



2016 12 Hour National Championship

Incorporating the Welsh 12 Hour Championship
And the Western TTA 12 Hour Championship

Sunday 26th June 2016

Promoted for and on behalf of Cycling Time Trials under their Rules, Regulations and Championship Conditions by South Wales District Council.

Event Secretary:

Robin Field, 89 Velindre Road, Whitchurch, Cardiff. CF14 2TG
Mobile Number on the day 07753 603098

Chief Marshall:

Bridget Boon, Severn RC
Mobile Number during event 07973 336905

Timekeepers

Start Timekeeper: Robin Field Cardiff Byways C.C.
Chief Timekeeper: Tudor Thomas Bynea C.C.
Circuit Timekeepers: as listed

Officials, Observers and Marshalls

Ian and Bridget Boon Severn RC
Paul Robinson Ystwyth C.C.
Members of South Wales DC and West DC Clubs.

Headquarters (Please Note the new HQ)

Govilon Sports Pavilion, King George V Playing Field, Merthyr Road, Govilon. NP7 9SF

**The Headquarters will be open from 5:00am until 9:00am
then from 3:00pm – until end of event.**

Forward by the Chairman, Welsh Cycling Association

Origin of the Welsh Cycling Association

At one time individual clubs in South Wales, such as Acme Wheelers and Glamorgan Road Club promoted Open 12 Hour events: this was in the late 1920's. By the early 1930's no club felt it had the resources to run it alone so the (South Wales) Cycling Association was formed with the chief purpose of promoting this. The name changed to the Welsh Cycling Association to more reflect the participation from North Wales based clubs. The Welsh Cycling Association is now the controlling body for all Welsh Championship Time Trials promoted under Cycling Time Trials regulations.

Time trialling has changed enormously since those early days but the basic concept is still the same. The requirement and goodwill of having helpers and supporters to run events is as important today as it has ever been.

The Course R12/16

I have designed a new course for 2016; it is a significant change in course design from the previous R12/95. The event no longer does the Chainbridge circuit to and through Usk due to traffic congestion in Usk and semi-permanent traffic lights on Chainbridge itself. The sudden appearance last year of 3 way temporary lights as the event progressed was the final straw in spelling out its death knell. This was a good time to utilise the good road network we have, but not used, for this event whilst keeping a hint of 'old fashioned' feel for good measure.

There are three aspects to this year's course: an early morning circuit of 90 miles which continues with the beloved (!) trek to Hereford and back: a middle of the day circuit of 25.7 miles which is covered up to 5 times and a finishing circuit of 15.5 miles which is exactly the same as before. Most of the course is on A40 with one leg on A449 towards Usk and back to Raglan. This is fast dual carriageway. The A465 Abergavenny to Hereford leg (44 miles) is the only single carriageway A road used. There is about 4 miles of unclassified road (the old A40) from Raglan to Mitchel Troy (via Dingestow) covered up to 5 times and about 8 miles of B road, half of which is on the finishing circuit.

I hope the marriage of old and new roads works well. Every bit of this '12' is part of an existing R course.

National Championships

South Wales District Council has promoted several National Championships in recent years and I feel it an honour to be promoting my sixth and probably most challenging one to date. This cannot happen without the help and understanding of my long suffering wife Frances. Say hello to her and wish her a Happy Birthday (for the 23rd) and buy her hand made cards!

Welcome then to all, both new and returning competitors to our 'R' courses. Let there be fair and clean competition but above all BE SAFE.

HAVE A NICE DAY WITH THE WCA!

Robin Field.

Awards – 2016 (in addition to the National Championship Awards)

Men's Champion	WCA Championship Cap. Temple Trophy (for one year) Welsh Championship Plaque Invitation to WCA BAR Lunch
2 nd and 3 rd	Welsh Championship Plaques
Fastest rider from a non Welsh CA club See note below	Reub Giles Cup (for one year) Welsh Championship Plaque
Team Champions (three riders)	Welsh Championship Team Shield (for one year) Welsh Championship Plaques Invitations to WCA BAR Lunch
Women's Champion	WCA Championship Cap. Welsh Championship Trophy (for one year) Invitation to WCA BAR Lunch
Greatest distance covered by a novice	Welsh 12 Hr Novice Cup (for one year) Welsh Championship Plaque
Greatest improvement on Last Three Seasons	Welsh Championship Plaque
Fastest Young Rider: age 19 and under	Welsh Championship Plaque
Fastest Vet on Std in each age group	Welsh Championship Plaque
Joint Mersey 24 / Welsh 12 ride Aggregate mileage	Marcher Trophy (for one year) Welsh Championship Plaque
Fastest rider from a Western TTA club	Cotter Pin Challenge Cup Welsh Championship Plaque
Tandem award	Welsh Championship Plaque
The 219 award	A bottle of wine for the rider closest to this distance

PLEASE NOTE – THIS IS NOT ONE RIDER ONE PRIZE –IF YOU ARE GOOD ENOUGH TO WIN IT YOU GET IT!

Welsh Championships are always open to all

The rider - and team - recording the greatest mileage/s are the Welsh 12 Hour Champions
The **Reub Giles Cup** will be awarded to the rider from a non Welsh CA club recording the greatest mileage
If the Championship is won by a rider from a non Welsh CA club, the Reub Giles Cup will be awarded to the
Welsh CA rider recording the greatest distance

Novice awards are open to those riders who have never completed a 12 hour event

Welsh Competition Records

Men, solo	2013	Jon Wynn	Northover VT Rudy Project	287.76
Men, team	2013	Pembrokeshire Velo	Dan Colman Paul Colman Clifford Jackson	798.289
Ladies, solo	2003	Lynne Taylor	Walsall Roads Club	248.967

Prize of £50 to the Champion if Welsh Competition Record is beaten (Men, Women or Team).

