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Virtual Cycling Club
proudly presents its
2021 Time Trial event over 10 miles

Saturday July 31st 2021 commencing at 2:07pm on the R10/17 course

Timekeepers

Phyl Harradine, CC Topp
Robin Field, Cardiff Byways CC

Event secretary

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

Headquarters open from 1pm at Llanarth Village Hall, Groesonen Road, Llanarth, NP15 2AU

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

VIRTUAL CYCLING CLUB 10-MILE TT, 2021

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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. If you don't fancy riding 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 [2:07pm].

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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



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AWARDS

We always like to do something different when it comes to the prizes and this year is no exception. 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 four 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.

GROUP A	GROUP B	GROUP C	GROUP D
Matt BURDEN	John BROWN	Andrew CLARKE	Rory JENKINS
Anthony JONES	Richard LLEWELLYN	Edric HOBBS	Tom WOOLLARD
Robert FRANCIS	Mark WOOLFORD	Mike BROADBENT	Maria WEYMOUTH
Owen BURGESS	Harry TAIT	Jon AIREY	Alistair MORGAN
Phil WILLOUGHBY	Kevin WEYMOUTH	Tina REID	Stephen LANDEG
Gerry BOWDITCH	Simon THEXTON	Daniel KINSEY	Geoff EDGERTON
Graeme BOSWELL	Louis HARRIS	Clare GREENWOOD	Steven D'ARCY
Paul DERRICK	Louise BURNIE	Jeffrey REES	John SHEHAN
Adrian FORD	Roger WOOD	Steve WAY	Peter ROGERS
Thomas DYE	Adrian ROWLEY	Phil GUY	Chris HILL
Ian SAXELBY	Marco MARLETTA	Stuart EVANS	Kevin GRANT
Luke SMITH	Rosey MUSHENS	Hollie LABUNSKY	Chris PLOWMAN-HART
Matthew RUSSELL	Gary FRANCIS	Susan SHOOK	Matthew LOADER
Richard REES	Les THOMAS		

For obvious reasons we can't distribute prizes on the day but will be in touch with the winners after the event to arrange a bank transfer.

In addition to the above, our friends at [Aerocoach](#) are offering a £15 voucher for the fastest rider in the road bike category.

And finally, in recognition of 2017 being our year of birth, we're again offering a free entry into a future event for any rider[s] who finish with a time of 20:17.

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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.

ROAD BIKE CATEGORY

Here are the requirements for the road bike category.

1. No aerobars, clip-on aerobars or aero extensions
2. Hands must be holding the handlebars at all times whilst racing (i.e., not with forearms resting on the handlebar)
3. Wheels must have a minimum of 12 spokes each and have a maximum rim depth of 90mm
4. Helmets must have no visor
5. Ears must not be covered by the helmet (Giro Aerohead helmets are not permitted)

Riders in the road bike category who breach these requirements will still be permitted to ride but won't be eligible for the [Aerocoach](#) award.

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COVID-19 PROTOCOLS

- Please only attend the event if you are in good health. If you, or members of your family, are experiencing any symptoms associated with COVID-19 you must not attend.
- An elevated resting heart rate or heart rate that reacts quickly during the warm up may suggest an underlying asymptomatic illness (not necessarily COVID-19). If you experience this, you should not start (DNS) and should leave immediately.
- There's ample parking at the HQ but this does mean a longer trip to the start line. If you choose to park closer to the start, please park legally, respectfully and in such a way that social distancing can be observed.
- The sign-on sheet will be displayed on the table with the numbers laid out and a one-way system in place with 2m gaps marked. The sign-in station will be outside if the weather permits.
- Numbers are to be returned when signing out. Please place them in the box at the sign-out area.
- Sanitising gel will be available at the sign-in area.
- Please bring your own pen to sign in/out
- Please follow any additional conditions that may be posted at the sign-in station.
- Face coverings should be used when signing in/out and if you enter the hall to use the toilets.
- Social distancing must be observed at all times, setting up the bike, signing on etc.
- Please don't congregate outside the HQ before it opens.
- Roller or turbo trainers for warming up should only be used where they are not close to private properties and where social distancing from other people can be maintained. We would prefer warming up on the road.
- At the start maintain a 2m gap between yourself and the other riders waiting to start.
- Do not approach the timekeepers at the start or finish.
- You will need to start with one foot on the ground or on the rubber "step" at the start line.
- Riders must not leave person items with the timekeepers or on the sign-in table.
- Once you have finished you should sign out, return your number, pack your bike away, then go home.
- The result will be posted on the CTT website, if there are any queries contact me and I will investigate and amend results accordingly, should that be necessary.
- Riders are requested not to loiter/congregate in car parking areas or sign-on area etc.
- Spectators are urged not to attend.
- The toilets are available on a one-in-one-out basis; they must not be used as a changing facility.

