

TAVISTOCK WHEELERS CYCLING CLUB

Presents

25 MILE TIME TRIAL

(incorporating Tavistock Wheelers Cycling Club's 'Best All Rounder' competition)

(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)

Sunday the 19th of MARCH 2023

Course S5/25S

Race starts at 08.01 hours

Timekeepers: - Peter Foubister and Martin Williams

Marshalls: Members and friends of Tavistock Wheelers Cycling Club

Event Sec: - Martin Williams,
12 Buddle Close,
Tavistock
Devon

PL19 0EG Tel: 01822 610958

Event H.Q., opens at 7am

AWARDS (one rider, one prize)

1st - £40

2nd - £30

3rd - £20

1st Lady - £40

2nd Lady -£30

3rd Lady £20

1st Veteran - £30

2nd Veteran - £20

1st Veteran Lady - £30

2nd Veteran Lady - £20

1st Team (lowest aggregate time for first 3 riders home £60)

1st Male on a Road Bike £30

1st Lady on a Road Bike £30

COURSE DETAILS: S5/25S

Start: On the A386 approximately 3 miles northwest of Tavistock at the northern end of the lay-by at the top of Wringworthy Hill (GR SX504776). Proceed north-westwards, Okehampton direction, through Mary Tavy, across Blackdown Moor and past Sourton Services to Fowley Cross roundabout. Give way and circle roundabout to retrace outward route and past the start point. Finish approximately 2 miles from Tavistock opposite the "Trout and Tipple" Public House (GR SX493757).
Intermediate mileage – Fowley Cross 11.7 miles.

Course Record Holder: 2010, Sean Childs, RNRMCA, Senior, Turn: **25:41:60**, Time: **56:22:60**

Ladies Course Record Holder: 17/03/19 Lauren Dolan, Mid Devon CC, Espoir, Time: **01:02:46**

Team Record (3 riders): 19/03/17 Tavistock Wheelers (Niall Todd, Lee Adams & Gavin MacDougall), Time: **03:06:33**

Tandem: John Morse & Martina Geraghty: 20/03/22 Penzance Wheelers, Time **01:09.34**

Junior: 22/03/15, Matt Langworthy: Mid Devon CC, Time: **00:59:16**

Club Records:

Senior: Lee Adams: 13/08/17 Time: **00:58:53**

Senior Lady: Hannah Colston:19/03/17 Time: **01:13:48**

Junior: Jordan Channon: 07/09/14 Time: **01:03:44**

Junior Lady: Phoebe Lloyd-Evans: 20/03/16 , Time: **01:22:04**

Attention all competitors.

Please note that all competitors are now required personally to sign the signing out sheet when returning their number.

Failure to do so will result in the competitor being recorded as DNF.

Headquarters

Tavistock Guide Hall, Bedford car park via Canal Road (PL19 8AR, GR SX 480 742). Please remove cycling shoes on the wooden floor. Open from 6.45am
Bedford car park is halfway down Plymouth Road directly opposite the bus station and next to the public library. Please purchase a parking ticket if you leave your car in the car park.

There are 2 off Toilets within the Hall itself and Public Toilets are available opposite too.

Tea, Coffee and Cakes will be provided for everyone. TWCC will of course gratefully accept voluntary donations.

Directions to start.

From HQ proceed through the centre of Tavistock and join A386 towards Okehampton. Start is at the top of the first hill approximately 3 miles from the town. Allow at least 20 minutes from the HQ.

We request that riders do not park vehicles at the layby at the start of the TT Course.

This is reserved for club officials only.

We need a safe area for cyclists to wait and to provide unobstructed clear sight lines for the Club Officials and Marshals.

We thank you in advance for your co-operation and understanding.

Should you wish to leave excess clothing/items at the start, then I'm sure a member of the club will safely hold onto them for you and your collection after the event.

TWCC do not accept liability for loss of clothing, equipment and/or valuables.

