



Welsh CA (Welsh Championship)

Welsh 50M championship

29/09/2019 08:00

R50/1b

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



Headquarters

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

Numbers will be at HQ which will be open from 7:00 am

Return your number for a free tea. Goodies available!

Catering Supplied by Sharon Preddy Catering

Route from HQ to start

HQ to the Start is approximately 3 miles allow 15 minutes

Course details

os references: sheet 161 - start and finish 308121 start on a40 at first lay-by, approximately half a mile east of hardwick rbt; 39 yards west of post 13/1, at concrete joint marked 74. proceed to raglan rbt (7.060) where straight on to bear left on unclassified road (old a40) and proceed towards monmouth to junction with a40, one mile west of mitchel troy (12.080). turn left to join a40. after passing granada services, take 1st left and continue on a40 to raglan rbt (17.166) where straight on to hardwick rbt (24.766). circle rbt and take a40 dual carriageway to raglan rbt (31.811) and repeat as before (mitchel troy 37.831) (raglan rbt 42.917) to finish in 8th lay-by (opposite start) at post marked 13/1. 50.030 miles.

Local regulations

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.
- **It is further recommended that a working rear light 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.

Organiser contact details

Martyn Heritage-Owen
28 Clos Tyla Bach St Mellons Cardiff
07786 067819
07786067819
coaching@realteam.co.uk

Time keepers/officials

Start Timekeeper: Martyn Heritage-Owen www.realteam.co.uk

Finish Timekeeper Robin Field, Cardiff Byways CC

Pusher Off: Jake Hughes

Course records

None

Awards/prizes

Champions' Caps and Medallions for all the prize winner are presented at the conclusion of the event. We appreciate that you may want to leave quickly, but please stay to applaud the Champions.

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. Sunday 3 November 2019 at TRW ClubResolven – it's on the R25/3 course: take the exit sign posted 'Works' at Resolven roundabout on A465. Tickets are subsidised at £12.50 – 3 course traditional roast (vegetarian option on request). Dress code is informal although cycling clothing is preferred. There is plenty of room for bikes and hot showers are available – bring your family and friends for a great day. Email to frances.field@ntlworld.com for bookings/information.

Awards

Men's Championship	
1 st .	<i>Champion's Cap, Championship Trophy (for one year) WCA Medallion & invitation to BAR lunch</i>
2 nd & 3 rd	<i>WCA Medallion</i>
Women's Championship	
1 st	<i>Champion's Cap Championship Trophy (for one year) WCA Medallion & invitation to BAR lunch</i>
2 nd & 3 rd	<i>WCA Medallion</i>
Champion Team	

<i>Fastest team of three riders</i>	<i>Championship Team Shield (for 1 year) WCA Medallions & invitations to BAR lunch</i>
<i>Fastest Vet. On Standard, 2nd and 3rd 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!

NOTES TO COMPETITORS:

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.

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.

Startsheet

Welsh CA (Welsh Championship)

