



Lanhydrock Wheelers Time Trial S120/25 Sunday 31/3/19

Promoted for and on behalf of the Cycling Time Trials under their rules and regulations

Event secretary - Tim McEvoy 07815307786 tim.mcevoy@nhs.net
Organiser on Day - Robin Riches 07990976281
Time-keepers - Tony Farnell & Damian Cudmore
Start time - 0801 hours BST
Event HQ - Bodmin Rugby Club Clifden Park, Turfdown Rd, Bodmin
PL30 4AW Open from 0630 hours

Remember the clocks go forwards on Saturday night!!!

Thank you to all riders competing in this event and to everyone helping to run it. A special thank you to the time-keepers Tony Farnell & Damian Cudmore. I hope everyone has a safe and fast ride. In addition to the guidance below, please can I also ask everyone to be respectful that the start is adjacent to someones house. So use the toilets at HQ or be discreet somewhere else!

Prizes

1st male £15	2nd male £10	3rd male £5
1st female £15	2nd female £10	3rd female £5

First male and female vets 40-49, 50-59 and 60+ £10

1st Road Bike £10 Could the Road bike riders please mark on the start sheet
One rider one prize!

Guidance

Please observe the Highway Code. Ride with your head up. Do not white **line**. Wear bright clothing. Regulations provide that all competitors must observe the law of the land relating to road use and competitors who ride dangerously must expect to be liable to strict disciplinary action.

At the start, competitors must wait in single file alongside the road edge/kerb at least 4 metres from timekeeper and remember no u-turns. Failure to comply could result in disqualification from the event.

Where the wearing of approved helmets is not compulsory as a condition of entry; then for your own safety Cycling Time Trials and event promoters strongly advise riders to wear a HARD SHELL HELMET that meets an approved international safety standard.

Advice to all competitors - from CTT general notes -It is recommended that a flashing or constant rear light be fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

Event officials must not seek to regulate or interfere with other traffic - CTT Reg. 20

If 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 metres is required.

Start

At the junction of the side road just west of the the A38 (Cooksland Road)/ A389(Priory Road) junction nr Bodmin Police Station 50°27'56.7"N 4°41'55.9"W.

1. Left Turn at Carminnow Cross Roundabout (0.4miles)
2. Encircle (U-Turn) at Turfdown roundabout (0.8 miles)
3. Left Filter onto A30 (westbound) (0.9miles)
4. Left at Highgate Hill Junction (Newquay/ Airport) (12.7 miles)
- Encircle roundabout to rejoin A30 eastbound (5th exit)
5. Left turn A38 (Plymouth) (24.5 miles)
6. 3rd Exit from roundabout (Plymouth)

Finish

Adjacent to the third lamppost after crossing the A30 & railway bridges (25.0 miles)

S120/25 Visual Route Sheet

Start adjacent to Dead End sign



1st turn- left (Carminnow Cross) SP Plymouth/ Liskeard



2nd turn- U Turn



3rd turn (filter left onto A30 westbound)



4th turn/ Sliproad @ Indian Queens- halfway point



Roundabout at end of sliproad, take 5th exit (to return along A30)



5th Rejoin A30



6th Filter Left



7th Right Turn (3rd Exit) Plymouth



Finish. Chequered board will be adjacent to 3rd lamp post (after crossing A30 & Railway Bridge)



Continue to Turfdown RBT and return to HQ