



official result

Time Trial event over 25 miles,
promoted by the Virtual Cycling Club

South Wales District

Sunday May 19th 2019 on the R25/3H course

Timekeepers

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

Event secretary

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THANKS FOR YOUR SUPPORT

To the riders and their families who joined us at the weekend, we're very grateful for your support. Thanks for attending – it was great to see so many of you back at the race headquarters, enjoying a chat – and, of course, some well earned refreshments.

The weather was kind to us on the day – overcast at first, then bright and warm as the event got underway, but little or no breeze. They were probably the most favourable racing conditions we've seen on the course in 2019 to date. Certainly some of results back that up:

- we saw 33 riders set new PB times on the day;
 - they did so by an average of more than two minutes each;
- in total, 83 riders broke the hour mark;
 - that includes 53 riders quicker than 55 minutes;
 - and 10 riders quicker than 50 minutes;
- seventy veterans completed the course, ALL of them quicker than their age-based standard time;
 - these standards have recently been updated to take account of current performance levels;
 - our veterans beat the target by an average, yes an AVERAGE, of 13m 56s;
 - and collectively they beat their targets by more than sixteen hours!
- a total of 81 Welsh cakes left Treorchy in the morning;
 - mysteriously only 79 of them made it to the race HQ;
 - none had survived by the time I got back to there – we'll have to make more next time!

Our congratulations to the riders who picked up awards on the day; their details are listed later in this document. Special mentions go to two riders in particular:



Ella Barnwell, Towy Riders Cycle Club
Winner, junior and female categories



Eoin Whelan, Virtual Cycling Club
New Irish Masters record

- **Ella Barnwell** [Towy Riders Cycle Club] rode her very first 25-mile event with us on Sunday. From her performances at the 10-mile distance it was clear that a quick ride was on the cards, but the final result was a staggering 54m 03s which earned Ella the junior's category and the overall female category. Remember the name!
- **Eoin Whelan** [Virtual Cycling Club] travelled from County Galway in the west of Ireland in a bid to set a new Irish Masters record. His previous best time of 50m 13s suggested that he had a decent chance, and he was warmly congratulated when his result of 49m 31s earned him a new record – shaving 10 seconds off the previous one. There was some paperwork to be signed by the timekeepers and other officials, and Eoin's performance will now go forward for ratification by Cycling Ireland. Well done Eoin, we're all very proud of you.

VIRTUAL CYCLING CLUB 25-MILE TT, 2019

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FULL RESULT

WOMEN & JUNIORS

NAME	CLUB	CATEGORY	LTS BEST	VET. STD.	RESULT	+ / -	PB GAIN
Ella Barnwell	Towy Riders Cycle Club	FJ			54m 03s		
Harry Kirby	Bicester Millennium CC	MJ	55m 11s		54m 49s		22s
Andrea Parish	VeloSistas TT Team	FV	55m 36s	1h 14m 04s	56m 56s	+17:08	
Kate Giddings	Liverpool Century RC	FS	59m 08s		57m 33s		1m 35s
Lisa Davis	trainSharp	FV	57m 04s	1h 12m 33s	57m 38s	+14:55	
Jackie Field	CC Ashwell	FV	54m 31s	1h 14m 44s	57m 49s*	+16:55	
Michelle Fishbourne	CES Sport	FV	57m 46s	1h 14m 17s	58m 38s	+15:39	
Rachel Przybylski	Charlottesville Cycling Club	FS	1h 03m 31s		1h 00m 14s		3m 17s
Clare Greenwood	Bush Healthcare CRT	FV	58m 33s	1h 16m 17s	1h 00m 40s	+15:37	
Janet Fairclough	St Helens CRC	FV	1h 01m 34s	1h 15m 44s	1h 01m 37s	+14:07	
Diane Wilson-Evans	Bynea Cycling Club	FV	1h 01m 21s	1h 16m 00s	1h 03m 15s	+12:45	
Diane Wynne	VC Sevale (Malvern)	FV	1h 05m 00s	1h 14m 44s	DNSA		
Virginia McGee	...a3crg	FV	1h 00m 14s	1h 14m 58s	DNSA		
Debbie Bradley	Team Bottrill	FV	59m 34s	1h 12m 46s	DNSA		

