



## **PCCC 13 mile Sporting Time Trial**

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

Date: Sunday 24<sup>th</sup> March 2019

Start Time: 09:01am (first rider off)

Event Secretary: James Cartlidge, 12 Plymview Close, Plymouth, PL3 6LA, 07534818560

Time-keeper: Anne Simpson & Margi Hawkins      Marshals: Member of PCCC

### **Event HQ**

Modbury sports pavilion, Chatwell Lane Modbury, PL21 0FS ,

<http://marsport.org/find-us.html>

- With considerate parking the HQ car park can cope with 60 cars. Please consider others when parking to ensure event staff and riders can all park at the HQ.
- No cycling shoes / cleats on the HQ wooden floors please.

**Course Detail:** Start on Brownston Street in Modbury approx. 50 yards from junction with Dark Lane at entrance to field. Continue to join B3196 at California Cross. Remain on B3196 to Kitterford Cross where turn left, (give way) on to the A3121, (Marshall) Plymouth direction, to pass Ermington, then turn left at Hollowcombe Cross, (Marshall) then left again to join A379 (Give Way) (Marshall) eastwards towards Modbury, in Modbury turn left at Palm Cross (Marshall) onto Barrack Road, signed "Dartmouth" to finish 10 yards past junction with Long Park.

<https://www.strava.com/activities/1469103029>

### **Prizes**

Overall 1 <sup>st</sup> : £20	Overall 2 <sup>nd</sup> : £15	Overall 3 <sup>rd</sup> : £10
Lady 1 <sup>st</sup> : £20	Lady 2 <sup>nd</sup> : £15	Lady 3 <sup>rd</sup> : £10
Vet 40+ 1 <sup>st</sup> : £10	Vet 50+ 1 <sup>st</sup> : £10	Vet 60+ 1 <sup>st</sup> : £10
Non aero Road Bike		
Overall 1 <sup>st</sup> : £20	Overall 2 <sup>nd</sup> : £15	Overall 3 <sup>rd</sup> : £10

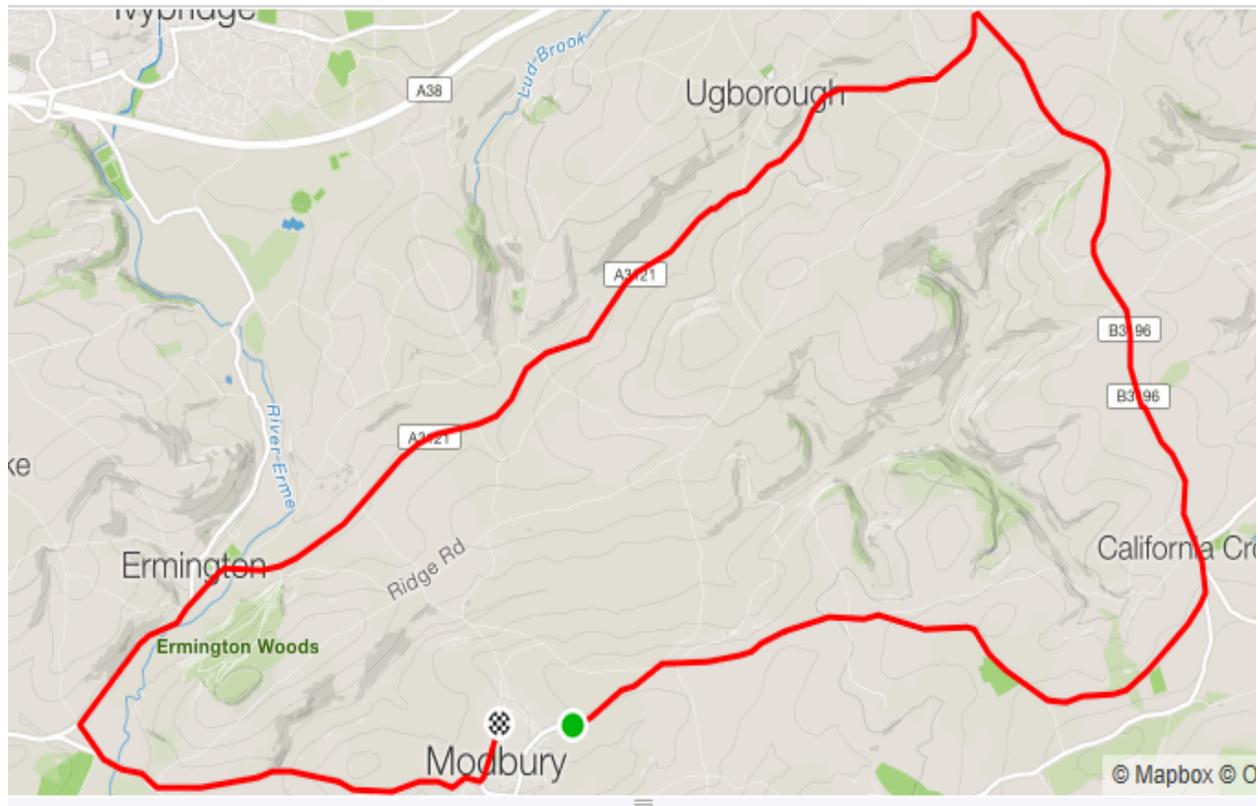
Riders for non aero category need to be declared before they start and noted on sign in sheet please. Non aero is a standard road bike with dropped handlebars, no tribars or aero bars. No Disc wheels. Wheel rims to be less than 50mm deep. No aero helmets (pointy TT helmets).

