

# Welsh 25 Mile Time Trial Championship 2021

## for Men, Women & Juniors



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

*Promoted for the*  
**Welsh Cycling Association**  
by



**Sunday 15 August 2021**

**Timekeepers:**

Start:- . Phyllis and Terry Harradine.

Finish:- Robin Field, Frances Field.

Marshalls: Ross on Wye CC.

H.Q. Usk Centenary 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 7:00am).**

**There are limited toilets available, so please come ready to race.**

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

Tel: 0778 606 7819 E-mail: [coaching@realteam.co.uk](mailto:coaching@realteam.co.uk) **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](http://www.cyclingtimetrials.org.uk) and [www.timetriallingforum.org.uk](http://www.timetriallingforum.org.uk) Follow: @Realteamcycling for updates.

## 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 south west 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**.
- ✓ **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.**
- ✓ **You must start with a working 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 time keeper 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.**

### COVID – The wearing of masks indoors is still mandatory in Wales.

- **There will be no pusher off.**
- **A result board is subject to organising arrangements.**
- **No teas and coffee either.**
- **Do not attend if you have a temperature or feel unwell.**
- **Indoor gathering limits no longer apply and but we are be subject to the venue limit of 25.**

### 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 Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch.

**TRW Club Resolven – Date TBC.**

There will be a small presentation of presentation medals 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 <sup>st</sup> .	Trophy (for one year WCA Plaque & invitation to BAR lunch)
2 <sup>nd</sup> & 3 <sup>rd</sup>	WCA Plaques
Women's Championship	
1 <sup>st</sup>	Trophy (for one year WCA Plaque & invitation to BAR lunch)
2 <sup>nd</sup> & 3 <sup>rd</sup>	WCA Plaques
Juniors Championship	
1 <sup>st</sup> MALE	Trophy (for one year WCA Plaque & invitation to BAR lunch)
Prizes Presented at the WCA Dinner below	
<b>Champion Team</b> Fastest team of three riders from the Championship fields	Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch
Fastest Man Vet in Age Bands VA – VH <b>(Irrespective of event ridden)</b>	WCA Plaque
Fastest Woman Vet in Age Bands WVA – WVF	WCA Plaque
Greatest Improvement on last three seasons	WCA Plaque

## Welsh Championships 2021

Distance	Date	Course Code	Organised by
50 Miles	Sunday 26 September	R50/1b	Welsh CA – <a href="http://www.realteam.co.uk">www.realteam.co.uk</a> - (Martyn Heritage-Owen)
12 Hour	Sunday 5 September	R12/16a	Welsh CA - (Robin Field)
Hill Climb	Sunday 17 October	RH10X	Welsh CA - (Robin Field)

