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Virtual Cycling Club
proudly presents its
2022 Time Trial event over 25 miles

Sunday May 15th 2022 commencing at 8:12am on the R25/7 course

Timekeepers

Martyn Heritage-Owen, Realteam Cycling
Robin Field & Frances Field, Cardiff Byways CC

Event secretary

Simon Kinsey
42 Tynybedw Street, Treorchy, Rhondda, CF42 6RA
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Headquarters open from 7am at Gwehelog Village Hall, Monmouth Road, Usk, NP15 1RB

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

VIRTUAL CYCLING CLUB 25-MILE TT, 2022

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A VERY WARM WELCOME

To the riders and their families joining us for the first of two trips to Usk this season, thank you for your support and we hope you enjoy your time with us on Sunday. The R25/7 is a bit of a fixture in the VCC calendar and, if you've ridden with us previously, please note that we're using a different location for our HQ this time. There's no car parking available at our usual base so we've moved to the **Gwehelog Village Hall** on Monmouth Road, which is the road leading away from Usk town centre and eventually terminating at the Raglan roundabout. I believe it's known locally as the "old Raglan Road".



Gwehelog Village Hall, NP15 1RB

Space is still limited, so please park considerately if you choose to remain at the HQ. Alternatively, there are a few laybys nearby which might be more convenient for you. The start line is less than a mile in a southbound direction from the HQ, heading towards Usk.

We don't think we'll need it, but we do have the R25/7a course in reserve in case there are last-minute problems with our intended course. In these circumstances our HQ would be in a very handy spot as it's midway between the two start lines.

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 hopefully our signage, the directions in this booklet and the on-course marshals will help you stay on track.

Back at the HQ we'll have plenty of refreshments waiting for you, including gluten-free and vegetarian options. We'll also have the return of the ever-popular boiled eggs for those who need a post-ride protein boost.

We're grateful to our timekeepers Martyn Heritage-Owen (start) and Robin & Frances Field (finish) and to our VCC helpers Debra, Diane, Helen, Daniel, Lauren, Emily, Sam and Jeff. Thanks to everyone involved; we couldn't do this without you.

Simon Kinsey

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THE 25/7 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 1½ 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, then immediately turn LEFT with great care at the mini-roundabout; don't go straight on!



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

We always like to do something different when it comes to the prizes/awards and this year is no exception. Following the fantastic feedback received from riders last year, we've decided to repeat the concept here. So there are no categories based on age, gender or bike type -- just a flat out race between riders at similar levels of form. We've done this using the highly regarded [Spindata](#) system which, as you may have heard, has now been adopted by CTT as the official national ranking system. We've also used our own methods to fill some gaps where Spindata doesn't have sufficient data (yet).

Here's the bottom line: we've divided the field into three groups and in each one the fastest rider will receive £20 while the runner-up will receive a free entry to one of our future events. Throughout the field we reckon this will give everyone a decent chance of competing for a prize.

[illegible]

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GROUP 1	GROUP 2	GROUP 3
TBC Wednesday 11/5	TBC Wednesday 11/5	TBC Wednesday 11/5
TBC Wednesday 11/5	TBC Wednesday 11/5	TBC Wednesday 11/5
TBC Wednesday 11/5	TBC Wednesday 11/5	TBC Wednesday 11/5
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TBC Wednesday 11/5	TBC Wednesday 11/5	TBC Wednesday 11/5

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.
- It is now a **requirement** (no longer just a recommendation) that riders have FRONT AND REAR lights, either flashing or constant, fitted to their machines in a position visible to following road users.
- 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 timekeeper or warm up on the course. There's plenty of space for a warm-up if you head northbound from the HQ; just keep on eye on the clock!
- 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.

