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Virtual Cycling Club
proudly presents its

2022 Time Trial event over 15 miles

Sunday July 17th 2022 commencing at 10:01am on the R15/5 course

Timekeepers

Phyl Harradine, CC Topp

Robin Field & Frances Field, Cardiff Byways CC

Event secretary

Simon Kinsey

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Headquarters open from 9am at Llanarth Village Hall, Groesonen Road, NP15 2AU

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

VIRTUAL CYCLING CLUB 15-MILE TT, 2022

virtualcyclingclub.com

A VERY WARM WELCOME

To the riders and their families joining us on our first ever trip to the R15/5 course, thank you for your support and we hope you enjoy your time with us on Sunday. Fifteen-mile events are something of a novelty for us in the South Wales district, this being the only one on the 2022 calendar, but we've chosen a track that offers a good chance of a PB as the route includes the relatively-quick R10/17 course with a couple of miles added on at either end.

First to start will be tandem riders Andrew LEGGE and Joanna KNIGHT from the Bristol South Cycling Club, followed by clubmate Daniel KEMPE. We're delighted to also have a trike rider with us this week in Wayne BAKER (Team Echelon). Our field of forty concludes with previous VCC event winner Owen BURGESS (UF Rowe & King) and finally the (male) course record holder Christopher GIBBARD (Bynea Cycling Club).

Our base for the day is Llanarth Village Hall, which offers ample parking and is approximately 4½ miles from the start line. Digital readers can click or tap [here](#) to view the route to the start.



Llanarth Village Hall, Groesonen Road, NP15 2AU

After the event we'll have plenty of refreshments waiting for you, including gluten-free and vegetarian options.

We're grateful to our timekeepers Phyl Harradine (start) and Robin & Frances Field (finish) 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

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THE 15/5 COURSE

- Start on B4598 opposite bus stop lay-by for The Hardwick public house (NP7 9AA), in between T-junction with side lane and gateway to farm buildings.
- Proceed north-westwards toward Hardwick roundabout, (0.87 miles).
- Take 1st exit left onto A40 towards Raglan roundabout.
- Encircle Raglan roundabout (8.7miles) taking 5th exit left onto A40 westbound back towards Abergavenny.
- After A40 bends from west to north-west, finish at joint #271 in entrance splay of next lay-by, 15.011 miles.

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 and take particular care at the Raglan roundabout where several roads converge:



Digital readers can click [here](#) to view and download the course in [Strava](#), [GPX](#) and [TCX](#) formats.

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AWARDS

There are no monetary prizes on offer at this event as it was originally registered as part of the Celtic Series for 2022 – the intention being that riders would instead earn points in a season-long championship. This is no longer the case, so instead we've divided the field into three groups and will award the fastest rider in each group a free place in our 25-mile event over on the R25/7 course in August (or the option of transferring it to 2023 if preferred).

The groups are based on Spindata rankings, meaning that riders are matched against others with similar recent form -- regardless of their age, gender or preference for faster/slower courses. The groupings are as follows:

GROUP 1	GROUP 2	GROUP 3
Andrew LEGGE & Joanna KNIGHT	Robert SMITH	Peter WILSON
Daniel KEMPE	Paul FREEGARD	Lisa DAVIES
Scott NASH	Bethan OUSELEY	Wayne BAKER
Paul COLMAN	Mike BROADBENT	Kevin GRANT
Dean PROSSER	Andrew SIMPKINS	Bob BRABBINS
Mike HALL	Marco MARLETTA	John HOWELLS
Dan KINGSTON	Hugh DAVIES	Robert BAYNTON
Graeme BOSWELL	Jason COLE	John J MURPHY
John O'DWYER	Geoff THOMAS	Garry SHUKER
Gerry BOWDITCH	Dylan GRIFFITHS	John SHEHAN
Ben JONES	Matthew LLOYD-LEWIS	Susan SHOOK
Owen BURGESS	Dan LAASNA REUTER	Clare GREENWOOD
Christopher GIBBARD	Barrie WHITTAKER	Jeffrey REES

REMINDERS FROM THE SOUTH WALES DISTRICT

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.
- It is now a **requirement** (no longer just a recommendation) that riders have FRONT AND REAR lights, either flashing or constant, fitted to their machines in a position visible to other 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.