Start Number	Start Time	Rider	Club	Gender	Category
18	08:18:00	Philippa Crocker	Dursley Road Club	Female	Vet
19	08:19:00	John Howells	Corinium Cycle Club	Male	Vet
20	08:20:00	Derek Morgan	Worcester St. Johns CC	Male	Vet
21	08:21:00	Gerry Peppin	Corinium Cycle Club	Male	Vet
22	08:22:00	Rebecca Comins	Newport Phoenix CC	Female	Vet
23	08:23:00	Brian Lewis	Bicester Millennium CC	Male	Vet
24	08:24:00	Matthew Stevens	Gloucester City Cycling Club	Male	Senior
25	08:25:00	George Comins	Newport Phoenix CC	Male	Espoir
26	08:26:00	Catherine Etchell	Brecon Wheelers	Female	Vet
27	08:27:00	Michael Williams	Hereford & Dist Whs CC	Male	Vet
28	08:28:00	Bethany Kington	Chepstow Cycling Club	Female	Senior
29	08:29:00	Mel Best	Bynea Cycling Club	Female	Senior
30	08:30:00	Ian Gibson	Abercynon Road Club	Male	Vet
31	08:31:00	John J Murphy	Gloucester City Cycling Club	Male	Vet
32	08:32:00	Amanda Lane	Bynea Cycling Club	Female	Senior
33	08:33:00	Matt Unsworth	Monmouth Tri Club	Male	Vet
34	08:34:00	Stephen Messenger	Bicester Millennium CC	Male	Vet
35	08:35:00	Daryl Stroud	Tri Team Glos	Male	Vet
36	08:36:00	Colin Richards	Merthyr CC	Male	Vet
37	08:37:00	Mike Gibbons	Chippenham & District Wheelers	Male	Vet
38	08:38:00	Peter Davies	Brighton Mitre CC	Male	Vet
39	08:39:00	Michael Collins	VC Sevale (Malvern)	Male	Vet
40	08:40:00	Emma Bexson	Stratford Cycling Club	Female	Vet
41	08:41:00	Iago Williams	Towy Riders Cycle Club	Male	Junior
42	08:42:00	Lawrence Cronk	SWYD Tri Club	Male	Senior
43	08:43:00	Lizzy Stocker	IRIS Race Team	Female	Senior
44	08:44:00	John Shehan	Bynea Cycling Club	Male	Vet
45	08:45:00	Gareth Jehu	Merthyr CC	Male	Vet
46	08:46:00	Jo Buckland	PDQ Cycle Coaching	Female	Vet

Start Number	Start Time	Rider	Club	Gender	Category
47	08:47:00	Michelle Fishbourne	CES Sport	Female	Vet
48	08:48:00	Simon Kinsey	Virtual Cycling Club	Male	Vet
49	08:49:00	Ryan Williams	Merthyr CC	Male	Senior
50	08:50:00	Lee Williams	Newport Phoenix CC	Male	Senior
51	08:51:00	Mark Evans	Chippenham & District Wheelers	Male	Vet
52	08:52:00	Peter Owen	Norwood Paragon CC	Male	Vet
53	08:53:00	Roger Taylor	Frome and District Wheelers	Male	Vet
54	08:54:00	Blaine Phelps	Merthyr CC	Male	Vet
55	08:55:00	Tara Grosvenor	VeloVitesse/ALLCAP/James Barry	Female	Senior
56	08:56:00	Claire Bird	Pontypool Road Cycling Club	Female	Senior
57	08:57:00	Robert Smith	Warwickshire Road Club	Male	Vet
58	08:58:00	Arran Armstrong	Velo Club Walcot	Male	Vet
59	08:59:00	Emma Serjeant	Hafren CC	Female	Vet
60	09:00:00	Jordan Bow	Merthyr CC	Male	Senior
61	09:01:00	Dean Prosser	Hereford & Dist Whs CC	Male	Vet
62	09:02:00	James Brayford	Lyme Racing Club	Male	Senior
63	09:03:00	John Williams	Bynea Cycling Club	Male	Vet
64	09:04:00	Ray Retter	Born to Bike - Bridgtown Cycles	Male	Vet
65	09:05:00	Mike Hall	Port Talbot Whs CC	Male	Vet
66	09:06:00	Phillip Turner	ATAC - Ammanford Triathlon And Cycling	Male	Vet
67	09:07:00	Andrea Parish	VeloSistas TT Team	Female	Vet
68	09:08:00	Alex Leek	PDQ Cycle Coaching	Male	Senior
69	09:09:00	Sandra Burrows	Vive Le Velo	Female	Vet
70	09:10:00	Mike Lindsay	SKCC	Male	Vet
71	09:11:00	Geoff Thomas	Rhondda Triathlon Club	Male	Vet
72	09:12:00	David Singleton	Acme Whs (Rhondda) CC	Male	Vet
73	09:13:00	Jac Gruffydd	Clwb Beicio Egni/Energy Cycling Club	Male	Senior
74	09:14:00	Rhys Deen	Merthyr CC	Male	Senior
75	09:15:00	Martin Osman	CC Giro	Male	Vet
76	09:16:00	John Aspell	PDQ Cycle Coaching	Male	Vet
77	09:17:00	Rosey Mushens	73 Degrees Bicycles, WestSide Coaching rt	Female	Vet
78	09:18:00	Clive Franklin	Somerset Road Club	Male	Vet
79	09:19:00	Andy Hunt	Ystwyth CC	Male	Vet
80	09:20:00	Leon Evans	Cardiff Ajax CC	Male	Vet
81	09:21:00	Tommy Barlow	Clevedon & District Road Club	Male	Vet
82	09:22:00	Mark Gateshill	PDQ Cycle Coaching	Male	Senior
83	09:23:00	Jamie Best	Bynea Cycling Club	Male	Vet
84	09:24:00	Philip Sims	Newport Phoenix CC	Male	Vet

