

Welsh 50 Mile Time Trial Championship 2022



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

Promoted by the
Welsh Cycling Association

Sunday 25 September 2022

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

Finish Timekeeper Robin Field, Cardiff Byways CC

Pusher Off: N/A, Turn: Andrea Parish and Mike Waite

Course R50/1b Starting at 8.14 am

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

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

Catering by Sharon Preddy.

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

Tel: 0778 606 7819 E-mail: 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

The online result board using www.Resultsheet.co.uk
WCA 50 – QR codes will be in the HQ

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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) 0.000
Proceed along A40 dual carriageway to Raglan roundabout.	7.060
Take 2 nd 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 rd exit (straight on) to continue on A40 dual carriageway to Hardwick roundabout. Encircle roundabout to take 6 th exit (A40).	24.766
Continue on A40 east bound, passing the START and continue on 2 nd circuit to Raglan roundabout	31.811
Take 2 nd 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 rd exit (straight on) to continue on A40 dual carriageway towards Hardwick roundabout to FINISH in 8 th 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 the timekeeper doesn't necessarily.
- ✓ Do keep your head up; be aware of your surroundings and **HAVE A SAFE RIDE.**
- ✓ **A HARD SHELL HELMET that meets an internationally accepted standard is Mandatory.**
- ✓ **Working front and rear lights are MANDATORY**

- ✓ 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 the onus is on the caught rider to drop back.

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.

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>

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

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