

Penzance Wheelers on behalf of South West District

Present:

CTT Classic Series

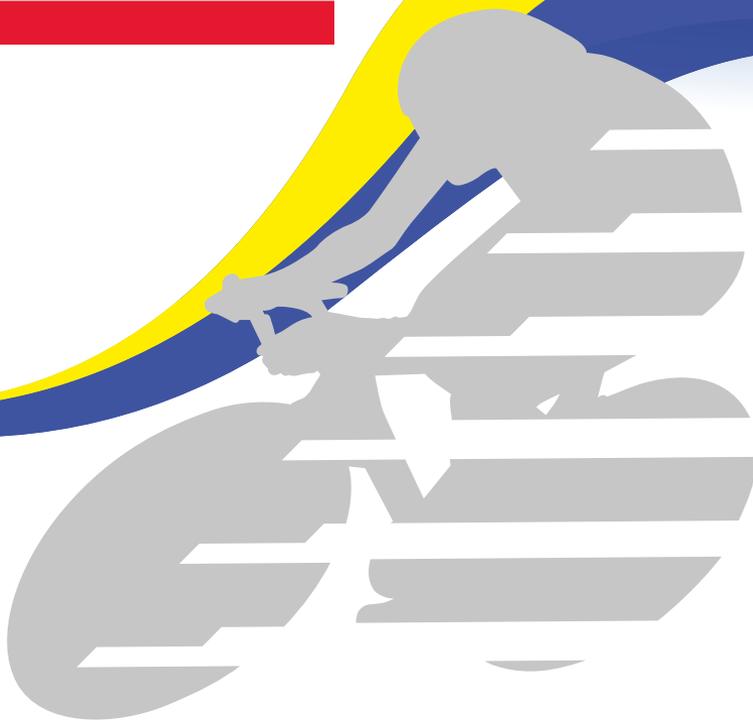
Sunday 26th May 2024

START SHEET

ROUND

5 of 6

PENZANCE WHEELERS



Promoted for and on behalf of Cycling Time Trials
under its Rules, Regulations and Conditions



CTT Classic Series ROUND 5 of 6

A CYCLING TIME TRIALS REPRESENTATIVE WILL BE IN ATTENDANCE

2024 CTT CLASSIC SERIES DATES

Date	Promoting Club	District	CTT Rep
Sunday 17th March	Sotonia CC	South	Roger Wakeling
Friday 29th March	Buxton CC	Manchester	Sue Bowler
Sunday 21st April	Beacon RCC	Midland	David Barry
Sunday 5th May	Edinburgh Road Club	Scotland	Dawn Sherrin
Sunday 26th May	Penzance Wheelers	South West	TBC
Sunday 9th June	Border City Wheelers CC	North	Tim Smith

CTT CLASSIC SERIES OVERALL AWARDS

To be presented at Champions Night 2024 (1st overall only)

1st	Open Category	RTTC Medal
1st	Female Category	RTTC Medal
1st	Junior Category	RTTC Medal
1st	Veteran (Scratch)	RTTC Medal
1st	Veteran (Target)	RTTC Medal
1st	Female Veteran (Scratch)	RTTC Medal
1st	Paracyclist	RTTC Medal
1st	Road Bike (Open)	RTTC Medal
1st	Road Bike (Female)	RTTC Medal
1st	Road Bike (Junior)	RTTC Medal
1st	Team (of 3 across all categories)	RTTC Medal

2nd & 3rd overall in each Category (apart from team) will receive a RTTC Medal.

POINTS

Points will be awarded on the basis of 60 points (in each category) for the winner down to 1 for sixtieth place in each event. The winners will be the riders with the highest aggregate total of points from up to four events. If more than one rider achieves the same number of points, then their 5th highest placing will be used to determine the winner. The Veteran categories are open to both Open and Females. Female Veterans will receive an additional 8 years on Target Time. The Veterans competitions will be run over the same distance as the Women's competition. The competition for Paracyclist's is based on a "Factored Time" system.

See Page 191 of the 2024 Handbook for the competition conditions.



Penzance Wheelers Cycling Club

proudly presents:

Lands End Time Trial on 26th May 2024

Run under the rules and regulations of Cycling Time Trials

Course: S53/29* Distance: 28 miles Start time:
7am

Event HQ will be open from 6.00am: Sennen Community
Hall, Sennen, Penzance TR19 7AU

Timekeepers: Ian Matthews, Phil Bowden & Tony Farnell

Marshalls and Helpers: Members and friends of Penzance
Wheelers Cycling Club

Refreshments will be provided.

