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Virtual Cycling Club
proudly presents its

2024 late-season time trial event over 25 miles

Sunday August 11th 2024 commencing at 8:05am on the R25/7 course

Timekeepers

Phyl Harradine, CC Topp
Robin Field, Cardiff Byways CC
Frances Field, Cardiff Byways CC

Event secretary

Simon Kinsey
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Headquarters open from 7am at Usk Centenary Hall, Maryport Street, Usk, NP15 1AD

VIRTUAL CYCLING CLUB 25-MILE TT, 2024

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A VERY WARM WELCOME

To the riders and their families attending our final time trial event of 2024, thank you for your support and we hope you enjoy your time with us on Sunday. Our headquarters for the event is at **Usk Centenary Hall** (also known as Usk Scout Hall), which is little more than a mile from the start line for the R25/7 course.



Usk Centenary 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, Robin Field and Frances Field and to our VCC helpers Debra, Diane, Helen, Daniel, Lauren, Emily, Sam, 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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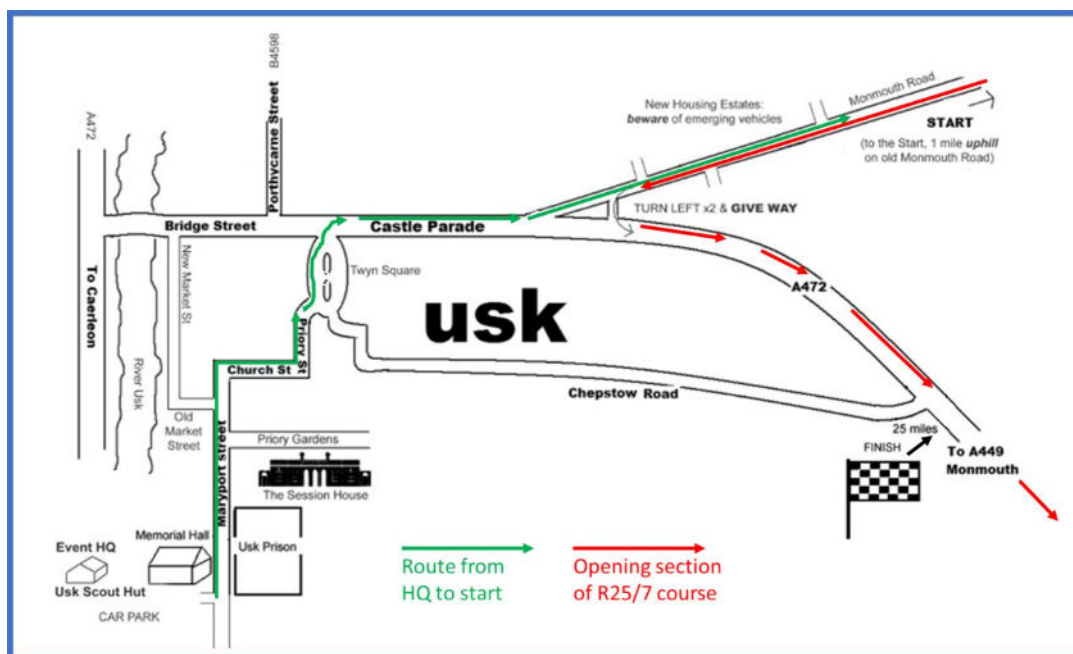
14.6 miles, keep RIGHT at the fork where the road becomes unclassified but soon merges right onto the A40; **don't go LEFT!**



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

As advertised, there are no monetary prizes for our 2024 event; instead we've chipped a couple of pounds off the entry fee, so you could say that everyone has picked up a small participation prize! We're sticking to our tradition though by handing out free entries to future VCC events.

So as we look ahead to the 2025 season – *which we hope will include a return to the R25/3 course* – we'll be delighted to welcome back the winners of the following categories, free of charge:

- Fastest three TT bikes (open)
- Fastest three TT bikes (female)
- Fastest road bike (open)
- Fastest road bike (female)
- Best result against veterans' standard (open)
- Best result against veterans' standard (female)
- Best result against SpinData prediction (open)
- Best result against SpinData prediction (female)

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.
- 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 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.