## Start Order

### Men

No	Start	Name	club	Cat	LTS
5	08:05	Peter Wilson	Bath Cycling Club	M85-89	01:14:11
6	08:06	Simon Howarth	Pontypool Road Cycling Club	M55-59	01:06:10
7	08:07	John Howells	Corinium Cycle Club	M80-84	01:05:51
8	08:08	Ryan Evans	Rhondda Triathlon Club	M45-49	01:05:49
9	08:09	Paul Davies	Weston Wheelers Cycling Club	M50-54	01:05:00
10	08:10	Robert Baynton	PDQ Cycle Coaching	M50-54	01:05:00
11	08:11	Joshua Blackmore	Bynea Cycling Club	M	01:04:02
12	08:12	Jon Airey	Ross on Wye & Dist CC	M65-69	01:03:52
13	08:13	Hubert Ashley-Towell	Royal Dean Forest Cycle Club	M50-54	01:02:03
14	08:14	John J Murphy	Gloucester City Cycling Club	M80-84	01:01:39
15	08:15	Adrian Osborn	Stratford Cycling Club	M60-64	01:01:32
16	08:16	David Roe	Revo Racing	M70-74	01:01:24
17	08:17	Robert Jones	Cardiff 100 Miles RCC	M65-69	01:01:19
18	08:18	Tom Woollard	Northover VT / Rudy Project / SCS	M75-79	01:00:59
19	08:19	Ian Gibson	Abercynon Road Club	M60-64	01:00:49
20	08:20	David Thomas	Rhondda Triathlon Club	M40-44	01:00:00
21	08:21	Oliver Berney	Utag RT	M50-54	00:59:33
22	08:22	Roger Taylor	Frome and District Wheelers	M75-79	00:59:23
23	08:23	Garry Shuker	Walsall Roads Cycling Club	M65-69	00:59:21
24	08:24	John Shehan	Port Talbot Whs CC	M75-79	00:59:06
25	08:25	Dan Kingston	Cwmcarn Paragon Road Club	M40-44	00:59:04
26	08:26	Jeffrey Rees	Virtual Cycling Club	M55-59	00:59:03
27	08:27	Peter Loader	Mid Devon CC	M60-64	01:09:00
28	08:28	Cliff Voller	Newbury RC	M70-74	00:59:02
29	08:29	Alistair Morgan	Pontypool Road Cycling Club	M55-59	00:59:00
30	08:30	Ian Deakin	Mid Devon CC	M60-64	01:01:00
31	08:31	Simon Kinsey	Virtual Cycling Club	M50-54	00:58:54
32	08:32	Hugh Davies	Port Talbot Whs CC	M75-79	00:58:31
33	08:33	Haydn Davies	Giant CC - Halo Films	M65-69	00:58:18
34	08:34	Stuart Evans	Port Talbot Whs CC	M75-79	00:58:20
35	08:35	Matt McLen-Howells	Pontypool Road Cycling Club	M45-49	00:58:06
36	08:36	Tom Davies	Rapha Cycling Club	M	00:58:01
37	08:37	Jeremy Addis	Velo Club St Raphael	M45-49	00:57:45
38	08:38	Michael Collins	VC Sevale (Malvern)	M50-54	00:57:44
39	08:39	Les Thomas	Port Talbot Whs CC	M55-59	00:57:34
40	08:40	Chris Goulden	American Flyers	M60-64	00:57:10
41	08:41	Phillip Turner	Bynea Cycling Club	M50-54	00:57:02
42	08:42	Paul Colman	Haverfordwest Hornets	M60-64	00:56:44
43	08:43	Gary Jones	Successcycling.co.uk	M55-59	00:56:23
44	08:44	Mike Hall	Port Talbot Whs CC	M50-54	00:56:08
45	08:45	Roger Wood	Pontypool Road Cycling Club	M65-69	00:56:06
46	08:46	Andrew Newey	Ribble Valley C&RC	M	00:55:59
47	08:47	David Evans	Team Echelon	M60-64	00:55:54