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STARTING ORDER

Number	Start	Name	Club	Demographic	Group
12	8:12	Chris JONES	CC Weymouth	M / SEN / 39	TBC Wed
13	8:13	Michelle LINDLEY	CC Weymouth	F / VET / 48	TBC Wed
14	8:14	Peter WILSON	Bath Cycling Club	M / VET / 87	TBC Wed
15	8:15	Andrew JENKINS	Bynea Cycling Club	M / VET / 57	TBC Wed
16	8:16	Clive BAILEY	VC Sevale (Malvern)	M / VET / 63	TBC Wed
17	8:17	Robert JONES	Cardiff 100 Miles RCC	M / VET / 70	TBC Wed
18	8:18	Paul ARCHER	Newport Phoenix CC	M / VET / 54	TBC Wed
19	8:19	John J MURPHY	Gloucester City Cycling Club	M / VET / 82	TBC Wed
20	8:20	Chris LOWE	Swindon Road Club	M / VET / 63	TBC Wed
21	8:21	Tim RADLEY	Gloucester City Cycling Club	M / VET / 48	TBC Wed
22	8:22	Gareth REES	Cwmcaern Paragon Road Club	M / VET / 42	TBC Wed
23	8:23	Dan JENKINS	Bynea Cycling Club	M / SEN / 30	TBC Wed
24	8:24	Steve CURRY	Ogmore Valley Wheelers	M / VET / 58	TBC Wed
25	8:25	Rob POWELL	Abergavenny RC	M / VET / 43	TBC Wed
26	8:26	Roger TAYLOR	Frome and District Wheelers	M / VET / 76	TBC Wed
27	8:27	Mike BROADBENT	Port Talbot Whs CC	M / VET / 61	TBC Wed
28	8:28	Edric HOBBS	VTTA West Group	M / VET / 58	TBC Wed
29	8:29	Adrian OSBORN	Stratford Cycling Club	M / VET / 62	TBC Wed
30	8:30	Haydn DAVIES	Giant CC Halo Films	M / VET / 67	TBC Wed
31	8:31	Christopher NEWBY	Bristol CX	M / VET / 50	TBC Wed
32	8:32	Andrew CLARKE	North Shropshire Wheelers	M / VET / 62	TBC Wed
33	8:33	Digby RUSLING	Royal Dean Forest Cycle Club	M / VET / 52	TBC Wed
34	8:34	Joanne JAGO	Performance Cycles CC	F / VET / 41	TBC Wed
35	8:35	Andy KELLY	Bristol South Cycling Club	M / VET / 57	TBC Wed
36	8:36	David BOLTON	Bristol South Cycling Club	M / VET / 53	TBC Wed
37	8:37	Seb NAVARRO	Dursley Road Club	M / SEN / 39	TBC Wed
38	8:38	Mick DANIELS	Team Tor 2000 KALAS	M / VET / 41	TBC Wed

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Number	Start	Name	Club	Demographic	Group
39	8:39	Gareth WILLIAMS	Abergavenny RC	M / SEN / 36	TBC Wed
40	8:40	Marco MARLETTA	Cardiff Jif	M / VET / 55	TBC Wed
41	8:41	Jon VICKERY	Cwmcaran Paragon Road Club	M / VET / 58	TBC Wed
42	8:42	Tom COX	Saint Piran	M / VET / 68	TBC Wed
43	8:43	Rikky HUGHES	Droitwich Cycling Club	M / SEN / 35	TBC Wed
44	8:44	Tom BURKE-NOTT	Bristol South Cycling Club	M / VET / 44	TBC Wed
45	8:45	Dean PROSSER	Hereford & Dist Whs CC	M / VET / 53	TBC Wed
46	8:46	Dan KINGSTON	UF Rowe & King	M / VET / 41	TBC Wed
47	8:47	Luke ALLEN	Droitwich Cycling Club	M / SEN / 35	TBC Wed
48	8:48	Hubert ASHLEY-TOWELL	Royal Dean Forest Cycle Club	M / VET / 52	TBC Wed
49	8:49	Jeremy ADDIS	Velo Club St Raphael	M / VET / 49	TBC Wed
50	8:50	George THORNE	Beacon Roads CC	M / SEN / 31	TBC Wed
51	8:51	Malcolm GILES	Pocomotion Road Club	M / VET / 68	TBC Wed
52	8:52	Matt FISHER	Newbury Velo	M / VET / 48	TBC Wed
53	8:53	Mark WOOLFORD	Team Swindon Cycles	M / VET / 56	TBC Wed
54	8:54	Megan DICKERSON	FTP (Fulfil The Potential) Race Team	F / SEN / 25	TBC Wed
55	8:55	John O'DWYER	Dursley Road Club	M / VET / 40	TBC Wed
56	8:56	Mark SANDERS	Mid Devon CC	M / VET / 63	TBC Wed
57	8:57	Gerry BOWDITCH	Pontypool Road Cycling Club	M / VET / 51	TBC Wed
58	8:58	Harry LOADER	Mid Devon CC	M / SEN / 26	TBC Wed
59	8:59	Tom BIGGS	Cheltenham & County Cycling Club	M / SEN / 28	TBC Wed
60	9:00	Ben JONES	Cycle Specific	M / SEN / 35	TBC Wed

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.

