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Virtual Cycling Club
proudly presents its
2022 early-season TT event over 10 miles

Sunday March 20th 2022 commencing at 9:09am on the R10/22a course

Timekeepers

Norman James, Ogmore Valley Wheelers
Tudor Thomas, Bynea Cycling Club

Event secretary

Simon Kinsey
42 Tynybedw Street, Treorchy, Rhondda, CF42 6RA
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Headquarters open from 8am at the Table Tennis Club [aka the TRW Club], Resolven, Neath, SA11 4LD

PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRIALS UNDER THEIR RULES AND REGULATIONS

VIRTUAL CYCLING CLUB 10-MILE TT – RESOLVEN, 2022

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A VERY WARM WELCOME

To the riders and their families attending our first event of the year, thank you for your support and we hope you enjoy your time with us on Sunday. You're assured of a very warm welcome when you come to sign in. There'll certainly be plenty of refreshments to go around after the event as we have a relatively small field for this early season event. Small, but high in quality with all riders having PBs below the 26-minute mark.

You'll find the course description later in this document. If you're a first-time visitor to the area, please take the time to familiarise yourself with the route. It's a standard out-and-back course with the only potential difficulty coming at the turning point – please don't spoil a good ride by taking the wrong exit at the roundabout. We'll have marshals there to guide you, but please do your homework in advance.

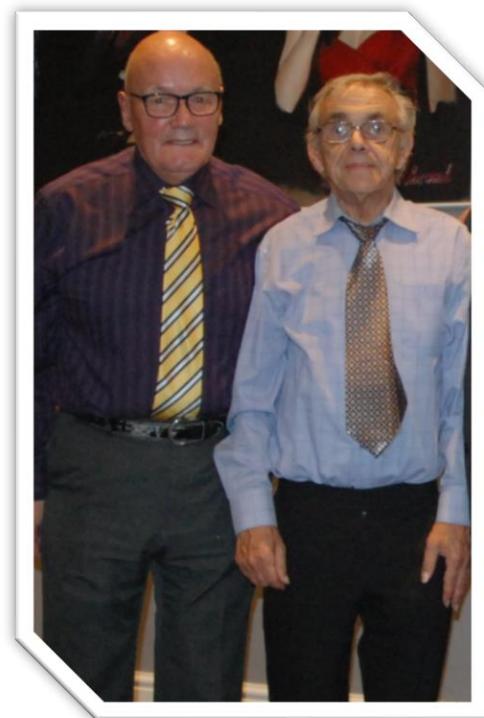
Our timekeepers this weekend are Norman James [Ogmore Valley Wheelers] and Tudor Thomas [Bynea CC], two great supporters of time trialling in the South Wales district, both of them worthy holders of the CTT Gold Badge of Honour. We thank them for their services.

You can look forward to a free drink back at the HQ after your ride, plus a variety of snacks. With such a small field our prizegiving options are going to be limited but we'll come up with something on the day. As always, in a nod to our origins, the 2017 award will be available to any rider who finishes with a time of 20:17.

A few reminders. Please be aware of the new CTT regulations for the 2022 season. Helmets are now compulsory for all riders, without exception. The same goes for lights – you're now obliged to fit a static/flashing light to both the back and front of your bike. Finally, we've lost a few race numbers at recent events, so please make sure that your number is securely attached – and return it to us as you sign out, of course.

That's all for now. See you on Sunday!

Simon Kinsey



GETTING TO THE START

This couldn't be easier. As you emerge from the HQ building, just turn left and proceed along the industrial estate's service road for about 200 metres and the start line is on the right hand side of the road.

THE R10/22A COURSE

We'll have marshals stationed at the turning point but please remember that they're there for guidance only and have no authority to control traffic. The R10/22a is a simple out-and-back course but several roads converge at the turning point.

- START on Vale of Neath Supplier Estate service road opposite lamp post number 18.
- Proceed eastwards along service road to Resolven Roundabout. [0.458 miles]
 - Safety Notice – Do not cross the centre line of the road on right hand bend.

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- Take first exit [left] along A465 dual carriageway westbound to first exit left. [4.862 miles]
- Continue up the loop to Tonna Roundabout where take first exit to Aberdulais Interchange. Take fourth exit down slip road to re-join A465 dual carriageway. [5.505 miles]
- Proceed eastbound to Resolven Roundabout where take first exit left to FINISH at access road to Canal Car Park on cross-valley link road. [10.006 miles]
- NG Coordinates:
 - Start – 282450 East 202250 North
 - Turn roundabout – 277000 East 199000 North
 - Finish – 282670 East 203100 North

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.
- This event may be subject to doping control. It's YOUR responsibility to check.
- Sign in AND sign out; technically you haven't finished the event until you've signed out.
- 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.

STARTING ORDER

Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
9	9:09	Gareth HILL	Abercynon Road Club	Male Veteran	50	25m 52s	26m 51s
10	9:10	Robert JONES	Cardiff 100 Miles RCC	Male Veteran	70	25m 05s	29m 19s
11	9:11	Andrew JENKINS	Bynea Cycling Club	Male Veteran	57	24m 58s	27m 30s
12	9:12	Jason COLE	Pembrokeshire Velo	Male Senior	35	24m 56s	
13	9:13	Gareth REES	Cwmcarn Paragon Road Club	Male Veteran	42	24m 46s	26m 14s
14	9:14	Daniel KINSEY	Virtual Cycling Club	Male Senior	25	24m 39s	
15	9:15	Stephen LANDEG	Ogmore Valley Wheelers	Male Veteran	68	24m 32s	28m 58s
16	9:16	Matt JONES	Port Talbot Whs CC	Male Senior	36	23m 47s	
17	9:17	Mike BROADBENT	Port Talbot Whs CC	Male Veteran	61	23m 20s	27m 58s
18	9:18	Jeffrey REES	Virtual Cycling Club	Male Veteran	58	23m 17s	27m 37s

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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
19	9:19	Rob POWELL	Abergavenny RC	Male Veteran	43	23m 16s	26m 19s
20	9:20	Haydn DAVIES	Giant CC Halo Films	Male Veteran	67	23m 05s	28m 49s
21	9:21	Dan JENKINS	Bynea Cycling Club	Male Senior	30	23m 01s	
22	9:22	Les THOMAS	Port Talbot Whs CC	Male Veteran	60	22m 57s	27m 51s
23	9:23	Cliff VOLLER	Newbury RC	Male Veteran	71	22m 54s	29m 30s
24	9:24	Steve CURRY	Ogmore Valley Wheelers	Male Veteran	58	22m 28s	27m 37s
25	9:25	Robert HUGHES	Rhondda Triathlon Club	Male Veteran	58	22m 01s	27m 37s
26	9:26	Dean PROSSER	Hereford & Dist Whs CC	Male Veteran	52	22m 00s	27m 01s
27	9:27	Graham ROGERSON	Port Talbot Whs CC	Male Veteran	52	21m 31s	27m 01s
28	9:28	Tom DAVIES	Rapha Cycling Club	Male Espoir	21	20m 55s	
29	9:29	Rod HICKS	Port Talbot Whs CC	Male Veteran	56	20m 47s	27m 24s
30	9:30	Ben JONES	Cycle Specific	Male Senior	35	19m 04s	

FIND US ONLINE

- You can find us online in all the usual places, so please take a look. Digital readers can click below to visit. In particular, we'll use our website and Twitter if we need to make any last-minute announcements of an urgent nature.



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www.strava.com/clubs/virtualcyclingclub





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