No	Start	Name	club	Cat	LTS
48	08:48	Daniel Wyatt	Hereford & Dist Whs CC	M40-44	00:55:48
49	08:49	Andrew Clarke	North Shropshire Wheelers	M60-64	00:55:33
50	08:50	Iain Bell	Monmouthshire Wheelers	M45-49	00:55:11
51	08:51	Nick Bunyard	Westbury Wheelers	M40-44	00:55:10
52	08:52	Derek Dowdeswell	Gloucester City Cycling Club	M65-69	00:55:10
53	08:53	Iwan Morton	Abergavenny RC	M45-49	00:55:00
54	08:54	Steven Loraine	Legato Racing Team (LRT)	M65-69	00:54:55
55	08:55	Paul Derrick	Sodbury Cycle Sport	M	00:54:52
56	08:56	Phil Barnes	SheHair Racing Team	M65-69	00:54:47
57	08:57	Mark Sanders	Mid Devon CC	M60-64	00:54:34
58	08:58	Steve Bray	FTP (Fulfil The Potential) Racing	M50-54	00:54:25
59	08:59	Martin Lines	Worcester St. Johns CC	M50-54	00:54:16
60	09:00	Tom Cox	Saint Piran	M65-69	00:56:06
61	09:01	Harry Loader	Mid Devon CC	M	00:53:41
81	09:21	Stu Wright	QN Racing	M50-54	00:54:12
82	09:22	Tommy Barlow	Clevedon & District Road Club	M55-59	00:54:08
83	09:23	Steve Curry	Ogmore Valley Wheelers	M55-59	00:54:01
84	09:24	Gabe Dellar	Southampton University Road Cycling Club (SURC)	M	00:53:59
85	09:25	Lee Spoor	Tri Preston	M45-49	00:53:58
86	09:26	Gareth Jones	Clevedon & District Road Club	M50-54	00:53:03
87	09:27	Ian Patterson	Utag RT	M55-59	00:52:48
88	09:28	Mark Bradley	Bristol South Cycling Club	M55-59	00:52:47
89	09:29	Stuart Day	VC Sevale (Malvern)	M50-54	00:52:44
90	09:30	Robert Francis	Reflex Racing	M	00:52:35
91	09:31	Mark Woolford	Team Swindon Cycles	M55-59	00:52:27
92	09:32	John O'Dwyer	Dursley Road Club	M40-44	00:52:22
93	09:33	Mark Atkinson	Alford Whs	M	00:52:05
94	09:34	Gerry Bowditch	Pontypool Road Cycling Club	M50-54	00:51:57
95	09:35	Michael Parker	TMG Horizon Cycling Team	M55-59	00:51:45
96	09:36	David Medhurst	Cardiff Ajax CC	M	00:51:29
97	09:37	Daniel Colman	Arctic Aircon RT	M	00:50:55
98	09:38	Steven Cottington	Bath Cycling Club	M55-59	00:50:39
99	09:39	Andrew Grant	Cambridge CC	M65-69	00:50:37
100	09:40	Gruffudd Lewis	Ribble Weldtite Pro Cycling	M	00:50:21
102	09:42	Chris Jones	Bynea Cycling Club	M45-49	00:50:16
104	09:44	Jon Surtees	Born to Bike - Bridgtown Cycles	M50-54	00:50:14
106	09:46	Owen Burgess	Newport Phoenix CC	M	00:49:57
108	09:48	Dean Robson	Velo Sport Jersey	M	00:49:56
110	09:50	Jon Howard	Team Echelon	M50-54	00:49:22
112	09:52	Keith Ainsworth	Sheffrec CC	M60-64	00:49:34
114	09:54	Tim Wood	Team Echelon	M45-49	00:49:10
116	09:56	Robert Willcocks	Royal Air Force Cycling Association	M40-44	00:48:36
118	09:58	Christopher Gibbard	Bynea Cycling Club	M	00:47:16
120	10:00	Tom Ward	AeroLab Ward WheelZ	M	00:46:27

## **Women**

<b>No</b>	<b>Start</b>	<b>Name</b>	<b>club</b>	<b>Cat</b>	<b>LTS</b>
62	09:02	Isabella McNally	Westbury Wheelers	W	01:13:56
63	09:03	Roxanne Jones	Hereford Triathlon Club	W	01:13:00
64	09:04	Sonia Laurie	New Forest CC	W45-49	01:07:40
65	09:05	Tomos Perkins	VMCC powered by Y Beic	Jun	01:07:04
66	09:06	Louise Burnie	Swansea Wheelers/CS Abertawe	W	01:05:09
67	09:07	Emma Wyatt	Hereford & Dist Whs CC	W40-49	01:02:50
68	09:08	Kyle Jones	WORX Factory Racing Powered by Silverstone	Jun	01:00:47
69	09:09	Joanna Knight	Bristol South Cycling Club	W60-64	01:00:29
70	09:10	Susan Shook	Bush Healthcare CRT	W60-64	01:00:15
71	09:11	Rebecca Comins	Newport Phoenix CC	W50-54	00:59:00
72	09:12	Clare Greenwood	Bush Healthcare CRT	W60-64	00:58:32
73	09:13	Deborah Sheridan	Warwickshire Road Club	W60-64	00:58:25
74	09:14	Kim Barfoot-Brace	Bath Cycling Club	W40-44	00:58:17
75	09:15	Jo Buckland	FTP (Fulfil The Potential) Racing	W50-54	00:58:15
76	09:16	Andrea Parish	VeloSistas TT Team	W50-54	00:55:36
78	09:18	Frances Owen	Fibrax Wrexham RC	W	00:54:08
80	09:20	Anna Morris	AeroLab Ward WheelZ	W	00:53:13