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Virtual Cycling Club
proudly presents its
2019 Time Trial event over 25 miles

Sunday May 19th 2019 commencing at 9:47am on the R25/3H course

Timekeepers

Norman James, Ogmere Valley Wheelers
Tudor Thomas, Bynea Cycling Club

Event secretary

Simon Kinsey
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Headquarters open from 8:45am at Hirwaun Village Hall, High Street, Hirwaun, CF44 9SL

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A VERY WARM WELCOME

For the second time in a week we welcome riders and their families to the South Wales district and a time trial event on the A465. On Tuesday we hosted a 10-mile event in the Resolven area and today's 25-mile course shares nine of those ten miles. This means that it shares the turn-around point at the Aberdulais interchange, which has the potential to catch out first-time visitors to the area. Veterans of the course will be familiar with its "figure of eight" layout but rookies are encouraged to view [this short video](#) beforehand. We'll have marshals there to guide you but please do your homework in advance. The main thing to remember is that the R25/3H course is primarily run on a dual carriageway so you should look out for the GREEN road signs when turning back.

The R25/3H is a fast course and attracts riders from far and wide. This is great for everyone involved in the TT events but please spare a thought for the residents of Hirwaun. We'd like to maintain good relations so if you can't find a spot to park at the event HQ, please consider the various lay-by areas between the HQ and the start line. Additionally there's plenty of space around the Hirwaun Industrial Estate, which is also handy as a warm up area.

Our timekeepers are Norman James [Ogmore Valley Wheelers] and Tudor Thomas [Bynea Cycling Club], two great supporters of time trialling in the South Wales district and we thank them for their services once again.

Following your ride you can look forward to a free drink back at the HQ, plus a variety of snacks for the price of a donation. We'll get on with the prizegiving as soon as we possibly can, so please stick around for a chat if your schedule permits.

Here's hoping for some decent racing weather – see you on Sunday!

Simon Kinsey

THE R25/3H COURSE

We'll have marshals stationed at the junctions but please remember that they're there for guidance only and have no authority to control traffic – again, here's a [one-minute video](#) of the turning point.

- Start on access road to Hirwaun industrial estate (e293120/n206180, OS sheets 170/160) 8 yards north of lamp column number 1 and 30 yards north of junction with unclassified road (old a465) Hirwaun to Cefn Rhigos. 0.000 miles.
- Proceed south to junction with unclassified road (on to the old route) and bear left to roundabout with A4061 (Rhigos mountain road) where take second exit (straight on) to Hirwaun roundabout A465 to take first exit. 1.306 miles.
- Continue along A465 to Blaengwrach roundabout (McDonald's) to take second exit (straight on). 7.169 miles.
- Continue on A465 to Resolven roundabout to take third exit (straight on) 10.183 miles.
- Continue on A465 to exit at next junction (signpost Seven Sisters), climbing to the Tonna roundabout, where take first exit to Aberdulais interchange where circle roundabout and take fourth exit down slip road to re-join the A465 eastward. 15.063 miles.
- Continue along A465 to Resolven roundabout to take second exit (straight on) 19.719 miles.
- Continue on A465 to Blaengwrach roundabout (McDonalds). 22.764 miles.

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- Take second exit continuing on A465, passing over river bridge and the Glynneath interchange to remain on A465 to finish in the second layby on the left at a point 25 yards west of the 'take litter home' sign and opposite the emergency telephone point. 25.014 miles.

AWARDS

Our prizes today will be awarded as follows:

CATEGORY	FIRST	SECOND	THIRD
Males	£25	£20	£10
Females	£25	£20	£10
Juniors	£20		
Veterans against standard	£25	£20	£10
Most improved on LTS best	£10		

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.
- Very importantly, the car park at the event HQ is also an entry into an out-of-hours surgery – please don't block the latter, even for a short time.
- Failure to follow these rules will result in a disqualification and referral to the South Wales DC for further disciplinary action.

