crossing (Light controlled)	Observers tba
Joining A40 Southbound 23.5 miles	Join A40 dual carriageway	Arrow
Raglan Services southbound	Stay on A40	-----
Raglan Interchange 27 miles	STRAIGHT ON as road becomes A449	Arrow
Llangeview Interchange 32.2 miles	Take Exit to Usk (Brynbuga)	Arrow

Llangeview Interchange A472/B4235 'Chepstow 14' eta 07:25	TURN RIGHT and RIGHT AGAIN around break in carriageway to enter A449 on-slip (check)	Robin Field Cardiff Byways CC, Ian Smith CC Cardiff, Gareth Hill
Raglan Interchange A449 Northbound 37.5 miles	Take first exit to enter A40 westbound	Arrow
Raglan Roundabout westbound	Take 3 rd exit (straight on)	Members of Cwmcarn Paragon RC & Pontypool RCC
Hardwick roundabout A465 turn 46.6 miles eta 08:10	Take 4 th exit to Hereford. Turn signs around after last rider.	John Shehan Port talbot Whs Sean Davey Newport Phoenix
Traffic Lights Llangua Bridge 58 & 78 miles eta 08:40 & 09:20	to Hereford & back	South Wales DC Observers
Hereford rbt 68.6 miles eta 09:00	See riders round the roundabout & return them to Abergavenny. (check)	Will Bevan Ross on Wye CC + Phyl Harradine CC Topp
Hardwick rbt 90.7 miles eta 9:50	Start of Middle Day Circuit (Check) Riders returning from Hereford, to take 2 nd exit onto A40 towards Raglan	09:50 to close Robin Field Frances Field, Phyl Harradine + others
Raglan Roundabout eastbound	Take 2 nd exit (straight on)	Members of Cwmcarn Paragon RC + Pontypool RCC
Raglan Fork (onto unclassified road old A40) 98 miles eta 10:10	Middle Day Circuit	Arrow
Mitchel Troy (103 miles) eta 10:20	Middle Day Circuit (Check)	Mike Waite Abergavenny RC Andrea Parish Velosistas CC
Raglan Interchange 107 miles	Turn Left to stay on A40 (Abergavenny)	Arrow
Raglan Roundabout westbound (108.3 miles)	Take 3 rd exit (straight on)	Members of Cwmcarn Paragon RC + Pontypool RCC
Hardwick r/a 116.2 miles	Take 6 th Exit to A40 Raglan (check)	Arrows
Raglan Roundabout eastbound	Take 1st exit (with care) To start finish circuit at TK1	Members of Cwmcarn Paragon RC + Pontypool RCC
Circuit time checks & Information desk	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.

		Inter	Miles
Timekeeper 1 Recorder	Tudor Thomas Bynea CC		
	Start finishing circuit at 3 rd 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. Norman James Ogmore Valley Whs.		
	At western side of entrance to Monmouthshire Livestock Market	1.279	1.279
Timekeeper 3 Recorder	Glenda Fisher Welsh CA 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 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 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 Pwll" and approximately 200 yards east of Hardwick PH on right.	1.502	6.524

Timekeeper 6 Recorder	Robin Field Cardiff Byways CC Phyl Harradine CC Topp Frances Field Cardiff Byways CC		
	At mark on kerb at Hardwick roundabout.	1.033	7.557
Timekeeper 7 Recorder	Not Manned		
	At western end of 2 nd layby at white post marked 12/3	0.974	8.531
Timekeeper 8 Recorder	Not Manned		
	At western end of 3 rd layby at 1 st gully grate, approximately 35 yards east of overhead power cables.	1.601	10.132
Timekeeper 9 Recorder	Andy Grist Bynea CC Sarah Jayne Rees, Bynea CC		
	At 4 th layby at post marked 6/6, 1 yard east of 5 th drain cover	1.916	12.048
Timekeeper 10 Recorder	Not Manned		
	At western end of 7 th layby at white post marked 3/8	1.733	13.781
	Complete finishing circuit at Timekeeper 1	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 2nd exit (Raglan) take exit towards Raglan village. In approx ½ mile turn LEFT on Station Road (signpost Golf Course).

From Midlands and North M5/M50

Follow A40 via Monmouth (Tunnels) take 1st exit signposted Abergavenny (remaining on A40) to take exit into Raglan village. In approx ½ mile turn LEFT on Station Road (signpost Golf Course).

From West

Continue to Hardwick Roundabout; take A40 Dual Carriageway to Raglan roundabout to take 3rd 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).

