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Virtual Cycling Club  
proudly presents its  
**2018 Time Trial event over 10 miles**

Sunday September 16<sup>th</sup> 2018 commencing at 9:03am on the R10/17 course

Course record: **18m 36s**, Kieron Davies [2016]

Timekeepers

Martyn Heritage-Owen [start]  
Tudor Thomas [finish]

Event secretary

Simon Kinsey  
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Headquarters open from 8am at Llanarth Village Hall, NP15 2AU

# VIRTUAL CYCLING CLUB 10-MILE TT, 2018

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## A VERY WARM WELCOME

To the riders and their families attending our second ever 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 in this our first season.

We're especially pleased to welcome returning riders from our first event, back in July. Sadly the conditions on that day were in stark contrast to the rest of our UK summer with most riders – understandably – feeling that the wind and rain were not conducive to a pleasant day in the saddle. Seven hardy souls were undeterred and were rewarded with plenty of tea and cake on their return to the HQ in Usk. And look – they even came back with smiles on their faces!



We're grateful to our timekeepers Martyn Heritage-Owen and Tudor Thomas 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. 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 8.5 miles from the HQ to the start line, a generally flat route with just the occasional rise. It's handy for a pre-race warm up but please make sure you allow sufficient time for it – for example, it will take 30 minutes if you ride at 17 mph.

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If you don't fancy 8.5 miles before you start the event there are a couple of parking spots along the way, the most popular being a large layby adjacent to the Hardwick public house (4.0 miles from the start); please don't use the car park though, just the layby.

The Hardwick public house, 4.5 miles from the HQ, 4.0 miles to the start (layby OK, car park not OK)



## THE R10/17 COURSE

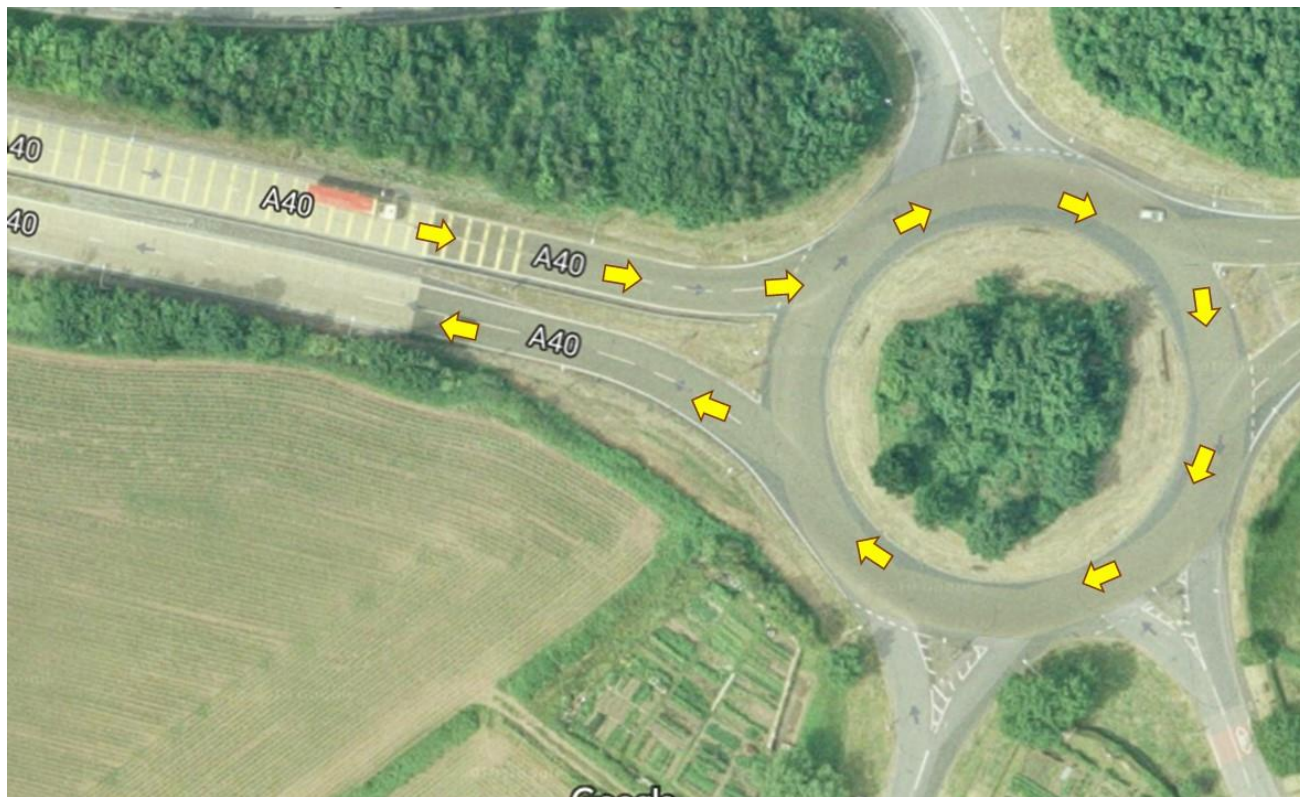
- Ordnance survey references: sheet 161 – start and finish 333100.
- Start at first drain cover in third lay-by east of Hardwick roundabout, Abergavenny, on A40, 25 yards east of kilo post 97 and 400 yards east of bridge over road.
- Proceed on A40 to Raglan roundabout [4.94 miles] and turn by circling roundabout and retrace on A40 to finish at road joint 136 at western end of lay-by opposite start.
- Riders to continue past finish without stopping -- no riders to congregate at finish
- District regulations:
  - no cars connected with riders are to travel on the A40 during the event;
  - competitors observed crossing the dual carriageway will be disqualified;
  - no turbo training devices within 100 yards of dwellings;
  - no warming up on the course after the event has started [9:03am].

