



racebook

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

Sunday September 15th 2019 commencing at 9:08am on the R10/17 course

All-time course record: **18m 34s**, Scott Davies [2017]

Event records: **19m 08s**, Tom Ward [males 2018]; **21m 00s**, Anna Morris [females 2018]

Timekeepers

Martyn Heritage-Owen, Realteam.co.uk
Robin Field, Cardiff Byways CC

Event secretary

Simon Kinsey
42 Tynybedw Street, Treorchy, Rhondda, CF42 6RA
07491 900923
virtualcyclingclub@gmail.com

Headquarters open from 8am at The Scout Hall, Fairfield, Park Avenue, Abergavenny, NP7 5SG

VIRTUAL CYCLING CLUB 10-MILE TT – ABERGAVENNY, 2019

virtualcyclingclub.com

A VERY WARM WELCOME

To the 72 riders and their families attending our final 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.

The honour of starting the event goes to my daughter Emily KINSEY, a TT novice making a trip from her residence in Paris to take part this weekend. While Emily's case is an extreme example, we're pleased to note the large number of entries from outside the South Wales district. It's also great to see a seventy-year age range from our entries this year, a reminder of broad appeal of time trialling to cyclists of all ages.

As you sign in, please pay attention to our on-the-day risk assessment which will advise of any potential hazards on or around the course. In advance of that I'd like to draw your attention to a severe pot-hole in the first half-mile of the course – I speak from personal experience in saying that it's not a great place to put your front wheel. Please steer to the left of that one!

Our timekeepers for the event are Martyn Heritage-Owen [Realteam Cycling Events] and Robin Field [Cardiff Byways CC], two great supporters of time trialling in the South Wales district and we thank them for their services this weekend.

Back at the HQ you can look forward to a free drink back after your ride, plus a variety of snacks. We'll deal with the post-race formalities as promptly as possible so please stick around if your schedule permits; hopefully, for riders near and far, we can all be home around lunch time.

Please have a safe ride – see you on Sunday!

Simon Kinsey

GETTING TO THE START

This year we've moved the event headquarters to the Scout Hall in the centre of Abergavenny. This makes for a shorter trip to the start line and digital readers can click [here](#) to see a Strava route between the HQ and the start. It's a four-mile trip; an initial 1.5 miles through the town centre, then a further 2.5 miles along the A40 dual carriageway.

Please allow sufficient time to travel out to the start – particularly if you're intending to use the nearby B4598 [parallel to the A40] for an additional warm-up.

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;

VIRTUAL CYCLING CLUB 10-MILE TT – ABERGAVENNY, 2019

virtualcyclingclub.com

- o competitors observed crossing the dual carriageway will be disqualified;
- o no turbo training devices within 100 yards of dwellings;
- o no warming up on the course after the event has started [9:08am].

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:

Aerial view of the turning point at 4.94 miles



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.

VIRTUAL CYCLING CLUB 10-MILE TT – ABERGAVENNY, 2019

virtualcyclingclub.com

- 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.

AWARDS

We're offering awards to the top three riders in each of the following categories – males, females, veterans. These are a combination of monetary prizes and complimentary entries into our 2020 event. In some cases it's both. In addition, we're offering a variety of spot prizes.

Category	Personal prize	Free entry in 2020
Males – 1st fastest	£20	✓
Males – 2nd fastest	£20	
Males – 3rd fastest	£12	
Males – new event record [sub 19m 08s]		✓
Females – 1st fastest	£20	✓
Females – 2nd fastest	£20	
Females – 3rd fastest	£12	
Females – new event record [sub 21m 00s]		✓
Veterans – 1st against standard	£20	✓
Veterans – 2nd against standard	£20	
Veterans – 3rd against standard	£12	
Most improved against LTS best		✓
2017 award*		✓

The best improver will be assessed against the LTS performances that appear on the start sheet. The "2017 award" refers to the year of our birth and will go to the first rider achieving a result of precisely 20m 17s. We're not operating a one-rider-one-prize rule; so if you earn it, you'll get it.

