



14 Mile Time Trial
Sunday 15th August 2021
Promoted on behalf of the CTT under their rules and regulations

Event Secretary

Mr.Ivor Pooke, City Cycle Couriers, The Business Centre, 2
Cattedown Road, Plymouth, PL4 0EG
Mobile: 07875760254

**Timekeeper
Marshalls**

Lynn Marris
Members & friends of City Cycle Couriers RT

Event Headquarters

Wacker Quay Layby, PL11 3AH

Signing on will open from 8am, please collect disposable number and sign on.

Course Details:

S19/14S- Start on the A374 some 3 miles West of Torpoint just prior to the village of Antony at the exit from a lay by adjacent to sign "Antony" (GR SX403547).

Proceed Westwards through Antony, Sheviock and Pobathic to Trerulefoot Roundabout, give way. Circle roundabout to retrace outward route to through Pobathic and Sheviock

Finish opposite the start at the top of the hill. Distance 14 miles.

Notes to riders:

- 1.) Please allow 5 minutes to ride to the start.
- 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 compulsory. Competitors under the age of 18 must wear a hard shell helmet.
- 6.) In case of poor visibility, Devon & Cornwall Police, CTT and the organiser strongly recommends the use of a rear light.
- 7.) Under NO circumstances should you ride with headphones, anyone seen to do so will be disqualified.
- 8.) Have a safe but enjoyable ride!!
- 9.) If anybody wants to warm-up please use the layby at Weaver Quay.

Prizes:

Medals to all finishers

City Cycle Couriers RT '14' Starting Order:

No	Name	Club	Cat	Start Time
1	Karen Markus	Plymouth Corinthian CC	Lady	0901
2	Michael Alexander	Royal Navy & Royal Marines CA	Vet	0902
3	Ian Scott	City Cycle Couriers RT	Vet	0903
4	Philip Young	Alltrax	Vet	0904
5	Rob Barrow	City Cycle Couriers RT	Vet	0905
6	Lisa Crawford	Plymouth Corinthian CC	Lady	0906
7	David Fletcher	Plymouth Corinthian CC	Vet	0907
8	Frankie McBride	Mid Devon CC	Vet	0908
9	Graeme Buckman	Plymouth Corinthian CC	Vet	0909
10	Rob Scott	City Cycle Couriers RT	Sen	0910
11	Jimmy Altoft	Newquay Velo	Sen	0911
12	Doug Parker	Sid Valley CC	Vet	0912
13	Cat Hine	Shutt Velo Test Team	Lady	0913
14	Rose Willis	St Austell Wheelers	Lady	0914
15	Andrew Parnowski	City Cycle Couriers RT	Vet	0915
16	Robin Delve	Mid Devon CC	Vet	0916
17	John Morse	Penzance Wheelers	Vet	0917
18	Ian Houvenaghel	Royal Navy & Royal Marines CA	Vet	0918
19	William Hornby	CS South Hams	Vet	0919
20	Sam Beaton	Plymouth Corinthian CC	Jun	0920
21	Tom Smith	Lanhydrock Wheelers	Sen	0921
22	James Cartlidge	Plymouth Corinthian CC	Sen	0922
23	Peter Norris	CS South Hams	Vet	0923
24	Paul Walshe	Plymouth Corinthian CC	Vet	0924
25	Robert Shaw	Alltrax	Sen	0925
26	Donald Brooks	Mid Devon CC	Vet	0926