



Duchy Velo Time Trial S100/10 Wednesday 15th June 2022

Promoted for and on behalf of the Cycling Time Trials
under their rules and regulations
Event secretary - Robin Riches 07990976281
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Event HQ – Lanivet Community Centre, Rectory Road,
Lanivet, PL30 5HG
Time-keepers – Sean Parker and Tim McEvoy
Start time - 1901 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 Sean Parker and Tim McEvoy. I hope everyone has a safe and fast ride.

HQ: Lanivet Community Centre, Rectory Road, Lanivet, PL30 5HG

We have use of one of the rooms in the building which is accessed at the rear. There are changing rooms and toilets if needed. Please note that there will be other groups using the facility during the evening. There is plenty of parking available.

From HQ to start line – approximately 4 miles

Head back down to the main road (A389) through Lanivet and turn left. Carry on up to the Innis Downs junction and take either the single carriageway 'old A30' or the dual carriageway A30 to the Victoria Interchange. Follow signs for Roche on the B3274 and continue past the junction on your left. The start line is just beyond Magnet on the opposite side of the road. Please be careful performing a U turn to join the start queue. Find a clear point in the road away from the brow of the hill and any junctions.

Course

This course is a very straightforward out and back on the A30. In terms of navigation, the only real place where you can go wrong is on the turn...there is one more exit that you expect! There will be three marshalls on this roundabout. They are a visible presence and there to help guide you around the roundabout but please remember they cannot stop traffic. Riding safely is always your responsibility. Once you have finished your ride, continue on the A30 to the Victoria Interchange and exit onto the old A30 to head back to the HQ.

Start adjacent to middle post of farm gate 10yds west of 'Magnet' entrance on old a30 at Victoria, (grid ref sw618 985). Proceed easterly to Victoria interchange. take 1st exit marked a30 west, Redruth. Join the A30 dual carriageway (with care), continue until slip road marked signpost Newquay, Indian Queens. At top of slip road join onto underpass road (with care). Pass under A30 and take sixth exit marked Bodmin to re-join A30 east bound (with care). Continue until 2nd lay-by from interchange at Indian Queens and finish adjacent to 17th reflector post, marking lay-by.

Event Rules

- All competitors must 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.
- A flashing red rear light and a front light are compulsory. **No lights, no ride.**
- The wearing of hardshell helmet as defined in the CTT handbook is compulsory.
- At the start, competitors must wait in single file at least 4 metres from timekeeper.
- Event officials must not seek to regulate or interfere with other traffic - CTT Reg.20.
- If you are caught by another rider the Regulations require the overtaken rider to fall back to at least 50 metres behind the quicker rider.
- Please help the time keepers - when finishing please call your number out loud; it is difficult to see rider's numbers at race speed, especially in the rain.
- On completion of their ride, competitors must continue without stopping and return single file to the event HQ to sign back in.

Prizes

I hope no one will be upset that I have decided to not offer cash prizes. As many will know, these events are quite tight with finances and I feel that the priority is to be in a position to pay the timekeepers and marshals who give up their time (and opportunity to compete) for us to race. We will however have something to offer our 1st Male and 1st Female rider.

There will be some refreshments at HQ and plenty of smiles.