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 R10/17 is a simple out-and-back course but several roads converge at the turning point, as shown here:

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Aerial view of the turning point at 4.94 miles



## 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 ELEVEN 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 in 2019
Males – 1st fastest	✓	✓	✓
Males – 2nd fastest	✓	✓	
Males – 3rd fastest	✓		
Females – 1st fastest	✓	✓	✓
Females – 2nd fastest	✓	✓	

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Category	£10 charitable donation	£10 personal prize	Free entry in 2019
Females – 3rd fastest	✓		
Veterans – 1st against standard	✓	✓	✓
Veterans – 2nd against standard	✓	✓	
Veterans – 3rd against standard	✓		
Most improved against LTS best	✓		
2017 award*	✓		

Additionally, in selected categories the winners will receive a small monetary prize and/or free entry into our 2019 event.

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.

The 2017 award refers to the year of our birth and will go to the first rider achieving a result of precisely 20:17. 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'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 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.



# VIRTUAL CYCLING CLUB 10-MILE TT, 2018

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## STARTING ORDER

Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
3	9:03	Thomas Stoddart	Virtual Cycling Club	Senior [M]	27	27m 00s	
4	9:04	Steven Macdonald	Bristol South Cycling Club	Veteran [M]	45	25m 21s	26m 23s
5	9:05	Mike Anslow	Stourbridge Velo	Veteran [M]	41	21m 42s	26m 04s
6	9:06	Brad Davies	Bynea Cycling Club	Veteran [M]	52	23m 21s	26m 54s
7	9:07	Alex Mccree	VeloVitesse/ALLCAP/J. Barry/Johnson Controls/Hitachi/SiS	Veteran [M]	46	24m 00s	26m 27s
8	9:08	Peter Murrieri	NFTO Race Club	Veteran [M]	59	25m 10s	27m 32s
9	9:09	Terry Harradine	CC Topp	Veteran [M]	71	28m 39s	29m 14s
10	9:10	Chris Fishbourne	Team Backstedt Bike Performance	Veteran [M]	44	21m 10s	26m 18s
11	9:11	Ross Morgan	Port Talbot Whs CC	Senior [M]	29	22m 17s	
12	9:12	Jo Buckland	Bush Healthcare CRT	Veteran [F]	51	23m 41s	28m 58s
13	9:13	Chris Hughes	Hereford & Dist Whs CC	Veteran [M]	58	24m 14s	27m 26s
14	9:14	Derek Morgan	Gannet CC	Veteran [M]	78	26m 27s	30m 58s
15	9:15	Mark Bradley	Bristol South Cycling Club	Veteran [M]	53	21m 35s	26m 59s
16	9:16	Josh Townsend	Bynea Cycling Club	Espoir [M]	20	23m 00s	
17	9:17	Stephen Landeg	Ogmore Valley Wheelers	Veteran [M]	64	23m 59s	28m 06s
18	9:18	Joanna Knight	Bristol South Cycling Club	Veteran [F]	58	24m 23s	29m 38s
19	9:19	Norman James	Ogmore Valley Wheelers	Veteran [M]	79	30m 11s	31m 17s
20	9:20	Bob Richardson	Bournemouth Jubilee Whs	Veteran [M]	53	21m 04s	26m 59s
21	9:21	Jim Beales	Dursley Road Club	Veteran [M]	51	22m 01s	26m 50s
22	9:22	Michelle Fishbourne	Team Backstedt Bike Performance	Veteran [F]	51	23m 35s	28m 58s
