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Virtual Cycling Club
proudly presents its

2023 late-season time trial event over 25 miles

Sunday August 13th 2023 commencing at 8:03am on the R25/7 course

Timekeepers

Phyl Harradine, CC Topp
Martyn Heritage-Owen, Realteam Cycling

Event secretary

Simon Kinsey
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Headquarters open from 7am at Usk Memorial Hall, Usk, NP15 1AD

VIRTUAL CYCLING CLUB 25-MILE TT, 2023

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A VERY WARM WELCOME

To the riders and their families attending our final time trial event of 2023, thank you for your support and we hope you enjoy your time with us on Sunday. Our headquarters for the event is at **Usk Memorial Hall**, which is little more than a mile from the start line for the R25/7 course.



Usk Memorial Hall, Maryport Street, NP15 1AD

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 an emergency – as opposed to a shortened event or a cancellation.

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 this 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.

Back at the HQ we'll have plenty of refreshments waiting for you, including gluten-free and vegetarian options. We'll also have a return of the ever-popular boiled eggs for those who need a post-ride protein boost.

We're grateful to our timekeepers Phyl Harradine and Martyn Heritage-Owen and to our VCC helpers Debra, Diane, Helen, Daniel, Lauren, Emily, Sam, Alba, Jack and Jeff. Thanks to everyone involved; we couldn't do this without you.

Simon Kinsey

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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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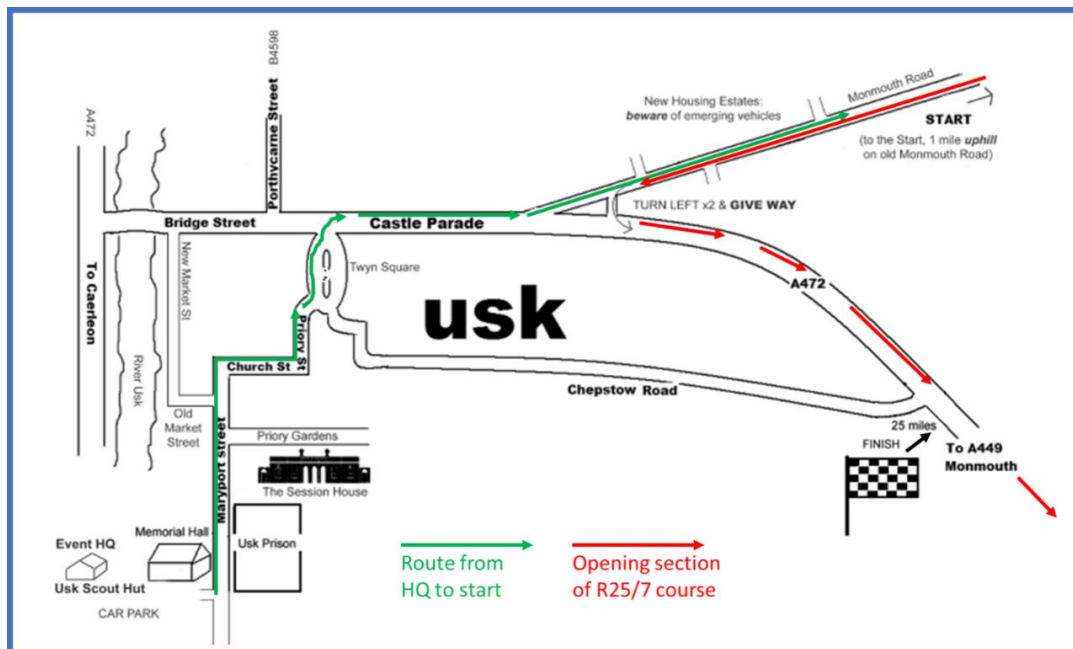
14.6 miles, keep RIGHT at the fork where the road becomes unclassified but soon merges right onto the A40; **don't go LEFT!**



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

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 our friends at the Cardiff 100 Miles CC. **Again, digital readers can click/tap here for [Strava](#), [GPX](#) and [TCX](#) versions.**



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AWARDS

We like to be creative with our prizes/awards at VCC, recognising excellence but also giving everyone a chance of picking up a prize if they have a decent ride on the day. So for the **women's** and **open** groups we'll be awarding prizes to the first three riders in the traditional manner. We'll also be awarding prizes throughout the field for riders (regardless of age or gender) who perform best in their in their "group", as defined by the expectations of Spindata. This has proved very popular in the past, with riders at all levels appreciating the opportunity for a day in the spotlight.