* Includes a late start of 2m 53s

MEN

NAME	CLUB	CATEGORY	LTS BEST	VET. STD.	RESULT	+ / -	PB GAIN
John Wingfield	Team Signum	MS	48m 15s		46m 38s		1m 37s
Dan Bigham	Ribble Pro Cycling	MS	45m 32s		47m 42s*		
David Fellows	Solihull CC	MS	52m 38s		48m 17s		4m 21s
Nick Dwyer	Lewes Wanderers CC	MV	49m 05s	1h 09m 03s	48m 59s	+20:04	6s
Howard Shaw	trainSharp	MS	48m 52s		49m 03s		
Robert Willcocks	Royal Air Force CA	MS	48m 36s		49m 14s		
Robert Grover	Bradford-on-Avon CC	MS	55m 19s		49m 27s		5m 52s

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Eoin Whelan	Virtual Cycling Club	MV	50m 13s	1h 06m 27s	49m 31s	+16:56	42s
Philip Tucker	Cycle Specific	MS	50m 00s		49m 34s		26s
Howard Bayley	Blazing Saddles	MV	49m 23s	1h 06m 52s	49m 44s	+17:08	
Ben Jones	Cycle Specific	MS	52m 39s		50m 03s		2m 36s
Simon Garrett	Team Echelon	MV	50m 44s	1h 07m 05s	50m 08s	+16:57	36s
Mat Ivings	Buxton CC/Sett Valley Cycles	MV	49m 19s	1h 07m 16s	50m 10s	+17:06	
Tom Thornely	Buxton CC/Sett Valley Cycles	MS	49m 15s		50m 13s		
David Dickerson	Team Echelon	MV	51m 34s	1h 08m 15s	50m 15s	+18:00	1m 19s
Chris Massey	CES Sport	MV	51m 02s	1h 07m 16s	50m 32s	+16:44	30s
Pierre Scrase	Bicester Millennium CC	MS	51m 17s		50m 50s		27s
Andrew Overton	Successcycling.co.uk	MV	52m 38s	1h 07m 28s	50m 54s	+16:34	1m 44s
Brett Davis	Lewes Wanderers CC	MV	51m 46s	1h 07m 16s	51m 08s	+16:08	38s
Simon Adcock	Team Bottrill	MV	52m 28s	1h 06m 52s	51m 15s	+15:37	1m 13s
Adrian Hughes	Seamons CC	MV	49m 57s	1h 08m 15s	51m 20s	+16:55	
Toby Williams	Velotik Racing Team	MS	50m 31s		51m 26s		
Tim Beaven	Bicester Millennium CC	MV	51m 13s	1h 07m 05s	51m 33s	+15:32	
Ryan Watkins	TBW23 Stuart Hall Cycling ...	ME	49m 52s		51m 38s		
Keith Dorling	Team Bottrill	MV	50m 32s	1h 10m 14s	51m 42s	+18:32	
Mark Ellis	Team Milton Keynes	MV	50m 03s	1h 08m 51s	51m 54s	+16:57	
Lewys Hobbs	Cycle Specific	MS			52m 06s		
Christopher Hall	JAM Team coached by BPC	MS	55m 00s		52m 09s		2m 51s
Kris Bowditch	Lyme Racing Club	MV	51m 34s	1h 06m 52s	52m 17s	+14:35	
Richard Hancock	Team Secret Squirrel	MV	50m 49s	1h 08m 15s	52m 23s	+15:52	
Jon Surtees	CES Sport	MV	50m 14s	1h 08m 26s	52m 29s	+15:57	
Jonathan Croft	Team Sportslab	MS	58m 00s		52m 33s		5m 27s
Paul David Fleming	Preston Whs	MV	50m 24s	1h 08m 38s	52m 40s	+15:58	
Ross McNally	Pembrokeshire Velo	MS	51m 05s		52m 44s		
Matt Fisher	Newbury RC	MV	55m 14s	1h 07m 05s	52m 44s	+14:21	2m 30s
Anthony Ashworth	Wetherby Whs	MV	51m 02s	1h 08m 03s	52m 52s	+15:11	

