



citycycle couriers

ECO & FRIENDLY
Next Day Delivery

07875 760254
citycyclecouriers-plymouth.com

S4/10

10 Mile Time Trial

Sunday 16th August 2020

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

Rob Barrow & Mark Gorman
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 6am, 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.
- All warm-ups should be done on the road. Static warm-ups are prohibited (no turbo trainers near the headquarters).
- 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 MUST NOT gather in any way regardless of current guidelines in the car park/s, sign-on area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish line and MUST NOT loiter at the Sign-on/Car park/s and MUST pack away and leave immediately upon completion of the race.
- **THIS IS IMPORTANT!!** Please keep away from the start area during pre-race warm-up and do not report to the start line any earlier than 4 minutes before your designated start time. Adhere to the 2-metre social distancing rule
- NO CLOTHING TO BE LEFT ON START LINE – REPORT TO THE START LINE APPROPRIATELY DRESSED, READY TO RACE. The start line is only 1.5 miles away from HQ. (For CTT events, riders must have their upper arm covered – ie. No tri-suits. Numbers to be secured to the body with safety pins as opposed to a tri-belt). You'll need to bring your own safety pins.

COVID19 – RIDERS PLEASE READ CAREFULLY (Continued)

- Riders will need to self-start, with one foot on the ground. Remember, no 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.

Sign-on

Signing on will be available on Saturday 15th August at The Business Centre, 2 Cattedown Road, Plymouth, PL4 0EG between 2-3pm. You will be able to sign on and collect your number if you wish.

**Signing on also available on the day from 6am –
St Lukes Church, Lower Hall, Plymouth Road, Buckfastleigh, TQ11 0DA.**

PLEASE BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY.

Notes to riders:

- 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 advisory. Competitors under the age of 18 must wear a hard shell helmet.
- 6.)
- 7.) 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..
- 8.) Under NO circumstances should you ride with headphones, anyone seen to do so will be disqualified.
- 9.) **All competitors – please be aware of CTT Regulation 14(i):
No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.**

NO REAR LIGHT – NO RIDE.

Starting Order:

No.	Name	Club	Cat.	Age	LTS	Start
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Ladies

1	Martina Geraghty	Penzance Wheelers CC	Veteran	50	00:24:10	0701
2	Lisa Crawford	Plymouth Corinthian CC	Veteran	54	00:24:48	0702
3	Connie McLaughlin	Dartmoor Velo	Junior	17	00:30:00	0703
4	Dawn Tuner	Plymouth Corinthian CC	Veteran	50	00:32:31	0704
5	Maria Weymouth	Mid Devon CC	Veteran	46	00:23:47	0705
6	Natasha Reddy	Bianchi Dama	Espoir	21	00:24:25	0706
7	Hannah Rainger	Propello	Junior	17	00:26:51	0707
8	Helen Soby	Plymouth Corinthian CC	Veteran	52	00:31:00	0708
9	Kari Eilertsen	Alltrax	Senior	27	N/A	0709
10	Ellie MacKman	Cheltenham & County Cycling Club	Senior	22	00:23:42	0710
11	Rose Willis	St Austell Whs CC	Veteran	46	00:24:04	0711
12	Catherine Hilton	Sid Valley CC	Veteran	47	00:23:28	0712

Men

13	Ivor Pooke	City Cycle Couriers RT	Veteran	70	00:26:15	0713
14	Bob Brabbins	Wellington Wheelers Cycling Club	Veteran	77	00:28:04	0714
15	Ian Scott	City Cycle Couriers RT	Veteran	66	00:27:49	0715
16	Rob Scott	City Cycle Couriers RT	Senior	32	00:19:59	0716
17	Peter Bishop	Exeter Whs CC	Veteran	60	N/A	0717
18	Richard Brown	Tavistock Whs CC	Veteran	48	00:22:02	0718
19	Michael Alexander	Royal Navy & Royal Marines CA	Veteran	57	00:31:30	0719
20	Andrew Parnowski	City Cycle Couriers RT	Veteran	50	00:20:41	0720
21	Alan Hughes	Exeter Triathlon Club	Veteran	48	00:21:36	0721

