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Virtual Cycling Club
proudly presents its
2021 Time Trial event over 25 miles

Sunday August 22nd 2021 commencing at 8:16am on the R25/7 course

Timekeepers

Alf Williams, Port Talbot Wheelers
Martyn Heritage-Owen, Realteam Cycling

Event secretary

Simon Kinsey
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Headquarters open from 7am at Usk Centenary Hall, Maryport Street, Usk, NP15 1AD

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A VERY WARM WELCOME

To the riders and their families attending our second time trial event of 2021, thank you for your support and we hope you enjoy your time with us on Sunday. We're especially pleased to be making our first tentative steps back towards the traditional TT experience that we've missed for the past two seasons. More on that later in this booklet.

Our headquarters for the event is at **Usk Centenary Hall**, which is little more than a mile from the start line for the R25/7 course. We do have a backup course ready (the R25/7a). If this comes into play it will mean a longer trek to the start line but we'll provide directions and marshals to help you get there. Rest assured, we don't think we'll need it; we just wanted a backup plan in case of emergency – as opposed to a shortened event or a cancellation.

Photos from the event will be freely available from [this link](#). Rider results will be available in real time on our [Twitter account](#) and the full list can be found on this [this link](#).

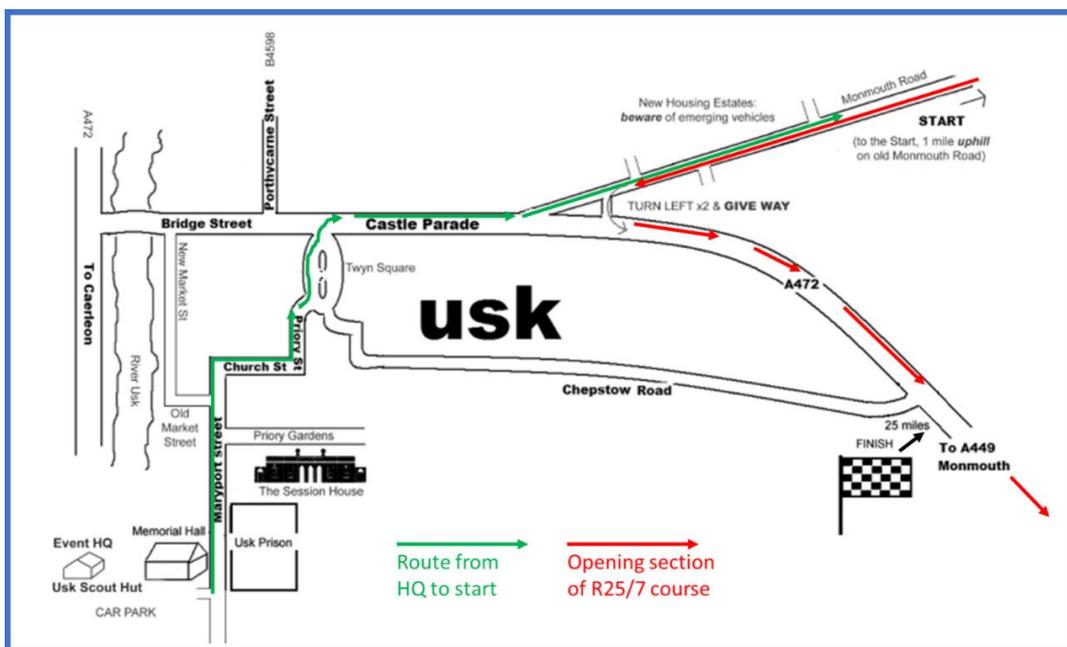
Please ride safely on the course and take a few minutes to read the directions in this booklet. There are a couple of opportunities for you to go off course – I speak from experience on that point – but hopefully our signage, course directions and marshals will help you stay on track. There are also links throughout this document, providing downloadable directions to the start and for the course itself.

We're grateful to our timekeepers Alf Williams and Martyn Heritage-Owen 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

GETTING TO THE START

It's a ride of 1.4 miles from the HQ to the start line, the second half of it uphill; we suggest allowing about 10-15 minutes for the trip. Below is a suggested route, adapted from a sketch kindly provided by the Cardiff 100 Miles CC. **Digital readers can click here for [Strava](#), [GPX](#) and [TCX](#) versions.**



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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.