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- Please don't pass the start timekeeper or warm up on the course. There's plenty of space for a warm-up if you head northbound from the HQ; just keep an eye on the clock!
- 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.

STARTING ORDER

Number	Start	Name	Club	Rider info	Group
1	10:01	Andrew LEGGE	Bristol South Cycling Club	M / VET / 46	1
1	10:01	Joanna KNIGHT	Bristol South Cycling Club	F / VET / 62	1
3	10:03	Daniel KEMPE	Bristol South Cycling Club	M / VET / 56	1
4	10:04	Peter WILSON	Bath Cycling Club	M / VET / 88	3
5	10:05	Lisa DAVIES	VMCC powered by Y Beic	F / SEN / 29	3
6	10:06	Wayne BAKER	Team Echelon	M / VET / 65	3
7	10:07	Kevin GRANT	Frome and District Wheelers	M / VET / 64	3
8	10:08	Bob BRABBINS	VTTA West Group	M / VET / 79	3
9	10:09	John HOWELLS	Corinium Cycle Club	M / VET / 81	3
10	10:10	Robert BAYNTON	PDQ Cycle Coaching	M / VET / 54	3
11	10:11	Robert SMITH	Haverfordwest Hornets	M / VET / 46	2
12	10:12	John J MURPHY	Gloucester City Cycling Club	M / VET / 82	3
13	10:13	Garry SHUKER	Walsall Roads Cycling Club	M / VET / 66	3
14	10:14	Paul FREEGARD	Chippenham & District Wheelers	M / VET / 65	2
15	10:15	Scott NASH	Haverfordwest Hornets	M / VET / 53	1
16	10:16	John SHEHAN	Port Talbot Whs CC	M / VET / 76	3
17	10:17	Bethan OUSELEY	Pembrokeshire Velo	F / VET / 45	2
18	10:18	Susan SHOOK	Bush Healthcare CRT	F / VET / 64	3
19	10:19	Clare GREENWOOD	Bush Healthcare CRT	F / VET / 63	3
20	10:20	Mike BROADBENT	Port Talbot Whs CC	M / VET / 61	2

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Number	Start	Name	Club	Rider info	Group
21	10:21	Jeffrey REES	Virtual Cycling Club	M / VET / 59	3
22	10:22	Andrew SIMPKINS	Team Echelon	M / VET / 68	2
23	10:23	Marco MARLETTA	Cardiff Jif	M / VET / 56	2
24	10:24	Hugh DAVIES	Port Talbot Whs CC	M / VET / 77	2
25	10:25	Jason COLE	Pembrokeshire Velo	M / SEN / 36	2
26	10:26	Paul COLMAN	Port Talbot Whs CC	M / VET / 61	1
27	10:27	Geoff THOMAS	Towy Riders Cycle Club	M / VET / 68	2
28	10:28	Dylan GRIFFITHS	University of Bath Cycling Club	M / ESP / 19	2
29	10:29	Matthew LLOYD-LEWIS	Veloflow CC	M / VET / 45	2
30	10:30	Dan LAASNA REUTER	Virtual Cycling Club	M / VET / 48	2
31	10:31	Barrie WHITTAKER	Lyme Racing Club	M / VET / 65	2
32	10:32	Dean PROSSER	Hereford & Dist Whs CC	M / VET / 53	1
33	10:33	Mike HALL	Port Talbot Whs CC	M / VET / 53	1
34	10:34	Dan KINGSTON	UF Rowe & King	M / VET / 41	1
35	10:35	Graeme BOSWELL	Cardiff Ajax CC	M / VET / 47	1
36	10:36	John O'DWYER	Dursley Road Club	M / VET / 41	1
37	10:37	Gerry BOWDITCH	Pontypool Road Cycling Club	M / VET / 52	1
38	10:38	Ben JONES	Cycle Specific	M / SEN / 35	1
39	10:39	Owen BURGESS	UF Rowe & King	M / SEN / 38	1
40	10:40	Christopher GIBBARD	Bynea Cycling Club	M / VET / 40	1

FIND US ONLINE

You can find us online in all the usual places, so please take a look. In particular, we'll use our website and Twitter if we need to make any last-minute announcements of an urgent nature.