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NAME	CLUB	CATEGORY	LTS BEST	VET. STD.	RESULT	+ / -	PB GAIN
Nic Stevenson	Westerley Cycling Club	MS	52m 28s		52m 55s		
Carlo Toledo	Gloucester City Cycling Club	MV	52m 18s	1h 08m 38s	52m 55s	+15:43	
Rod Hicks	Port Talbot Whs CC	MV	51m 54s	1h 08m 51s	53m 04s	+15:47	
Robert Francis	A2B Cycle Repair Race Team	ME	1h 00m 11s		53m 04s		7m 07s
Mark Woolford	Team Swindon Cycles	MV	52m 27s	1h 08m 38s	53m 11s	+15:27	
Simon Inman	OVB	MV	56m 48s	1h 07m 16s	53m 45s	+13:31	3m 03s
Russell Horner	Team Sportslab	MV	55m 32s	1h 08m 03s	53m 45s	+14:18	1m 47s
Chris Reynolds	Liverpool Century RC	MS	56m 21s		53m 47s		2m 34s
Rob Jones	Cardiff Ajax CC	MV	52m 47s	1h 06m 27s	54m 17s	+12:10	
Peter Lloyd	N+1 - Lindfield Coffee Works	MV	53m 28s	1h 06m 14s	54m 22s	+11:52	
Joe Graystone	Cowley Road Condors CC	MV	58m 51s	1h 06m 52s	54m 26s	+12:26	4m 25s
Steve Hancock	Calder Clarion	MV	54m 42s	1h 09m 16s	54m 29s	+14:47	13s
Josh Coyne	Bpm Coaching	MS	50m 15s		54m 31s		
Peter Garnett	Swindon Road Club	MV	52m 21s	1h 07m 51s	54m 39s	+13:12	
Martin Osman	CC Giro	MV	54m 52s	1h 07m 05s	54m 44s	+12:21	8s
David Singleton	Acme Whs (Rhondda) CC	MV	54m 14s	1h 09m 03s	55m 04s	+13:59	
Arran Armstrong	Velo Club Walcot	MV	1h 01m 46s	1h 06m 14s	55m 14s	+11:00	6m 32s
Simon Cox	Chippenham & District Whs	MV	52m 49s	1h 07m 40s	55m 27s	+12:13	
Jon Vickery	Cwmcarn Paragon Road Club	MV	54m 43s	1h 09m 03s	55m 33s	+13:30	
David Hargreaves	North Lancashire Road Club	MV	53m 24s	1h 14m 40s	55m 36s	+19:04	
Earl Smith	Royal Dean Forest Cycle Club	MV	52m 24s	1h 07m 40s	55m 40s	+12:00	
Robert Smith	Warwickshire Road Club	MV	57m 16s	1h 07m 40s	55m 44s	+11:56	1m 32s
David Wilson-Evans	Bynea Cycling Club	MV	53m 32s	1h 10m 47s	55m 52s	+14:55	
Chris Broad-Drake	Swindon Road Club	MV	56m 39s	1h 10m 47s	55m 54s	+14:53	45s
Peter Blackwell	Solihull CC	MV	55m 53s	1h 07m 28s	55m 57s	+11:31	
Jon Saunders	Charlotteville Cycling Club	MS	53m 55s		56m 10s		
David Evans	Team Echelon	MV	54m 18s	1h 10m 47s	56m 11s	+14:36	
Paul Winchcombe	Chippenham & District Whs	MV	52m 41s	1h 09m 59s	56m 12s	+13:47	

