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Virtual Cycling Club
proudly presents its inaugural
Time Trial event over 25 miles

Sunday July 29th 2018 commencing at 9:04am on the R25/7 course

Timekeepers

*Martyn Heritage-Owen [start]
Robin Field & Frances Field [finish]*

Event secretary

*Simon Kinsey
42 Tynybedw Street, Treorchy, Rhondda, CF42 6RA
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Headquarters open from 8am at the Memorial Hall, Maryport Street, Usk, NP15 1AD

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A VERY WARM WELCOME

To the riders and their families attending our very first time trial event, thank you for your support and we hope you enjoy your time with us on Sunday.

You'd be forgiven for wondering what this "Virtual Cycling Club" thing is all about, so let me explain. We're an online community of cycling friends, sharing ideas and supporting each other through the ups and downs of training and racing. We're in our first season of affiliation to the CTT and have some ideas that will hopefully allow us to grow in future years to attract members from across the UK. As the name suggests, we don't have a defined geographical area. We're excited about the future but, for now, we're very grateful for your support at this initial event.

Please ride safely on the course and take a few minutes to read the directions in this booklet. There are a couple of opportunities for you to go off course – I speak from experience on that point – but we hope our signage, course directions and marshals will help you stay on track.

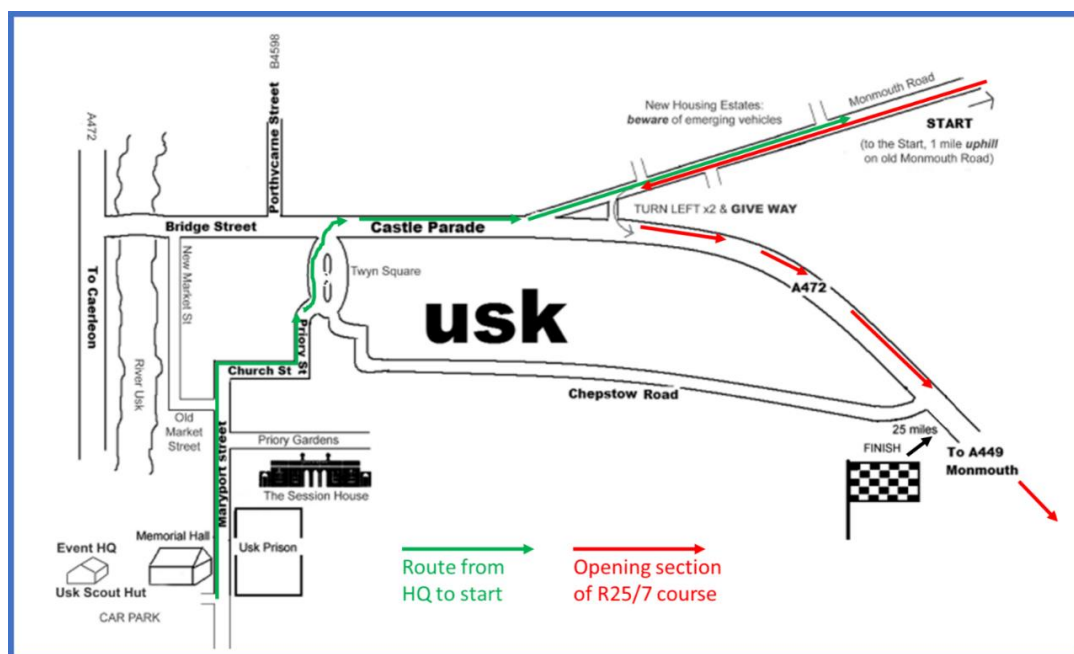
We're grateful to our timekeepers Martyn Heritage-Owen, Robin Field and Frances Field whose devotion to time trialling in South Wales is exceptional. Their diligence and professionalism are a source of reassurance to organisers and riders alike.

You can look forward to a free drink back at the HQ after your ride, plus a variety of snacks for the price of a donation. We'll have gluten free and vegetarian options waiting there for you. Please also stick around for the award presentation if your schedule permits – we're doing something a bit different with the prizes at this event and we hope you'll approve. See you on Sunday!

