

GIANT HELSTON

Open 25 Miles Time Trial

Sunday 26th June 2022 at 07.30

Course S100/25

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

Event secretary: James Hadfield
19 Hillcrest Avenue, Truro, TR1 3NE. 07775627554

Timekeepers: -Sean Parker and Phil Bowden.

Marshalls and helpers: members & friends of www.gianthelston.co.uk

Event HQ: . Lanivet Parish Community Centre, Carters Parc, Rectory Road, Lanivet
Bodmin, PL30 5HG
England

Please park considerately. Allow 30 minutes to get from HQ to start. Open from 06:30.

I have been asked by the hall to keep all noise to a minimum, they have neighbours complain and we will want to use the hall again. Please help us to do so by keeping noise down. When riding to the start please use the old a30 and not the dual carriageway.

Course. Start adjacent to middle post of farm gate 10 yds west of “Magnet Co” entrance on the old A30 at Victoria. Proceed easterly to Victoria Interchange (M). Take 1st exit marked A30 West, Redruth. Join the A30 dual carriageway (with care), continue until slip road marked signpost Newquay, Indian Queens. At bottom of slip road enter onto underpass road (with care) (M). Pass under A30 and take the fourth exit marked Bodmin to rejoin A30 East bound (with care). Continue until Victoria interchange. Take slip road signed Victoria, Roche (M). Traverse interchange to again take slip road signed A30 West. Join A30 and repeat 1st lap. On completion of 2nd lap at Victoria interchange continue on A30 until Innis Downs Interchange sign posted “Innis Downs Interchange, St Austell, Lanivet”, to fork left onto exit slip road, at top of slip road (M) enter roundabout to take 1st Left onto old A30 to finish approximately 500 yards along that road. After finishing continue along old A30 to Victoria Interchange to cross over and return to HQ ensuring that you do not interfere with any riders still in competition

All competitors must:

- wear an approved hard shell helmet as defined in the CTT handbook
- obey laws relating to road use
- avoid U-turns and warming up past start and finish areas
- wait in single file at the start keeping as close to the verge as possible
- shout out your number as you pass the finish to complete the race
- avoid stopping at the finish – ride straight back to the race HQ
- All riders need working front and rear lights during the race, failure to do so will mean no racing.