

# Welsh 50 Mile Time Trial Championship 2021



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

For Men and Women

Promoted by the  
Welsh Cycling Association

Sunday 26 September 2021

Start Timekeeper: Martyn Heritage-Owen [www.realteam.co.uk](http://www.realteam.co.uk)

Finish Timekeeper Robin Field, Cardiff Byways CC

Pusher Off: N/A, Turn: Ross CC

Course R50/1b Starting at 8.36 am

**Event HQ: St John's Ambulance, Fairfield, Abergavenny, NP7 5SG**

Numbers will be at HQ which will be open from 7:30 am

No Catering will be provided.

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

Tel: 0778 606 7819 E-mail: [realteamcycling@gmail.com](mailto:realteamcycling@gmail.com)

To whom any complaints must be made in writing within 72 hours

This Event may be subject to Doping Control – you must return your number to HQ yourself to check whether you have been selected for test

COVID: Please wear a mask indoors. There will be a result board.  
There is also a live online result board at

[https://docs.google.com/spreadsheets/d/1e\\_IXiBI-yn2W\\_WiNhXefOvtSQFdoi8Al/edit?usp=sharing&oid=109532653141832192945&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1e_IXiBI-yn2W_WiNhXefOvtSQFdoi8Al/edit?usp=sharing&oid=109532653141832192945&rtpof=true&sd=true)



## Course Description

|   |                                   |
|---|-----------------------------------|
| START on A40 at first lay-by, east of Abergavenny, approximately half a mile east of Hardwick roundabout; 39 yards west of post 13/1, at concrete joint marked 74.  | Dist. from Start (miles)<br>0.000 |
| Proceed along A40 dual carriageway to Raglan roundabout.  | 7.060                             |
| Take 2 <sup>nd</sup> exit (straight on) on A40 and in 700 yards bear left (arrow) on unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy.  | 12.080                            |
| Turn Left and immediately turn left again (CARE) to enter A40 dual carriageway westbound. Continue on A40 dual carriageway passing Services (closed) to Turn Left (arrow) signposted Abergavenny (remaining on A40 westbound) to Raglan roundabout. | 17.166                            |
| Take 3 <sup>rd</sup> exit (straight on) to continue on A40 dual carriageway to Hardwick roundabout. Encircle roundabout to take 6 <sup>th</sup> exit (A40).   | 24.766                            |
| Continue on A40 east bound, passing the START and continue on 2 <sup>nd</sup> circuit to Raglan roundabout  | 31.811                            |
| Take 2 <sup>nd</sup> exit (straight on) on A40 and in 700 yards bear left on unclassified road (old A40) and proceed towards Monmouth to junction with A40, one mile west of Mitchel Troy.  | 37.831                            |
| Turn Left and immediately turn left again (CARE) to enter A40 dual carriageway westbound. Continue on A40 dual carriageway passing Services (closed) to Turn Left (arrow) signposted Abergavenny (remaining on A40 westbound) to Raglan roundabout  | 42.917                            |
| Take 3 <sup>rd</sup> exit (straight on) to continue on A40 dual carriageway towards Hardwick roundabout to FINISH in 8 <sup>th</sup> lay-by (opposite Start) at post marked 13/1.   | 50.030                            |

**HQ to the Start is approximately 3 miles allow 15 minutes**

All riders are asked to comply with the following requests.

- ✓ Do not leave your number flapping – four pins are supplied for each – spares are available.
- ✓ Do call your number to the finishing timekeeper or your time may be missed and 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 is MANDATORY either flashing or constant is fitted to your machine in a position visible to following road users and is active while the machine is in use (note: early starters may encounter misty conditions in places)**
- ✓ Given the circuit nature of the course please ensure you don't impede riders starting when passing the start on your second lap. Also remember that company riding is forbidden and you need to drop back if caught.

