

# GIANT HELSTON

## Open 25 Miles Time Trial

Sunday 30<sup>th</sup> June 2019 at 07.30

Course S100/25

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

**Event secretary:** James Hadfield  
19 Hillcrest Avenue, Truro, TR1 3NE. 07775627554

**Timekeepers:** - Tony Farnell and assistant.

**Marshalls and helpers:** members & friends of [www.gianthelston.co.uk](http://www.gianthelston.co.uk)

**Event HQ:** . Roche Victory Hall, Victoria Rd, Roche, St Austell, PL26 8JF Please park considerately. Allow 10 minutes to get from HQ to start. Open from 07.00.

**Prizes:** (1 rider 1 prize)

**1<sup>st</sup> Overall £20 2<sup>nd</sup> £15 3<sup>rd</sup> £10    Women 1st £20 2<sup>nd</sup> £15 3<sup>rd</sup> £10**  
**Male Vet 40-49 £15 Male Vet 50-59 £15 Male Vet 60+ £15**

**Course.** Start adjacent to middle post of farm gate 10 yds west of “Magnet Co” entrance on the old A30 at Victoria. Proceed easterly to Victoria Interchange (M). Take 1st exit marked A30 West, Redruth. Join the A30 dual carriageway (with care), continue until slip road marked signpost Newquay, Indian Queens. At bottom of slip road enter onto underpass road (with care) (M). Pass under A30 and take the fourth exit marked Bodmin to rejoin A30 East bound (with care). Continue until Victoria interchange. Take slip road signed Victoria, Roche (M). Traverse interchange to again take slip road signed A30 West. Join A30 and repeat 1st lap. On completion of 2nd lap at Victoria interchange continue on A30 until Innis Downs Interchange sign posted “Innis Downs Interchange, St Austell, Lanivet”, to fork left onto exit slip road, at top of slip road (M) enter roundabout to take 1st Left onto old A30 to finish approximately 500 yards along that road. After finishing continue along old A30 to Victoria Interchange to cross over and return to HQ ensuring that you do not interfere with any riders still in competition

**All competitors must:**

- wear an approved hard shell helmet as defined in the CTT handbook
- obey laws relating to road use
- avoid U-turns and warming up past start and finish areas
- wait in single file at the start keeping as close to the verge as possible
- shout out your number as you pass the finish to complete the race
- avoid stopping at the finish – ride straight back to the race HQ

Note: it is recommended that you use a working rear light during the race