A RETURN TO THE HQ EXPERIENCE

We're grateful to the South Wales district committee for allowing us to reinstate some of the village-hall traditions of time trialling in the UK. **But there are some important conditions that we really must insist upon** and, in that sense, our marshalling duties will extend to the HQ as well as the course.

- The most important point is that **in Wales the wearing face coverings remains mandatory whilst indoors**. Unless you're enjoying the refreshments, you must comply with this legal requirement.
- We'll make masks available on the day but do try to remember to bring one of your own.
- As far as possible, please try to arrive at the event "race ready". In particular, **you must not use the HQ toilets as a changing room**. Even in normal times this is irritating to other riders; in the current circumstances it will lead to unacceptable queuing around the building.
- For the price of a small donation we'll make drinks and snacks available after the event, with single-use plates and cups. Please dispose of these in the recycling bags after use.
- We intend to make a result board available after the event but this is subject to confirmation. If we manage this, please don't gather around it in large groups. You can also track the results in real time [via this spreadsheet file](#), and we'll also provide individual rider results through [our Twitter account](#) (please follow).
- We'll not distribute prizes on the day; instead we'll use PayPal or bank transfers upon confirmation of the final result.
- If we impose additional measures on the day, please don't give us a hard time about it.

We'll have gluten free and vegetarian options waiting there for you. We'll also have the return of the ever-popular boiled eggs for those who need a post-ride protein boost.

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If you've ridden a TT event anywhere in Wales since 2019, you'll know that this is a significant step forward. The eyes of the committee will be on us on Sunday; please don't give them a reason to regret granting us this privilege.

AWARDS

We always like to do something different when it comes to the prizes and this year is no exception. Following the fantastic feedback received from riders at our recent 10-mile event, we've decided to repeat the concept here (but with a fifth grouping this time). 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 five groups and will award prizes to the first two riders in each one (£20 and £10 respectively).** We reckon this will give everyone a decent chance of competing for a prize.

ALPHA	BETA	GAMMA	DELTA	EPSILON
Jake SARGENT	Kevin LANE	Andrea PARISH	Tom KENDERDINE	Michael COLLINS
Alex DOHERTY	John O'DWYER	Eva CALLINAN	Roger WOOD	Clare GREENWOOD
Anthony JONES	Edd CHARLTON-WEEDY	Alex MCCREE	Gerry MCGARR	Hugh DAVIES
Alastair LUXFORD	Matthew RUSSELL	Michelle LEE	Marco MARLETTA	Steven BUCKLEY
Finlay TARLING	Steven COTTINGTON	Paul WINCHCOMBE	David EVANS	Susan SHOOK
Owen BURGESS	Lee FRANCIS	Niall FOSTER	Michael CHEUNG	Tom WOOLLARD
ben JONES	Luke SMITH	Gary JONES	Phil BOWDEN	Roger TAYLOR
Andy DAVIES	Chris SOUTHWORTH	Phillip TURNER	Edric HOBBS	Joanna KNIGHT
Phil BRUSH	Matthew HILL	Josh TOWNSEND	Tom COX	Robert LATCHEM
Josh GRIFFITHS	Jonathan SAYCE	Daryl STROUD	Martin BULLEN	John SHEHAN
David MEDHURST	Mark BRADLEY	Digby RUSLING	John ASPELL	David STEEL
Andrew BUTCHER	Gareth JONES	Daniel KEMPE	Les THOMAS	Allen JANES
Stuart DAY	Dan KINGSTON	Roxy WOODFIELD	Mike BROADBENT	Kevin GRANT
Mark ATKINSON	Mark WOOLFORD	Martin LINES	Alex SMART	Robert BAYNTON
Pat WRIGHT	Tommy BARLOW	Tony LAKE	Mark EVANS	John HOWELLS
Jason BATEMAN	Mike HALL	Roger WHITTLE	Vincent DOUGLAS	Peter WILSON
Simon ADCOOK	Michael PORTLOCK	Dan LAASNA REUTER	Stuart EVANS	Peter ROGERS

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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 now a **requirement** (no longer just a recommendation) that riders have a working rear light, 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 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.