Start Number	Start Time	Rider	Club	Gender	Category
85	09:25:00	Steve Bray	Team HUUB	Male	Vet
86	09:26:00	Paul Winchcombe	Chippenham & District Wheelers	Male	Vet
87	09:27:00	Diccon Hill	Cardiff 100 Miles RCC	Male	Vet
88	09:28:00	Pippa MacDougall	Tavistock Whs CC	Female	Vet
89	09:29:00	Michael Portlock	Merthyr CC	Male	Vet
90	09:30:00	Owen Burgess	Newport Phoenix CC	Male	Senior
91	09:31:00	Ed Pitt	Salt and Sham Cycle Club	Male	Senior
92	09:32:00	Stuart Day	citycyclecentre	Male	Vet
93	09:33:00	Dan Cutting	Epic R C	Male	Vet
94	09:34:00	Mark Hamer	Stratford Cycling Club	Male	Vet
95	09:35:00	Jonathan Barnes	Hereford Triathlon Club	Male	Senior
96	09:36:00	Lee Williams	North Hampshire RC	Male	Senior
97	09:37:00	Tom Stocker	Bournemouth Jubilee Whs	Male	Senior
98	09:38:00	Crystal Spearman	Born to Bike - Bridgtown Cycles	Female	Senior
99	09:39:00	Darrel Williams	Bynea Cycling Club	Male	Vet
100	09:40:00	Steve Burrows	Vive Le Velo	Male	Vet
101	09:41:00	Rob Jones	Cardiff Ajax CC	Male	Vet
102	09:42:00	Stephanie Post	Team Bottrill	Female	Senior
103	09:43:00	Earl Smith	Royal Dean Forest Cycle Club	Male	Vet
104	09:44:00	Chris Jones	Bynea Cycling Club	Male	Vet
105	09:45:00	Neil Cleminshaw	Vive Le Velo	Male	Vet
106	09:46:00	Michael Hill	Chester RC	Male	Senior
107	09:47:00	Michelle Lee	PDQ Cycle Coaching	Female	Vet
108	09:48:00	Simon Cox	Chippenham & District Wheelers	Male	Vet
109	09:49:00	Neil Poulton	Ogmore Valley Wheelers	Male	Senior
110	09:50:00	Gavin MacDougall	Royal Navy & Royal Marines CA	Male	Vet
111	09:51:00	Anthony Jones	Towy Riders Cycle Club	Male	Vet
112	09:52:00	Luke Rendell	Poole Wheelers Cycling Club	Male	Senior
113	09:53:00	Christopher Oram	PDQ Cycle Coaching	Male	Senior
114	09:54:00	Matt Burden	73 Degrees Bicycles, WestSide Coaching rt	Male	Vet
115	09:55:00	Tony Chapman	Frome and District Wheelers	Male	Vet
116	09:56:00	Keith Ainsworth	Sheffrec CC	Male	Vet
117	09:57:00	Ian To	Swindon Wheelers	Male	Senior

Start Number	Start Time	Rider	Club	Gender	Category
118	09:58:00	Christopher Gibbard	Bynea Cycling Club	Male	Senior
119	09:59:00	Oliver Simon	Team NBCC	Male	Senior
120	10:00:00	Conrad Moss	NOPINZ	Male	Vet