If that sounds a bit complicated, the following table will explain all.

	PERFORMANCE	AWARD
Traditional awards	1 st place, women	£30
	2 nd place, women	£20
	3 rd place, women	Free entry in 2024
	1 st place, open	£30
	2 nd place, open	£20
	3 rd place, open	Free entry in 2024
VCC bonus awards	Fastest ride in group 1	£10
	Fastest ride in group 2	£10
	Fastest ride in group 3	£10
	Fastest ride in group 4	£10
	Fastest ride in group 5	£10
	Fastest ride in group 6	£10
	Fastest ride on a road bike	£10

In the spirit of offering something for everyone, winners of a traditional prize aren't eligible for a bonus one – instead the prize will be offered to the next eligible rider. Riders will be allocated to groups on the evening of Wednesday 9th August when the Spindata rankings are updated and will then be announced on the VCC website. They'll also appear on the results board at the event HQ.

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.

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- 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 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 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 on 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	Machine	Rider info	Contesting	SD prediction	LTS best
3	8:03	Martin LINES	Team Echelon	TT bike	M // VET // 55	G3, OPN	55m 01s	53m 01s
4	8:04	Lisa ELLIOTT	Clevedon & District Road Club	Road bike	F // VET // 44	G6, WMN, RB	- - -	1h 15m 00s
5	8:05	John HOWELLS	Corinium Cycle Club	TT bike	M // VET // 82	G6, OPN	1h 12m 29s	1h 14m 41s
6	8:06	Roger WHITTLE	Gloucester City Cycling Club	TT bike	M // VET // 54	G4, OPN	58m 11s	51m 00s
7	8:07	Peter WILSON	Bath Cycling Club	TT bike	M // VET // 89	G6, OPN	1h 11m 52s	1h 11m 48s
8	8:08	Paul ROGOLL	PDQ Cycle Coaching	TT bike	M // VET // 67	G5, OPN	1h 00m 56s	1h 03m 01s
9	8:09	Chris JONES	CC Weymouth	TT bike	M // VET // 41	G6, OPN	1h 06m 54s	1h 11m 47s
10	8:10	Tony LAKE	Gloucester City Cycling Club	TT bike	M // VET // 50	G4, OPN	58m 03s	56m 38s
11	8:11	Michelle LINDLEY	CC Weymouth	TT bike	F // VET // 49	G6, WMN	1h 02m 20s	1h 11m 19s
12	8:12	Peter LOADER	Mid Devon CC	TT bike	M // VET // 66	G6, OPN	1h 07m 31s	1h 08m 32s
13	8:13	Emma DAVIES	Port Talbot Whs CC	TT bike	F // VET // 54	G6, WMN	1h 02m 12s	1h 07m 30s
14	8:14	Andrew ALCORN	Bath Cycling Club	TT bike	M // VET // 54	G5, OPN	1h 01m 15s	1h 05m 26s
15	8:15	Simon JACKSON	Hereford Triathlon Club	TT bike	M // VET // 53	G6, OPN	- - -	1h 05m 00s
16	8:16	Peter OWEN	Norwood Paragon CC	TT bike	M // VET // 62	G6, OPN	1h 03m 03s	1h 04m 45s
17	8:17	Robert JONES	Cardiff 100 Miles RCC	TT bike	M // VET // 71	G6, OPN	1h 05m 10s	1h 03m 49s