Rider Safety & Notes to Helpers

Riders & Helpers should read this section with particular care

Obey all traffic regulations – the police monitor compliance at various points during the event – please do not put the future of the 12 at risk with irresponsible riding

- 1 **Traffic lights on A465:** the traffic lights on Llangula Bridge (60 & 82 miles from the start) are a modern installation and can detect a cycle and change for it. They usually cause little problem but the lights must be obeyed. There are police video cameras monitoring these lights.
 - 2 **Helmets:** the Police, Cycling Time Trials and the Welsh Cycling Association recommend that all riders wear an approved cycling safety helmet. However, a helmet is not compulsory.
 - 3 **Lights and visibility:** for better visibility, riders are recommended to fit a rear flashing red light which will enable you to be seen clearly on the dual carriageway – especially on the finishing circuit. Recent 12s have been observed by Gwent Police who have advised that riders should have been using lights in poor visibility. Everyone participating in the event is also advised to wear high-visibility clothing – including helpers. If you are riding in the dark, you are required by law to use pedal reflectors or reflective ankle bands.
 - 4 **Numbers & signing on and off:** pick up your number and food at HQ when you sign on. Spare numbers are available to go with a change of clothing. Numbers will be given after you have signed on and handed in your car registration form. Any extra safety information will be given as you sign on. There will also be a number for your helpers to put on their car – this will help marshals to recognise your helpers. **YOU MUST SIGN OFF AT THE END OF THE EVENT.** Please call out your number at the Monmouth tunnels, Llangview (Chepstow 14), Hereford and Hardwick checking points and when passing each of the timekeepers on the finishing circuit. With poor light, flapping numbers, etc, it can be difficult to identify individual riders so please help.
 - 5 **Regulations:** you have all signed an entry form stating that you are familiar with the Regulations. Riders and helpers must work within the Regulations. Please make sure your helpers also read these instructions. The future running of the event relies on appropriate behaviour from riders and helpers.
 - 6 **Course signage:** the course will be signed and marshalled as far as possible but not all turns will have marshals and some will not have them throughout the day. Please make sure you understand the route. Hardwick roundabout is the first you come to – it is big. First time is straightforward, take the first exit, it will be signed and there will be marshals at the key positions. The next time you get here go round the system until you are directed to Hereford (4th exit). All riders will go to Hereford and then once you get back to Hardwick you go onto the Mid Day circuit. When the first rider on the road has completed five Mid Day circuits* all following riders, will be turned onto the Finishing circuit – i.e. back up the A40 dual carriageway to start the finishing circuit at TK1
- *The Chief Marshal may reduce the number of circuits in adverse weather conditions
- 7 **Early finishers:** once you have reached TK1 you will be credited with a finishing distance. **Please make sure you notify us if you decide to finish earlier than this.** Tell the info desk or a marshal but – best of all – just take a short time-out and then carry on.
 - 8 **Notes to helpers:** all cars must be registered. Handing in a car registration form does not entitle you to follow your rider around the course. The course is dual carriageway based and there are lots of lay-bys. After the initial Hereford leg, a rider will never be more than 30 minutes away.
 - 9 **Helpers must park sensibly: do not use the Hardwick pub car park** – but parking on the bit of the “old road” adjacent to the pub is fine.

- 10 **Navigating your way around the course:** riders will be given a coloured sticky number when they sign if they have vehicular support. Please fix this to the windscreen. Marshals will see it and can direct you if you lose your rider. You can also contact the information desk at Hardwick roundabout and they will do their best to help. Where practical, please support other riders with water, sponges, mechanical assistance, encouragement, etc.
- 11 **Frequent passing (lay-by hopping):** this is a breach of CTT Regs. You must not pass your rider more than once every 10 miles and you must not follow your rider (Regulation 22). Following your rider and lay-by hopping is a nuisance to other riders and road users. Especially after the Hereford leg, we strongly recommend that helpers select a suitable spot on the circuit and wait for their rider to come by. Police will be monitoring the event they have received complaints locally of people having 'natural breaks' in clear view of members of the public– please be discreet.
- 12 **Finding feeding places:** the Hereford road is no problem – plenty of lay-bys. There are 8 lay-bys on the A40 between Hardwick and Raglan roundabouts (east and west) and three on A449 between Llangaveview interchange and Raglan Interchange (north and south) all suitable for feeding. **There is a long area on the climb beyond the Raglan Castle turn to Mitchel Troy on the Unclassified road (old A40) which riders do five times which is ideal. I'm hoping to have a feed station should there be enough help**
- 13 **And finally:** to everyone - be courteous to each other, the marshals and other road-users.

All complaints regarding poor or inappropriate behaviour will be taken seriously.

You are the public face of our Sport so make it a smiley one!

Some useful information

1. **Mobile Phone Reception.** The 02 network covers the entire course. Vodafone service is patchy on the A40. Orange and T-Mobile are also reasonably good.
2. **Toilets.** There are facilities at HQ. There are toilets in the picnic area on the northbound A40 approaching the Monmouth tunnels and in the Services on A40 from Raglan to Monmouth tunnels have recently reopened. The public toilets at Usk are sadly closed.
3. **Fuel.** The centre of Abergavenny (follow the A40) and in Usk (far end of stone bridge heading to Pontypool). The Services on A40 Raglan Interchange to Monmouth tunnels.
4. **Parking** is available at the Headquarters. Proceed beyond Headquarters entrance for 30 yards. Turn right and right through gate into field. Competitors please do not park in the Officials area.
5. **Note to Helpers** There are 8 laybys both westbound and eastbound on A40 dual carriageway between Hardwick roundabout and Raglan roundabout. There are no intersections. You will see your rider every 25.7 miles. **Do not cross the central reservation barriers or your rider will be disqualified.** Please remember that Gwent Constabulary will be monitoring your conduct during this event.
6. **HQ Opening Times** – The HQ will be open from 5:00 am to 9:00 am, tea and coffee will be available for a small donation. The HQ will re-open at 3:00 pm with catering available from Sharon Preddy with wonderful cakes and Bacon Butties.