Simon Kinsey

GETTING TO THE START

It's a ride of 1.4 miles from the HQ to the start line, the second half of it uphill; we suggest allowing about 10-15 minutes for the trip. Below is a suggested route, adapted from a sketch kindly provided by the Cardiff 100 Miles CC. Digital readers can click here for [Strava](#), [GPX](#) and [TCX](#) versions.



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THE R25/7 COURSE

- Start on southbound side of Monmouth Road (unclassified) at approximately 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 the foot of the hill turn left and left again onto A472 and proceed to take left hand lane at Llangeview interchange to join the A449.
- Proceed via Raglan interchange where the 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 and in 300 yards at garage turn left with great care onto B4293.
- Cross over tunnels and in 2/3 mile keep straight on, remaining on unclassified road (taking care at pedestrian crossing) to rejoin the A40 at Mitchel Troy. (Sign for "Mitchel Troy" at 14.367 miles)
- Retrace via Raglan interchange and at Llangeview bear left to leave A449 and proceed on A472 to finish opposite 2nd drain cover on right, 25 yards beyond telegraph pole DP63 and 350 yards beyond rear of sign reading A449/B4235 on approach to Usk.

There will be marshals stationed at key points around the course but please remember that they're there for guidance only and have no authority to control traffic. Please take the time to familiarise yourself with the course – in particular we draw your attention to the following key points:

1.0 miles, foot of the hill, road sweeps around to the LEFT, take care



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1.1 miles, junction ahead, turn LEFT but be prepared to GIVE WAY



6.5 miles, REMAIN on the A449, if you took the exit ramp you wouldn't be the first to do so but it's not a club you want to join!



12.4 miles, approaching the tunnel, be prepared to turn LEFT on exit



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12.6 miles, emerging from tunnel, bear LEFT



12.8 miles, passing the petrol station, turn LEFT with great care at the mini-roundabout



13.2 miles through to 15.0 miles, road surface on B4293 is less than ideal, pot-holes might be hard to spot under tree cover



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14.6 miles, keep RIGHT at the fork where the road becomes unclassified but soon merges right onto the A40 (don't go LEFT!)



Digital readers can click here to view and download the course in [Strava](#), [GPX](#) and [TCX](#) formats.

AWARDS

With a relatively small field our options for prizes are a little limited so we've decided to do something a bit different. We sense that for the vast majority of TT riders, prize money is not the primary motivation when entering events. And we reckon recent announcements from CTT will probably lead to event organisers being quite creative in this regard in future years.

So, keen to do our bit for society, we've decided to test our hunch by asking the winners in the following TWELVE categories to nominate a charity to receive a £10 donation. Please give this some thought. It could be something to help medical research, animals, kids, vulnerable people – whatever's close to your heart – tell us what matters to you and we'll make sure they benefit from your efforts on the day. We'll also publish the details of those charities in the result book and give them a mention on our social media channels.

Category	£10 charitable donation	£10 personal prize	Free entry to next event
Males – 1st fastest	✓	✓	✓
Males – 2nd fastest	✓	✓	
Males – 3rd fastest	✓		
Females – 1st fastest	✓	✓	✓
Females – 2nd fastest	✓	✓	
Females – 3rd fastest	✓		
Veterans – 1st against standard	✓	✓	✓

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Category	£10 charitable donation	£10 personal prize	Free entry to next event
Veterans – 2nd against standard	✓	✓	
Veterans – 3rd against standard	✓		
Most improved against LTS best	✓		
Lanterne rouge	✓		
New course record	✓		

Additionally, in selected categories the winners will receive a small monetary prize and/or free entry into our second event of the year, a [10-mile TT](#) at the R10/17 course on September 16th.

The course record belongs to Kieron Davies who set a time of 46m 51s in the CC Blaenau Gwent event in 2017.

The best improver will be assessed against the LTS performances that appear on the start sheet, but only actual LTS performances are eligible – sorry, but estimated PBs won't count. We'll make every effort to gather the very latest PB time for each rider from the CTT website, but will use the information on the start sheet as our definitive reference point.

We're not operating a one-rider-one-prize rule; so if you earn it, you and your charity will get it.