VIRTUAL CYCLING CLUB 10-MILE TT – ABERGAVENNY, 2019

virtualcyclingclub.com

STARTING ORDER

Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
9	9:09	Emily Kinsey	Virtual Cycling Club	F-Sen	24	29m 31s	---
10	9:10	Roger WAKELING	Antelope Racing Team	M-Vet	73	29m 28s	29m 32s
11	9:11	Mathew ATKINS	UFIT TRI TEAM	M-Vet	54	24m 22s	27m 07s
12	9:12	Tonymartin LAKE	Gloucester City Cycling Club	M-Vet	46	23m 18s	26m 31s
13	9:13	Derek MORGAN	Worcester St. Johns CC	M-Vet	79	26m 27s	31m 03s
14	9:14	Jeffrey REES	Gower Riders Cycling Club	M-Vet	56	23m 17s	27m 17s
15	9:15	Leon BURNS	Cardiff Triathletes	M-Vet	40	25m 13s	26m 02s
16	9:16	Roger TAYLOR	Frome and District Wheelers	M-Vet	73	24m 02s	29m 32s
17	9:17	Katherine BRACE	Tenby Aces CC	F-Sen	39	25m 53s	---
18	9:18	Ed HADLEY	Hereford & Dist Whs CC	M-Vet	63	25m 11s	27m 59s
19	9:19	Stephen LANDEG	Ogmore Valley Wheelers	M-Vet	65	24m 39s	28m 13s
20	9:20	Peter WILSON	Bath Cycling Club	M-Vet	85	27m 27s	33m 23s
21	9:21	Michael WILLIAMS	Hereford & Dist Whs CC	M-Vet	62	24m 11s	27m 52s
22	9:22	Gareth HILL	Abercynon Road Club	M-Vet	47	24m 08s	26m 36s
23	9:23	Amanda LANE	Bynea Cycling Club	F-Sen	39	24m 05s	---
24	9:24	John SHEHAN	Bynea Cycling Club	M-Vet	73	24m 04s	29m 32s
25	9:25	Robert JONES	Cardiff 100 Miles RCC	M-Vet	67	24m 03s	28m 30s
26	9:26	Ian COOKE	M & D Fusion RT	M-Vet	55	26m 06s	27m 12s
27	9:27	Robin FOX	Dursley Road Club	M-Vet	61	23m 57s	27m 45s
28	9:28	Robert LUCAS	Port Talbot Whs CC	M-Vet	71	23m 46s	29m 09s
29	9:29	Rosey MUSHENS	73 Degrees Bicycles, WestSide Coaching RT	F-Vet	54	23m 40s	29m 27s
30	9:30	Les THOMAS	Port Talbot Whs CC	M-Vet	58	23m 38s	27m 28s
31	9:31	Haydn DAVIES	Giant CC Halo Films	M-Vet	65	23m 31s	28m 13s
32	9:32	Simon WITTS	Gloucester City Cycling Club	M-Vet	48	22m 35s	26m 40s

VIRTUAL CYCLING CLUB 10-MILE TT – ABERGAVENNY, 2019

virtualcyclingclub.com

Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
33	9:33	Kevin GRANT	Frome and District Wheelers	M-Vet	62	27m 21s	27m 52s
34	9:34	Tomos PERKINS	Towy Riders Cycle Club	M-Juv	15	23m 17s	- - -
35	9:35	Vincent DOUGLAS	Gloucester City Cycling Club	M-Vet	49	22m 47s	26m 45s
36	9:36	Josh TOWNSEND	Bynea Cycling Club	M-Esp	21	23m 00s	- - -
37	9:37	Garry SHUKER	Walsall Roads Cycling Club	M-Vet	64	22m 56s	28m 06s
38	9:38	Dan LAASNA REUTER	Virtual Cycling Club	M-Vet	45	22m 57s	26m 27s
39	9:39	Geoff THOMAS	Rhondda Triathlon Club	M-Vet	65	22m 50s	28m 13s
40	9:40	Robert FRANCIS	A2B Cycle Repair Race Team	M-Esp	21	20m 52s	- - -
41	9:41	Gareth POULTON	Abergavenny RC	M-Vet	43	22m 43s	26m 17s
42	9:42	Tom KENDERDINE	Successcycling.co.uk	M-Vet	46	23m 28s	26m 31s
43	9:43	David SINGLETON	Acme Whs (Rhondda) CC	M-Vet	56	22m 32s	27m 17s
44	9:44	Roger WOOD	Pontypool Road Cycling Club	M-Vet	65	22m 28s	28m 13s
45	9:45	Dan PONS	Blaydon CC	M-Sen	29	22m 19s	- - -
46	9:46	Dean PROSSER	Hereford & Dist Whs CC	M-Vet	50	22m 01s	26m 49s
47	9:47	David LEIGHTON	Severn Road Club	M-Vet	41	21m 57s	26m 07s
48	9:48	Jon HOWARD	Team Echelon	M-Vet	50	19m 26s	26m 49s
49	9:49	Richard REES	Cardiff Ajax CC	M-Sen	38	22m 16s	- - -
50	9:50	Earl SMITH	Royal Dean Forest Cycle Club	M-Vet	49	21m 37s	26m 45s
51	9:51	Gary JONES	Successcycling.co.uk	M-Vet	53	21m 30s	27m 03s
52	9:52	Mark BRADLEY	Bristol South Cycling Club	M-Vet	54	21m 30s	27m 07s
53	9:53	Gareth JONES	Clevedon & District Road Club	M-Vet	49	21m 27s	26m 45s
54	9:54	Samuel HOLWILL	Hafren CC	M-Jun	16	21m 26s	- - -
55	9:55	Stuart EVANS	Port Talbot Whs CC	M-Vet	73	21m 16s	29m 32s
56	9:56	Simon INMAN	OVB	M-Vet	46	21m 16s	26m 31s
57	9:57	Richard WILDER	Sportzmad	M-Vet	46	21m 08s	26m 31s
58	9:58	Darrel WILLIAMS	Bynea Cycling Club	M-Vet	52	21m 05s	26m 58s