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Number	Start	Name	Club	Machine	Rider info	Contesting	SD prediction	LTS best
18	8:18	Neil BROOKS	Team Zoyland	TT bike	M // VET // 64	G6, OPN	1h 01m 22s	1h 03m 48s
19	8:19	Russell BOON	Avonlea/Treasure RT	TT bike	M // VET // 58	G6, OPN	1h 09m 00s	1h 03m 14s
20	8:20	Roxanne JONES	Hereford Triathlon Club	TT bike	F // VET // 40	G6, WMN	1h 00m 44s	1h 02m 45s
21	8:21	Joanna KNIGHT	Bristol South Cycling Club	TT bike	F // VET // 63	G6, WMN	1h 06m 43s	1h 02m 16s
22	8:22	Roger WOOD	Pontypool Road Cycling Club	TT bike	M // VET // 69	G5, OPN	- - -	1h 01m 26s
23	8:23	Bethan OUSELEY	Pembrokeshire Velo	TT bike	F // VET // 46	G5, WMN	1h 00m 16s	1h 00m 34s
24	8:24	Rufus KING	Poole Wheelers Cycling Club	TT bike	M // JUV // 15	G3, OPN	56m 04s	1h 00m 22s
25	8:25	Paul BRICKELL	Bristol South Cycling Club	TT bike	M // VET // 57	G5, OPN	1h 00m 29s	1h 00m 18s
26	8:26	Stephan WILCOX	Port Talbot Whs CC	TT bike	M // VET // 61	G5, OPN	59m 40s	1h 00m 16s
27	8:27	Joanne JAGO	Performance Cycles CC	TT bike	F // VET // 42	G5, WMN	59m 44s	1h 00m 00s
28	8:28	Steven BUCKLEY	PDQ Cycle Coaching	TT bike	M // VET // 70	G5, OPN	1h 01m 03s	59m 45s
29	8:29	Roxy WOODFIELD	Ludlow Brewery Race Team	TT bike	F // SEN // 32	G4, WMN	57m 54s	59m 34s
30	8:30	Karl MOSELEY	Droitwich Cycling Club	Road bike	M // VET // 59	G4, OPN, RB	58m 08s	59m 34s
31	8:31	Mike BROADBENT	Port Talbot Whs CC	TT bike	M // VET // 62	G5, OPN	1h 00m 29s	59m 17s
32	8:32	Daniel KEMPE	Bristol South Cycling Club	TT bike	M // VET // 57	G4, OPN	57m 26s	54m 58s
33	8:33	Paul HEWITT	Clevedon & District Road Club	TT bike	M // VET // 54	G4, OPN	58m 29s	59m 17s
34	8:34	Digby RUSLING	Royal Dean Forest Cycle Club	TT bike	M // VET // 54	G5, OPN	1h 00m 06s	59m 13s
35	8:35	Peter IFFLAND	Chippenham & District Wheelers	TT bike	M // VET // 59	G5, OPN	59m 06s	59m 06s
36	8:36	Matthew LLOYD-LEWIS	Veloflow CC	TT bike	M // VET // 47	G4, OPN	58m 33s	58m 54s
37	8:37	Michael COLLINS	VC Sevale (Malvern)	Road bike	M // VET // 54	G6, OPN, RB	1h 03m 05s	58m 41s
38	8:38	Tim FLETCHER	Clevedon & District Road Club	Road bike	M // VET // 53	G4, OPN, RB	57m 48s	58m 41s
39	8:39	Adrian OSBORN	Stratford Cycling Club	TT bike	M // VET // 64	G5, OPN	1h 00m 17s	58m 33s
40	8:40	Hugh DAVIES	Port Talbot Whs CC	TT bike	M // VET // 78	G5, OPN	1h 00m 54s	58m 15s
41	8:41	Cliff VOLLER	VTTA West Group	TT bike	M // VET // 72	G5, OPN	1h 00m 32s	57m 58s
42	8:42	Tom COX	Saint Piran	TT bike	M // VET // 69	G5, OPN	1h 00m 01s	57m 54s

