

TAVISTOCK WHEELERS CYCLING CLUB

Presents

25 MILE TIME TRIAL

(incorporating Tavistock Wheelers Cycling Club's 'Best All Rounder' competition)

(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)

Sunday the 17th of MARCH 2019

Course S5/25S

Race starts at 08.01 hours

Timekeepers: - John Bradbury and Peter Foubister

Marshalls: Members and friends of Tavistock Wheelers Cycling Club

Event Sec: - Martin Williams,
12 Buddle Close,
Tavistock
Devon

PL19 0EG Tel: 01822 610958

Event H.Q., opens at 6.45 am

AWARDS (one rider one prize, with the exception of the Team prize)

1st - £30

2nd - £20

3rd - £15

1st Lady - £ 30

2nd Lady -£20

3rd Lady £15

1st Team - £30

(Team of 3 – Lowest aggregate time of first 3 team/club riders home)

1st Veteran - £20

2nd Veteran - £15

3rd Veteran - £10

1st Veteran Lady - £20

2nd Veteran Lady - £15

3rd Veteran Lady - £10

1st Juvenile/Junior £10

1st Espoir - £10

1st Male on a Road Bike £20

1st Lady on a Road Bike £20

Discretionary 25th Anniversary prize for good sportmanship - £10. To be judged/awarded by a TWCC Official

COURSE DETAILS: S5/25S

Start: On the A386 approximately 3 miles northwest of Tavistock at the northern end of the lay-by at the top of Wringworthy Hill (GR SX504776). Proceed north-westwards, Okehampton direction, through Mary Tavy, across Blackdown Moor and past Sourton Services to Fowley Cross roundabout. Give way and circle roundabout to retrace outward route and past the start point. Finish approximately 2 miles from Tavistock opposite the "Trout and Tipple" Public House (GR SX493757).

Intermediate mileage – Fowley Cross 11.7 miles.

Course Record Holder: 2010, Sean Childs, RNRMCA, Senior, Turn: **25:41:60**, Time: **56:22:60**

Ladies Course Record Holder: 07/09/14 Crystal Spearman, Scuderia RT, Time: **01:07:02**

Team Record (3 riders): 19/03/17 Tavistock Wheelers (Niall Todd, Lee Adams & Gavin MacDougall), Time: **03:06:33**

Tandem: Daniel & Patrick Weston: 24/03/13 North Devon Wheelers, Time **01.19.51**

Junior: 22/03/15, Matt Langworthy: Mid Devon CC, Time: **00:59:16**

Club Records:

Senior: Lee Adams: 13/08/17 Time: **00:58:53**

Senior Lady: Hannah Colston:19/03/17 Time: **01:13:48**

Junior: Jordan Channon: 07/09/14 Time: **01:03:44**

Junior Lady: Phoebe Lloyd-Evans: 20/03/16 , Time: **01:22:04**

Attention all competitors.

Please note that all competitors are now required personally to sign the signing out sheet when returning their number.

Failure to do so will result in the competitor being recorded as DNF.

Headquarters

Tavistock Guide Hall, Bedford car park via Canal Road (PL19 8AR, GR SX 480 742). Refreshments available. Please remove cycling shoes on the wooden floor. Open from 6.45am

Bedford car park is halfway down Plymouth Road directly opposite the bus station and next to the public library. Please purchase a parking ticket if you leave your car in the car park.

There are 2 off Toilets within the Hall itself and Public Toilets are available opposite too.

Tea, Coffee and Cakes will be provided for everyone. TWCC will of course gratefully accept voluntary donations.

Directions to start.

From HQ proceed through the centre of Tavistock and join A386 towards Okehampton. Start is at the top of the first hill approximately 3 miles from the town. Allow at least 20 minutes from the HQ.

We request that riders do not park vehicles at the layby at the start of the TT Course.

This is reserved for club officials only.

We need a safe area for cyclists to wait and to provide unobstructed clear sight lines for the Club Officials and Marshals.

We thank you in advance for your co-operation and understanding.

Should you wish to leave excess clothing/items at the start, then I'm sure a member of the club will safely hold onto them for you and your collection after the event.

TWCC do not accept liability for loss of clothing, equipment and/or valuables.