VIRTUAL CYCLING CLUB 10-MILE TT – ABERGAVENNY, 2019

virtualcyclingclub.com

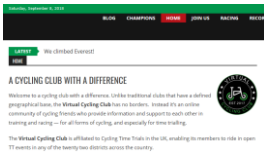
Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
59	9:59	Ed PITT	Salt and Sham Cycle Club	M-Sen	36	22m 05s	---
60	10:00	Jonathan BARNES	Hereford Triathlon Club	M-Sen	27	20m 57s	---
61	10:01	Mark WOOLFORD	Team Swindon Cycles	M-Vet	53	19m 55s	27m 03s
62	10:02	Toby ANTIPPAS	Cambridge University CC	M-Esp	22	20m 46s	---
63	10:03	Neil LEWIS	VELOFLOW CC	M-Vet	49	20m 45s	26m 45s
64	10:04	David EVANS	Team Echelon	M-Vet	63	20m 30s	27m 59s
65	10:05	David MEDHURST	Cardiff Ajax CC	M-Sen	29	20m 34s	---
66	10:06	Gerry BOWDITCH	Pontypool Road Cycling Club	M-Vet	49	20m 21s	26m 45s
67	10:07	John O'DWYER	Dursley Road Club	M-Sen	38	20m 02s	---
68	10:08	Carwyn DAVIES	Cwmcarn Paragon Road Club	M-Vet	41	20m 02s	26m 07s
69	10:09	Tim MAY	PDQ Cycle Coaching	M-Vet	41	20m 00s	26m 07s
70	10:10	Neil POULTON	Ogmore Valley Wheelers	M-Sen	39	19m 57s	---
71	10:11	Michael CHEUNG	Cwmcarn Paragon Road Club	M-Vet	49	26m 11s	26m 45s
72	10:12	Anthony JONES	Towy Riders Cycle Club	M-Vet	46	19m 52s	26m 31s
73	10:13	Andrew OVERTON	Successcycling.co.uk	M-Vet	47	19m 45s	26m 36s
74	10:14	John LACEY	Hemel Hempstead CC	M-Vet	55	19m 43s	27m 12s
75	10:15	David GRIFFITHS	Bioracer-Moriarty Bikes	M-Sen	28	19m 41s	---
76	10:16	Luke DIX	Cardiff Jif	M-Vet	40	19m 32s	26m 02s
77	10:17	Paul JONES	Primera-Teamjobs	M-Vet	48	19m 28s	26m 40s
78	10:18	Matt BURDEN	73 Degrees Bicycles, WestSide Coaching RT	M-Vet	42	19m 19s	26m 12s
79	10:19	Andy DAVIES	Cardiff Jif	M-Sen	38	19m 17s	---
80	10:20	Christopher GIBBARD	Bynea Cycling Club	M-Sen	37	19m 17s	---

VIRTUAL CYCLING CLUB 10-MILE TT – ABERGAVENNY, 2019

virtualcyclingclub.com

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

www.strava.com/clubs/virtualcyclingclub

The Strava logo, consisting of the word "STRAVA" in white, uppercase letters on a red square background.

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

facebook.com/groups/virtualcycling



twitter.com/_VirtualCycling