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STARTING ORDER

WOMEN & JUNIORS

Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
107	9:47	Diane Wynne	VC Sevale (Malvern)	FV	54	1h 05m 00s	1h 14m 44s
108	9:48	Rachel Przybylski	Charlotteville Cycling Club	FS	38	1h 03m 31s	
109	9:49	Janet Fairclough	St Helens CRC	FV	58	1h 01m 34s	1h 15m 44s
110	9:50	Diane Wilson-Evans	Bynea Cycling Club	FV	59	1h 01m 21s	1h 16m 00s
111	9:51	Virginia McGee	...a3crg	FV	55	1h 00m 14s	1h 14m 58s
112	9:52	Debbie Bradley	Team Bottrill	FV	45	59m 34s	1h 12m 46s
113	9:53	Kate Giddings	Liverpool Century RC	FS	33	59m 08s	
114	9:54	Clare Greenwood	Bush Healthcare CRT	FV	60	58m 33s	1h 16m 17s
115	9:55	Michelle Fishbourne	CES Sport	FV	52	57m 46s	1h 14m 17s
116	9:56	Lisa Davis	trainSharp	FV	44	57m 04s	1h 12m 33s
117	9:57	Ella Barnwell	Towy Riders Cycle Club	FJ	18		
118	9:58	Andrea Parish	VeloSistas TT Team	FV	51	55m 36s	1h 14m 04s
119	9:59	Harry Kirby	Bicester Millennium CC	MJ	16	55m 11s	
120	10:00	Jackie Field	CC Ashwell	FV	54	54m 31s	1h 14m 44s

MEN

Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
1	10:01	Nic Stevenson	Westerley Cycling Club	MS	36	52m 28s	
2	10:02	David Wilson-Evans	Bynea Cycling Club	MV	62	53m 32s	1h 10m 47s
3	10:03	Chris Reynolds	Liverpool Century RC	MS	36	56m 21s	
4	10:04	Jon Airey	Ross on Wye & Dist CC	MV	66	1h 00m 31s	1h 12m 05s
5	10:05	Kris Bowditch	Lyme Racing Club	MV	44	51m 34s	1h 06m 52s
6	10:06	Peter Lloyd	N+1 - Lindfield Coffee Works	MV	41	53m 28s	1h 06m 14s
7	10:07	Roy Carless	Swindon Road Club	MV	53	55m 56s	1h 08m 38s
8	10:08	Alan Cooper	Avonlea/Treasure RT	MV	61	58m 05s	1h 10m 30s
9	10:09	Lewys Hobbs	Cycle Specific	MS	36		

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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
10	10:10	Philip Tucker	Cycle Specific	MS	39	50m 00s	
11	10:11	Rod Hicks	Port Talbot Whs CC	MV	54	51m 54s	1h 08m 51s
12	10:12	Jon Vickery	Cwmcarn Paragon Road Club	MV	55	54m 43s	1h 09m 03s
13	10:13	Chris Broad-Drake	Swindon Road Club	MV	62	56m 39s	1h 10m 47s
14	10:14	Phil Guy	North Shropshire Wheelers	MV	70	58m 13s	1h 13m 42s
15	10:15	David Dickerson	Team Echelon	MV	51	51m 34s	1h 08m 15s
16	10:16	David Hargreaves	North Lancashire Road Club	MV	72	53m 24s	1h 14m 40s
17	10:17	Peter Blackwell	Solihull CC	MV	47	55m 53s	1h 07m 28s
18	10:18	Jeffrey Rees	Gower Riders Cycling Club	MV	55	58m 03s	1h 09m 03s
19	10:19	Robert Jolliffe	New Forest CC	MV	66	1h 04m 16s	1h 12m 05s
20	10:20	Keith Dorling	Team Bottrill	MV	60	50m 32s	1h 10m 14s
21	10:21	Mark Woolford	Team Swindon Cycles	MV	53	52m 27s	1h 08m 38s
22	10:22	Steve Hancock	Calder Clarion	MV	56	54m 42s	1h 09m 16s
23	10:23	Roger Wood	Pontypool Road Cycling Club	MV	65	56m 35s	1h 11m 44s
24	10:24	Matthew Garfield	Cycle Specific	MS	38	59m 11s	
25	10:25	Pierre Scrase	Bicester Millennium CC	MS	25	51m 17s	
26	10:26	Simon Cox	Chippenham & District Wheelers	MV	48	52m 49s	1h 07m 40s
27	10:27	Phil Tugwell	Cardiff Triathletes	MS	36	55m 52s	
28	10:28	Les Thomas	Port Talbot Whs CC	MV	57	58m 03s	1h 09m 30s
29	10:29	Arran Armstrong	Velo Club Walcot	MV	41	1h 01m 46s	1h 06m 14s
30	10:30	Toby Williams	Velotik Racing Team	MS	26	50m 31s	
31	10:31	Earl Smith	Royal Dean Forest Cycle Club	MV	48	52m 24s	1h 07m 40s
32	10:32	Gary Rickards	Cheltenham & County Cycling Club	MV	57	54m 27s	1h 09m 30s
33	10:33	Marco Marletta	Cardiff Jif	MV	52	56m 33s	1h 08m 26s
34	10:34	Huw Morgan	Narberth Dynamos Cycling Club	MV	53	59m 09s	1h 08m 38s
35	10:35	Tim Beaven	Bicester Millennium CC	MV	45	51m 13s	1h 07m 05s
36	10:36	Rob Jones	Cardiff Ajax CC	MV	42	52m 47s	1h 06m 27s
37	10:37	Paul Stephens	Ross on Wye & Dist CC	MV	54	55m 51s	1h 08m 51s
38	10:38	Jonathan Croft	Team Sportslab	MS	37	58m 00s	

