



# citycycle couriers

**ECO & FRIENDLY**  
**Next Day Delivery**

**07875 760254**  
[citycyclecouriers-plymouth.com](http://citycyclecouriers-plymouth.com)

**S4/10**

**10 Mile Time Trial**

**Saturday 5<sup>th</sup> June 2021**

*Promoted on behalf of the CTT under their rules and regulations*

**Event Secretary**

Mr. Steve Kirby  
City Cycle Couriers, Office 10, The Business Centre,  
2 Cattedown Road, Plymouth, PL4 0EG  
Mobile: 07875 760254

**Timekeepers**

**Marshals**

**Event Headquarters**

Ian Myers & Rob Scott  
Members & friends of City Cycle Couriers RT  
St Lukes Church, Lower Hall, Plymouth Road, Buckfastleigh,  
TQ11 0DA.

**Course Record Holder**

Marcin Bialoblocki – Nopinz – 4<sup>th</sup> July 2019 – 17:51

The Event Headquarters will be open from 6pm, please collect disposable number and sign on. Please note limited parking at HQ, please do not park outside HQ – these spaces are for club officials only.

**Course Details:**

S4/10 - Start on the A38 approximately 1.3 miles South West of Buckfastleigh at a point level with the penultimate sink in the acceleration lane opposite Dean Prior Parish Church (GR SX730634). Proceed Northeastwards towards Exeter and take the second slip road signed “Ashburton” (Linhay), where filter left into slip road. At the give way line turn right and bear right in 50 yards to cross A38 and rejoin the A38 towards Plymouth. Retrace outward route passing Ashburton, Buckfastleigh and the slip road signed “Lower Dean”. Finish at the drain cover level with the start of the taper at the western end of the lay-by and approximately 500 yards before Dean Prior Church (GR SX730640).

Intermediate mileage – Ashburton Town Sign 5.33miles.

After finishing continue along A38 past Dean Prior church (on left) then take the slip road for Rattery. Cross the A38 using the slip road and rejoin the carriageway direction Exeter.

### **COVID19 – RIDERS PLEASE READ CAREFULLY**

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms associated with Covid-19.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm-up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warm-up.
- All warm-ups should be done on the road. Static warm-ups are prohibited (no turbo trainers near the headquarters).
- NO SUPPORT can be provided if a competitor suffers mechanical difficulties during the event. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.
- Riders MUST NOT gather in any way regardless of current guidelines in the car park/s, sign-on area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish line and MUST NOT loiter at the Sign-on/Car park/s and MUST pack away and leave immediately upon completion of the race.
- **THIS IS IMPORTANT!!** Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 4 minutes before your designated start time. Adhere to the 2-metre social distancing rule
- NO CLOTHING TO BE LEFT ON START LINE – REPORT TO THE START LINE APPROPRIATELY DRESSED, READY TO RACE. The start line is only 1.5 miles away from HQ. (For CTT events, riders must have their upper arm covered – ie. No tri-suits. Numbers to be secured to the body with safety pins as opposed to a tri-belt). You'll need to bring your own safety pins.

### **COVID19 – RIDERS PLEASE READ CAREFULLY (Continued)**

- Riders will need to self-start, with one foot on the ground. Remember, no rear working light (flashing or constant) NO RIDE.

- **DRAFTING – SOCIAL DISTANCING:** If you catch up with another rider during your race, try to pass as quickly as possible and under no circumstances ride close behind so as to take shelter from the wind.

***PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY.***

**Notes to riders:**

- 1.) Please allow 15 minutes at least to ride to the start and in under no circumstances turn around in or cross the main A38 carriageway. You will be disqualified if observed doing so.
- 2.) Observe the Highway Code and keep your head up at all times.
- 3.) Do not “white line”
- 4.) Paced Riding: CTT regulation No.21 must be applied at all times. Any rider seen taking pace from another competitor will be disqualified.
- 5.) Hard shell helmets advisory. Competitors under the age of 18 must wear a hard shell helmet.
- 6.)
- 7.) Please be aware of CTT Regulation 17(b) - From 2017 all competitors in open (Type A) events will be required to return to the event HQ, hand in their number(s) and **SIGN OUT**. A competitor **MUST** sign out him/herself. It is not permissible for another person to sign out on behalf of the competitor..
- 8.) Under NO circumstances should you ride with headphones, anyone seen to do so will be disqualified.
- 9.) **All competitors – please be aware of CTT Regulation 14(i):  
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.**