Event secretary: Jonathan Butt, The Chapel, Little Bosullow,
Newbridge TR20 8NS

Mobile 07771648865

Course Description: Start in line with edge of the start of the kerb on the bus stop after Sennen on the A30 approximately 10yards inside the 30mph gateway in the direction of Penzance. Proceed East on A30 for 6.67 miles before taking the 1st exit at “Mount Misery” Roundabout onto the A3071 signed St Just. Proceed in the direction of St Just for 5.75 miles before turning left onto the B3306 signed (Lands’ End Airport). Proceed for 2.8 miles on B3306 before emerging left back onto A30 in direction of Penzance. Repeat the majority of the 1st lap before finishing at 28 miles in the big layby on the B3306 approximately 200 yards before Lands’ End Airport.

Start What3Words - [///impact.neutron.resurgent](https://www.what3words.com/impact.neutron.resurgent)

Finish What3Words - [///slept.swipes.blip](https://www.what3words.com/slept.swipes.blip)

Turns –

7.85 Miles (Mount Misery R’About) Turn Left onto A3071

13.6 Miles (For Lands’ End Airport) Turn Left onto B3306

16.4 Miles Turn Left onto A30

22.3 Miles (Mount Misery R’About) Turn Left onto A3071

28 Miles (For Lands’ End Airport) Turn Left onto B3306

The event HQ is approximately ¼ mile away from the race start area. When you leave the event HQ turn right and the start is just on the brow of the hill heading East.

Please collect your number from the hall & sign in to the event.

Notes to riders

Please note the start area has been amended to avoid the mini roundabout at Sennen Cove.

The start area is now at the end of a bus stop, just inside the 30mph zone, on the outskirts of Sennen Village on the A30 it will be clearly signposted.

We would ask **riders to congregate at the layby before the bus stop** and wait to be called forward.

Once the race starts please avoid warming up on the course, we would recommend using the section of road between Lands End and the Sennen Cove roundabout to warm up on.

This is a rolling course on rural roads so please consider this when riding, please do not cross or hug the white lines on the road. There are some fast descents and some very tight corners.

We have highlighted below areas you should pay extra attention to – so please take note of these. We would **recommend that you ride or drive around the course** before the event so you can make yourself familiar with the course.

You should always abide by the highway code – so riders approaching the turn at the end of lap 1 must **give way to traffic** and riders who are already on the A30 road that you will be joining. There will be a marshal at this point but they have no power to stop or interfere with traffic.

Front and rear working lights must be fitted, helmets must be worn, no head down riding and please call out your number at the finish to assist the time keepers.

After completing the event, do not return to the finish area, please return to the event HQ to sign out – please be aware that riders may still be on the course so do not impede them.

Take special care at the following points:

After 4 miles the road descends very quickly – on our test event the winning rider hit in excess of 50 miles an hour and noticed bumps underneath the tree lined section where the road levelled out – so please check this section of road out before the race so you can adjust your riding style/position for this technical section.

Through Drift village at approx. 5 miles on lap 1 and also on lap 2 at 19 miles – as you come into the village passing through the 30mph speed limit gateway there is a cross roads (which will be marshalled) followed by a fast decent – after which there is a **very tight off camber right hand corner** – please take extra care on this corner.

Also be beware before entering the village of **Newbridge at 9 miles** on lap 1 and also lap 2 at 23 miles that you will pass by a working farm – so there could be mud on the road or farm activity.

After you turn onto the **B3306 heading towards the end of lap 1 and the finish on lap 2** – this is a very tight junction **do not cross the white line** and please take extra care on the decent – there is a **very tight left hand corner** at 12.9 miles on lap 1 and also lap 2 at 27 miles which will be sign posted.

After you **pass the finish area of lap 1** (after the airport) the **road narrows down and has no centre white lines** marked on the road – please do not ride in the middle of this road – there will be cycle event warning signs for vehicles approaching you – but it is a narrow road so take extra care.

On joining the A30 for the start of the **2nd lap you must give way to traffic** and riders already on that road.



PENZANCE WHEELERS

JUNIORS							
No.	Start Time	Name	Club	Machine	Classification	Age	
1	7:01:00	Holly Tregear	Kernow Racing Team	RB	Female	14	
2	7:02:00	James Tregear	Kernow Racing Team	RB	Open	16	
3	7:03:00	Thomas Tregear	Kernow Racing Team	RB	Open	18	
ROAD BIKES / FEMALES / VETS							
No.	Start Time	Name	Club	Machine	Classification	Age	Target
4	7:04:00	Zelah Morrall	Tri Logic Cornwall	RB	Female	55	1:22:50
5	7:05:00	Rose Willis	St Austell Whs CC	RB	Female	49	1:19:17
6	7:06:00	Theresa Frost	Tri Logic Cornwall	RB	Female	68	1:31:07
7	7:07:00	Aimee Jones	Tri Logic Cornwall	TT	Female	41	1:14:46
8	7:08:00	Eve Sealy	Tri Logic Cornwall	TT	Female	26	
9	7:09:00	Keri Parton	Team Bottrill	TT	Female	35	
10	7:10:00	David Phillips	Penzance Wheelers CC	RB	Open	76	1:31:07
11	7:11:00	Alan Stidwell	Duchy Velo	RB	Open	70	1:27:12
12	7:12:00	Adrian Lauchlan	Southgate CC	RB	Open	66	1:24:41
13	7:13:00	Pete Bishop	Exeter Whs CC	RB	Open	63	1:22:50
14	7:14:00	Simon Bray	Penzance Wheelers CC	RB	Open	51	1:15:52
15	7:15:00	Simon Bytheway	Rochdale Tri Club	RB	Open	54	1:17:33
16	7:16:00	Robin Delve	Mid Devon Cycling Club	RB	Open	65	1:24:04
17	7:17:00	Steven Farnell	Tri Logic Cornwall	RB	Open	52	1:16:26
18	7:18:00	David Gray	Axe Valley Pedallers	RB	Open	61	1:21:38
19	7:19:00	Jon Tune	City Cycle Couriers RT	RB	Open	48	1:14:13