DISTRICT RULES

All riders are asked to comply with the following.

- Please call your number to the finishing timekeeper otherwise your time may not be recorded.
- Please 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 recommended that 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 AND sign out; failure to do so will result in a disqualification.
- Please don't pass the start time keeper or warm up on the course.
- Don't use a turbo trainer within 100m of residential areas.
- Failure to follow these basic rules will result in a disqualification and referral to the South Wales DC for further disciplinary action.
- Please respect this information and accept these notices as a fair warning. We will have spotters patrolling the area to ensure compliance but we hope everyone will help us maintain the reputation of the sport we all enjoy.

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STARTING ORDER

Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
4	9:04	Jeffrey Rees	Gower Riders Cycling Club	Veteran M	55	58m 03s	1h 09m 05s
5	9:05	Simon Drewett	Fairly United Cycling Team	Veteran M	51	53m 42s	1h 08m 14s
6	9:06	Leigh Pinchen	Northover VT / Rudy Project	Veteran M	47	57m 34s	1h 07m 26s
7	9:07	Annamarie Miles	Salt and Sham Cycle Club	Veteran F	40	1h 05m 10s	1h 11m 14s
8	9:08	Robert Jones	Cardiff 100 Miles RCC	Veteran M	66	59m 14s	1h 12m 20s
9	9:09	Gerry Peppin	Corinium Cycle Club	Veteran M	56	1h 03m 19s	1h 09m 19s
10	9:10	David Wilson-Evans	Bynea Cycling Club	Veteran M	61	53m 32s	1h 10m 38s
11	9:11	Steve Macdonald	Bristol South Cycling Club	Veteran M	45	1h 06m 48s	1h 07m 03s
12	9:12	Digby Rusling	Royal Dean Forest Cycle Club	Veteran M	49	58m 10s	1h 07m 50s
13	9:13	Diane Wilson-Evans	Bynea Cycling Club	Veteran F	58	1h 01m 21s	1h 15m 25s
14	9:14	John Howells	Corinium Cycle Club	Veteran M	77	1h 04m 20s	1h 18m 26s
15	9:15	Andrea Parish	VeloSistas TT Team	Veteran F	50	55m 36s	1h 13m 28s
16	9:16	Adrian Osborn	Stratford Cycling Club	Veteran M	59	57m 25s	1h 10m 04s
17	9:17	Mike Griffiths	Newport and East Wales Triathlon Club	Senior M	37	58m 41s	
18	9:18	Peter Davies	Brighton Mitre CC	Veteran M	61	1h 01m 23s	1h 10m 38s
19	9:19	Peter Rogers	Team Tor 2000 KALAS	Veteran M	68	1h 12m 56s	1h 13m 10s
20	9:20	Chris Scawn	Plymouth Corinthian CC	Veteran M	67	53m 56s	1h 12m 44s

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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
21	9:21	Terry Anthony	Ogmore Valley Wheelers	Veteran M	66	55m 59s	1h 12m 20s
22	9:22	Susan Shook	Bush Healthcare CRT	Veteran F	60	58m 18s	1h 16m 01s
23	9:23	John O'Dwyer	Dursley Road Club	Senior M	37	59m 27s	
24	9:24	Geoff Thomas	Rhondda Triathlon Club	Veteran M	64	1h 03m 23s	1h 11m 36s
25	9:25	Mark Hudson	Bristol South Cycling Club	Senior M	37	52m 36s	
26	9:26	Roger Wood	Pontypool Road Cycling Club	Veteran M	64	57m 09s	1h 11m 36s
27	9:27	Clare Greenwood	Bush Healthcare CRT	Veteran F	59	58m 33s	1h 15m 43s
28	9:28	Andrew Muitt	Dursley Road Club	Senior M	36	1h 00m 03s	
29	9:29	Kevin Grant	Frome and District Wheelers	Veteran M	61	1h 10m 37s	1h 10m 38s
30	9:30	Andrew Clarke	Mid Shropshire Wheelers	Veteran M	59	55m 38s	1h 10m 04s
31	9:31	Andy Kelly	Bristol South Cycling Club	Veteran M	53	56m 42s	1h 08m 39s
32	9:32	Joanna Knight	Bristol South Cycling Club	Veteran F	58	58m 43s	1h 15m 25s
33	9:33	Russell Boon	Avonlea/Treasure RT	Veteran M	53	59m 04s	1h 08m 39s
34	9:34	Tomos Perkins	Towy Riders	Juvenile M	14	1h 13m 42s	
35	9:35	Stuart Evans	Port Talbot Whs CC	Veteran M	72	55m 24s	1h 15m 09s
36	9:36	Paul Stephens	Ross on Wye & Dist CC	Veteran M	53	55m 51s	1h 08m 39s
37	9:37	Mark Bradley	Bristol South Cycling Club	Veteran M	53	53m 04s	1h 08m 39s
38	9:38	Tom Kenderdine	Successcycling.co.uk	Veteran M	45	1h 00m 00s	1h 07m 03s