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Number	Start	Name	Club	Machine	Rider info	Contesting	SD prediction	LTS best
43	8:43	Mark HAZELL	Clevedon & District Road Club	TT bike	M // VET // 54	G4, OPN	56m 53s	57m 38s
44	8:44	Emma WYATT	Hereford & Dist Whs CC	TT bike	F // VET // 46	G4, WMN	58m 08s	57m 31s
45	8:45	Andy KELLY	Bristol South Cycling Club	TT bike	M // VET // 58	G5, OPN	59m 27s	57m 17s
46	8:46	Marco MARLETTA	VTTA (South Wales group)	TT bike	M // VET // 57	G4, OPN	58m 57s	56m 42s
47	8:47	Haydn DAVIES	Giant CC Halo Films	TT bike	M // VET // 68	G3, OPN	56m 23s	56m 30s
48	8:48	Seb NAVARRO	Army Cycling	TT bike	M // VET // 40	G5, OPN	58m 58s	56m 30s
49	8:49	Phillip TURNER	FTP (Fulfil The Potential) Race Team	TT bike	M // VET // 55	G3, OPN	56m 32s	56m 27s
50	8:50	Chris LEA	Buxton CC/Sett Valley Cycles	TT bike	M // VET // 61	G4, OPN	57m 20s	55m 38s
51	8:51	Andrew METHERELL	Salt and Sham Cycle Club	Road bike	M // VET // 52	G2, OPN, RB	54m 17s	55m 35s
52	8:52	Christopher NEWBY	Clevedon & District Road Club	TT bike	M // VET // 51	G3, OPN	56m 18s	55m 29s
53	8:53	Robbie DISNEY	Ludlow CC	Road bike	M // SEN // 23	G3, OPN, RB	55m 08s	55m 14s
54	8:54	Justin FORD	CC Blaenau Gwent	TT bike	M // VET // 50	G4, OPN	57m 12s	54m 58s
55	8:55	Steven LORAINE	Legato Racing Team (LRT)	TT bike	M // VET // 67	G4, OPN	57m 30s	54m 57s
56	8:56	Michael PORTLOCK	Merthyr CC	TT bike	M // VET // 53	G3, OPN	56m 22s	54m 56s
57	8:57	Gary JONES	Success Cycling	TT bike	M // VET // 57	G3, OPN	56m 20s	54m 55s
58	8:58	Daryl STROUD	Gloucester City Cycling Club	TT bike	M // VET // 59	G3, OPN	56m 12s	54m 47s
59	8:59	Graham ROGERSON	Port Talbot Whs CC	TT bike	M // VET // 53	G3, OPN	55m 56s	54m 44s
60	9:00	Richard LLEWELLYN	Imperial Racing Team	TT bike	M // VET // 49	G2, OPN	52m 55s	54m 43s
61	9:01	James MCGRATH	The Tridents	TT bike	M // SEN // 31	G2, OPN	54m 14s	54m 34s
62	9:02	Paul WINCHCOMBE	Chippenham & District Wheelers	TT bike	M // VET // 63	G4, OPN	57m 34s	54m 32s
63	9:03	Vincent DOUGLAS	Gloucester City Cycling Club	TT bike	M // VET // 53	G3, OPN	55m 00s	54m 27s
64	9:04	Simon DIGHTON	Beacon Roads CC	TT bike	M // VET // 60	G3, OPN	54m 39s	54m 02s
65	9:05	Jon HOWARD	Team Echelon	TT bike	M // VET // 54	G1, OPN	50m 52s	49m 54s
66	9:06	Mark BRADLEY	Bristol South Cycling Club	TT bike	M // VET // 58	G3, OPN	55m 42s	53m 46s
67	9:07	Neil GREGORY	Port Talbot Whs CC	TT bike	M // VET // 57	G3, OPN	55m 06s	53m 44s

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Number	Start	Name	Club	Machine	Rider info	Contesting	SD prediction	LTS best
68	9:08	Mark WOOLFORD	ZeroBC Race Team	TT bike	M // VET // 57	G2, OPN	53m 16s	53m 31s
69	9:09	Matthew RUSSELL	Swindon Wheelers	TT bike	M // SEN // 25	G3, OPN	54m 29s	53m 20s
70	9:10	Steve DUMMETT	Mid Devon CC	TT bike	M // VET // 55	G4, OPN	56m 48s	59m 46s
71	9:11	Jonathan SAYCE	Hereford & Dist Whs CC	TT bike	M // VET // 49	G2, OPN	54m 19s	53m 09s
72	9:12	Matthew HILL	Gloucester City Cycling Club	TT bike	M // VET // 45	G2, OPN	53m 59s	53m 08s
73	9:13	Steven PINK	Poole Wheelers Cycling Club	TT bike	M // VET // 45	G2, OPN	51m 49s	53m 03s
74	9:14	Ian DEAKIN	Mid Devon CC	TT bike	M // VET // 66	G6, OPN	1h 03m 01s	58m 45s
75	9:15	Jonathan MILLS-KEELING	Bridgnorth Cycling Club	TT bike	M // VET // 50	G2, OPN	53m 04s	52m 55s
76	9:16	Lee HOWARTH	Bristol South Cycling Club	TT bike	M // VET // 44	G3, OPN	54m 20s	52m 54s
77	9:17	Matt FISHER	HUUB WattShop	TT bike	M // VET // 49	G1, OPN	50m 52s	52m 49s
78	9:18	George THORNE	Worcester St. Johns CC	TT bike	M // SEN // 32	G3, OPN	54m 35s	52m 47s
79	9:19	Tim RADLEY	Gloucester City Cycling Club	TT bike	M // VET // 49	G2, OPN	53m 05s	52m 46s
80	9:20	Dan KINGSTON	VTTA (South Wales group)	TT bike	M // VET // 42	G2, OPN	53m 32s	52m 37s
81	9:21	Daniel WYATT	Hereford & Dist Whs CC	TT bike	M // VET // 46	G2, OPN	53m 11s	52m 34s
82	9:22	Jeremy ADDIS	Velo Club St Raphael	TT bike	M // VET // 50	G2, OPN	53m 10s	52m 27s
83	9:23	Lee FRANCIS	Velo Club Bristol	TT bike	M // VET // 41	G2, OPN	52m 15s	52m 21s
84	9:24	Andrew J PARNOWSKI	City Cycle Couriers RT	TT bike	M // VET // 53	G2, OPN	52m 21s	52m 05s
85	9:25	David ENGLAND	Crabwood Cycling Club	TT bike	M // VET // 80	G6, OPN	1h 09m 11s	1h 06m 59s
86	9:26	Mark SANDERS	Mid Devon CC	TT bike	M // VET // 64	G3, OPN	54m 47s	52m 01s
87	9:27	Iwan MORTON	Pontypool Road Cycling Club	TT bike	M // VET // 47	G2, OPN	52m 44s	51m 55s
88	9:28	Steven COTTINGTON	Bath Cycling Club	TT bike	M // VET // 61	G1, OPN	51m 49s	51m 29s
89	9:29	Donald PARKER	Brighton Mitre CC	TT bike	M // VET // 74	G6, OPN	1h 02m 08s	59m 20s
90	9:30	Conrad MOSS	Nopinz	TT bike	M // VET // 48	G1, OPN	48m 14s	46m 12s
91	9:31	Karl NORRIS	360VRT	TT bike	M // VET // 52	G1, OPN	50m 40s	51m 17s
92	9:32	Andrew SIMPKINS	Team Echelon	TT bike	M // VET // 69	G5, OPN	59m 45s	57m 56s