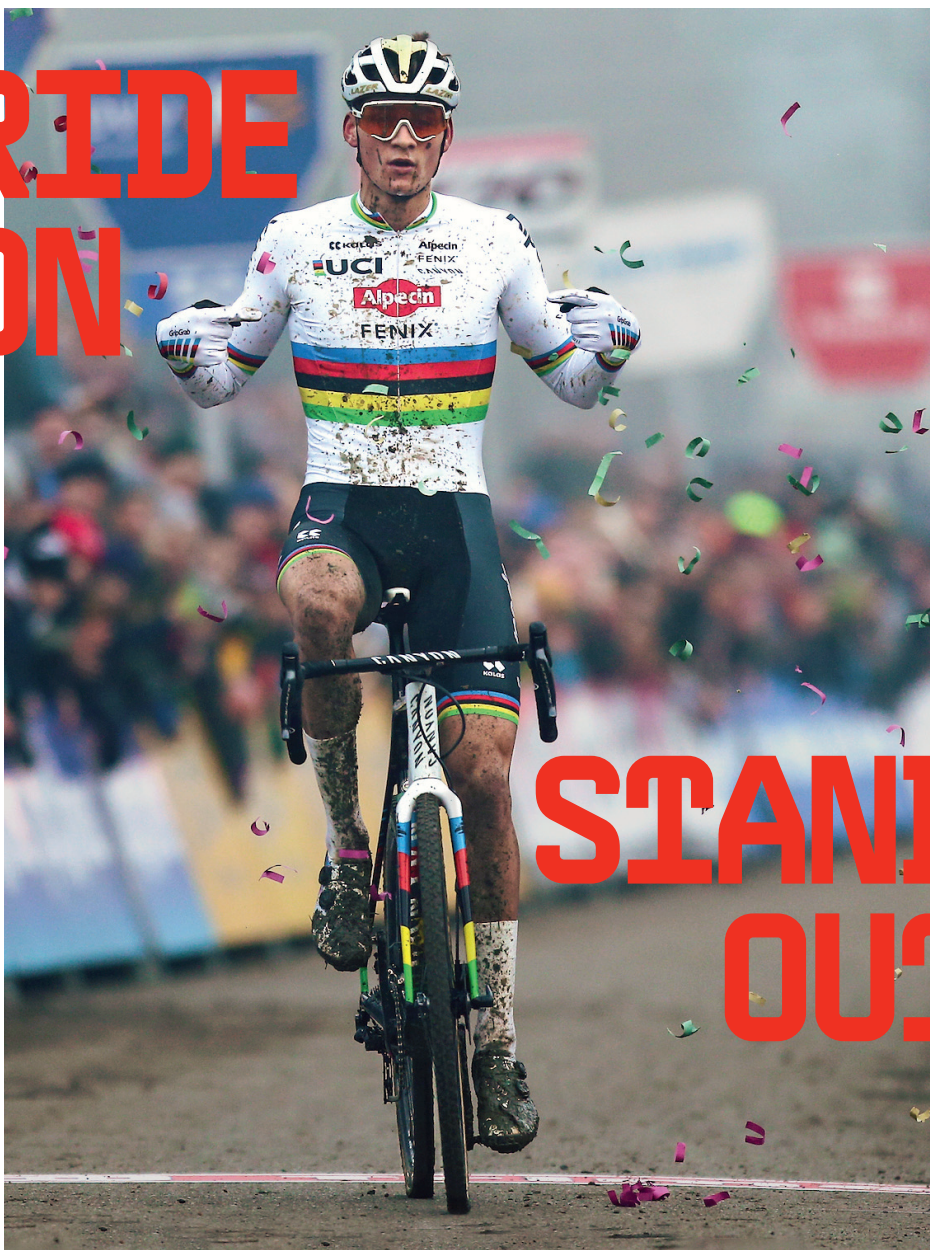
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Route to Start from HQ.

Turn Left from pavilion along Station Road to T junction; turn left through Raglan village to roundabout. Take 2nd 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)

COVID–The wearing of masks indoors is no longer required in Wales, however do not attend if you have a temperature or feel unwell.

**RIDE
ON**



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OUT**

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2021 12 HOUR TIME TRIAL CHAMPIONS



Tim McEvoy



Kim Barfoot-Brace



GS Metro



www.cyclingtimetrials.org.uk



NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(j)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards.

USE OF MOTOR VEHICLES

As this event is over 100km regulation 22 (c) must be adhered to - (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.

REGULATION 14(i)

(i) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 14(j)

(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 15

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078

REGULATION 17: SIGNING-ON SHEET AND SIGNING-OUT SHEET

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

N.B. Extenuating circumstances may be considered.

THIS EVENT MAY BE SUBJECT TO A DOPING CONTROL

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.



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