#### 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.

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

*The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. Sunday 7 November 2019 at TRW Club Resolven – details to be confirmed.*

### Awards

|   |   |
|---|---|
| <b>Men's Championship</b>   |   |
| <i>1<sup>st</sup>.</i>  | <i>Champion's Cap, Championship Trophy (for one year) WCA Medallion &amp; invitation to BAR lunch</i> |
| <i>2<sup>nd</sup> &amp; 3<sup>rd</sup></i>  | <i>WCA Medallion</i>  |
| <b>Women's Championship</b>   |   |
| <i>1<sup>st</sup></i>   | <i>Champion's Cap Championship Trophy (for one year) WCA Medallion &amp; invitation to BAR lunch</i>  |
| <i>2<sup>nd</sup> &amp; 3<sup>rd</sup></i>  | <i>WCA Medallion</i>  |
| <b>Champion Team</b>  |   |
| <i>Fastest team of three riders</i>   | <i>Championship Team Shield (for 1 year) WCA Medallions &amp; invitations to BAR lunch</i>            |
| <i>Fastest Vet. On Standard, 2<sup>nd</sup> and 3<sup>rd</sup> on Standard</i>    | <i>WCA Medallion(s)</i>   |
| <i>Greatest Improvement in Current and Last Three Seasons</i>                     | <i>WCA Medallion</i>  |
| <i>First Novice (Please be honest if you have a time pre-the internet system)</i> | <i>WCA Medallion</i>  |