Feeding Arrangements

This event is listed as 'No Official Feed'

However I am hoping to have a Neutral Feed Station on the Middle Day circuit on the left fork on the gradual climb on the unclassified road (old A40) to Mitchel Troy depending on numbers of helpers from local clubs

Drinks (water and squash) and some emergency food rations will be available at Hardwick but you will need to stop and collect it.

It is possible to leave supplies on the course. Riders without helpers can leave bottles/food at the Hardwick info desk which will be manned throughout the event.

Riders - do your bit to keep Wales tidy!

Please do not drop bags & wrappers on the course

No	First name	Surname	Club	Cat	Age	Start Time
6	Simon	Kinsey	Acme Whs (Rhondda) CC	V	46	06:06:00
7	John	Murphy	Gloucester City Cycling Club	V	76	06:07:00
8	Stuart	Edwards	Royal Navy & Royal Marines CA	V	51	06:08:00
9	Paul	Griffiths	Cardiff Ajax CC	V	61	06:09:00
10	Lynne	Biddulph	Born to Bike - Bridgtown Cycles	WV	47	06:10:00
11	Chris	Scawn	Plymouth Corinthian CC	V	65	06:11:00
12	Mark	Jones	Pembrokeshire Velo	V	44	06:12:00
13	Chris	Woolley	Acme Whs (Rhondda) CC	V	44	06:13:00
14	Mike	Rose	Exeter Whs CC	V	60	06:14:00
15	Daniel	Thorogood	Ystwyth CC	V	54	06:15:00
16	Tom	Bertenshaw	Severn RC	S	36	06:16:00
17	Steven	Madeley	Ogmore Valley Wheelers CC	V	54	06:17:00
18	Helen	Willis	Camel Valley C & TC	WV	51	06:18:00
19	Rhianne	Griffiths	Pembrokeshire Velo	W	24	06:19:00
20	Gregory	Woodford	Reading CC	V	55	06:20:00
21	Ray	Retter	North Devon Wheelers	V	70	06:21:00
22	Robin	Vessey	Mickey Cranks Cyling Club	V	53	06:22:00
23	James	McKenzie	CC Ashwell	V	63	06:23:00
24	Gavin	MacDougall	Tavistock Whs CC	V	49	06:24:00
25	Sean	Childs	Royal Navy & Royal Marines CA	V	45	06:25:00
26	Jason	Burrill	Peterborough CC	S	33	06:26:00
27	David	Barry	Team Bottrill	V	66	06:27:00
28	Phoebe	Heveron	Cardiff Ajax CC	W	21	06:28:00
29	Shaun	Griffiths	Pembrokeshire Velo	V	52	06:29:00
30	Matthew	Davies	Rhino Velo Race Team	S	33	06:30:00
31	Lyn	Jones	EC Cycles	V	42	06:31:00
32	Andrew	Harries	Ogmore Valley Wheelers CC	V	56	06:32:00
33	Gordon	Sephton	Derby Mercury R C	V	44	06:33:00
34	Andy	Starr	Ystwyth CC	V	41	06:34:00
35	Daniel	Edwards	Sotonia CC	S	31	06:35:00
36	Elliot	Gowland	Team Bottrill	V	44	06:36:00
37	Gordon	Scott	CC Weymouth	V	55	06:37:00
38	Catherine	Snell	Camel Valley C & TC	W	38	06:38:00
No	First name	Surname	Club	Cat	Age	Start Time
39	Niels	Langhout	Sotonia CC	S	37	06:39:00
40	Chris	Hopkinson	CC Desiragear	V	48	06:40:00

41	Garry	Drew	Royal Navy & Royal Marines CA	V	51	06:41:00
42	Theresa	Taylor	Preston CC	WV	56	06:42:00
43	Chris	Mann	Wrexham RC	J	15	06:43:00
44	Phil	Rogers	Royal Navy & Royal Marines CA	V	45	06:44:00
45	Nigel	Haigh	Strategic Lions	V	45	06:45:00
46	James	Scott	Royal Navy & Royal Marines CA	V	51	06:46:00
47	Dean	Ware	EC Cycles	S	34	06:47:00
48	Damian	Cudmore	Camel Valley C & TC	V	40	06:48:00
49	Garry	McCallum	Penzance Wheelers CC	V	42	06:49:00
50	Jon	Wynn	T1 Diabetes.info	V	49	06:50:00
51	Danny	Grieves	GS Metro	S	27	06:51:00
52	Robert	Tomlinson	Sotonia CC	V	44	06:52:00
53	Steven	Abraham	North Bucks RC	V	41	06:53:00
54	Dominic	Brown	Ystwyth CC	V	47	06:54:00
55	Richard	Spink	T1 Diabetes.info	S	39	06:55:00
56	Katja	Rietdorf	Born to Bike - Bridgtown Cycles	WV	45	06:56:00
57	Jenny	Bonham	Richmond CC	W	33	06:57:00
58	Ginine	Gronwalt	Camel Valley C & TC	WV	44	06:58:00
59	Lenny	Brown	Royal Navy & Royal Marines CA	V	45	06:59:00
60	Jonathan	Shubert	Arctic Tacx RT	S	29	07:00:00
61	Andrea	Parish	Camel Valley C & TC	WV	48	07:01:00
62	George	Marshall	Rapha Cycling Club	S	34	07:02:00
63	Tom	Rebhan	Plymouth Corinthian CC	S	24	07:03:00
64	Justin	Jones	Audax Club Hackney	V	46	07:04:00
65	Tejvan	Pettinger	Sri Chinmoy Cycling Team	S	39	07:05:00
66	Crystal	Spearman	Nopinz	W	28	07:06:00
67	Edgar	Reynolds	Congleton CC	V	67	07:07:00
68	Matthew	Williams	Cardiff Ajax CC	S	29	07:08:00
69	Leon	Marshall	Royal Navy & Royal Marines CA	S	36	07:09:00
70	Jasmijn	Muller	Born to Bike - Bridgtown Cycles	W	36	07:10:00

