

Open 25 Miles Time Trial

Sunday 31st July 2022 at 07:30am

Course S101/25

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

Event secretary: James Hadfield, 19 Hillcrest Avenue, Truro, TR1 3NE. Mobile: 07775 627554
Email: james@jhcarpentryandjoinery.co.uk

Timekeepers: - Sean Parker and Phil Bowden

Marshalls and helpers: members & friends of www.giant-helston.co.uk

Event HQ: Cranked Bikes, Victoria Business Park, Roche Victoria, St Austell, PL26 8LX. Open from 06:30. The Owner James has allowed the use of his car park and will open for use of coffee and facilities so please treat with respect. However the use of Cornwall services for the toilet will be better used? I will have a tent outside for sign on.

Allow 10 minutes to get from HQ to start. To reach the start avoiding the A30 dual carriageway, leave the HQ and turn right to T-junction where turn right. Follow this road past service station to Victoria Interchange. At roundabout take 2nd exit over A30 dual carriageway and 1st exit at next roundabout east along the old A30 past the finish. On reaching the Innis Downs Interchange at the roundabout take 3rd exit back over dual carriageway. At the roundabout Take 2nd exit to the start.

Prizes:

There will be no prizes for this event, Money raised from event will be used to pay Marshalls and timekeepers, without them we would not be able to hold events. Any profits will be reinvested on equipment to improve races. There will be no prize giving or results at the end of the race. This is because Roche Victory Hall will not permit me the use of the hall. We can use the toilet and car park. I am allowed to use the kitchen so if you would like a tea to drink outside please bring your own mug. I will put times up as soon as I have them and post full results on facebook and to ctcc asap on the day.

Course.

Start on the 'No Through' road (Grid Ref SX031 629), at the first lamppost on the right from the roundabout. Proceed to roundabout, take 1st exit marked A30 West, Newquay, Redruth to join the A30 (with care). Continue until slip road off, sign to Newquay, Indian Queens, at bottom of slip road join underpass (with care). Pass under A30 and take the 4th exit marked Bodmin to rejoin A30 east bound (with care). Continue until Victoria interchanges. Take slip road off signed Victoria, Roche, to roundabout, take 3rd exit to cross over A30 to next roundabout. Take 2nd exit to rejoin A30 going west (with care). and repeat 1st lap. On completion of 2nd lap at Victoria interchange, take slip road signed Victoria, Roche to roundabout, take 1st exit onto the old A30 to the finish at the gate at the bottom of the dip just before road opposite under the new A 30.(Grid Ref SX013 627)

Please do not continue down the A30 at Victoria Interchange as shown on cttc. Second lap you need to take first exit down at roundabout and continue down old A30.

Riders must:

wear an approved hard shell helmet as defined in the CTT handbook

- obey laws relating to road use
- avoid warming up past start and finish areas
- wait in single file at the start keeping as close to the verge as possible
- **RIDER TO SHOUT OUT YOUR NUMBER AS YOU COMPLETE THE RACE**
- avoid stopping at the finish
- after finishing take care and proceed back to race HQ
- The hq is for signing on only, we have access to the toilet but use of Cornwall services for toilet is preferred.
- Be aware of the course, it is your responsibility to know the course. The marshals are there for your safety.

NOTE 1: YOU MUST HAVE A WORKING LIGHTS DURING THE RACE, NO LIGHT NO RACE.

NOTE 2: GIVE WAY TO OVERTAKING RIDER

NOTE3: BRING YOUR OWN PINS AND PEN TO SIGN IN AND OUT.