**NO REAR LIGHT – NO RIDE.**

**Prizes:            Sponsored by City Cycle Couriers & Spec-Care**

**Medal & Anti fog visor cleaner for all finishers**

## Starting Order:

No	Name		Club	Cat	Age	LTS	Start
1	Andrew	Walke	City Cycle Couriers RT	Veteran	49	00:32:29	1901
2	Michael	Alexander	Royal Navy & Royal Marines CA	Veteran	57	00:29:00	1902
3	Brian	Smith	1st Chard Wheelers	Veteran	57	00:28:58	1903
4	Nathan	Gale	City Cycle Couriers RT	Veteran	48	00:28:53	1904
5	Neil	Bennett	North Devon Wheelers	Veteran	55	00:28:39	1905
6	Bob	Brabbins	VTTA West Group	Veteran	78	00:28:04	1906
7	Ian	Scott	City Cycle Couriers RT	Veteran	67	00:27:49	1907
8	Chris	Murdoch	Revo Racing	Veteran	50	00:25:55	1908
9	Lauren (Sunny)	Parker	Royal Navy & Royal Marines CA	Senior	26	00:25:49	1909
10	Frankie	McBride	Mid Devon CC	Veteran	61	00:25:02	1910
11	Damian	Cudmore	Wadebridge Coasters Cycling Club	Veteran	45	00:24:57	1911
12	Cameron	Leslie	Royal Air Force Cycling Association	Senior	24	00:24:50	1912
13	Philip	Young	Alltrax	Veteran	71	00:24:26	1913
14	Anthony	Green	Penzance Wheelers CC	Senior	37	00:21:07	1914
15	Gregory	Moss	North Devon Wheelers	Espoir	21	00:24:20	1915
16	Martina	Geraghty	Penzance Wheelers CC	Veteran	51	00:24:10	1916
17	Rose	Willis	St Austell Whs CC	Veteran	46	00:24:04	1917
18	Christian	Bird	North Devon Wheelers	Veteran	50	00:24:03	1918
19	Nigel	Potts	Mid Devon CC	Veteran	54	00:24:03	1919
20	Philip	Morrish	North Devon Wheelers	Veteran	44	00:24:03	1920
21	Adam	Holmes	Mid Devon CC	Senior	36	00:24:00	1921
22	Dave	Spelman	Inflite-Dynamic Rides Race Team	Senior	28	00:24:00	1922
23	Nikki	Toomer	Exeter Whs CC	Veteran	51	00:23:53	1923
24	Jonathan	Ellis	Plymouth Corinthian CC	Veteran	40	00:23:53	1924
25	Maria	Weymouth	Mid Devon CC	Veteran	47	00:23:47	1925
26	Mark	German	1st Chard Wheelers	Veteran	62	00:23:32	1926
27	Kevin	Weymouth	Mid Devon CC	Veteran	50	00:21:07	1927
28	Neil	Minion	City Cycle Couriers RT	Veteran	57	00:23:25	1928
29	Philip	Ley	North Devon Wheelers	Veteran	43	00:23:02	1929
30	Phil	Bowden	Saint Piran	Veteran	52	00:22:46	1930
31	John	Morse	Penzance Wheelers CC	Veteran	56	00:22:44	1931
32	Gregory	Stacey	North Devon Wheelers	Veteran	48	00:22:34	1932
33	Mick	Daniels	Team Tor 2000   KALAS	Veteran	40	00:22:27	1933
34	Ruben	Stacey	North Devon Wheelers	Juvenile	14	00:22:17	1934
35	Sebastian	Broomfield	Plymouth Corinthian CC	Senior	28	00:22:12	1935
36	Morris	Elphick	Exeter Whs CC	Veteran	54	00:22:11	1936
37	Doug	Parker	Sid Valley CC	Veteran	58	00:22:10	1937
38	Christina	Murray	Army Cycling	Veteran	44	00:22:08	1938
39	Oliver	Baylin	www.giant-helston.co.uk	Senior	26	00:21:59	1939
40	Ian	Houvenaghel	Royal Navy & Royal Marines CA	Veteran	51	00:21:55	1940
41	Natalie	Grinczer	CAMS Racing	Senior	27	00:21:52	1941
42	Rob	Barrow	City Cycle Couriers RT	Veteran	44	00:21:43	1942
43	Tom	Moran	Plymouth Corinthian CC	Veteran	61	00:21:42	1943
44	Andrew	Luke	Newquay Velo	Veteran	48	00:21:36	1944
45	Peter	Norris	Cycle Sport South Hams	Veteran	45	00:21:24	1945
46	Adam	Gitlin	Alltrax	Veteran	49	00:21:17	1946
47	Chris	Vellacott	Royal Navy & Royal Marines CA	Veteran	59	00:21:11	1947
48	Tim	Heal	Mid Devon CC	Veteran	52	00:21:05	1948

49	Nick	Blight	Nopinz Motip Race Team	Senior	38	00:20:58	1949
50	Lee	Adams	Bpm Coaching	Senior	33	00:20:44	1950
51	Mark	Pierce	Plymouth Corinthian CC	Senior	31	00:20:33	1951
52	Andrew	Parnowski	City Cycle Couriers RT	Veteran	50	00:20:19	1952
53	Lee	Sanderson	Mid Devon CC	Veteran	54	00:20:14	1953
54	Jason	McGowan	www.giant-helston.co.uk	Veteran	49	00:20:09	1954
55	Paul	Walshe	Plymouth Corinthian CC	Veteran	45	00:20:05	1955
56	Lubos	Obornik	CS Dynamo	Veteran	54	00:19:51	1956
57	Andrew	Perkins	Mid Devon CC	Veteran	49	00:19:24	1957
58	Josh	Coyne	Bpm Coaching	Senior	26	00:19:07	1958
59	Tom	Scorer	Royal Navy & Royal Marines CA	Veteran	40	00:19:51	1959
60	Liam	Bard	Revo Racing	Senior	31	00:19:28	2000
61	Frederik	Scheske	Ribble Weldtite Pro Cycling	Senior	25	00:19:26	2001
62	Steve	Lampier	Saint Piran	Senior	37	00:19:09	2002

### **Sponsored Clubs:**

**City Cycle Couriers RT**  
**Alltrax**  
**BPM Coaching**  
**Giant Helston**  
**Saint Piran**  
**Tor 2000 – Kalas**  
**Ribble Weldtite Pro Cycling**  
**Nopinz Motip RT**