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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
39	10:39	Patrick Weir	Team Jewson MI Racing PolyPipe McCann	MV	68	1h 02m 00s	1h 12m 51s
40	10:40	Paul David Fleming	Preston Whs	MV	53	50m 24s	1h 08m 38s
41	10:41	Peter Garnett	Swindon Road Club	MV	49	52m 21s	1h 07m 51s
42	10:42	David Evans	Team Echelon	MV	62	54m 18s	1h 10m 47s
43	10:43	Mark Gateshill	PDQ Cycle Coaching	MS	37	56m 25s	
44	10:44	John Shehan	Bynea Cycling Club	MV	73	58m 28s	1h 15m 12s
45	10:45	Ross McNally	Pembrokeshire Velo	MS	33	51m 05s	
46	10:46	Paul Winchcombe	Chippenham & District Wheelers	MV	59	52m 41s	1h 09m 59s
47	10:47	Christopher Hall	JAM Cycle Race Team coached by BPC	MS	29	55m 00s	
48	10:48	Alex McCree	VeloVitesse/ALLCAP/James Barry/SIS	MV	47	57m 38s	1h 07m 28s
49	10:49	John J Murphy	Gloucester City Cycling Club	MV	79	1h 00m 44s	1h 19m 15s
50	10:50	Josh Coyne	Bpm Coaching	MS	24	50m 15s	
51	10:51	Carlo Toledo	Gloucester City Cycling Club	MV	53	52m 18s	1h 08m 38s
52	10:52	David Singleton	Acme Whs (Rhondda) CC	MV	55	54m 14s	1h 09m 03s
53	10:53	Simon Inman	OVB	MV	46	56m 48s	1h 07m 16s
54	10:54	Joe Graystone	Cowley Road Condors CC	MV	44	58m 51s	1h 06m 52s
55	10:55	Chris Massey	CES Sport	MV	46	51m 02s	1h 07m 16s
56	10:56	Ben Jones	Cycle Specific	MS	32	52m 39s	
57	10:57	Russell Horner	Team Sportslab	MV	50	55m 32s	1h 08m 03s
58	10:58	Ian Piper	Minehead Cycling Club	MV	59	57m 35s	1h 09m 59s
59	10:59	Ed Hadley	Hereford & Dist Whs CC	MV	62	1h 01m 54s	1h 10m 47s
60	11:00	Jon Surtees	CES Sport	MV	52	50m 14s	1h 08m 26s
61	11:01	Michael Portlock	Merthyr CC	MV	49	51m 58s	1h 07m 51s
62	11:02	Jon Saunders	Charlotteville Cycling Club	MS	28	53m 55s	
63	11:03	Ray Retter	Born to Bike - Bridgtown Cycles	MV	73	56m 18s	1h 15m 12s
64	11:04	John Robertson	VTTA (Merseyside)	MV	64	59m 13s	1h 11m 24s
65	11:05	Anthony Ashworth	Wetherby Whs	MV	50	51m 02s	1h 08m 03s
66	11:06	David Fellows	Solihull CC	MS	26	52m 38s	
67	11:07	Robert Grover	Bradford-on-Avon Cycling Club	MS	32	55m 19s	