**This is NOT a One Rider One Award Event if you are good enough to win it, you get it!**

| No | Start | Name                 | Club                              | Cat | Std     | Nov | LTS      |
|----|-------|----------------------|-----------------------------------|-----|---------|-----|----------|
| 36 | 08:36 | John Howells         | Corinium Cycle Club               | MV  | 2:45:55 |     | 02:25:30 |
| 37 | 08:37 | Lisa Cutterham       | FTP (Fulfil The Potential) Racing | WV  | 2:27:12 |     | 02:30:00 |
| 38 | 08:38 | John J Murphy        | Gloucester City Cycling Club      | MV  | 2:47:42 |     | 02:18:44 |
| 39 | 08:39 | Roxanne Jones        | Hereford Triathlon Club           | W   |         |     |          |
| 40 | 08:40 | Emma Wyatt           | Hereford & Dist Whs CC            | WV  | 2:28:56 | Y   | 02:14:18 |
| 41 | 08:41 | Charly Helyar        | VTTA West Group                   | WV  | 2:30:20 | Y   | 02:12:14 |
| 42 | 08:42 | Earl Smith           | Royal Dean Forest Cycle Club      | MV  | 2:19:09 |     |          |
| 43 | 08:43 | Miriam Taylor-Carter | Bedfordshire Road CC              | WV  | 2:31:19 |     |          |
| 44 | 08:44 | Peter Owen           | Norwood Paragon CC                | MV  | 2:24:13 |     | 02:09:27 |
| 45 | 08:45 | Tara Grosvenor       | VeloVitesse/ALLCAP/James Barry    | W   |         |     | 02:08:40 |
| 46 | 08:46 | Susan Shook          | Bush Healthcare CRT               | WV  | 2:40:26 | Y   |          |
| 47 | 08:47 | Josh Townsend        | Bynea Cycling Club                | M   |         |     | 02:07:48 |
| 48 | 08:48 | Michael Collins      | VC Sevale (Malvern)               | MV  | 2:19:38 | Y   | 02:07:29 |
| 49 | 08:49 | David Thomas         | Rhondda Triathlon Club            | MV  | 2:15:19 |     | 02:07:04 |
| 50 | 08:50 | William Hamilton     | FTP (Fulfil The Potential) Racing | M   |         |     | 02:06:13 |
| 51 | 08:51 | Colin Mooney         | Portsdown Hill CC                 | MV  | 2:16:55 |     | 02:00:54 |
| 52 | 08:52 | Deborah Sheridan     | Warwickshire Road Club            | WV  | 2:41:17 |     | 02:05:57 |
| 53 | 08:53 | Cliff Voller         | Newbury RC                        | MV  | 2:32:30 |     | 02:05:20 |
| 54 | 08:54 | Clive Franklin       | Somerset Road Club                | MV  | 2:22:56 |     | 02:04:29 |
| 55 | 08:55 | Laura Paine          | Socks4Watts Race Team             | W   |         |     | 02:04:26 |
| 56 | 08:56 | Tony Lake            | Gloucester City Cycling Club      | MV  | 2:17:46 |     | 02:04:26 |
| 57 | 08:57 | Louise Burnie        | Swansea Wheelers/CS Abertawe      | W   |         | Y   | 02:04:21 |
| 58 | 08:58 | Richard Llewellyn    | Imperial Racing Team              | MV  | 2:17:20 |     | 02:04:19 |
| 59 | 08:59 | Ian Gibson           | Abercynon Road Club               | MV  | 2:24:54 |     | 02:03:26 |
| 60 | 09:00 | Andrea Parish        | VeloSistas TT Team                | WV  | 2:33:28 |     | 02:02:39 |
| 61 | 09:01 | Andy Kelly           | Bristol South Cycling Club        | MV  | 2:21:45 |     | 02:01:47 |
| 62 | 09:02 | Geoff Thomas         | Towy Riders Cycle Club            | MV  | 2:29:37 |     | 02:01:35 |
| 63 | 09:03 | Roger Whittle        | Gloucester City Cycling Club      | MV  | 2:19:38 | Y   | 02:00:26 |
| 64 | 09:04 | Donald Parker        | Brighton Mitre CC                 | MV  | 2:34:39 |     | 02:00:15 |
| 65 | 09:05 | Mat Wilson           | VTTA (London & Home Counties)     | MV  | 2:15:19 |     | 02:00:00 |
| 66 | 09:06 | Robbie Disney        | Ludlow CC                         | M   |         |     | 01:59:59 |
| 67 | 09:07 | Iain Bell            | Monmouthshire Wheelers            | MV  | 2:18:13 |     | 01:59:53 |
| 68 | 09:08 | Jonathan Sayce       | Hereford & Dist Whs CC            | MV  | 2:17:20 |     | 01:59:49 |
| 69 | 09:09 | Phillip Turner       | Bynea Cycling Club                | MV  | 2:20:08 | Y   | 01:59:15 |
| 70 | 09:10 | Allan Hodgson        | Newport Phoenix CC                | MV  | 2:20:08 |     | 01:59:06 |
| 71 | 09:11 | Brett Lowndes        | Pro Vision RC                     | MV  | 2:16:55 |     | 01:58:26 |
| 72 | 09:12 | Paul Winchcombe      | Chippenham & District Wheelers    | MV  | 2:25:36 |     | 01:57:40 |
| 73 | 09:13 | Claire Hann          | Bristol & District Triathletes    | W   |         |     | 01:57:05 |
| 74 | 09:14 | Mike Hall            | Port Talbot Whs CC                | MV  | 2:19:38 | Y   | 01:56:41 |
| 75 | 09:15 | Adam Whittaker       | FTP (Fulfil The Potential) Racing | M   |         |     | 01:55:52 |
| 76 | 09:16 | John Marinko         | Brighton Mitre CC                 | MV  | 2:21:45 |     | 01:55:41 |
| 77 | 09:17 | Dan Farmer           | RÁS                               | M   |         |     | 01:55:05 |
| 78 | 09:18 | Nick Bunyard         | Westbury Wheelers                 | MV  | 2:14:56 |     | 01:54:43 |

