



citycycle couriers

ECO & FRIENDLY
Next Day Delivery

07875 760254
citycyclecouriers-plymouth.com

S4/10
10 Mile Time Trial
Sunday 21st August 2022
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 & Anne Guest
Members & friends of City Cycle Couriers RT
St Lukes Church, Lower Hall, Plymouth Road, Buckfastleigh,
TQ11 0DA.

Course Record Holder

Marcin Bialoblocki – NopinZ – 4th July 2019 – 17:51

The Event Headquarters will be open from 7am, please collect number and sign on. Please note limited parking at HQ, please do not park outside HQ – these spaces are for club officials only.

Course Details:

S4/10 - Start on the A38 approximately 1.3 miles South West of Buckfastleigh at a point level with the penultimate sink in the acceleration lane opposite Dean Prior Parish Church (GR SX730634). Proceed Northeastwards towards Exeter and take the second slip road signed "Ashburton" (Linhay), where filter left into slip road. At the give way line turn right and bear right in 50 yards to cross A38 and rejoin the A38 towards Plymouth. Retrace outward route passing Ashburton, Buckfastleigh and the slip road signed "Lower Dean". Finish at the drain cover level with the start of the taper at the western end of the lay-by and approximately 500 yards before Dean Prior Church (GR SX730640).

Intermediate mileage – Ashburton Town Sign 5.33miles.

After finishing continue along A38 past Dean Prior church (on left) then take the slip road for Rattery. Cross the A38 using the slip road and rejoin the carriageway direction Exeter.

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.
 - 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 will need to self-start, with one foot on the ground. Remember, no front/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.
- 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 compulsory. Competitors under the age of 18 must wear a hard shell helmet.
 - 6.) 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..
 - 7.) Under NO circumstances should you ride with headphones, anyone seen to do so will be disqualified.

**NO FRONT LIGHT – NO RIDE
NO REAR LIGHT – NO RIDE
NO HELMET – NO RIDE**

Prizes:

**Trophies: 1st, 2nd & 3rd
Medals for all competitors**

**Sponsored Clubs: City Cycle Couriers RT, BPM Coaching, Aero Coach, Primera-
Teamjobs**

City Cycle Couriers RT
S4/10

Starting Order:

No.	Name	Club	Cat	Start
1	Philip Young	Alltrax	Vet	08:01:00
2	Peter Norris	Cycle Sport South Hams	Vet	08:02:00
3	Shaun Collier	Torbay Tri Club	Vet	08:03:00
4	Simon Brown	CS Dynamo	Vet	08:04:00
5	Anthony Green	Penzance Wheelers CC	Senior	08:05:00
6	Ian Scott	City Cycle Couriers RT	Vet	08:06:00
7	Peter Loader	Mid Devon CC	Vet	08:07:00
8	Rob Scott	City Cycle Couriers RT	Senior	08:08:00
9	Alice Lake	Cranbrook Cycle Club	Senior	08:09:00
10	Paul Walshe	Plymouth Corinthian CC	Vet	08:10:00
11	Oliver Baylin	Www.Giant-Helston.Co.Uk	Senior	08:11:00
12	Alan Hughes	Exeter Triathlon Club	Vet	08:12:00
13	Christian Bird	North Devon Velo	Vet	08:13:00
14	Tony Ballinger	Honiton Spinners	Vet	08:14:00
15	Andrew Jason	City Cycle Couriers RT	Vet	08:15:00
16	Mark Szender	Exeter Whs CC	Vet	08:16:00
17	Mat Kelly	Pure Endurance	Senior	08:17:00
18	Andy Hay	Tavistock Whs CC	Vet	08:18:00
19	Michael Hooper	Tri Logic Cornwall	Senior	08:19:00
20	Lubos Obornik	CS Dynamo	Vet	08:20:00
21	Mark Sanders	Mid Devon CC	Vet	08:21:00
22	Phil Smith	Mid Devon CC	Vet	08:22:00
23	James Greenaway	Bpm Coaching	Senior	08:23:00
24	Lewis Stritch	Holsworthy Peloton	Senior	08:24:00
25	Alexander Ballinger	George Fox Cycling Solutions	Senior	08:25:00
26	Philip Ley	North Devon Velo	Vet	08:26:00
27	Gregory Moss	North Devon Velo	Senior	08:27:00
28	Doug Parker	Sid Valley CC	Vet	08:28:00
29	Sophie Butcher	Tri Logic Cornwall	Senior	08:29:00
30	Blake Pond	AeroCoach	Senior	08:30:00
31	Nigel Polkinghorne	Duchy Velo	Vet	08:31:00
32	Ian Houvenaghel	Royal Navy & Royal Marines CA	Vet	08:32:00
33	Nathan Jenkin	Tri Logic Cornwall	Senior	08:33:00
34	Chris Harper	Penzance Wheelers CC	Vet	08:34:00
35	Simon Marshall	Exeter Whs CC	Senior	08:35:00
36	Kevin Weymouth	Mid Devon CC	Vet	08:36:00
37	Jimmy Richards	Axe Valley Pedallers	Senior	08:37:00
38	Craig Harper	Holsworthy Peloton	Vet	08:38:00
39	Tori Loze	North Devon Velo	Senior	08:39:00
40	William Barr	Beacon Roads CC	Senior	08:40:00
41	Ollie Pennington	1st Chard Wheelers	Senior	08:41:00
42	Mark Pierce	Plymouth Corinthian CC	Senior	08:42:00

43	Julian Smith	Torbay Tri Club	Senior	08:43:00
44	Phil Bowden	Saint Piran	Vet	08:44:00
45	Harry Loader	Mid Devon CC	Senior	08:45:00
46	James Grogan	Www.Giant-Helston.Co.Uk	Senior	08:46:00
47	Ian Deakin	Mid Devon CC	Vet	08:47:00
48	Philip Bache	Tri Logic Cornwall	Senior	08:48:00
49	Rose Willis	St Austell Whs CC	Vet	08:49:00
50	Steven Walklin	City Cycle Couriers RT	Vet	08:50:00
51	Tom Smith	Duchy Velo	Senior	08:51:00
52	Conrad Moss	Primera-Teamjobs	Vet	08:52:00