COURSE MAP AND DESCRIPTION OF THE R12/16

R12.16 Course	Inter Miles	Tot. Miles
Start on unclassified road signposted 'Clytha' (old A40 Raglan - Abergavenny road) at yellow mark on drain cover by Light Standard on flare at western side of entrance to Monmouthshire Livestock Market (O.S. 161 384087)	0.000	0.000
Proceed westwards on unclassified road (joining B4598 at Steel Horse Cafe) and continue to Hardwick roundabout to take 1st exit TO START MORNING CIRCUIT	6.155	6.155
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	13.714
Straight on to continue on A40 Sign "no U-turn, Clearway" after RAB	0.085	13.799
to Raglan interchange where bear left to Monmouth still on A40 Post 22/8 after services end of slip road	2.183	15.981
to Monmouth Tunnels where after tunnels bear left onto road signed for Trellech and Rockfield to mini roundabout at Esso Petrol Station (Give Way sign)	4.852	20.834
Turn left WITH GREAT CARE and follow B4239 and unclassified road through Mitchel Troy to rejoin A40 Dual-carriageway (blue sign "no U-turns, Clearway")	2.545	23.379
Join A40 westbound	0.213	23.592
Proceed past Raglan Services to go STRAIGHT ON, at Raglan Interchange (sign Usk) as road becomes A449. Post 21/0	3.411	27.003
Bear left at Llangeview Interchange (signpost Usk) on A472	5.254	32.257
TURN at break in dual carriageway (signpost B4236 'Chepstow 14') to remain on A472	0.505	32.761
Proceed to take left hand lane at Llangeview Interchange to rejoin north bound A449	0.387	33.148
continue on A449 to bear left at Raglan interchange	4.398	37.547
Join A40 to Raglan roundabout	1.186	38.732
Take 3rd exit (straight on) on A40 to Hardwick roundabout	7.629	46.361
Encircle roundabout taking 4th exit A465 (Hereford)	0.300	46.661
proceed on A465 to Hereford (<i>traffic lights at Llangula bridge - see notes re riders safety</i>) via Pontrilas (Sign Hereford 12)	12.234	58.895
to roundabout at Kingfisher Rise Estate (Tesco)	9.736	68.631
Circle rbt and retrace on A465 via Pontrilas (sign "Abergavenny 12")	9.970	78.601
to Hardwick rbt, Abergavenny TO FINISH MORNING CIRCUIT	12.181	90.782
Take 2nd exit TO START FIRST MID DAY CIRCUIT	0.198	90.980
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout	7.559	98.539
Take 2nd exit (straight on) along A40 dual carriageway going eastwards (passing Raglan Castle turn) and take LEFT fork on unclassified road towards Mitchel Troy (signpost Monmouth)	0.646	99.185
Continue on unclassified road (old A40) via Dingestow to TURN left and IMMEDIATELY left (with care) to enter A40 on-slip	4.335	103.520
Proceed westwards to 1st turn off left (where A40 leaves A449)	3.800	107.320
Continue on A40 over fly-over to Raglan roundabout	1.323	108.643
Take 3rd exit (straight on) on A40 dual carriageway and proceed westwards	7.629	116.272

to enter hardwick roundabout (Abergavenny)		
Encircle roundabout taking 6th exit TO FINISH FIRST MID DAY CIRCUIT . Repeat	0.498	116.770
Encircle roundabout taking 6th exit TO FINISH SECOND MID DAY CIRCUIT. Repeat	25.790	142.560
Encircle roundabout taking 6th exit TO FINISH THIRD MID DAY CIRCUIT. Repeat	25.790	168.350
Encircle roundabout taking 6th exit TO FINISH FOURTH MID DAY CIRCUIT. Repeat	25.790	194.140
Encircle roundabout taking 6th exit TO FINISH FIFTH MID DAY CIRCUIT.	25.790	219.930
Proceed eastwards along A40 dual carriageway to enter Raglan roundabout turn left Clytha 3	7.559	227.489
to TK1 START OF FINISHING CIRCUIT, Access bridge to Cefn Coch Farm	0.362	227.851
T/K2, Raglan Garden Centre	1.327	229.178
T/K3, Bus Shelter opposite turning to Llanarth (Start)	2.040	231.218
T/K4, layby past King of Prussia Inn	1.656	232.874
T/K5, layby past Farmhouse 3 Tyr-Pwll sign, near Hardwick Inn	1.502	234.376
T/K6, driveway on right, short of B4598/A40 junction	0.986	235.362
Turn left to join A40 dual carriageway to Raglan -----"-----		235.362
T/K7, 2nd layby on dual carriageway	1.021	236.383
T/K8, 3rd layby	1.601	237.984
T/K9, 4th layby	1.916	239.900
T/K10, 7th layby	1.733	241.633
Raglan RAB Sign "Clytha 3"	1.340	242.973
Raglan RAB Sign "Clytha 3", at Raglan rbt turn left to		242.973
T/K1 to complete 1st lap of Finishing Circuit (15.484 miles) repeat circuit	0.362	243.335
T/K1 to complete 2nd lap of Finishing Circuit	15.484	258.819
T/K1 to complete 3rd lap of Finishing Circuit	15.484	274.303
T/K1 to complete 4th lap of Finishing Circuit	15.484	289.787
T/K1 to complete 5th lap of Finishing Circuit	15.484	305.271
T/K1 to complete 6th lap of Finishing Circuit	15.484	320.755

On the Finishing Circuit

Timekeepers' positions will be clearly marked throughout the event.

