



Lanhydrock Wheelers Time Trial S120/25 Sunday 4/8/19

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

Event secretary - Tim McEvoy 07815307786 tim.mcevoy@nhs.net
Time-keepers - Dave Bolton & Chris Fearnley
Start time - 07:34 hours BST
Event HQ - Bodmin Rugby Club Clifden Park, Turfdown Rd, Bodmin
PL30 4AW Open from 0630 hours

Thank you to all riders competing in this event and to everyone helping to run it. A special thank you to the time-keepers Dave Bolton & Chris Fearnley. I hope everyone has a safe and fast ride. In addition to the guidance below, please can I advise that there is no parking at the start area for competitors.

Prizes

Male	1st £15	2nd £10	
Female	1st £15	2nd £10	
Handicap	1st £15	2nd £10	3rd £5

Handicap Prizes will be based on improvement/ time relative to 25mile PB

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.

Course

Start

Start on the A30 (Westbound) in the layby (parallel to the Bodmin Business Park) at a point level with the Keep Cornwall Tidy sign
Grid Ref SX 08557 67582

- 1.Left at Highgate Hill Junction (Newquay/ Airport) (12.8 miles)
- 2.Encircle roundabout to rejoin A30 eastbound (5th exit) (13.2 miles)
- 3.Left sp Bodmin A389 Liskeard/ Plymouth (24.7 miles)
- 4.1st Exit from roundabout (SP Industrial Estates) (24.9 miles)

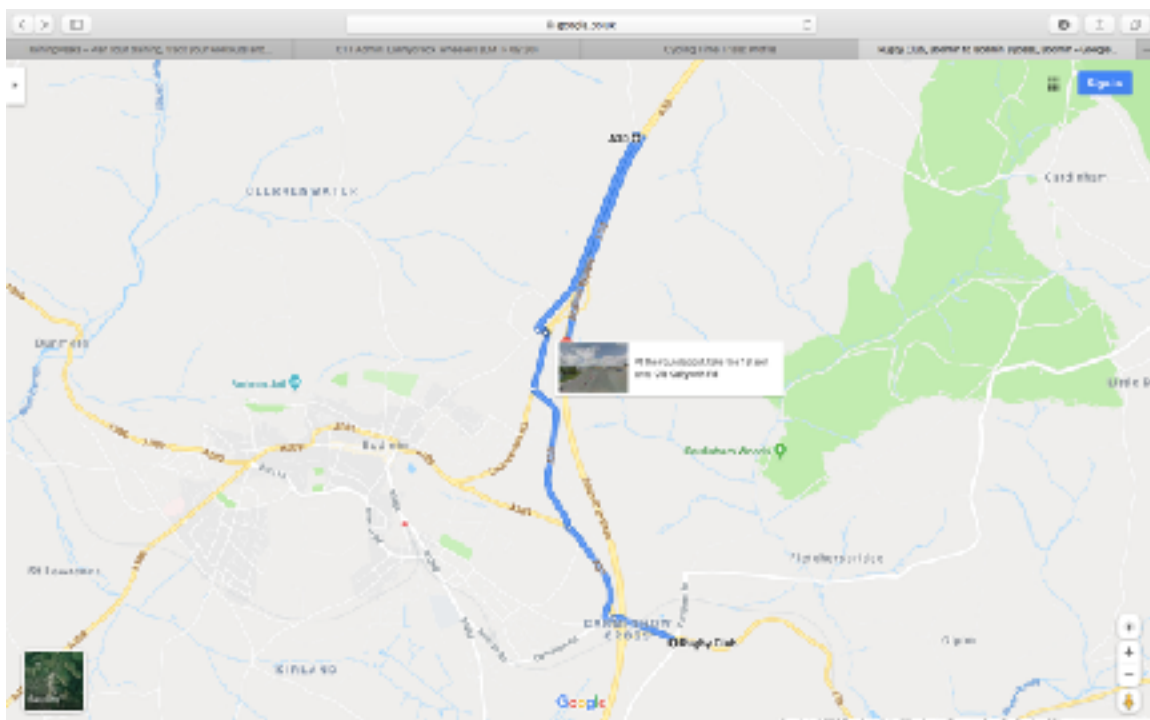
Finish

Adjacent to 2nd lamppost on the traffic island (TK on riders right) (25.0 miles)

Please call out your number as you cross the finish line, continue to Screwfix/ Yes Electrical where you can turn around and return to HQ. Don't forget to sign back in promptly or risk disqualification.

Directions to start

I would suggest at approx 4 miles to start, you leave a minimum of 15mins to get there. It is recommended that you follow the guidance given here. The section of the old a30 will offer relatively traffic free conditions for warming up. If you don't wish to cross the A30 at the suggested point, there is a flyover a further 1 mile eastbound



In Brief

Follow signs for Launceston (A30) @ large Roundabout as you leave Bodmin (East side) pickup signs for Helland, follow until you arrive at Helland entrance/exit for A30. Cross carriageway (with care) join A30 westbound and continue to start (in Layby)
No competitor parking at start!!

In Detail

Left out of Rugby Club
Left at Turfdown Rbt (SP Launceston A30 East)
Continue following signs for Launceston A30
Carminnow Cross Rbt (2nd Exit)
Next Right
Right @ T Junction (Nissan/ Vauxhall Garage)

At large roundabout take 1st exit SP Helland, then immediate Right SP Helland to ride along old A30 (Parallel to new A30) for 1 mile.
With care cross A30 at Helland junction to proceed on A30 westbound approx 1.2miles to Layby.
No competitor parking at start!!

https://www.google.co.uk/maps/@50.4920863,-4.6916508,3a,75y,90t/data=!3m7!1e1!3m5!1s4GSa7hKPe-dz1OSNueiZlw!2e0!6s%2F%2Fgeo0.ggpht.com%2Fcbk%3Fpanoid%3D4GSa7hKPe-dz1OSNueiZlw%26output%3Dthumbnail%26cb_client%3Dmaps_sv.tactile.gps%26thumb%3D2%26w%3D203%26h%3D100%26yaw%3D0%26pitch%3D0%26thumbfov%3D100!7i13312!8i6656