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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
68	11:08	Robert Smith	Warwickshire Road Club	MV	48	57m 16s	1h 07m 40s
69	11:09	Barry Quick	Reading CC	MV	74	1h 01m 53s	1h 15m 46s
70	11:10	Eoin Whelan	Virtual Cycling Club	MV	42	50m 13s	1h 06m 27s
71	11:11	Simon Adcock	Team Bottrill	MV	44	52m 28s	1h 06m 52s
72	11:12	Martin Osman	CC Giro	MV	45	54m 52s	1h 07m 05s
73	11:13	Michael Cope	Kettering CC	MV	59	56m 10s	1h 09m 59s
74	11:14	Stefan Hurst	Charlotteville Cycling Club	MS	29	1h 01m 58s	
75	11:15	Richard Hancock	Team Secret Squirrel	MV	51	50m 49s	1h 08m 15s
76	11:16	Andrew Newey	Ribble Valley C&RC	MS	28	52m 32s	
77	11:17	Matt Fisher	Newbury RC	MV	45	55m 14s	1h 07m 05s
78	11:18	David Ireland	East Lancashire RC	MV	52	57m 02s	1h 08m 26s
79	11:19	Robert Francis	A2B Cycle Repair Race Team	ME	21	1h 00m 11s	
80	11:20	Robert Hampton	Warwickshire Road Club	MS	29	1h 02m 08s	
81	11:21	Simon Garrett	Team Echelon	MV	45	50m 44s	1h 07m 05s
82	11:22	Luke Bradford	Hereford Triathlon Club	MV	41	58m 59s	1h 06m 14s
83	11:23	Phil Barnes	SheHair Racing Team	MV	64	53m 41s	1h 11m 24s
84	11:24	Stuart Evans	Port Talbot Whs CC	MV	73	56m 09s	1h 15m 12s
85	11:25	Shay Giles	VC Elan - Harry Perry Cycles	MV	74	58m 21s	1h 15m 46s
86	11:26	Matt Heaman	Severn Valley Cycles	MV	52	56m 53s	1h 08m 26s
87	11:27	Andrew Overton	Successcycling.co.uk	MV	47	52m 38s	1h 07m 28s
88	11:28	Warren Jackson	Congleton CC	MV	46	55m 34s	1h 07m 16s
89	11:29	Mat Ivings	Buxton CC/Sett Valley Cycles	MV	46	49m 19s	1h 07m 16s
90	11:30	Brett Davis	Lewes Wanderers CC	MV	46	51m 46s	1h 07m 16s
91	11:31	Steven Hilton	Warrington RC/Horton Lt Eng./RS Cyclesport	MV	49	50m 37s	1h 07m 51s
92	11:32	Tom Thornely	Buxton CC/Sett Valley Cycles	MS	36	49m 15s	
93	11:33	Ryan Watkins	TBW23 Stuart Hall Cycling Gett Taxi	ME	18	49m 52s	
94	11:34	Lee Perrott	Cycle Specific	MV	40	49m 45s	1h 06m 00s
95	11:35	Howard Bayley	Blazing Saddles	MV	44	49m 23s	1h 06m 52s
96	11:36	Mark Ellis	Team Milton Keynes	MV	54	50m 03s	1h 08m 51s

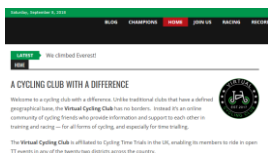
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Number	Start	Name	Club	Category	Age	LTS Best	Vet. Std.
97	11:37	Adrian Hughes	Seamons CC	MV	51	49m 57s	1h 08m 15s
98	11:38	Nick Dwyer	Lewes Wanderers CC	MV	55	49m 05s	1h 09m 03s
99	11:39	Howard Shaw	trainSharp	MS	33	48m 52s	
100	11:40	Gavin MacDougall	Tavistock Whs CC	MV	52	48m 38s	1h 08m 26s
101	11:41	Robert Willcocks	Royal Air Force Cycling Association	MS	37	48m 36s	
102	11:42	John Wingfield	Team Signum	MS	34	48m 15s	
103	11:43	Ken Buckley	Nuun-Sigma Sport-London RT	MS	32	46m 31s	
104	11:44	Dan Bigham	Ribble Pro Cycling	MS	27	45m 32s	

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



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

facebook.com/groups/virtualcycling



twitter.com/_VirtualCycling

- Finally, we have a third time trial event scheduled for September 15th over on the R10/17 course near Abergavenny. That's an 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 15th