



citycycle couriers

ECO & FRIENDLY
Next Day Delivery

07875 760254
citycyclecouriers-plymouth.com

S3/10
10 Mile Time Trial
Saturday 10th July 2021
Promoted on behalf of the CTT under their rules and regulations

Event Secretary

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

Timekeepers

Marshals

Event Headquarters

Ian Myers & Ken Robertson
Members & friends of City Cycle Couriers RT
Glanvilles Mill Car Park, Leonards Road, Ivybridge,
PL21 0SL

Course Record Holder

TBC

The Event headquarters car park will be open from 5:45pm, please collect disposable number and sign on. Free parking after 6pm, 50 spaces. Toilets available at Glanville Mill (you might need 20p).

Course Details:

S3/10 - Start at Ivybridge Westover entry slip, on slip road, level with speed derestriction sign GR628558. Join eastbound A38 passing Woodpecker service area and fork left signed South Brent/Avonwick, take right hand lane, turn right at junction (5 miles), continue ahead up sliproad to rejoin A38 westbound to reach Ivybridge offslip, continue to junction, turn left (caution), follow Ermington Road to finish after 300 metres and opposite private drive signed 'Cleeve' GR634553.

Start:



Finish:



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: Medal for all finishers

Starting Order:

No.	Forename	Surname	Club	Cat	Age	LTS	Start
1	Ian	Bell	Team DCP	Veteran	49	00:33:34	1901
2	Bob	Brabbins	VTTA West Group	Veteran	78	00:28:04	1902
3	Ian	Scott	City Cycle Couriers RT	Veteran	67	00:27:49	1903
4	Peter	Loader	Mid Devon CC	Veteran	64	00:26:03	1904
5	Frankie	McBride	Mid Devon CC	Veteran	61	00:25:02	1905
6	Rex	Facey	1st Chard Wheelers	Veteran	59	00:24:06	1906
7	Rose	Willis	St Austell Whs CC	Lady Veteran	46	00:24:04	1907
8	Jonathan	Ellis	Plymouth Corinthian CC	Veteran	40	00:23:53	1908
9	Nikki	Toomer	Exeter Whs CC	Lady Veteran	51	00:23:53	1909
10	Andrew	Parnowski	City Cycle Couriers RT	Veteran	50	00:20:19	1910
11	Maria	Weymouth	Mid Devon CC	Lady Veteran	47	00:23:47	1911
12	Ray	Retter	Born to Bike - Bridgtown Cycles	Veteran	75	00:23:40	1912
13	Mark	German	1st Chard Wheelers	Veteran	62	00:23:32	1913
14	Andrew	Ellis	www.giant-helston.co.uk	Veteran	49	00:23:26	1914
15	Richard	Stenton	Tavistock Whs CC	Veteran	69	00:23:15	1915
16	Phil	Bowden	Saint Piran	Veteran	53	00:22:46	1916
17	John	Morse	Penzance Wheelers CC	Veteran	56	00:22:44	1917
18	Ian	Deakin	Mid Devon CC	Veteran	64	00:22:32	1918
19	Mick	Daniels	Team Tor 2000 KALAS	Veteran	40	00:22:27	1919
20	Paul	Trudgian	Royal Navy & Royal Marines CA	Senior	36	00:22:16	1920
21	Oliver	Baylin	www.giant-helston.co.uk	Senior	26	00:21:53	1921
22	Rob	Barrow	City Cycle Couriers RT	Veteran	44	00:21:43	1922
23	Tom	Moran	Plymouth Corinthian CC	Veteran	61	00:21:42	1923
24	Alan	Hughes	Exeter Triathlon Club	Veteran	48	00:21:36	1924
25	Ben	Jones	Portishead Cycling Club	Senior	31	00:21:20	1925
26	Kevin	Weymouth	Mid Devon CC	Veteran	50	00:21:07	1926
27	Anthony	Green	Penzance Wheelers CC	Senior	37	00:21:07	1927
28	Chris	Vellacott	Royal Navy & Royal Marines CA	Veteran	59	00:21:02	1928
29	Sam	Beaton	Plymouth Corinthian CC	Junior	17	00:20:55	1929
30	Lee	Adams	Bpm Coaching	Senior	33	00:20:44	1930
31	Harry	Loader	Mid Devon CC	Senior	25	00:20:41	1931
32	Peter	Norris	Cycle Sport South Hams	Veteran	45	00:20:28	1932
33	Paul	Walshe	Plymouth Corinthian CC	Veteran	45	00:20:05	1933
34	Jack	Allison	G.S. Henley	Senior	32	00:19:52	1934
35	Lubos	Obornik	CS Dynamo	Veteran	54	00:19:51	1935
36	Liam	Bard	Revo Racing	Senior	31	00:19:28	1936
37	Robert	Shaw	Plymouth Corinthian CC	Senior	32	00:19:27	1937

Sponsored Clubs:

City Cycle Couriers RT
BPM Coaching
Giant Helston
Saint Piran
Tor 2000 – Kalas
NopinZ Motip RT