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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
39	9:39	Derek Morgan	Gannet CC	Veteran M	78	1h 07m 08s	1h 19m 14s
40	9:40	Jon Vickery	Cwmcarn Paragon Road Club	Veteran M	54	54m 43s	1h 08m 52s
41	9:41	Gary Jones	Successcycling.co.uk	Veteran M	52	55m 44s	1h 08m 26s
42	9:42	Michelle Fishbourne	Team Backstedt Bike Performance	Veteran F	51	57m 46s	1h 13m 41s
43	9:43	Robert Lucas	Port Talbot Whs CC	Veteran M	70	59m 03s	1h 14m 06s
44	9:44	Chris Fishbourne	Team Backstedt Bike Performance	Veteran M	44	52m 44s	1h 06m 51s
45	9:45	Kevin Lane	Successcycling.co.uk	Veteran M	44	55m 05s	1h 06m 51s
46	9:46	Tony Martin Lake	Gloucester City Cycling Club	Veteran M	45	56m 36s	1h 07m 03s
47	9:47	Ryan Thomas	Rhondda Triathlon Club	Senior M	33	57m 58s	
48	9:48	Neil Downes	Forza RT	Veteran M	69	59m 51s	1h 13m 37s
49	9:49	Ed Hadley	Hereford & Dist Whs CC	Veteran M	62	1h 01m 54s	1h 10m 57s
50	9:50	Rob Hall	Salt and Sham Cycle Club	Veteran M	45	53m 28s	1h 07m 03s
51	9:51	David Brice	Bynea Cycling Club	Veteran M	57	53m 09s	1h 09m 34s
52	9:52	David Dickerson	Team Echelon	Veteran M	50	52m 51s	1h 08m 02s
53	9:53	John Shehan	Bynea Cycling Club	Veteran M	72	58m 28s	1h 15m 09s
54	9:54	Marco Marletta	Cardiff Jif	Veteran M	52	56m 33s	1h 08m 26s
55	9:55	Steven Powell	Team Backstedt Bike Performance	Veteran M	40	50m 41s	1h 06m 00s
56	9:56	Mark Woolford	Team Swindon Cycles	Veteran M	52	52m 27s	1h 08m 26s