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STARTING ORDER

Number	Start	Name	Club	Demographic	Categories
7	14:07	Matthew LOADER	Wincanton Wheelers	Male Senior, 38	Road bike; Group D
8	14:08	Chris PLOWMAN-HART	Wincanton Wheelers	Male Veteran, 42	Road bike; Group D
9	14:09	Peter ROGERS	Team Tor 2000 KALAS	Male Veteran, 71	Road bike; Group D
10	14:10	Steven D'ARCY	Wincanton Wheelers	Male Veteran, 47	Road bike; Group D
11	14:11	Gary FRANCIS	Gillingham and District Wheelers / Wheels Cycles	Male Veteran, 47	Road bike; Group B
12	14:12	Louis HARRIS	Bath Cycling Club	Male Espoir, 21	Road bike; Group B
13	14:13	Matt BURDEN	73 Degrees Bicycles, WestSide Coaching rt	Male Veteran, 44	Road bike; Group A
14	14:14	Jeffrey REES	Virtual Cycling Club	Male Veteran, 58	Group C
15	14:15	Phil GUY	North Shropshire Wheelers	Male Veteran, 73	Group C
16	14:16	Chris HILL	Wincanton Wheelers	Male Veteran, 46	Group D
17	14:17	Geoff EDGERTON	North Shropshire Wheelers	Male Veteran, 73	Group D
18	14:18	Kevin GRANT	Frome and District Wheelers	Male Veteran, 64	Group D
19	14:19	Alistair MORGAN	Pontypool Road Cycling Club	Male Veteran, 58	Group D
20	14:20	Rory JENKINS	Virtual Cycling Club	Male Senior, 31	Group D
21	14:21	Hollie LABUNSKY	Port Talbot Whs CC	Female Senior, 35	Group C
22	14:22	Edric HOBBS	VTTA West Group	Male Veteran, 57	Group C
23	14:23	Steve WAY	Wincanton Wheelers	Male Veteran, 63	Group C
24	14:24	Tom WOOLLARD	Northover VT / Rudy Project / SCS	Male Veteran, 75	Group D
25	14:25	Daniel KINSEY	Virtual Cycling Club	Male Senior, 24	Group C
26	14:26	Jon AIREY	Ross on Wye & Dist CC	Male Veteran, 68	Group C
27	14:27	Stephen LANDEG	Ogmore Valley Wheelers	Male Veteran, 67	Group D
28	14:28	John SHEHAN	Port Talbot Whs CC	Male Veteran, 75	Group D
29	14:29	Louise BURNIE	Swansea Wheelers/CS Abertawe	Female Senior, 38	Group B
30	14:30	Clare GREENWOOD	Bush Healthcare CRT	Female Veteran, 62	Group C
31	14:31	Mike BROADBENT	Port Talbot Whs CC	Male Veteran, 60	Group C
32	14:32	Susan SHOOK	Bush Healthcare CRT	Female Veteran, 63	Group C
33	14:33	Maria WEYMOUTH	Mid Devon CC	Female Veteran, 47	Group D
34	14:34	Rosey MUSHENS	73 Degrees Bicycles, WestSide Coaching rt	Female Veteran, 56	Group B
35	14:35	Kevin WEYMOUTH	Mid Devon CC	Male Veteran, 51	Group B
36	14:36	Simon THEXTON	Performance Cycles CC	Male Veteran, 46	Group B

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Number	Start	Name	Club	Demographic	Categories
37	14:37	Tina REID	VC de Londres	Female Veteran, 56	Group C
38	14:38	Marco MARLETTA	Cardiff Jif	Male Veteran, 55	Group B
39	14:39	Adrian FORD	Worcester St. Johns CC	Male Senior, 35	Group A
40	14:40	Les THOMAS	Port Talbot Whs CC	Male Veteran, 59	Group B
41	14:41	Stuart EVANS	Port Talbot Whs CC	Male Veteran, 75	Group C
42	14:42	Adrian ROWLEY	Gloucester City Cycling Club	Male Veteran, 57	Group B
43	14:43	Roger WOOD	Pontypool Road Cycling Club	Male Veteran, 67	Group B
44	14:44	Harry TAIT	Worcester St. Johns CC	Male Espoir, 19	Group B
45	14:45	Richard REES	Cardiff Ajax CC	Male Veteran, 40	Group A
46	14:46	Paul DERRICK	Sodbury Cycle Sport	Male Senior, 37	Group A
47	14:47	Andrew CLARKE	North Shropshire Wheelers	Male Veteran, 62	Group C
48	14:48	John BROWN	Veloflow CC	Male Veteran, 40	Group B
49	14:49	Ian SAXELBY	Chepstow Cycling Club	Male Senior, 32	Group A
50	14:50	Richard LLEWELLYN	Imperial Racing Team	Male Veteran, 47	Group B
51	14:51	Matthew RUSSELL	Team Swindon Cycles	Male Senior, 23	Group A
52	14:52	Thomas DYE	Cardiff Ajax CC	Male Senior, 35	Group A
53	14:53	Luke SMITH	Bristol South Cycling Club	Male Veteran, 53	Group A
54	14:54	Graeme BOSWELL	Cardiff Ajax CC	Male Veteran, 46	Group A
55	14:55	Mark WOOLFORD	Team Swindon Cycles	Male Veteran, 55	Group B
56	14:56	Phil WILLOUGHBY	VMCC powered by Y Beic	Male Senior, 37	Group A
57	14:57	Gerry BOWDITCH	Pontypool Road Cycling Club	Male Veteran, 51	Group A
58	14:58	Anthony JONES	VMCC powered by Y Beic	Male Veteran, 48	Group A
59	14:59	Robert FRANCIS	Reflex Racing	Male Senior, 23	Group A
60	15:00	Owen BURGESS	Newport Phoenix CC	Male Senior, 37	Group A

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.