STARTING ORDER

Number	Start	Name	Club	Demographic	Group
16	8:16	Joanna KNIGHT	Bristol South Cycling Club	Female Veteran, 61	Epsilon
17	8:17	Susan SHOOK	Bush Healthcare CRT	Female Veteran, 63	Epsilon
18	8:18	Roxy WOODFIELD	Ludlow Brewery Race Team	Female Senior, 30	Gamma
19	8:19	Clare GREENWOOD	Bush Healthcare CRT	Female Veteran, 62	Epsilon
20	8:20	Andrea PARISH	VeloSistas TT Team	Female Veteran, 53	Gamma
21	8:21	Eva CALLINAN	Liv AWOL	Female Junior, 18	Gamma
22	8:22	Michelle LEE	PDQ Cycle Coaching	Female Veteran, 48	Gamma
23	8:23	Finlay TARLING	WORX Factory Racing Powered by Silverstone	Male Juvenile, 14	Alpha
24	8:24	Daniel KEMPE	Bristol South Cycling Club	Male Veteran, 55	Gamma
25	8:25	Peter ROGERS	Team Tor 2000 KALAS	Male Veteran, 71	Epsilon

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Number	Start	Name	Club	Demographic	Group
26	8:26	Allen JANES	Bristol South Cycling Club	Male Veteran, 75	Epsilon
27	8:27	Peter WILSON	Bath Cycling Club	Male Veteran, 87	Epsilon
28	8:28	Robert LATCHEM	Somer Valley Cycling Club	Male Veteran, 76	Epsilon
29	8:29	Kevin GRANT	Frome and District Wheelers	Male Veteran, 64	Epsilon
30	8:30	Dan LAASNA REUTER	Virtual Cycling Club	Male Veteran, 47	Gamma
31	8:31	Alex SMART	Rapha Cycling Club	Male Veteran, 48	Delta
32	8:32	David STEEL	Hereford & Dist Whs CC	Male Veteran, 74	Epsilon
33	8:33	John HOWELLS	Corinium Cycle Club	Male Veteran, 80	Epsilon
34	8:34	Robert BAYNTON	PDQ Cycle Coaching	Male Veteran, 53	Epsilon
35	8:35	Steven BUCKLEY	Ride 24/7	Male Veteran, 68	Epsilon
36	8:36	Tom KENDERDINE	Droitwich Cycling Club	Male Veteran, 48	Delta
37	8:37	Mark EVANS	Chippenham & District Wheelers	Male Veteran, 57	Delta
38	8:38	Vincent DOUGLAS	Gloucester City Cycling Club	Male Veteran, 51	Delta
39	8:39	Roger WHITTLE	Gloucester City Cycling Club	Male Veteran, 52	Gamma
40	8:40	Edric HOBBS	VTTA West Group	Male Veteran, 57	Delta
41	8:41	Tom WOOLLARD	Northover VT / Rudy Project / SCS	Male Veteran, 75	Epsilon
42	8:42	Mike BROADBENT	Port Talbot Whs CC	Male Veteran, 60	Delta
43	8:43	Josh TOWNSEND	Bynea Cycling Club	Male Senior, 23	Gamma
44	8:44	Tony LAKE	Gloucester City Cycling Club	Male Veteran, 48	Gamma
45	8:45	Roger TAYLOR	Frome and District Wheelers	Male Veteran, 75	Epsilon
46	8:46	John SHEHAN	Port Talbot Whs CC	Male Veteran, 75	Epsilon
47	8:47	Dan KINGSTON	Cwmcarn Paragon Road Club	Male Veteran, 40	Beta
48	8:48	Matthew HILL	Gloucester City Cycling Club	Male Veteran, 43	Beta
49	8:49	Jonathan SAYCE	Hereford & Dist Whs CC	Male Veteran, 47	Beta
50	8:50	Hugh DAVIES	Port Talbot Whs CC	Male Veteran, 76	Epsilon
51	8:51	Stuart EVANS	Port Talbot Whs CC	Male Veteran, 75	Delta
52	8:52	Gerry MCGARR	Gloucester City Cycling Club	Male Veteran, 69	Delta
53	8:53	Digby RUSLING	Royal Dean Forest Cycle Club	Male Veteran, 52	Gamma