		Inter	Miles
Timekeeper 1 Recorder	Tudor Thomas Bynea CC Paul Robinson, Ystwyth CC		
	Start finishing circuit at 3 rd kerb joint in flare to access bridge to Cefn Coch Farm (marked on OS map) 3 yards east of fire hydrant cover, 0.3 miles west of Raglan rbt on old A40, signposted "Clytha"	0.000	0.000
Timekeeper 2 Recorder	Norman James, Ogmere Valley Whs. Richard Tucker, Ogmere Valley Whs. Keith Ewing		
	At western end of grass verge outside Raglan Garden Centre, approximately 100 yards west of main entrance and in line with sign "Garden Centre" and opposite a holly tree and near a barbecue.	1.327	1.327
Timekeeper 3 Recorder	Glenda Fisher Welsh CA John Fisher Welsh CA Alf Williams Port Talbot Whs		
	At eastern end of drain cover, 5 yards east of Green Bus Shelter, approx 15 yards west of junction (on right) to Llanarth.	2.040	3.367
Timekeeper 4 Recorder	Phyl Harradine, CC Topp [Terry Harradine]		
	At eastern end of drain cover at eastern end of Bus Stop layby 20 yards west of King of Prussia pub.	1.656	5.023
Timekeeper 5 Recorder	Bridget Boon Severn RC		
	At eastern end of drain cover at eastern end of Bus Stop layby on crest of rise, 40 yards beyond house sign "3 Tyr Pwll" and approximately 200 yards east of Hardwick PH (formerly known as the Horse & Jockey), on right.	1.502	6.525
Timekeeper 6 Recorder	Ian Boon Severn RC Brian Griffiths		
	Before junction with A40, at grating opposite farmhouse entrance on right, 45 yards before "Give Way" sign.	0.986	7.511
Timekeeper 7 Recorder	Stuart Edinborough Hereford & Dist. Wheelers Dave Unsworth, Hereford & Dist. Wheelers		
	At western end of 2 nd layby at white post marked 12/3	1.021	8.532
Timekeeper 8 Recorder	Martyn Heritage-Owen Bush Healthcare RT		
	At western end of 3 rd layby at 1 st gully grate, approximately 35 yards east of overhead power cables.	1.615	10.147
Timekeeper 9 Recorder	Jill Colman Pembrokeshire Velo Paul Colman Pembrokeshire Velo		
	At 4 th layby at post marked 6/6, 1 yard east of 5 th drain cover	1.902	12.049
Timekeeper 10 Recorder	Len Samuel Cwmcarn Paragon Eddie Malarczyk Cwmcarn Paragon		
	At western end of 7 th layby at white post marked 3/8	1.753	13.802
	Complete finishing circuit at Timekeeper 1	1.682	15.484

Setting up watches

Timekeepers please meet Robin Field at TK6 (Hardwick roundabout) at 14:30 to check watches and collect timekeeper boards prepared by Philippa Crocker..

Ian Boon will have boards and timekeepers time at Hardwick Roundabout

Please bring back your Timekeeper Stake with you to HQ in Raglan to have a well deserved cuppa and food.

Marshalling Positions 2016

Marshalling jackets will be brought to the Early Morning Circuit marshals by **Bridget Boon (Chief Marshal)** or an assistant preceding the field. (Hereford will supply their own)
When you have finished please hand them to the **Chief Marshal**, return them to HQ or drop them at Hardwick information desk

Any other offers of help would be very much appreciated - volunteers are always welcome

If anyone is unable to do what is set out below, could they please let Robin Field know on 07753603098

At Headquarters	Numbers, Food & Car Registration Forms + Parental Consent forms (u18yrs)	Frances Field
Course Signing	Warning & route signs – - finishing circuit T/Ks	Ian and Bridget Boon Mike Waite + others tbc
	Hereford rbt & Belmont	Dave Unsworth, & Hereford Wheelers
At Start	Starting Timekeeper Pusher off	Robin Field Ritchie Tout

Marshalling Pt	Instructions	Marshals
Hardwick rbt 6.1 miles eta 06:15	Take first exit on A40	Signs only
A40 Raglan Roundabout 13.7 miles	Second exit (straight on)	Signs and Len Samuel, Anthony Malarczyk Cwmcam Paragon RC
Raglan Interchange A40 Northbound 15.9 miles	Take on slip to remain on A40 to Monmouth tunnels	Arrow
Raglan Services northbound (Opened Feb 2016)	Stay on A40	
Monmouth Tunnels	Take slip road exit immediately after tunnels	Arrow
Monmouth Service station 20.8 miles eta 06:50	Take first exit at mini roundabout WITH GREAT CARE onto B4293 signed Trellech	Will Bevan + Ross-on-Wye Whs CC
Mitchel Troy (sign)	Straight on as B4293 becomes unclassified through Mitchel Troy	Arrow
Mitchel Troy (Village)	Pedestrian crossing (Light controlled)	Observers tba
Joining A40 Southbound 23.5 miles	Join A40 dual carriageway	Arrow
Raglan Services southbound (Opened May 2016)	Stay on A40	
Raglan Interchange 27 miles	STRAIGHT ON as road becomes A40(Arrow
Llangeview Interchange 32.2 miles	Take Exit to Usk (Brynbuga)	Arrow
Llangeview Interchange/ B4235 'Chepstow 14' eta 07:15	TURN RIGHT around break in carriageway to enter A449 on-slip	Bob Jones Cardiff 100 Miles RC Jill & Paul Colman, Pembs Velo
Raglan Interchange A449 Northbound 37.5 miles	Take first exit to enter A40 westbound	Arrow
Raglan Roundabout westbound	Take 3 rd exit (straight on)	Len Samuel, Anthony Malarczyk Cwmcam Paragon RC
Hardwick roundabout A465 turn 46.6 miles eta 08:00	Take 4 th exit to Hereford. Turn signs around after last rider.	John Shehan Bynea CC
Traffic Lights Llangula Bridge 58 & 78 miles	to Hereford & back Eta 7.00am	Observers to be confirmed
Hereford rbt	See riders round the roundabout & return them to	Dave Unsworth, & Hereford