Juveniles / Juniors

22	Reuben Heal	Mid Devon CC	Junior	16	00:22:40	0722
23	Ruben Stacey	North Devon Wheelers	Juvenile	14	00:24:36	0723
24	Jacob Riby	Team Sportslab	Juvenile	15	00:25:10	0724
25	Jack Dallyn	Exeter Whs CC	Junior	18	00:21:00	0725
26	Abe Reid	Tavistock Whs CC	Juvenile	15	00:22:00	0726
27	Morgan Gibson	Mid Devon CC	Junior	17	00:23:30	0727
28	Felix Whetter	St Austell Whs CC	Junior	16	00:24:40	0728
29	Callum Start	Mid Devon CC	Junior	16	00:26:10	0729

Espoirs

30	Joshua Clark	Royal Navy & Royal Marines CA	Espoir	22	00:19:32	0730
31	Hugh Madeley	London Dynamo	Espoir	22	00:23:00	0731
32	Ollie Pennington	1st Chard Wheelers	Espoir	21	00:23:50	0732
33	Gregory Moss	North Devon Wheelers	Espoir	21	00:24:20	0733
34	Hassan Nada	Royal Navy & Royal Marines CA	Espoir	19	00:26:25	0734
35	MacAuley Vincent	Axe Valley Pedallers	Espoir	20	00:21:30	0735

Men (continued)

36	Doug Parker	Sid Valley CC	Veteran	57	00:21:52	0736
37	Phil Bowden	Saint Piran	Veteran	52	00:22:46	0737
38	Brett Barber	Mid Devon CC	Veteran	57	00:24:26	0738
39	Ben Oman	Plymouth Triathlon Club	Veteran	42	00:26:57	0739
40	Jason McGowan	www.giant-helston.co.uk	Veteran	48	00:19:47	0740
41	Roger Sheridan	North Devon Wheelers	Veteran	59	00:21:12	0741
42	William Hornby	Cycle Sport South Hams	Veteran	44	00:22:19	0742
43	Chris Harper	Penzance Wheelers CC	Veteran	61	00:23:42	0743
44	Chris Puertas	Alltrax	Veteran	55	00:25:00	0744
45	Tom Scorer	Royal Navy & Royal Marines CA	Senior	39	00:20:37	0745
46	Rob Smith	Royal Navy & Royal Marines CA	Veteran	48	00:21:44	0746
47	John Morse	Penzance Wheelers CC	Veteran	55	00:22:44	0747
48	Terry Harvey	Army Cycling	Veteran	55	00:24:02	0748
49	David Gray	Axe Valley Pedallers	Veteran	57	00:26:27	0749
50	Blake Pond	North Devon Wheelers	Senior	37	00:19:21	0750
51	Chris Vellacott	Royal Navy & Royal Marines CA	Veteran	58	00:21:11	0751
52	William Ginieres	Penzance Wheelers CC	Senior	36	00:22:05	0752
53	Stuart Edwards	Royal Navy & Royal Marines CA	Veteran	55	00:23:23	0753
54	David Roe	Revo Racing	Veteran	71	00:24:46	0754
55	Frederik Scheske	VITUS PRO CYCLING	Senior	24	00:20:15	0755
56	Chris Guest	St Austell Whs CC	Veteran	47	00:21:42	0756
57	Stewart Dunn	Mid Devon CC	Senior	37	00:22:41	0757
58	Neil Minion	Plymouth Triathlon Club	Veteran	56	00:24:01	0758
59	Gerald Page	Somerset RC Tri Club	Veteran	59	00:26:21	0759
60	Mark Emsley	Team TMC	Senior	31	00:19:20	0800
61	Kevin Weymouth	Mid Devon CC	Veteran	50	00:21:07	0801
62	Peter Norris	Cycle Sport South Hams	Veteran	44	00:22:03	0802
63	Richard Stenton	Tavistock Whs CC	Veteran	68	00:23:15	0803
64	Mark Szender	Exeter Whs CC	Senior	38	00:24:43	0804
65	Lee Sanderson	Mid Devon CC	Veteran	54	00:20:14	0805
66	Tom Moran	Plymouth Corinthian CC	Veteran	60	00:21:42	0806
67	Mick Daniels	National Ventilation	Veteran	40	00:22:40	0807
68	Sean Childs	Royal Navy & Royal Marines CA	Veteran	49	00:24:00	0808
69	Christian Bird	North Devon Wheelers	Veteran	49	00:25:39	0809
70	Lee Frost	NOPINZ Symec Race Team	Senior	37	00:19:18	0810
71	Owen Prior	Exeter Whs CC	Senior	35	00:20:57	0811
72	Sean Ferguson	Mid Devon CC	Veteran	48	00:22:01	0812
73	Rupert Warren	Exeter Triathlon Club	Veteran	52	00:22:55	0813
74	Anthony Everson	Army Cycling	Veteran	52	00:24:32	0814
75	Jason Kettle	Mid Devon CC	Veteran	49	00:20:11	0815
76	Adam Gitlin	Alltrax	Veteran	49	00:21:17	0816
77	Simon Patterson	Somerset RC Tri Club	Veteran	45	00:22:39	0817
78	Ken Holder	City Cycle Couriers RT	Veteran	50	00:24:00	0818
79	Cameron Leslie	Royal Air Force Cycling Association	Senior	23	00:25:18	0819
80	Andrew Perkins	Mid Devon CC	Veteran	49	00:19:12	0820
81	James Cartlidge	Plymouth Corinthian CC	Senior	33	00:20:52	0821
82	Phil Smith	Mid Devon CC	Veteran	60	00:22:01	0822
83	Stewart Cox	Royal Navy & Royal Marines CA	Veteran	56	00:22:51	0823
84	Oliver Baylin	www.giant-helston.co.uk	Senior	25	00:24:30	0824
85	Paul Walshe	Plymouth Corinthian CC	Veteran	44	00:20:05	0825
86	Oscar Hutchings	Team Tor 2000 KALAS	Senior	28	00:21:14	0826

