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Virtual Cycling Club  
proudly presents its  
**2019 Time Trial event over 10 miles**

Tuesday May 14<sup>th</sup> 2019 commencing at 7:01pm on the R10/22a course

Timekeepers

Alf Williams, Port Talbot Wheelers  
Norman James, Ogmore Valley Wheelers

Event secretary

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

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

# VIRTUAL CYCLING CLUB 10-MILE TT – RESOLVEN, 2019

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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 Tuesday. 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 midweek event. Small, but high in quality with all riders having PBs below the 25-minute mark. Plus we have a wildcard entry from Mr Nick Logan who, as far as I can tell, appears to be making his TT debut with us.

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.

It's a busy time for us at the Virtual Cycling Club this week – five days after the season opener we'll be hosting a 25-mile event in the same part of the world. That roundabout will feature once again so we'll be sending a similar message to the Sunday riders too; apologies to those of you who have to read it twice!

Our timekeepers this evening are Alf Williams [Port Talbot Wheelers] and Norman James [Ogmore Valley Wheelers], two great supporters of time trialling in the South Wales district and we thank them for their services tonight.

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 night! In any case, the post-race formalities won't take long so please stick around if your schedule permits and with a bit of luck we'll all be home before dark.

See you on Tuesday!

*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.
- 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]

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- 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.
- 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'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.
- Failure to follow these rules will result in a disqualification and referral to the South Wales DC for further disciplinary action.

## STARTING ORDER

Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
1	19:01	Patrick Weir	Team Jewson - MI Racing ~Poly Pipe~McCann	Veteran	68	24m 08s	28m 39s
2	19:02	Nick Logan	Tenby Aces CC	Veteran	44	---	26m 22s
3	19:03	John Shehan	Bynea Cycling Club	Veteran	73	24m 04s	29m 32s
4	19:04	Nigel Pitt	Bynea Cycling Club	Veteran	59	23m 27s	27m 33s
5	19:05	David Leighton	Severn Road Club	Veteran	41	23m 05s	26m 07s
6	19:06	David Singleton	Acme Whs (Rhondda) CC	Veteran	55	22m 32s	27m 12s
7	19:07	James Phillips	Milford Tritons Cycling Club	Veteran	48	22m 14s	26m 40s
8	19:08	Leon Evans	Cardiff Ajax CC	Veteran	45	21m 48s	26m 27s

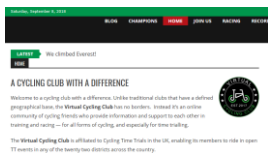
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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
9	19:09	Steffan Roberts	Ystwyth CC	Veteran	40	21m 33s	26m 02s
10	19:10	David Brice	Bynea Cycling Club	Veteran	57	21m 26s	27m 22s
11	19:11	Andrew Clarke	North Shropshire Wheelers	Veteran	59	20m 47s	27m 33s
12	19:12	Lee Perrott	Cycle Specific	Veteran	40	20m 44s	26m 02s
13	19:13	Philip Tucker	Cycle Specific	Senior	39	20m 03s	---
14	19:14	Christopher Gibbard	Bynea Cycling Club	Senior	37	19m 23s	---
15	19:15	Chris Massey	CES Sport	Veteran	46	19m 23s	26m 31s

## 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.



[virtualcyclingclub.com](http://virtualcyclingclub.com)

[www.strava.com/clubs/virtualcyclingclub](http://www.strava.com/clubs/virtualcyclingclub)



[instagram.com/virtualcycling](https://www.instagram.com/virtualcycling)

[facebook.com/groups/virtualcycling](https://www.facebook.com/groups/virtualcycling)



[twitter.com/\\_VirtualCycling](https://twitter.com/_VirtualCycling)

- Finally, we have a third time trial event scheduled for September 15<sup>th</sup> over on the R10/17 course near Abergavenny. That's another out-and-back course on a fast surface, so if you enjoy your time with us this week please check out the following links:
  - Results from our [2018 event](#) at the R10/17 [winning time 19m 05s]
  - Entry for our [2019 event](#) on September 15<sup>th</sup>