### **Notes to riders:**

- Numbers will be at the H.Q. where you will need to sign on before taking your number. On returning to the HQ you are required to sign the signing out sheet when returning your number. Failure to do so will result in disqualification.
- No warming up on the course after 1<sup>st</sup> rider has started (09:01am).
- Please observe the Highway Code. Ride with your head up. Do not “White Line” and wear bright clothing.
- Advice to all competitors – from general notes – CTT and the organisers strongly recommend all riders wear a hard shell helmet manufactured to a suitable standard.
- It is recommended that a flashing or constant rear light be fitted to the bike in a position clearly visible to following road users.
- Event riders waiting to start must do so before the timekeeper and stand in single file. Officials must not seek to regulate or interfere with other traffic.
- Paced and Company Riding – Time Trialling for Beginners states that “When a competitor gets caught by another rider the regulations require the overtaken rider to fall back to a distance behind the other rider of at least 50 yards.

### **Keep your head up and have a safe fast ride!**

### **Course Map**



Directions from HQ to Start-line: Left out of HQ. Left on to Dark Lane. Left at the T-junction at the end of Dark Lane on to Brownston St, start-line approx. 50 yards from junction with Dark Lane at entrance to field.

## Start List

bib	start_time	first-name	last name	club	gender	category
1	09:01:00	James	Cartlidge	Plymouth Corinthian CC	Male	Senior
2	09:02:00	Pete	Moon	Team DCP	Male	Senior
3	09:03:00	Paul	Cole	Plymouth Corinthian CC	Male	Veteran
4	09:04:00	Raffael	Schrof	Cycle Sport South Hams	Male	Senior
5	09:05:00	Chris	Scawn	Plymouth Corinthian CC	Male	Veteran
6	09:06:00	Mark	Cutting	Plymouth Corinthian CC	Male	Veteran
7	09:07:00	Philip	Young	Alltrax	Male	Veteran
8	09:08:00	Dawn	Turner	Plymouth Corinthian CC	Female	Veteran
9	09:09:00	Stephen	Jones	Plymouth Corinthian CC	Male	Senior
10	09:10:00	Andrew	Parnowski	City Cycle Couriers RT	Male	Veteran
11	09:11:00	Stephen	Payne	Plymouth Corinthian CC	Male	Veteran
12	09:12:00	Michael	Beaton	Royal Navy & Royal Marines CA	Male	Veteran
13	09:13:00	Jim	Hill	Plymouth Corinthian CC	Male	Veteran
14	09:14:00	Martina	Geraghty	Penzance Wheelers CC	Female	Veteran
15	09:15:00	Barry	Moss	Royal Navy & Royal Marines CA	Male	Veteran
16	09:16:00	Craig	Woodward	Plymouth Corinthian CC	Male	Veteran
17	09:17:00	Lisa	Crawford	Plymouth Corinthian CC	Female	Veteran
18	09:18:00	Simon	Green	Plymouth Corinthian CC	Male	Senior
19	09:19:00	John	Morse	Penzance Wheelers CC	Male	Veteran
20	09:20:00	Jason	Kettle	Mid Devon CC	Male	Veteran
21	09:21:00	Peter	Norris	Cycle Sport South Hams	Male	Veteran
22	09:22:00	Mark	Pierce	Plymouth Corinthian CC	Male	Senior
23	09:23:00	Lewis	Young	Plymouth Corinthian CC	Male	Senior
24	09:24:00	Hetty	Summerhayes	Mid Devon CC	Female	Espoir
25	09:25:00	Philip	Bray	Plymouth Corinthian CC	Male	Senior
26	09:26:00	Marvin	Laing	City Cycle Couriers RT	Male	Veteran
27	09:27:00	Adam	Gitlin	Plymouth Corinthian CC	Male	Veteran
28	09:28:00	Steven	Sage	North Devon Wheelers	Male	Veteran
29	09:29:00	Morris	Elphick	Exeter Whs CC	Male	Veteran
30	09:30:00	Paul	Walshe	Plymouth Corinthian CC	Male	Veteran
31	09:31:00	Tim	Chudley	Royal Navy & Royal Marines CA	Male	Senior
32	09:32:00	Nigel	Polkinghorne	Lanhydrock Wheelers	Male	Veteran
33	09:33:00	Rob	Smith	Royal Navy & Royal Marines CA	Male	Veteran
34	09:34:00	James	Greenaway	Exeter Whs CC	Male	Senior
35	09:35:00	Miles	Earl	Plymouth Corinthian CC	Male	Senior
36	09:36:00	Tom	Cox	Northover VT / Rudy Project / SCS	Male	Veteran
37	09:37:00	Vicky	Jowett	Plymouth Corinthian CC	Female	Senior
38	09:38:00	Rob	Scott	City Cycle Couriers RT	Male	Senior