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STARTING ORDER

NUMBER	START	NAME	CLUB	MACHINE	RIDER INFO	LTS BEST
5	8:05	David STEEL	Hereford & Dist Whs CC	TT Bike	OPN / VET / 77	1h 14m 09s
6	8:06	John J MURPHY	Gloucester City Cycling Club	TT Bike	OPN / VET / 84	1h 09m 10s
7	8:07	Paul ROGOLL	PDQ Cycle Coaching	TT Bike	OPN / VET / 68	1h 03m 01s
8	8:08	Susan SHOOK	Bush Healthcare CRT	Road Bike	FEM / VET / 66	1h 08m 01s
9	8:09	Robert JONES	Cardiff 100 Miles RCC	TT Bike	OPN / VET / 72	1h 03m 49s
10	8:10	Anthony GREEN	Kernow Racing Team	TT Bike	OPN / VET / 40	54m 26s
11	8:11	Christopher FINN	Monmouthshire Wheelers	TT Bike	OPN / VET / 61	1h 04m 07s
12	8:12	Joanna LEGGE-KNIGHT	Bristol South Cycling Club	TT Bike	FEM / VET / 64	1h 02m 16s
13	8:13	Clare GREENWOOD	Bush Healthcare CRT	Road Bike	FEM / VET / 65	1h 07m 52s
14	8:14	Charlotte MEAD	Monmouthshire Wheelers	TT Bike	FEM / VET / 50	1h 06m 05s
15	8:15	Richard BOWDITCH	Congleton CC - MyWindsock	TT Bike	OPN / VET / 72	1h 03m 23s
16	8:16	Peter OWEN	Norwood Paragon CC	TT Bike	OPN / VET / 63	1h 03m 06s
17	8:17	Ryan EVANS	Acme Whs (Rhondda) CC	TT Bike	OPN / VET / 52	1h 02m 57s
18	8:18	Anthony FIDOW	Newport Phoenix CC	TT Bike	OPN / VET / 69	1h 02m 22s
19	8:19	Emma DAVIES	Port Talbot Whs CC	TT Bike	FEM / VET / 55	1h 02m 19s
20	8:20	Chris JONES	Poole Wheelers Cycling Club	TT Bike	OPN / VET / 42	1h 01m 47s
21	8:21	Donald PARKER	Brighton Mitre CC	TT Bike	OPN / VET / 75	59m 20s
22	8:22	Julian KIRKPATRICK	Stourbridge CC	TT Bike	OPN / VET / 51	1h 01m 19s
23	8:23	Roger WOOD	Pontypool Road Cycling Club	TT Bike	OPN / VET / 70	1h 00m 58s
24	8:24	Michelle LINDLEY	Poole Wheelers Cycling Club	TT Bike	FEM / VET / 50	1h 01m 31s
25	8:25	Mike BROADBENT	Port Talbot Whs CC	TT Bike	OPN / VET / 63	59m 17s
26	8:26	Digby RUSLING	Royal Dean Forest Cycle Club	TT Bike	OPN / VET / 55	59m 13s
27	8:27	Peter IFFLAND	Chippenham & District Wheelers	TT Bike	OPN / VET / 60	59m 06s
28	8:28	Stuart THOMPSON	Velo Club St Raphael	TT Bike	OPN / VET / 49	58m 50s
29	8:29	Adrian OSBORN	Stratford Cycling Club	TT Bike	OPN / VET / 65	58m 33s
30	8:30	Hugh DAVIES	Port Talbot Whs CC	TT Bike	OPN / VET / 79	58m 15s
31	8:31	Gary FOURACRES	Yeovil Cycling Club	TT Bike	OPN / VET / 60	58m 13s
32	8:32	Cliff VOLLER	VTTA West Group	TT Bike	OPN / VET / 73	57m 58s