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Number	Start	Name	Club	Demographic	Group
54	8:54	Michael COLLINS	VC Sevale (Malvern)	Male Veteran, 52	Epsilon
55	8:55	Les THOMAS	Port Talbot Whs CC	Male Veteran, 59	Delta
56	8:56	Phillip TURNER	Bynea Cycling Club	Male Veteran, 53	Gamma
57	8:57	John ASPELL	PDQ Cycle Coaching	Male Veteran, 53	Delta
58	8:58	Marco MARLETTA	Cardiff Jif	Male Veteran, 55	Delta
59	8:59	Gary JONES	Successcycling.co.uk	Male Veteran, 55	Gamma
60	9:00	Phil BOWDEN	Saint Piran	Male Veteran, 53	Delta
61	9:01	Mike HALL	Port Talbot Whs CC	Male Veteran, 52	Beta
62	9:02	Roger WOOD	Pontypool Road Cycling Club	Male Veteran, 67	Delta
63	9:03	Alex MCCREE	VeloVitesse/ALLCAP/James Barry	Male Veteran, 49	Gamma
64	9:04	David EVANS	Team Echelon	Male Veteran, 64	Delta
65	9:05	Daryl STROUD	Gloucester City Cycling Club	Male Veteran, 57	Gamma
66	9:06	Matthew RUSSELL	Team Swindon Cycles	Male Senior, 23	Beta
67	9:07	Edd CHARLTON-WEEDY	Army Cycling	Male Senior, 36	Beta
68	9:08	Paul WINCHCOMBE	Chippenham & District Wheelers	Male Veteran, 61	Gamma
69	9:09	Luke SMITH	Bristol South Cycling Club	Male Veteran, 53	Beta
70	9:10	Martin LINES	Worcester St. Johns CC	Male Veteran, 53	Gamma
71	9:11	Tommy BARLOW	Clevedon & District Road Club	Male Veteran, 59	Beta
72	9:12	Kevin LANE	Droitwich Cycling Club	Male Veteran, 47	Beta
73	9:13	Chris SOUTHWORTH	Manchester Bicycle Club	Male Veteran, 45	Beta
74	9:14	Lee FRANCIS	Velo Club Bristol	Male Senior, 39	Beta
75	9:15	Gareth JONES	Clevedon & District Road Club	Male Veteran, 51	Beta
76	9:16	Niall FOSTER	Cardiff Ajax CC	Male Veteran, 45	Gamma
77	9:17	Mark BRADLEY	Bristol South Cycling Club	Male Veteran, 56	Beta
78	9:18	Stuart DAY	VC Sevale (Malvern)	Male Veteran, 51	Alpha
79	9:19	Mark WOOLFORD	Team Swindon Cycles	Male Veteran, 55	Beta
80	9:20	Martin BULLEN	Peterborough CC	Male Veteran, 69	Delta
81	9:21	John O'DWYER	Dursley Road Club	Male Veteran, 40	Beta

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Number	Start	Name	Club	Demographic	Group
82	9:22	Alastair LUXFORD	Full Gas Racing Team	Male Senior, 39	Alpha
83	9:23	Mark ATKINSON	Alford Whs	Male Senior, 34	Alpha
84	9:24	Michael CHEUNG	Cwmcarn Paragon Road Club	Male Veteran, 51	Delta
85	9:25	David MEDHURST	Cardiff Ajax CC	Male Senior, 31	Alpha
86	9:26	Michael PORTLOCK	Merthyr CC	Male Veteran, 51	Beta
87	9:27	Phil BRUSH	Race Rapid	Male Senior, 39	Alpha
88	9:28	Andrew BUTCHER	Cwmcarn Paragon Road Club	Male Veteran, 47	Alpha
89	9:29	Jake SARGENT	FTP (Fulfil The Potential) Racing	Male Espoir, 21	Alpha
90	9:30	Josh GRIFFITHS	Bikestrong-KTM	Male Espoir, 21	Alpha
91	9:31	Tom COX	Saint Piran	Male Veteran, 67	Delta
92	9:32	Simon ADCOOK	Worcester St. Johns CC	Male Veteran, 47	Alpha
93	9:33	Steven COTTINGTON	Bath Cycling Club	Male Veteran, 59	Beta
94	9:34	Jason BATEMAN	VTTA North Lancs and Lakes Group	Male Veteran, 49	Alpha
95	9:35	Ben JONES	Cycle Specific	Male Senior, 34	Alpha
96	9:36	Owen BURGESS	Newport Phoenix CC	Male Senior, 37	Alpha
97	9:37	Andy DAVIES	Cardiff Jif	Male Senior, 39	Alpha
98	9:38	Anthony JONES	VMCC powered by Y Beic	Male Veteran, 48	Alpha
99	9:39	Alex DOHERTY	DRAG2ZERO	Male Senior, 37	Alpha
100	9:40	Pat WRIGHT	Paceline RT	Male Senior, 36	Alpha

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.