| No  | Start | Name                | Club                               | Cat | Std     | Nov | LTS      |
|-----|-------|---------------------|------------------------------------|-----|---------|-----|----------|
| 79  | 09:19 | Dan Cutting         | Ludlow CC                          | MV  | 2:16:06 |     | 01:54:36 |
| 80  | 09:20 | Rob Dyde            | Pembrokeshire Velo                 | M   |         |     | 01:53:58 |
| 81  | 09:21 | Stuart MacCallum    | Team Andrew Allan Architecture     | MV  | 2:17:20 |     | 01:53:27 |
| 82  | 09:22 | Daniel Wyatt        | Hereford & Dist Whs CC             | MV  | 2:16:06 |     | 01:52:35 |
| 83  | 09:23 | Jake Sargent        | FTP (Fulfil The Potential) Racing  | M   |         |     | 01:52:34 |
| 84  | 09:24 | Michael Hill        | Chester RC                         | MV  | 2:14:34 |     | 01:52:32 |
| 85  | 09:25 | Steven Cottingham   | Bath Cycling Club                  | MV  | 2:23:34 |     | 01:51:32 |
| 86  | 09:26 | Harry Loader        | Mid Devon CC                       | M   |         |     | 01:50:40 |
| 87  | 09:27 | Richard Williams    | Clwb Seiclo Caergybi / Holyhead CC | M   |         |     | 01:50:34 |
| 88  | 09:28 | Danny Glyn Roberts  | Team Bottrill                      | MV  | 2:14:34 |     | 01:50:30 |
| 89  | 09:29 | David Francis       | Tribe of one (FTV)                 | MV  | 2:18:13 |     | 01:50:11 |
| 90  | 09:30 | Rhys Deen           | Merthyr CC                         | M   |         |     | 01:50:00 |
| 91  | 09:31 | Mathew Roberts      | Team Bottrill                      | M   |         |     | 01:50:00 |
| 92  | 09:32 | Adam Bowden         | Porth & District CC                | M   |         |     | 01:50:00 |
| 93  | 09:33 | Iwan Morton         | Abergavenny RC                     | MV  | 2:16:30 |     | 01:50:00 |
| 94  | 09:34 | Paul Jones          | Primera-Teamjobs                   | MV  | 2:18:40 |     | 01:50:00 |
| 95  | 09:35 | Mark Sanders        | Mid Devon CC                       | MV  | 2:25:36 |     | 01:49:19 |
| 96  | 09:36 | Angus Wilson        | Team Andrew Allan Architecture     | MV  | 2:19:38 | Y   | 01:48:55 |
| 97  | 09:37 | Andrew Hall         | GS Metro                           | M   |         |     | 01:48:48 |
| 98  | 09:38 | James Wizard        | Bedfordshire Road CC               | M   |         |     | 01:47:46 |
| 99  | 09:39 | Lee Williams        | North Hampshire RC                 | M   |         |     | 01:47:39 |
| 100 | 09:40 | Philip Kennell      | GS Metro                           | MV  | 2:20:39 |     | 01:47:29 |
| 102 | 09:42 | Tony Chapman        | Frome and District Wheelers        | MV  | 2:18:13 |     | 01:47:24 |
| 104 | 09:44 | David Medhurst      | Cardiff Ajax CC                    | M   |         |     | 01:45:11 |
| 106 | 09:46 | Leon Marshall       | Royal Navy & Royal Marines CA      | MV  | 2:14:56 |     | 01:44:14 |
| 108 | 09:48 | David Shepherd      | ...a3crg                           | MV  | 2:24:13 |     | 01:44:01 |
| 110 | 09:50 | Anthony Jones       | VMCC powered by Y Beic             | MV  | 2:17:46 |     | 01:43:49 |
| 112 | 09:52 | Christopher Gibbard | Bynea Cycling Club                 | M   |         |     | 01:41:21 |
| 114 | 09:54 | Henrik Persson      | FTP (Fulfil The Potential) Racing  | M   |         |     | 01:41:00 |
| 116 | 09:56 | Tommy Murray        | GS Metro                           | M   |         |     | 01:40:54 |
| 118 | 09:58 | Conrad Moss         | Primera-Teamjobs                   | MV  | 2:16:55 |     | 01:39:15 |
| 120 | 10:00 | Jonathan Shubert    | FTP (Fulfil The Potential) Racing  | M   |         |     | 01:37:45 |