68.6 miles eta 09:00	Abergavenny. Checkers form to Dave , supply own marshalling jackets	Wheelers
Hardwick rbt 90.7 miles eta 10:00	Start of Middle Day Circuit Riders returning from Hereford, to take 2 nd exit onto A40 towards Raglan	10:10 to close Ian Boon Richard Hopkins & Robin Field
Circuit timechecks & Information desk	Rider's times noted each time they pass through here. Information available. Phone no: 07973 336905 (Bridget) and 07974 208055 (Ian) 07753 603098 (Robin)	Ian & Bridget Boon, Richard Hopkins Robin Field to provide relief as needed

Presentation of Awards

This will take place at approximately: 8.15 pm

The Information desk at Hardwick rbt

will be manned by **Ian Boon Richard Hopkins & Robin Field** who will be able to tell helpers when their rider last came through this checkpoint (care when parking here as there is limited space)

Stop in a lay-by and phone 07974 208 055

The decision about when to turn riders onto the finishing circuit will be made at Hardwick rbt at about 3:30pm.
Very fast riders may be sent to the circuit earlier

At Event Headquarters:

Results System designed by Richard Hopkins, Cwmcam Paragon RC and checked by: Keith Lawton

Refreshments by: Sharon Preddy (free tea to riders returning their numbers)

After the event when all riders have finished

Robin Field, Ian and Bridget Boon + Helpers will take down remaining signs at

Robin Field will clear the course on Monday for any uncollected signs, rubbish, etc

Cards will be available at the Headquarters made by **Wheelygoodcards**



Welsh Cycling Association presents



Welsh 12 Hour Championship for Tandems

Promoted for and on behalf of CTT under their Rules & Regulations

Event Secretary:

Robin Field, 89 Velindre Road, Whitchurch, Cardiff. CF14 2TG

Mobile Number on the day 07753 603098

Chief Marshall:

Bridget Boon, Severn RC

Mobile Number during event 07973 336905

Timekeepers

Start Timekeeper: Robin Field Cardiff Byways C.C.

Chief Timekeeper: Tudor Thomas Bynea C.C.

Circuit Timekeepers: as listed

Officials, Observers and Marshalls

Ian and Bridget Boon Severn RC

Paul Robinson Ystwyth C.C.

Members of South Wales DC and West DC Clubs.

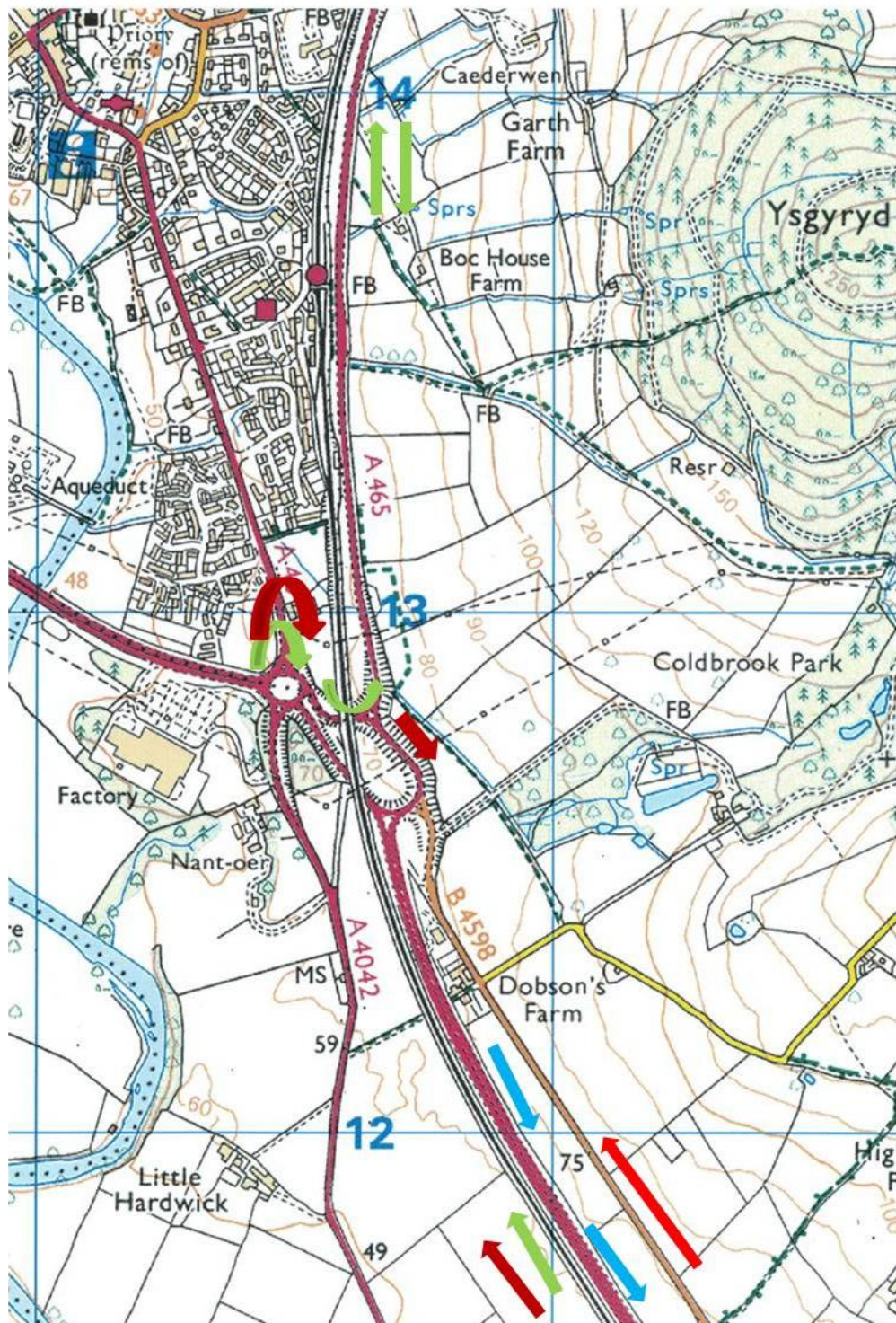
Headquarters (Please note the new HQ)

Govilon Sports Pavilion, King George V Playing Field, Merthyr Road, Govilon. NP7 9SF

The Headquarters will be open from 5:00am until 9:00am then from 3:00pm – until end of event.





