



PCCC Promotes 10 mile Time Trial S/AVONWICK

Date: 04th April 2021

Start Time: 08:00am

Event Secretary:

James Cartlidge

12 Plymview Close

Plymouth, PL3 6LA

07534818560

Time-keeper: Lynn Marris Marshals: Member of PCCC

Event HQ <https://southbrentrecreationassociation.weebly.com/>

**PALSTONE PARK RECREATION GROUND, EXETER ROAD SOUTH BRENT DEVON ,
TQ10 9JP**

Limited parking is available at the HQ, please park considerately. If using a trainer please do not use in close proximity to other riders.

More parking available in South Brent in the free car park off Balmoral Lane.

If parking in a residential area please park considerately and do not use trainers outside someone's house.

**PLEASE NOTE COVID-19 PROTOCOL (annexed) APPLICABLE TO THIS
EVENT PLEASE BRING YOUR OWN PEN TO SIGN ON AND AT LEAST 4
SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER, AS
THESE WILL NOT BE PROVIDED. YOUR RACE NUMBER IS
DISPOSABLE, PLEASE DO NOT RETURN IT PLEASE USE THE HAND
SANITISER PROVIDED.**

Rear light must be used – NO LIGHT NO RACE

START: Start in Palstone Lane, South Brent, a cul de sac, some 30 yards prior to its junction with the B3372 level with the steel gate opposite Palstone Farm.

COURSE DETAIL: From start turn left on to the B3372 (M1). At the roundabout take the second exit (M2), still on the B3372. Pass under the A38 and veer left on to an unnamed road for Avonwick. In Avonwick go S/O to the Plymouth Road in the direction of Totnes. Remain on this road to Fork Cross. Turn left at Fork Cross (M1) into an unnamed road signed "Venton and Tigley" in 200 yards veer left and continue under the railway bridge (M1) to reach the A385 at Venton Corner. Enter the A385 (M1).

Cross the railway line and at the Marley Head No 1 roundabout take to third exit to cross the A38. At the Marley Head No 2 roundabout take the first exit onto the B3372.

Remain on the B3372 to pass the Palstone Lane junction.

At the roundabout take the first exit into Kerries Lane to finish level with the centre of the entry to "Moortek".

Riders to continue without stopping or turning in the road till they have at least reached Brakefield Road. They may turn here if safe to do so and return to the event HQ.

Course Notes:

Warning of approaching traffic hazards at Avonwick River Bridge (road narrows) and the bridge under the railway line at Venton limited visibility.

The road surface (like most roads) is poor in patches, and there are some nasty pot holes, which I will try and highlight with spray paint. But please ride with your head up at all times.

Strava Link : <https://www.strava.com/segments/27784916>

Youtube Video Link: <https://www.youtube.com/watch?v=pLQb89zeSTY>

Prizes

ONE RIDER ONE PRIZE – FOLLOWING COVID PROTOCOL PRIZEWINNERS WILL BE CONTACTED AND PRIZE MONEY TRANSFERRED.

Prizes		
Overall Male		
1	2	3
£20.00	£15.00	£10.00
Overall Ladies		
1	2	3
£20.00	£15.00	£10.00
Road		
1	2	3
£20.00	£15.00	£10.00
Vets		
40 Plus	50 Plus	60 Plus
£20.00	£20.00	£20.00
Junior		
1	2	
£20.00	£15.00	

Road Rider' - Standard Bike, no discs/tri-spokes, no clip-ons, no aero helmet Please mark signing on sheet to enter this category.

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 (by text) of your intention not to start as a result of an adverse warm-up.
- No support can be provided if a competitor suffers mechanical difficulties during the event. It is strongly advised therefore 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. Keep 2-metres apart. Facemasks required at signing on. • 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 at start line – report to start line dressed to race.
- Riders will need to self-start, with one foot on the ground.
- 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.

PLEASE REVIEW & OBSERVE THE CTT COVID RISK ASSESSMENT ON THE CTT WEBSITE <https://cyclingtimetrials.org.uk/documents/index/covid-19>

We are very fortunate to be able to continue with our sport during the present restrictions – please ensure you do nothing that breaches COVID guidelines and which might bring the event or the sport into disrepute.

Reminder of Regulations

- Helmets that meet CTT Regulation must be worn by all competitors who are under 18 youths and juniors. NO helmet means NO ride. Helmets are strongly recommended to all other riders.
- Under 18s, don't forget your parental consent forms.
- Observe CTT regulations especially those relating to company riding and to following vehicles. Mobile and stationary observers will act if riders are seen in contravention of CTT Regulations or the Highway Code.
- No competitor shall be permitted to start unless he or she has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated, in position and clearly visible to other road users. No rear light – no ride