23	9:23	Michael Williams	Hereford & Dist Whs CC	Veteran [M]	61	24m 11s	27m 44s
24	9:24	Helen Priest	Cardiff Ajax CC	Veteran [F]	43	25m 56s	28m 19s
25	9:25	David Brice	Bynea Cycling Club	Veteran [M]	57	21m 26s	27m 20s
26	9:26	Steve Bray	Salt and Sham Cycle Club	Veteran [M]	48	22m 50s	26m 36s
27	9:27	Robert Lucas	Port Talbot Whs CC	Veteran [M]	70	23m 50s	29m 02s
28	9:28	Geoff Thomas	Rhondda Triathlon Club	Veteran [M]	64	24m 45s	28m 06s
29	9:29	Debbie Hodson	Worcester St. Johns CC	Veteran [F]	58	31m 10s	29m 38s
30	9:30	Anna Morris	Southampton University Road Cycling	Senior [F]	23	21m 04s	
31	9:31	Michelle Lee	Royal Dean Forest Cycle Club	Veteran [F]	46	21m 54s	28m 34s

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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
32	9:32	Roger Wood	Pontypool Road Cycling Club	Veteran [M]	64	23m 32s	28m 06s
33	9:33	Gary Smith	Stourbridge Velo	Veteran [M]	61	24m 10s	27m 44s
34	9:34	Paul Tomkinson	Hereford Triathlon Club	Veteran [M]	45	25m 29s	26m 23s
35	9:35	Kevin Lane	Successcycling.co.uk	Veteran [M]	44	21m 18s	26m 18s
36	9:36	Andrea Parish	VeloSistas TT Team	Veteran [F]	50	22m 46s	28m 53s
37	9:37	Clare Greenwood	Bush Healthcare CRT	Veteran [F]	59	23m 48s	29m 44s
38	9:38	Oliver Wright	Banbury Star Cyclists' Club	Senior [M]	37	24m 41s	
39	9:39	John Howells	Corinium Cycle Club	Veteran [M]	77	26m 30s	30m 40s
40	9:40	Marcus Edwards	Kingston Phoenix RC	Veteran [M]	54	21m 03s	27m 04s
41	9:41	Chris Goulden	Merthyr CC	Veteran [M]	60	21m 44s	27m 38s
42	9:42	Susan Shook	Bush Healthcare CRT	Veteran [F]	60	23m 26s	29m 51s
43	9:43	Dan Laasna Reuter	Virtual Cycling Club	Veteran [M]	44	24m 09s	26m 18s
44	9:44	Ali Charles	Gloucester City Cycling Club	Veteran [F]	53	25m 25s	29m 09s
45	9:45	Stuart Evans	Port Talbot Whs CC	Veteran [M]	72	21m 16s	29m 26s
46	9:46	Mark Gateshill	PDQ Cycle Coaching	Senior [M]	36	22m 44s	
47	9:47	John Shehan	Bynea Cycling Club	Veteran [M]	72	23m 46s	29m 26s
48	9:48	Earl Smith	Royal Dean Forest Cycle Club	Veteran [M]	48	25m 00s	26m 36s
49	9:49	Kevin Grant	Frome and District Wheelers	Veteran [M]	61	27m 30s	27m 44s
50	9:50	Andrew Overton	Successcycling.co.uk	Veteran [M]	46	20m 56s	26m 27s
51	9:51	Digby Rusling	Royal Dean Forest Cycle Club	Veteran [M]	49	22m 31s	26m 41s
52	9:52	Richard Rees	Cardiff Ajax CC	Senior [M]	37	23m 29s	
53	9:53	Tom Kenderdine	Successcycling.co.uk	Veteran [M]	45	24m 00s	26m 23s
54	9:54	Mark Bishton	Velo Club Bristol	Veteran [M]	49	26m 27s	26m 41s
55	9:55	Rob Hussey	Royal Dean Forest Cycle Club	Senior [M]	39	21m 11s	
56	9:56	Joe Peatson	Ely Race Club	Senior [M]	25	21m 42s	
57	9:57	Alan Cooper	Avonlea/Treasure RT	Veteran [M]	61	23m 43s	27m 44s
58	9:58	Robert Jones	Cardiff 100 Miles RCC	Veteran [M]	66	24m 25s	28m 23s
59	9:59	David Leighton	Severn Road Club	Veteran [M]	40	24m 14s	25m 59s
60	10:00	Marinus Petersen	Team NBCC	Espoir [M]	19	20m 48s	
61	10:01	Jason Streater	Velo Club St Raphael	Veteran [M]	44	20m 47s	26m 18s
62	10:02	Steve Potts	Velo Club St Raphael	Veteran [M]	60	20m 36s	27m 38s

