

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 20th of MARCH 2022

Course S5/25S

Race starts at 08.01 hours

Timekeepers: - Peter Foubister and Martin Williams

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 7am

AWARDS (one rider, one prize)

1st - £25

2nd - £20

3rd - £15

1st Lady - £25

2nd Lady -£20

3rd Lady £15

1st Veteran - £20

2nd Veteran - £15

1st Veteran Lady - £20

2nd Veteran Lady - £15

1st Juvenile/Junior £10

1st Male on a Road Bike £15

1st Lady on a Road Bike £15

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: 17/03/19 Lauren Dolan, Mid Devon CC, Espoir, Time: **01:02:46**

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). 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

ctt_number	number	start_time	firstname	lastname	club	gender	category
6177	1	08:01	Lindsay	Hobbs	Tavistock Whs CC	Female	Veteran
40310	2	08:02	Alice	Lake	Cranbrook Cycle Club	Female	Senior
20206	3	08:03	Pete	Bishop	Exeter Whs CC	Male	Veteran
7	4	08:04	Anthony	Green	Penzance Wheelers CC	Male	Senior
14952	5	08:05	Mark	Pierce	Plymouth Corinthian CC	Male	Senior
33647	6	08:06	Jade	Gall	Tavistock Whs CC	Female	Senior
69	7	08:07	James	Baggott	Mid Devon CC	Male	Veteran
27101	8	08:08	Nigel	Polkinghorne	Duchy Velo	Male	Veteran
42830	9	08:09	Sam	Rowell	Cranbrook Cycle Club	Male	Senior
37144	10	08:10	Simon	Marshall	Exeter Whs CC	Male	Senior
8007	11	08:11	Cordelia	Preece	Tavistock Whs CC	Female	Veteran
10013	12	08:12	Greg	Rorke	Exeter Whs CC	Male	Veteran
18209	13	08:13	Terence	Leonard	St Budeaux C C	Male	Veteran
28544	14	08:14	Roger	Sheridan	North Devon Wheelers	Male	Veteran
1139	15	08:15	Josh	Coyne	Bpm Coaching	Male	Senior
42776	16	08:16	Cath	Bateman	Tavistock Whs CC	Female	Veteran
25987	17	08:17	Tony	Symons	Tavistock Whs CC	Male	Veteran
	18						
31417	19	08:19	Gregory	Moss	North Devon Wheelers	Male	Senior
23044	20	08:20	Charles	McFall	Saint Piran	Male	Veteran
14839	21	08:21	Elizabeth	Vernon	Tavistock Whs CC	Female	Veteran
39088	22	08:22	Andy	Hay	Tavistock Whs CC	Male	Veteran
40645	23	08:23	Jon	Tune	City Cycle Couriers RT	Male	Veteran
11578	24	08:24	Tim	Mitchell	Tavistock Whs CC	Male	Veteran
28588	25	08:25	Tom	Scorer	Royal Navy & Royal Marines CA	Male	Veteran
23453	26	08:26	Angharad	Berriman	Penzance Wheelers CC	Female	Veteran
38369	27	08:27	Michael	Buckley	Tavistock Whs CC	Male	Senior
33042	28	08:28	Sam	Beaton	Plymouth Corinthian CC	Male	Junior
8243	29	08:29	Craig	Harper	Holsworthy Peloton	Male	Veteran
240	30	08:30	Gavin	MacDougall	Royal Navy & Royal Marines CA	Male	Veteran
3163	31	08:31	Martina	Geraghty	Penzance Wheelers CC	Female	Tandem
6269	32	08:31	John	Morse	Penzance Wheelers CC	Male	Tandem

Sponsored Clubs

Bpm coaching

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.

Following recent storms and bad weather, Pot Holes have appeared on the A386. Please take care when passing/avoiding these hazards.

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

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

Front and Rear lights are now compulsory, together with an approved Helmet