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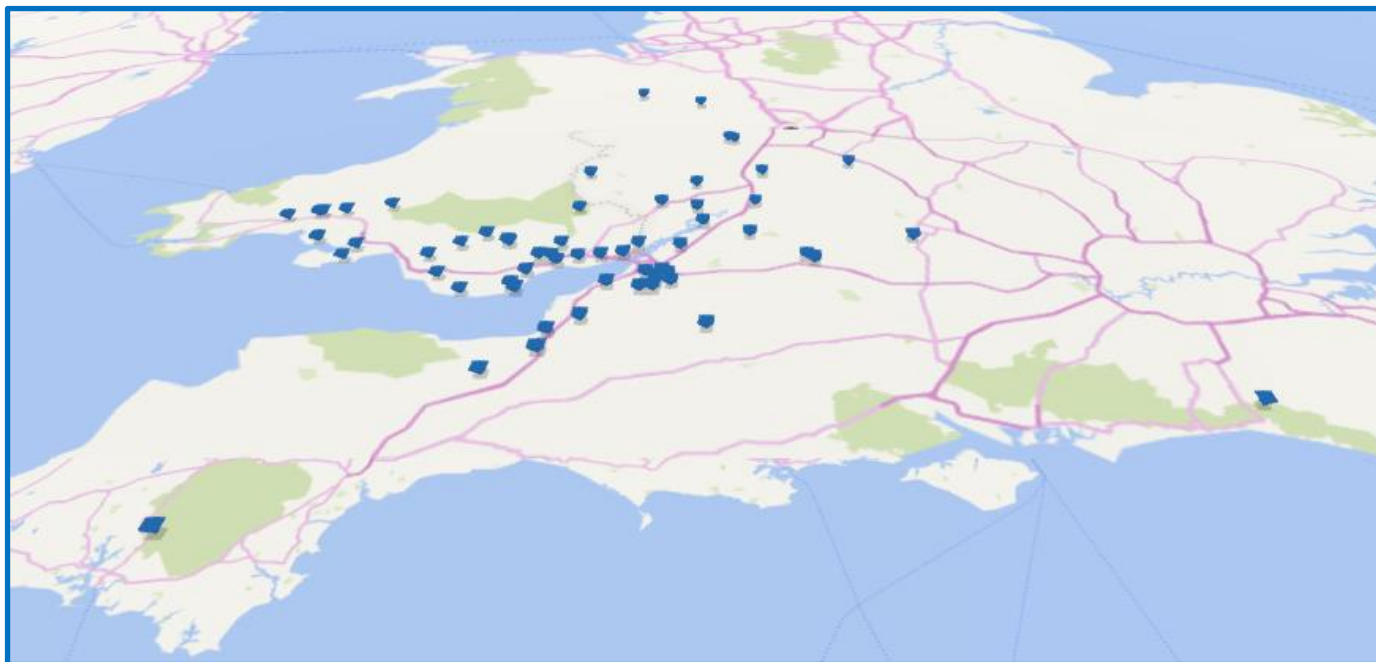
Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
57	9:57	Simon Coles	Northover VT / Rudy Project	Veteran M	49	52m 24s	1h 07m 50s
58	9:58	Tim Wood	Team Echelon	Veteran M	44	52m 23s	1h 06m 51s
59	9:59	Steve Potts	Velo Club St Raphael	Veteran M	60	52m 11s	1h 10m 21s
60	10:00	Emyr Griffiths	Towy Racing Cycling Club (TRCC)	Veteran M	51	51m 35s	1h 08m 14s
61	10:01	Michael Portlock	Merthyr CC	Veteran M	48	51m 58s	1h 07m 38s
62	10:02	Phil Willoughby	Towy Racing Cycling Club (TRCC)	Senior M	33	51m 29s	
63	10:03	Alex Leek	Velo Club St Raphael	Senior M	31	51m 13s	
64	10:04	Chris Massey	Team Backstedt Bike Performance	Veteran M	46	51m 02s	1h 07m 15s
65	10:05	Tom Cox	Northover VT / Rudy Project	Veteran M	64	55m 27s	1h 11m 36s
66	10:06	David Povall	Cwmcarn Paragon Road Club	Veteran M	43	50m 34s	1h 06m 39s
67	10:07	Anthony Jones	Towy Racing Cycling Club (TRCC)	Veteran M	46	49m 38s	1h 07m 15s
68	10:08	Dean Ware	Team Backstedt Bike Performance	Senior M	36	48m 48s	
69	10:09	Kieron Davies	DRAG2ZERO	Senior M	31	45m 24s	
70	10:10	Marcin Bialoblocki	NOPINZ	Senior M	34	42m 58s	

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ENTRY PROFILE

We have no fewer than **41** clubs represented at our event, with riders travelling from near and far. Hopefully the recent fine weather will stay with us so that – whichever pin is yours – you feel that the trip was worthwhile!



WHEN IT'S ALL OVER

- If you enjoyed your time with us, please take a look at our [10-mile event](#) on September 16th.
- Find us online at:



- Enjoy the conclusion of the Tour de France!
- Tell us how we did by completing our online survey – details will appear in the result book, we promise it'll only take you a minute to complete, and it will help us make our events the best they can be.
- Most importantly, have a safe journey home!