Hot Showers Available

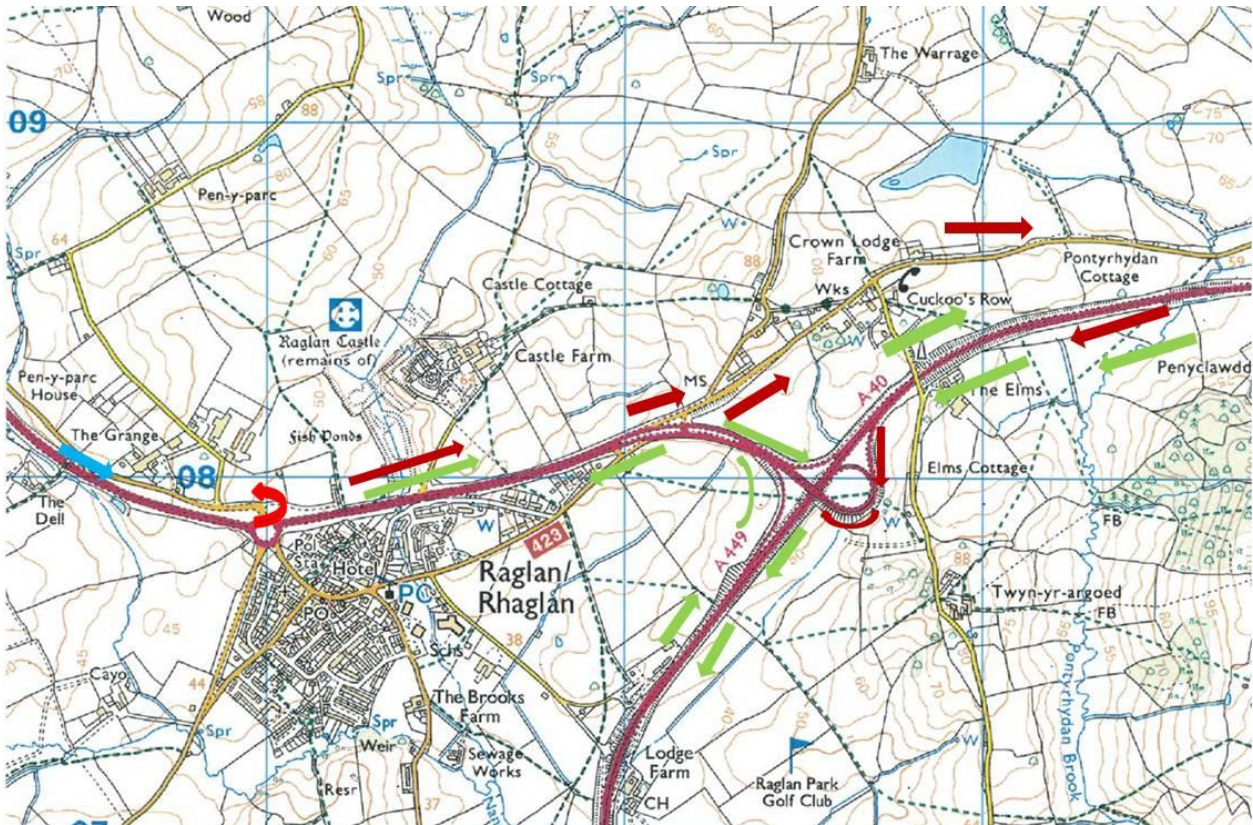
No	First name	Surname	Club	Cat	Age	Start Time
2	Tanis	Hand	Leamington C & AC	WV	57	06:02:00
2	Charlie	Ratcliffe	Leamington C & AC	W	27	06:02:00
4	Bob	Richards	Royal Navy & Royal Marines CA	V	58	06:04:00
4	Mark	Gorman	Royal Navy & Royal Marines CA	V	54	06:04:00