87	Gregory Stacey	North Devon Wheelers	Veteran	48	00:22:34	0827
88	Craig Woodward	Plymouth Corinthian CC	Veteran	56	00:23:56	0828
89	Gidon Reid	Tavistock Whs CC	Veteran	47	00:25:00	0829
90	Gavin MacDougall	Royal Navy & Royal Marines CA	Veteran	53	00:19:09	0830
91	Lee Adams	Bpm Coaching	Senior	32	00:20:44	0831
92	Samuel Wyatt-Haines	Exeter Whs CC	Senior	24	00:22:00	0832
93	James Greenaway	Bpm Coaching	Senior	29	00:22:47	0833
94	Paul Wynne	Exeter Whs CC	Veteran	60	00:24:30	0834
95	Lubos Obornik	CS Dynamo	Veteran	53	00:19:51	0835
96	Tim Heal	Mid Devon CC	Veteran	51	00:21:33	0836
97	Nick Blight	North Devon Wheelers	Senior	37	00:22:21	0837
98	Terence Leonard	St Budeaux C C	Veteran	62	00:23:56	0838
99	Frederick Mayall	Exeter Whs CC	Veteran	56	00:25:00	0839
100	Robert Willcocks	Royal Air Force Cycling Association	Senior	39	00:18:52	0840
101	Harry Loader	Team Bottrill	Senior	24	00:20:41	0841
102	Richard Babbage	Mid Devon CC	Veteran	50	00:21:56	0842
103	Sean Townsend	Magspeed Racing	Senior	26	00:18:47	0843

Sponsored Clubs:

City Cycle Couriers RT
Alltrax
BPM Coaching
Giant Helston
MagSpeed Racing
NopinZ Symec RT
Saint Piran
Team Bottrill
Tor 2000 – Kalas
Vitus Pro Cycling – Brother UK

Results will be posted on the SW Time Trials Facebook page as soon as they are received from the Timekeepers on the afternoon of the event. Watch out for the link!
We are very grateful for the support from riders for this event.