START LIST

Number	Start Time	Firstname	Lastname	Club	Gender	Category
1	08:01:00	Richard	Brown	Tavistock Whs CC	Male	Veteran
2	08:02:00	Elizabeth	Vernon	Tavistock Whs CC	Female	Veteran
3	08:03:00	Ian	Scott	City Cycle Couriers RT	Male	Veteran
4	08:04:00	Gail	Wong	Holsworthy Peloton	Female	Veteran
5	08:05:00	Frederick	Mayall	Exeter Whs CC	Male	Veteran
6	08:06:00	Pete	Bishop	Exeter Whs CC	Male	Veteran
7	08:07:00	Dom	Armstrong	Okehampton CC	Male	Senior
8	08:08:00	Marc	Curtis	Holsworthy Peloton	Male	Veteran
9	08:09:00	Lindsay	Hobbs	Tavistock Whs CC	Female	Veteran
10	08:10:00	Rob	Scott	City Cycle Couriers RT	Male	Senior
11	08:11:00	Gerard	Watts	Tavistock Whs CC	Male	Senior
12	08:12:00	Hannah	Smith	Tavistock Whs CC	Female	Senior
13	08:13:00	Mark	Smith	Plymouth Triathlon Club	Male	Veteran
14	08:14:00	Mat	Williamson	Holsworthy Peloton	Male	Veteran
15	08:15:00	Ian	Houvenaghel	Royal Navy & Royal Marines CA	Male	Veteran
16	08:16:00	Thomas	Williamson-Cary	Tavistock Whs CC	Male	Senior
17	08:17:00	Jonathan	Hobbs	Okehampton CC	Male	Senior
18	08:18:00	Simon	Brown	CS Dynamo	Male	Veteran
19	08:19:00	Nicky	Deane-Simmons	Tavistock Whs CC	Female	Veteran
20	08:20:00	Michael	Buckley	Tavistock Whs CC	Male	Senior
21	08:21:00	Lewis	Stritch	Holsworthy Peloton	Male	Senior
22	08:22:00	Alice	Lake	Cranbrook Cycle Club	Female	Senior
23	08:23:00	Danny	Hubbard	Holsworthy Peloton	Male	Senior
24	08:24:00	Nick	Percival	Holsworthy Peloton	Male	Veteran
25	08:25:00	Iain	McWass	Plymouth Corinthian CC	Male	Veteran
26	08:26:00	Aaron	Lawrence	Exeter Whs CC	Male	Senior
27	08:27:00	Andy	Hay	Tavistock Whs CC	Male	Veteran
28	08:28:00	Jeremy	Brown	Holsworthy Peloton	Male	Veteran
29	08:29:00	Cat	Hine	The Widger Spoke Easies	Female	Senior
30	08:30:00	Craig	Harper	Holsworthy Peloton	Male	Veteran
31	08:31:00	Greg	Rorke	Exeter Whs CC	Male	Veteran
32	08:32:00	Jenny	Jeeves	Holsworthy Peloton	Female	Veteran
33	08:33:00	Matthew	Teague	Tavistock Whs CC	Male	Veteran
34	08:34:00	Michael	Stone	Holsworthy Peloton	Male	Veteran
35	08:35:00	Philip	Ley	North Devon Velo	Male	Veteran
36	08:36:00	James	Baggott	Mid Devon CC	Male	Veteran
37	08:37:00	Lloyd	Copp	Okehampton CC	Male	Senior
38	08:38:00	Ben	Staley	North Devon Velo	Male	Senior
39	08:39:00	Cassandra	McDowall	Tavistock Whs CC	Female	Veteran
40	08:40:00	Nigel	Polkinghorne	Duchy Velo	Male	Veteran
41	08:41:00	John	Morse	Penzance Wheelers CC	Male	Veteran
42	08:42:00	Angharad	Berriman	Penzance Wheelers CC	Female	Veteran
43	08:43:00	Gary	Moore	Tavistock Whs CC	Male	Veteran
44	08:44:00	Andrew	Stokes	Okehampton CC	Male	Veteran
45	08:45:00	Roger	Sheridan	North Devon Velo	Male	Veteran
46	08:46:00	Karl	Jones	Newbury Velo	Male	Veteran
47	08:47:00	Sam	Rowell	Cranbrook Cycle Club	Male	Senior
48	08:48:00	Neil	Bennett	North Devon Velo	Male	Veteran
49	08:49:00	Eve	Newton	Army Cycling	Female	Senior
50	08:50:00	James	Pearcy	Mid Devon CC	Male	Espoir
51	08:51:00	Gregory	Moss	North Devon Velo	Male	Senior
52	08:52:00	Hannah	Worth	Tavistock Whs CC	Female	Veteran
53	08:53:00	Peter John	Hutchins	Holsworthy Peloton	Male	Senior
54	08:54:00	Seamus	Sheard	Exeter Triathlon Club	Male	Senior
55	08:55:00	Ken	Holder	City Cycle Couriers RT	Male	Veteran
56	08:56:00	Jon	Tune	City Cycle Couriers RT	Male	Veteran
57	08:57:00	Tony	Symons	Tavistock Whs CC	Male	Veteran
58	08:58:00	Matt	Tupman	Okehampton CC	Male	Senior
60	09:00:00	Simon	Marshall	Cranbrook Cycle Club	Male	Senior

Sponsored Clubs

City Cycle Couriers RT

Notes to all riders

Please observe the Highway Code. Ride with your head up and do not white line. It is also advisable to wear bright clothing.

In the interests of your own safety Cycling Time Trials and the event promoters strongly advise riders to wear a HARD SHELL HELMET that meets an approved international safety standard. Local regulation 1 - All riders on completion of their competitive ride must continue without stopping or turning in the road to the event HQ.

Please be advised of the following potential hazards:

We politely request that no other vehicles other than club officials park at the starting Lay by.

This is a safety measure to ensure the required level of vision, for our officials, for approaching cars from the Tavistock direction.

Following recent storms and bad weather, Pot Holes have appeared on the A386. Please take care when passing/avoiding these hazards.

At miles 4.2 to 4.5 & 18.9 to 19.2 Beardon Bends. Please take care here

At miles 6.8 & 16.6 Southerley bends. Please take care here

At miles 7.2 to 8.2 & 15.2 to 16.2 Traffic calming islands. Please take care here

At miles 23.7 to 24.1 Wringworthy Hill, fast downhill bends, junction at the bottom on the left. Please take care here

Please remember that Event Officials have no legal right to interfere with or regulate traffic.

Please do not approach finishing time keepers whilst the event is in progress.

Please call out your number loud and clear on the finish line.

Riders waiting to start must do so 20 metres before the timekeeper and stand well to the left and in single file

Paced and Company Riding – Time Trialling for Beginners states that “When 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 yards is required

Thank you all for your support and we hope you have a safe and successful ride.

Front and Rear lights are now compulsory, together with an approved Helmet

<https://www.pointtopoint.co.uk/events/7071>

Lamerton Hunt are staging a Point to Point meeting on the same day. 1ST Race 1pm. We can expect Horse boxes on the A386 late morning