Map 1 Hardwick Roundabout

Legend

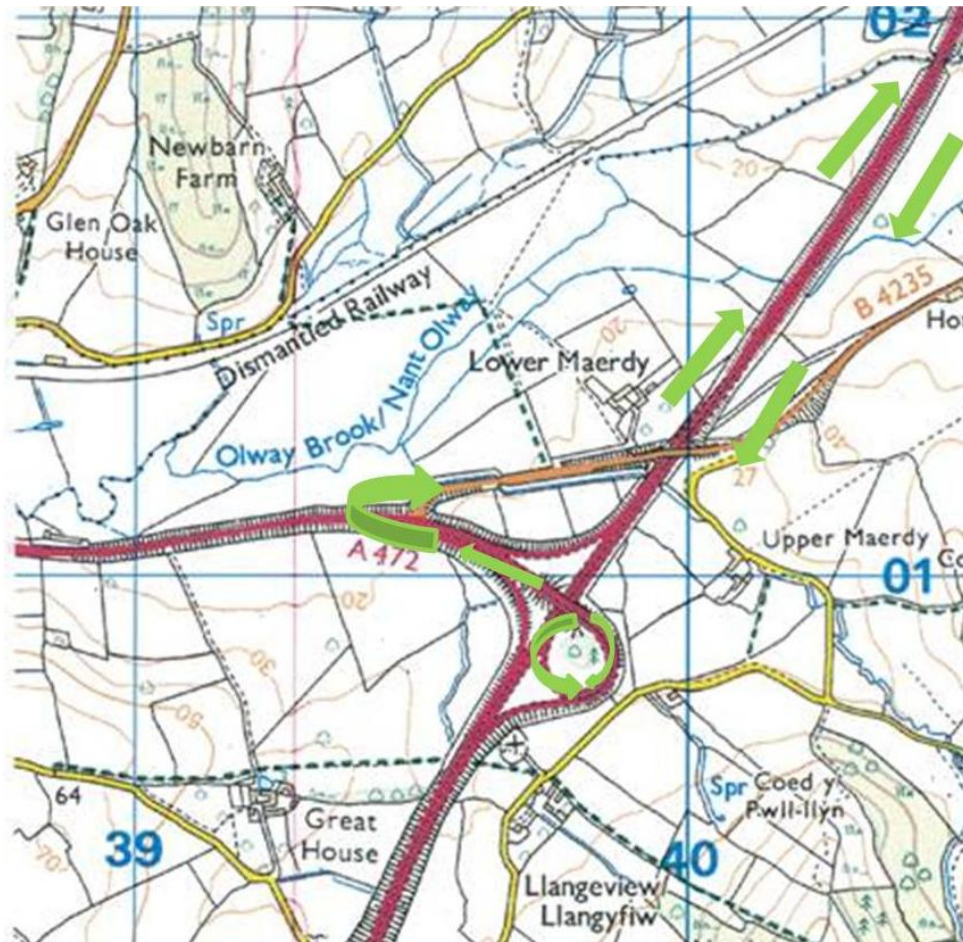
- Early Morning Circuit 
- Middle Day Circuit 
- Finishing Circuit 
- All Circuits 



Map 2 Raglan Interchange



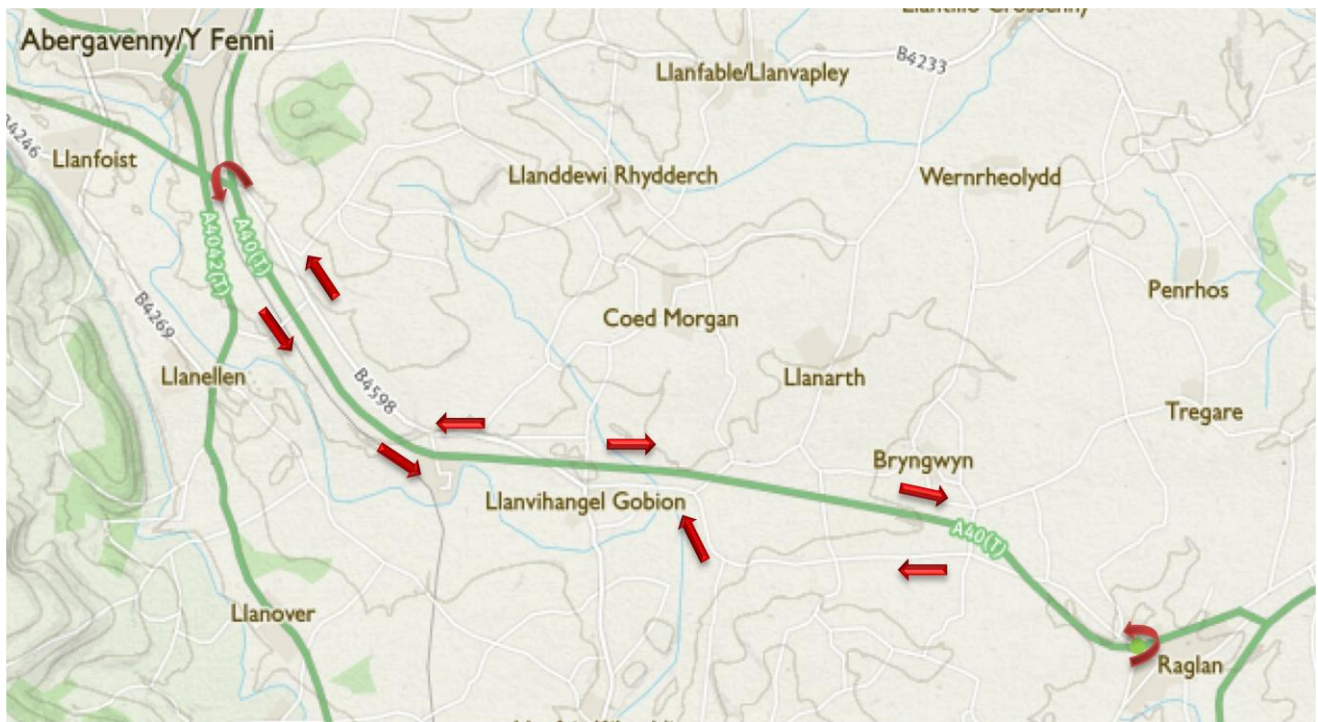
Map 3 Monmouth Tunnels



Map 4 Usk Turn (Llangeview Interchange)



Map 5 Hereford Turn (Kingfisher Rise Estate)



Map 6 Finishing Circuit

Route to Start from HQ. Leave Govilon Sports Pavilion Merthyr Road (B4246) proceed 0.1 mile to A465 Heads of the Valleys Road roundabout.

Take 4th exit onto A465 dual carriageway eastbound for 3 miles to reach Hardwick roundabout.

Take 3rd exit on B4598 (signpost Usk)(TK 6 on finishing circuit) continue for 3 miles (past TK 5 and 4) and go STRAIGHT ON as road becomes unclassified (TK3) up Clytha Cutting to TK2.

Start is outside Monmouthshire Livestock Centre. (approx 9 miles) PLEASE ALLOW 35 MINUTES.