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20	7:20:00	Matthew Hill	Gloucester City Cycling Club	RB	Open	46	1:13:09
21	7:21:00	Luke Pye	Penzance Wheelers CC	RB	Open	32	
22	7:22:00	Lee Barr	Kernow Racing Team	RB	Open	49	1:14:46
23	7:23:00	Kevin Dawson	Penzance Wheelers CC	RB	Open	48	1:14:13
24	7:24:00	Simeon Lipscombe	Kernow Racing Team	RB	Open	49	1:14:46
25	7:25:00	George Hawken	Penzance Wheelers CC	RB	Open	32	
26	7:26:00	Neil Coyte	6AM Cycling	RB	Open	43	1:11:33
27	7:27:00	Bob Symons	PDQ Cycle Coaching	TT	Open	69	1:26:34
28	7:28:00	Gary Hickman	Tri Logic Cornwall	TT	Open	66	1:24:41
29	7:29:00	Tristan Harris	Penzance Wheelers CC	TT	Open	44	1:12:05
30	7:30:00	Mark King	Tri Logic Cornwall	TT	Open	61	1:21:38
31	7:31:00	Andrew Ellis	Tri Logic Cornwall	TT	Open	52	1:16:26
32	7:32:00	Hari Slade	Penzance Wheelers CC	TT	Open	48	1:14:13
33	7:33:00	Simon Smith	ZeroBC Race Team	TT	Open	49	1:14:46
34	7:34:00	Simon Dighton	Beacon Roads CC	TT	Open	60	1:21:02
35	7:35:00	Nigel Polkinghorne	Duchy Velo	TT	Open	49	1:14:46
36	7:36:00	Mark Sanders	Mid Devon Cycling Club	TT	Open	65	1:24:04
		OPEN					
No.	Start Time	Name	Club	Machine	Classification	Age	
37	7:37:00	Matthew Trehwella	www.giant-helston.co.uk	TT	Open	28	
38	7:38:00	Tommy Temp	Tri Logic Cornwall	TT	Open	35	



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39	7:39:00	Josef Fitzgerald-Patrick	Penzance Wheelers CC	TT	Open	23	
40	7:40:00	Myghal Larter	Ludgvan Cycling Club	TT	Open	38	
41	7:41:00	Jonathan Webb	Tri Logic Cornwall	TT	Open	39	
42	7:42:00	Philip Gleave	Congleton CC - MyWindsock	TT	Open	29	
43	7:43:00	James Grogan	www.giant-helston.co.uk	TT	Open	31	
44	7:44:00	Liam Bard	GTR - Return To Life p/b Streamline	TT	Open	34	
45	7:45:00	Ben Goodwin	Fibrax Fenwicks Wrexham Cycling Club	TT	Open	26	

PENZANCE WHEELERS

PRIZES FOR EACH EVENT

The awards below are for the following categories, Open, Female, Veteran (Scratch), Veteran (Target), Junior, Paracyclist, Road Bike (Open), Road Bike (Female) & Road Bike (Junior).

1st	CTT Classic Series	Eco Wood Sustainable Medal
2nd	CTT Classic Series	Eco Wood Sustainable Medal
3rd	CTT Classic Series	Eco Wood Sustainable Medal

Road Bike Criteria (Moved from Regulation 14, 14(L))

(a) The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

(b) Helmets used in Road Bike category events must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet.

The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc.).

N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars.



www.cyclingtimetrials.org.uk



NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(j)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards. This event is under 100km. Riders should not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle.

REGULATION 14(j)

(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 14(k)

(k) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 15:

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

REGULATION 17: SIGNING-ON SHEET AND SIGNING-OUT SHEET

- (a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.
- (b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.
- N.B. Extenuating circumstances may be considered.

THIS EVENT MAY BE SUBJECT TO A DOPING CONTROL

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Cycling Time Trials