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Number	Start	Name	Club	Machine	Rider info	Contesting	SD prediction	LTS best
93	9:33	Keith DORLING	Team Bottrill	TT bike	M // VET // 64	G2, OPN	52m 11s	50m 53s
94	9:34	Mark HAMER	Legato Racing Team (LRT)	TT bike	M // VET // 48	G2, OPN	51m 59s	50m 48s
95	9:35	Claire EMONS	...a3crg	TT bike	F // VET // 54	G4, WMN	56m 33s	55m 24s
96	9:36	Chris JONES	Bynea Cycling Club	TT bike	M // VET // 49	G2, OPN	52m 51s	50m 41s
97	9:37	Kate ALLAN	Team Bottrill	TT bike	F // SEN // 38	G1, WMN	50m 20s	50m 32s
98	9:38	John MARINKO	Brighton Mitre CC	TT bike	M // VET // 58	G4, OPN	58m 14s	56m 37s
99	9:39	Tony CHAPMAN	Frome and District Wheelers	TT bike	M // VET // 51	G1, OPN	50m 55s	49m 51s
100	9:40	Paul JONES	Primera-Teamjobs	TT bike	M // VET // 52	G1, OPN	50m 21s	49m 35s
101	9:41	Jack KELLAM	Cardiff Ajax CC	TT bike	M // SEN // 29	G1, OPN	50m 03s	49m 33s
102	9:42	Tim WOOD	Team Echelon	TT bike	M // VET // 49	G1, OPN	50m 46s	49m 18s
103	9:43	Andy CRITCHLOW	Paceline RT	TT bike	M // VET // 49	G1, OPN	47m 27s	49m 17s
104	9:44	Robert FRANCIS	Pronto Bikes	TT bike	M // SEN // 25	G1, OPN	49m 20s	49m 07s
105	9:45	Henrik PERSSON	FTP (Fulfil The Potential) Race Team	TT bike	M // SEN // 39	G1, OPN	49m 39s	48m 52s
106	9:46	Anthony JONES	VMCC powered by Y Beic	TT bike	M // VET // 50	G1, OPN	49m 06s	48m 31s
107	9:47	Samuel WADSLEY	Primera-Teamjobs	TT bike	M // SEN // 25	G1, OPN	48m 21s	48m 14s
108	9:48	Owen BURGESS	UF Rowe & King	TT bike	M // SEN // 39	G1, OPN	49m 06s	48m 02s
109	9:49	Jake SARGENT	Team Bottrill	TT bike	M // SEN // 23	G1, OPN	46m 58s	46m 47s
110	9:50	Christopher GIBBARD	Bynea Cycling Club	TT bike	M // VET // 41	G1, OPN	48m 25s	46m 38s

If you're interested in knowing more about these ad hoc groupings, take a look at our website at virtualcyclingclub.com.