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Gary Rickards	Cheltenham & County CC	MV	54m 27s	1h 09m 30s	56m 37s	+12:53	
Roy Carless	Swindon Road Club	MV	55m 56s	1h 08m 38s	56m 39s	+11:59	
David Ireland	East Lancashire RC	MV	57m 02s	1h 08m 26s	56m 43s	+11:43	19s
Phil Barnes	SheHair Racing Team	MV	53m 41s	1h 11m 24s	56m 44s	+14:40	
Phil Tugwell	Cardiff Triathletes	MS	55m 52s		56m 46s		
Roger Wood	Pontypool Road Cycling Club	MV	56m 35s	1h 11m 44s	57m 22s	+14:22	
Les Thomas	Port Talbot Whs CC	MV	58m 03s	1h 09m 30s	57m 34s	+11:56	29s
Michael Cope	Kettering CC	MV	56m 10s	1h 09m 59s	57m 36s	+12:23	
Matthew Garfield	Cycle Specific	MS	59m 11s		58m 10s		1m 01s
Ray Retter	Born to Bike, Bridgtown Cycles	MV	56m 18s	1h 15m 12s	58m 12s	+17:00	
Marco Marletta	Cardiff Jif	MV	56m 33s	1h 08m 26s	58m 23s	+10:03	
Andrew Newey	Ribble Valley C&RC	MS	52m 32s		58m 36s		
Paul Stephens	Ross on Wye & District CC	MV	55m 51s	1h 08m 51s	1h 00m 01s	+08:50	
John Robertson	VTTA (Merseyside)	MV	59m 13s	1h 11m 24s	1h 00m 02s	+11:22	
Luke Bradford	Hereford Triathlon Club	MV	58m 59s	1h 06m 14s	1h 00m 03s	+06:11	
Shay Giles	VC Elan - Harry Perry Cycles	MV	58m 21s	1h 15m 46s	1h 00m 35s	+15:11	
Jeffrey Rees	Gower Riders Cycling Club	MV	58m 03s	1h 09m 03s	1h 01m 01s	+08:02	
Phil Guy	North Shropshire Wheelers	MV	58m 13s	1h 13m 42s	1h 01m 45s	+11:57	
Jon Airey	Ross on Wye & District CC	MV	1h 00m 31s	1h 12m 05s	1h 02m 16s	+09:49	
Robert Hampton	Warwickshire Road Club	MS	1h 02m 08s		1h 02m 23s		
John Shehan	Bynea Cycling Club	MV	58m 28s	1h 15m 12s	1h 02m 34s	+12:38	
Ed Hadley	Hereford & Dist Whs CC	MV	1h 01m 54s	1h 10m 47s	1h 03m 14s	+07:33	
John J Murphy	Gloucester City Cycling Club	MV	1h 00m 44s	1h 19m 15s	1h 07m 39s	+11:36	
Robert Jolliffe	New Forest CC	MV	1h 04m 16s	1h 12m 05s	1h 10m 10s	+01:55	
Alan Cooper	Avonlea/Treasure RT	MV	58m 05s	1h 10m 30s	DNF		
Michael Portlock	Merthyr CC	MV	51m 58s	1h 07m 51s	DNF		
Warren Jackson	Congleton CC	MV	55m 34s	1h 07m 16s	DNF		
Huw Morgan	Narberth Dynamos CC	MV	59m 09s	1h 08m 38s	DNS		
Patrick Weir	Team Jewson - MI Racing ...	MV	1h 02m 00s	1h 12m 51s	DNSA		

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Alex McCree	VeloVitesse/ALLCAP/JB/SiS	MV	57m 38s	1h 07m 28s	DNSA		
Ian Piper	Minehead Cycling Club	MV	57m 35s	1h 09m 59s	DNSA		
Barry Quick	Reading CC	MV	1h 01m 53s	1h 15m 46s	DNSA		
Stuart Evans	Port Talbot Whs CC	MV	56m 09s	1h 15m 12s	DNSA		
Matt Heaman	Severn Valley Cycles	MV	56m 53s	1h 08m 26s	DNSA		
Steven Hilton	W'ton RC/Horton Lt Eng ...	MV	50m 37s	1h 07m 51s	DNSA		
Lee Perrott	Cycle Specific	MV	49m 45s	1h 06m 00s	DNSA		
Gavin MacDougall	Tavistock Whs CC	MV	48m 38s	1h 08m 26s	DNSA		
Mark Gateshill	PDQ Cycle Coaching	MS	56m 25s		DNS		
Stefan Hurst	Charlottesville Cycling Club	MS	1h 01m 58s		DNS		
Ken Buckley	Nuun-Sigma Sport-London RT	MS	46m 31s		DNS		

* Includes a late start of 1m 57s

AWARDS

Our prizes winners were as follows; we'll be in touch shortly with the riders who were unable to collect their awards on the day. Congratulations to all of you.

CATEGORY	FIRST	SECOND	THIRD
Males	John Wingfield	Dan Bigham	David Fellows
Females	Ella Barnwell	Andrea Parish	Kate Giddings
Juniors	Ella Barnwell		
Veterans against standard	Nick Dwyer	David Hargreaves	Keith Dorling
Most improved on LTS best	Robert Francis		
NEW IRISH MASTERS RECORD: Eoin Whelan, Virtual Cycling Club, 49m 31s			

FINAL WORDS

We're grateful to the timekeepers Norman James and Tudor Thomas for their professional service on the day. And to everyone else who helped provide a safe and welcoming event – namely Debra Ayres, Diane Davies, Helen Jones, Meryl Fell, William Fell, Julian Yeo, Ella Yeo, Amelia Yeo, Jeff Rees, Lauren Jaynee and Daniel Kinsey.

Finally, we have one more 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 enjoyed 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