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NUMBER	START	NAME	CLUB	MACHINE	RIDER INFO	LTS BEST
33	8:33	Phil BOWDEN	Kernow Racing Team	TT Bike	OPN / VET / 56	57m 31s
34	8:34	Phil EAMES	North Devon Velo	TT Bike	OPN / VET / 51	57m 30s
35	8:35	Dan CRAIG	Caerphilly Cycling Club	TT Bike	OPN / SEN / 28	57m 24s
36	8:36	Roger WHITTLE	Gloucester City Cycling Club	TT Bike	OPN / VET / 55	57m 11s
37	8:37	Emma WYATT	Hereford & Dist Whs CC	TT Bike	FEM / VET / 47	57m 11s
38	8:38	Marco MARLETTA	VTTA (South Wales group)	TT Bike	OPN / VET / 58	56m 42s
39	8:39	Tony LAKE	Gloucester City Cycling Club	TT Bike	OPN / VET / 51	56m 38s
40	8:40	John MARINKO	Brighton Mitre CC	TT Bike	OPN / VET / 59	56m 37s
41	8:41	Matt MCLEN-HOWELLS	Pontypool Road Cycling Club	TT Bike	OPN / VET / 49	56m 35s
42	8:42	Philip WOOLDRIDGE	VTTA (Midlands)	TT Bike	OPN / VET / 45	56m 30s
43	8:43	Seb NAVARRO	Army Cycling	TT Bike	OPN / VET / 41	56m 30s
44	8:44	Peter PHILLIPS	Newport Phoenix CC	TT Bike	OPN / SEN / 36	56m 22s
45	8:45	Craig HARPER	Holsworthy Peloton	TT Bike	OPN / VET / 50	55m 41s
46	8:46	Christopher NEWBY	Clevedon & District Road Club	TT Bike	OPN / VET / 52	55m 29s
47	8:47	Claire EMONS	...a3crg	TT Bike	FEM / VET / 55	55m 24s
48	8:48	Robbie DISNEY	Aerologic RT	TT Bike	OPN / SEN / 24	55m 14s
49	8:49	Steven LORAINE	Legato Racing Team (LRT)	TT Bike	OPN / VET / 68	54m 57s
50	8:50	Mark HAZELL	Clevedon & District Road Club	TT Bike	OPN / VET / 55	54m 57s
51	8:51	Colin Richard WALLACE	Merthyr CC	TT Bike	OPN / VET / 61	54m 02s
52	8:52	Graham ROGERSON	Port Talbot Whs CC	TT Bike	OPN / VET / 54	53m 41s
53	8:53	Aaron PASCOVITCH	Bristol South Cycling Club	TT Bike	OPN / SEN / 39	53m 29s
54	8:54	Roger SHERIDAN	North Devon Velo	TT Bike	OPN / VET / 63	53m 21s
55	8:55	Jonathan MILLS-KEELING	Aerologic RT	TT Bike	OPN / VET / 51	52m 27s
56	8:56	Matthew HILL	Gloucester City Cycling Club	TT Bike	OPN / VET / 46	53m 08s
57	8:57	Richard BOWDITCH	Congleton CC - MyWindsock	TT Bike	OPN / VET / 49	52m 49s
58	8:58	Mark WOOLFORD	ZeroBC Race Team	TT Bike	OPN / VET / 58	52m 31s
59	8:59	Tim RADLEY	Gloucester City Cycling Club	TT Bike	OPN / VET / 50	52m 29s
60	9:00	Matthew RUSSELL	Swindon Wheelers	TT Bike	OPN / SEN / 26	53m 20s
61	9:01	Tim BUTLER	Gloucester City Cycling Club	TT Bike	OPN / VET / 50	52m 14s
62	9:02	Jonathan SAYCE	Hereford & Dist Whs CC	TT Bike	OPN / VET / 50	52m 21s

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NUMBER	START	NAME	CLUB	MACHINE	RIDER INFO	LTS BEST
63	9:03	Neil GREGORY	Port Talbot Whs CC	TT Bike	OPN / VET / 58	52m 20s
64	9:04	Mark PRITCHARD	Aerologic RT	TT Bike	OPN / SEN / 35	52m 23s
65	9:05	Jeremy ADDIS	Gloucester City Cycling Club	TT Bike	OPN / VET / 51	52m 12s
66	9:06	Tom COX	Saint Piran	TT Bike	OPN / VET / 70	57m 54s
67	9:07	Andrew J PARNOWSKI	Plymouth Corinthian CC	TT Bike	OPN / VET / 54	52m 05s
68	9:08	Dan KINGSTON	FTP (Fulfil The Potential) Race Team	TT Bike	OPN / VET / 43	51m 42s
69	9:09	Daniel WYATT	Hereford & Dist Whs CC	TT Bike	OPN / VET / 47	50m 49s
70	9:10	Mark PIERCE	Plymouth Corinthian CC	TT Bike	OPN / SEN / 34	56m 00s
71	9:11	Mark HAMER	Legato Racing Team (LRT)	TT Bike	OPN / VET / 49	50m 48s
72	9:12	Chris JONES	Bynea Cycling Club	TT Bike	OPN / VET / 50	50m 41s
73	9:13	Karl NORRIS	360VRT	TT Bike	OPN / VET / 53	50m 05s
74	9:14	Adrian FORD	Brighton Mitre CC	TT Bike	OPN / SEN / 38	49m 52s
75	9:15	Martin LINES	Team Echelon	TT Bike	OPN / VET / 56	52m 16s
76	9:16	Paul JONES	Primera-Teamjobs	TT Bike	OPN / VET / 53	49m 35s
77	9:17	Andy DAVIES	The Complete Athlete Race Team	TT Bike	OPN / VET / 42	49m 18s
78	9:18	Stuart DAY	Team Echelon	TT Bike	OPN / VET / 54	48m 36s
79	9:19	Anthony JONES	VMCC powered by Y Beic	TT Bike	OPN / VET / 51	48m 31s
80	9:20	Owen BURGESS	UF Rowe & King	TT Bike	OPN / VET / 40	48m 02s

A WORD ABOUT THE WELSH 12



We said that this was our final event for 2024, but on behalf of the Welsh Cycling Association VCC is proud to be promoting the WCA 12-hour event in three weeks' time.

This is the most friendly and supportive event on the TT calendar, with all riders and their helpers giving encouragement to others from start to finish. It's a long day in the saddle, but an uplifting experience for all involved.

If this sounds like your idea of a day out, there's time to get an entry in. Click [HERE](#) for a solo entry, or [HERE](#) for a tandem.