START LIST

entry_id	bib	start_time	firstname	lastname	club	gender	category
762670	1	08:01	Cordelia	Preece	Tavistock Whs CC	Female	Veteran
761797	2	08:02	Lindsay	Hobbs	Tavistock Whs CC	Female	Veteran
769136	3	08:03	Gidon	Reid	Tavistock Whs CC	Male	Veteran
770304	4	08:04	David	Munnelly	Tavistock Whs CC	Male	Veteran
769808	5	08:05	Mark	Sanders	Mid Devon CC	Male	Veteran
770010	6	08:06	Anthony	Green	Penzance Wheelers CC	Male	Senior
770377	7	08:07	Stuart	Pickering	www.giant-helston.co.uk	Male	Veteran
766428	8	08:08	Peter	Norris	Cycle Sport South Hams	Male	Veteran
763062	9	08:09	Jill	Kershaw	Tavistock Whs CC	Female	Veteran
771253	10	08:10	Ross	Holland	Cheltenham & County Cycling Club	Male	Espoir
770113	11	08:11	Mark	Pierce	Plymouth Corinthian CC	Male	Senior
769922	12	08:12	Chris	Harper	Penzance Wheelers CC	Male	Veteran
770592	13	08:13	Daniel	Worth	Tavistock Whs CC	Male	Veteran
770495	15	08:15	Samuel	Woods	Plymouth Corinthian CC	Male	Senior
770464	16	08:16	Ewan	Warren	Mid Devon CC	Male	Juvenile
767990	17	08:17	Terence	Leonard	St Budeaux C C	Male	Veteran
770654	18	08:18	Will	Adams	Tavistock Whs CC	Male	Veteran
769296	19	08:19	Kath	Fletcher	Tavistock Whs CC	Female	Veteran
767039	20	08:20	Andrew	White	Bpm Coaching	Male	Senior
766034	21	08:21	James	Cartlidge	Plymouth Corinthian CC	Male	Senior
770076	22	08:22	Lauren	Dolan	Mid Devon CC	Female	Espoir
765795	23	08:23	Daniel	Pearce	Tavistock Whs CC	Male	Senior
769159	25	08:25	Steven	Sage	North Devon Wheelers	Male	Veteran
770460	26	08:26	Rupert	Warren	Exeter Triathlon Club	Male	Veteran
766429	27	08:27	William	Hornby	Cycle Sport South Hams	Male	Veteran
762595	28	08:28	Stephen	Payne	Plymouth Corinthian CC	Male	Veteran
768857	29	08:29	Nichola	Rorke	Exeter Whs CC	Female	Veteran
768685	30	08:30	Lee	Morgan	Team Bottrill	Male	Veteran
771254	31	08:31	Rowan	Ellis	1st Chard Wheelers	Male	Junior
768923	32	08:32	Craig	Woodward	Plymouth Corinthian CC	Male	Veteran
767433	33	08:33	Tony	Symons	Tavistock Whs CC	Male	Veteran
770512	34	08:34	Wai Ming	Loh	Exeter Triathlon Club	Male	Veteran
763690	35	08:35	Josh	Coyne	Bpm Coaching	Male	Senior
771105	36	08:36	James	Grogan	www.giant-helston.co.uk	Male	Senior
769323	37	08:37	Richard	Stenton	Tavistock Whs CC	Male	Veteran
762998	38	08:38	James	Greenaway	Exeter Whs CC	Male	Senior
762215	39	08:39	Lisa	Crawford	Plymouth Corinthian CC	Female	Veteran
769950	40	08:40	Paul	Walshe	Plymouth Corinthian CC	Male	Veteran
770520	41	08:41	Philip	Bray	Plymouth Corinthian CC	Male	Senior
770134	42	08:42	Richard	Brown	Tavistock Whs CC	Male	Veteran
767439	43	08:43	Robert	Cartlidge	Plymouth Corinthian CC	Male	Senior
770254	44	08:44	Mark	Williams	Team DCP	Male	Senior
769527	45	08:45	Liam	Bard	Revo Racing	Male	Senior
770576	46	08:46	Robin	Riches	Lanhydrock Wheelers	Male	Veteran
769046	47	08:47	Aiden	Bradley	Exeter Whs CC	Male	Senior
771015	50	08:50	Charlie	Meredith	Zappi Racing Team	Male	Espoir

Sponsored Clubs

www.giant-helston.co.uk

Revo Racing

Mid Devon – Colin Lewis Cycles

Team Bottrill

Zappi Racing Team

Notes to all riders

Please observe the Highway Code. Ride with your head up and do not white line. It is also advisable to wear bright clothing.

In the interests of your own safety Cycling Time Trials and the event promoters strongly advise riders to wear a HARD SHELL HELMET that meets an approved international safety standard. Local regulation 1 - All riders on completion of their competitive ride must continue without stopping or turning in the road to the event HQ.

Please be advised of the following potential hazards:

We politely request that no other vehicles other than club officials park at the starting Lay by.

This is a safety measure to ensure the required level of vision, for our officials, for approaching cars from the Tavistock direction.

At miles 4.2 to 4.5 & 18.9 to 19.2 Beardon Bends. Please take care here

At miles 6.8 & 16.6 Southerley bends. Please take care here

At miles 7.2 to 8.2 & 15.2 to 16.2 Traffic calming islands. Please take care here

At miles 23.7 to 24.1 Wringworthy Hill, fast downhill bends, junction at the bottom on the left. Please take care here

Please remember that Event Officials have no legal right to interfere with or regulate traffic.

Please do not approach finishing time keepers whilst the event is in progress.

Please call out your number loud and clear on the finish line.

Riders waiting to start must do so 20 metres before the timekeeper and stand well to the left and in single file

Paced and Company Riding – Time Trialling for Beginners states that “When a competitor gets caught by another one the Regulations require the overtaken rider to fall back to a distance behind the other one ... At least 50 yards is required

Competitor’s Machines — It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

Thank you all for your support and we hope you have a safe and successful ride.

For Your Information

It is possible for mist to cover the course especially on Blackdown and at Sourton Cross. We recommend the use of lights.