

# **TAVISTOCK WHEELERS CYCLING CLUB**

## **Presents**

### **SW District Sporting Champs 25m TT**

(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 16th of June 2024**

#### **Course S5/25s**

**Race starts at 08.01 hours**

**Timekeepers:** - Peter Foubister & Martin Legg  
Wheelers Cycling Club

**Marshalls:** Members and friends of Tavistock

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

**Event H.Q.**, opens at 7am

PL19 0EG Tel: 01822 610958 (07471 502152)

#### **AWARDS**

- 1st Open, TT Bike, 1 medal
- 1<sup>st</sup> Open, Road Bike, 1 medal
- 1st Female, TT Bike, 1 medal
- 1<sup>st</sup> Female, Road Bike, 1 medal
- 1st Open Vet on Age std, TT Bike, 1 medal
- 1<sup>st</sup> Open Vet on Age Std, Road Bike, 1 medal
- 1st Female Vet on Age Std, TT Bike, 1 medal
- 1<sup>st</sup> Female Vet on Age Std, Road Bike, 1 medal
- 1st Female Team, 3 medals
- 1<sup>st</sup> Open Team 3 medals, Any combination of genders

#### **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, RNRMC, 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 Worth: 19/03/23 Time: **01:09:47**

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

**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.

*TT guidance reminds us that riders should not exceed speed restrictions. This is part of riding and racing safely. Riders should not exceed speed restrictions and should not over take other road users unless it is safe to do so. An example would be overtaking a slow moving vehicle such as a tractor, where the road is wide enough."*

## START LIST

### Sponsored Clubs

N/A

### 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 demand that 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/7326>

Lamerton Hunt are staging a Point to Point meeting on the same day. 1<sup>ST</sup> Race 13:00. We can expect Horse boxes on the A386 late morning