

Welsh 25 Mile Time Trial Championship 2023 for Men, Women & Juniors



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

by the

Welsh Cycling Association

Sponsored by



Sunday 30 April 2023

Timekeepers:

Start:- . Martyn Heritage-Owen, Andrea Parish.

Finish:- Robin Field, Frances Field.

Marshalls: Ross on Wye CC.

H.Q. Usk Memorial Hall, Maryport St, Usk NP15 1AD. There is plenty of parking in the South Car Park. **Signing on and Numbers will be at H.Q. (open from 7:15am).**

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

Tel: 0778 606 7819 E-mail: realteamcycling@gmail.com **To whom any complaints must be made in writing within 72 hours**

The full result of this event will be published on www.cyclingtimetrials.org.uk

In 2023 we will be using ResultSheet to offer real-time results at this event. More information can be found here: <https://resultsheet.co.uk/>.

Course R25/7

Follow the **BLUE SIGNS** from the HQ to the Start - **YELLOW SIGNS** during the RACE.

Course Code: R25/7

R25/7 Start on southbound side of Monmouth Road (unclassified) at approx. SO 38983 02022 - opposite post between gates on right to farm buildings and to "Usk Castle Chase Natural Burial Ground", 125 yards southwest of "Bends for 1 1/2 miles" sign on the old Usk/Raglan road. Proceed towards Usk. At foot of hill turn left (M) and left again (M) onto A472 and proceed to take left hand lane at Llangeview interchange (M) where join A449. Proceed via Raglan interchange (M) where road becomes the A40. Continue to pass picnic area (11.757 miles) and through tunnel (12.5 miles point is 100 yds inside the tunnel). After tunnel bear left (M) and in 300 yards at garage (M) turn left with great care on B4293. Cross over tunnels and in 2/3 mile keep straight on on unclassified road (care at pedestrian crossing) to rejoin the A40 at Mitchel Troy (M). (Sign Mitchel Troy 14.367 miles) Retrace via Raglan interchange and at Llangeview bear left (M) to leave A449 and proceed on A472 to: Finish opposite 2nd drain cover on right, 25 yards beyond tele pole No DP63 and 350 yards beyond rear of sign reading A449/B4235 on approach to Usk.

District Regulation: Saturday events not to start before 3pm.

All riders are asked to comply with the following requests.

- ✓ Do **call your number** to the finishing timekeeper or your time will not be recorded.
- ✓ Do keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE**.
- ✓ **You must wear a HARD-SHELL HELMET.**
- ✓ **You must start with a working front and rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**
- ✓ This event may be subject to doping control. It is YOUR responsibility to check.
- ✓ Sign in / Sign out failure to do so will result in a DNF.
- ✓ No passing the start timekeeper or warming up on the course.
- ✓ **No anti-social behaviour especially urinating in public.**
- ✓ **Failure to follow these basic rules will result in a DQ & referral to the South Wales DC for further disciplinary action. You have been fair warned that someone will be performing spot checks.**

Reminder

- ✓ The onus is on the caught rider to ensure that there is no company riding.
- ✓ **Ride on the left-hand side of the left-hand lane.**

Road Bikes

- **You will be classified in the CTT result by bike ridden, not entered. However only entered Road Bikes will be eligible for prizes. Please do not contact the organiser if you are changing bikes, it will be noted at the start line.**

Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 30, 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.

Awards - This is NOT a One Rider One Award Event

The WCA plaques and Presentation Caps will be presented at the conclusion of the event.

Unclaimed WCA plaques from previous years will be available to collect at this event.

Men's Championship	Presentation
1 st .	WCA Plaque and Champions Cap
2 nd & 3 rd	WCA Plaques
Women's Championship	
1 st	WCA Plaque and Champions Cap
2 nd & 3 rd	WCA Plaques
Juniors Championship	
1 st Female	WCA Plaque and Champions Cap
Champion Team Fastest team of three riders from the Championship fields	WCA Plaque and Champions Cap
Fastest Veteran on Age Adjusted Basis 40-50, 50- 60, 60-70, 70+	WCA Plaque
Road Bike (on pre-entry only)	WCA Plaque

Welsh Championships 2023

Distance	Date	Course Code	Organised by
10	Sunday 6 th August	R10/17	Welsh CA – Pontypool RC (Roger Wood)
50	Sunday 30 th September	R50/1b	Welsh CA – (Bob Jones)
100	Sunday 2nd July	R100/9	Welsh CA – (Martyn Heritage-Owen)
12 Hour	Sunday 3rd September	R12/16a	National Championship/Welsh CA - (Robin Field)
Hill Climb	Sunday 8 th October	RH10X	Welsh CA - (Robin Field)