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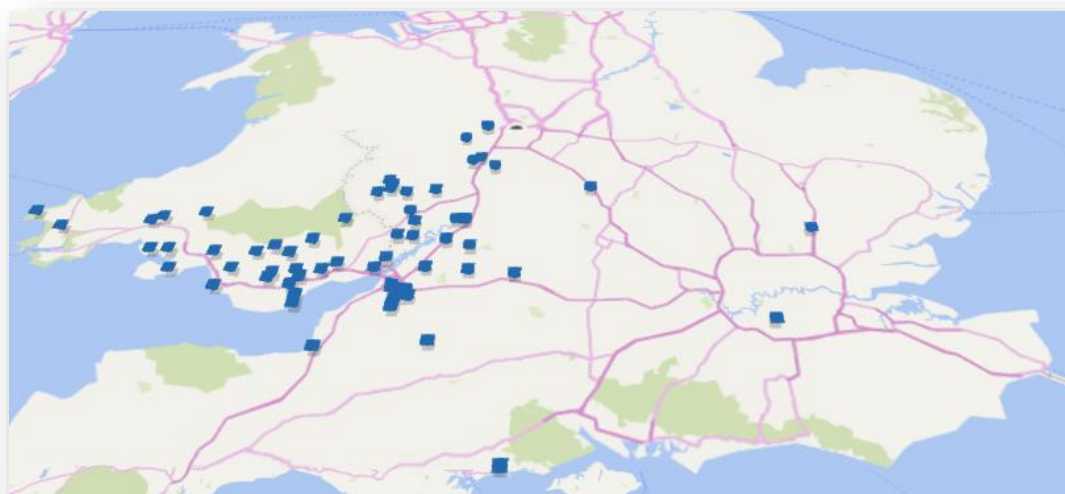
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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
63	10:03	David Medhurst	Cardiff Ajax CC	Senior [M]	28	20m 34s	
64	10:04	Carwyn Davies	Cwmcarn Paragon Road Club	Veteran [M]	40	20m 05s	25m 59s
65	10:05	Anthony Jones	Towy Racing Cycling Club (TRCC)	Veteran [M]	46	20m 03s	26m 27s
66	10:06	Chris Smith	Cwmcarn Paragon Road Club	Senior [M]	30	19m 55s	
67	10:07	Mark Woolford	Team Swindon Cycles	Veteran [M]	52	19m 55s	26m 54s
68	10:08	Luke Cornish	Cwmcarn Paragon Road Club	Senior [M]	24	19m 38s	
69	10:09	Dean Ware	Team Backstedt Bike Performance	Senior [M]	37	19m 37s	
70	10:10	Tom Ward	University of Derby Cycling Club	Senior [M]	24	19m 13s	

Estimated PB, not eligible for best improver award

## ENTRY PROFILE

We said earlier that we're a club with no boundaries – the same can be said for our riders, who will travel from near and far to be with us. We have 43 clubs represented and we'll do our best to make every one of these journeys worthwhile!



## 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.

