



## Wadebridge Coasters Open 10 Mile Time Trial Wednesday 20th July 2020, Course S110/10

(Promoted for & on behalf of CYCLING TIME TRIALS under their Rules & Regulations)

<b>Event Organiser</b>	Damian Cudmore 5 Marshall Avenue, Wadebridge PL27 6BB. Mobile: 07588 585518
<b>Headquarters</b>	Event Headquarters is at St Eval Community Centre, Orion Drive, Wadebridge PL27 7TU. Toilet facilities. There is a large parking area and extra parking outside the Kernow Chocolate Factory.
<b>Start time</b>	First rider 19.01
<b>Timekeepers</b>	<b>Finish:</b> Dave Bolton, <b>Start:</b> Damian Cudmore
<b>Marshals &amp; event support</b>	Members of Wadebridge Coasters, Family & Friends
<b>Prizes</b>	Overall            1st £15, 2nd £10, 3rd £5 Ladies            1st £15, 2nd £10, 3rd £5  Mens & Ladies Vets 1st Vet A (40-49) £10, 1st Vet B (50-59) £10, 1st Vet C (60+) £10  Mens & Ladies 1st Road Bike £10. Please note on sign on if you are using a road bike with no aero aids including deep rims (above 50mm).  1st, 2nd, 3rd Juvenile - Medals  1st Espoir £10  All competitors get a medal

### Safety guidance

Please observe the Highway Code. Ride with your **HEAD UP** at all times. Do not white line. Regulations provide that all competitors must observe the law of the land relating to road use and any riders found riding dangerously must expect to be liable to strict disciplinary action. Sign in from 17.45, please remember to sign back in after your ride, failure to do so could lead to DQ. First rider off at 19:01. **FRONT & REAR LIGHTS NEEDED AS WELL AS A HELMET, NO LIGHTS NO RIDE.**

At the start, competitors must wait in single file at least 4 metres from the timekeeper. No U-Turns, failure to comply could result in disqualification. Advice to all competitors - Once the event has started 19.00, please ride the course clockwise to get to start and warm up so as to not interfere with riders racing, Turn right from HQ and at T-Junction turn. If 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 metres is required. The course will be well marshalled and signage will be placed to warn other road users of the event.

Ride fast and safe!



## S110/10. 10 Mile Time Trial Course

### SAFETY GUIDANCE

Please observe the Highway Code. Ride with your **HEAD UP** at all times. Do not white line. Regulations provide that all competitors must observe the law of the land relating to road use and any riders found riding dangerously must expect to be liable to strict disciplinary action. Cycling Time Trials strongly advise riders to wear a **HARD SHELL HELMET** that meets an approved safety standard.

At the start, competitors must wait in single file at least 4 metres from the timekeeper. **No U-Turns**, failure to comply could result in disqualification. Advice to all competitors - It is recommended that a flashing or constant rear light be fitted to the machine. If 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 metres is required.

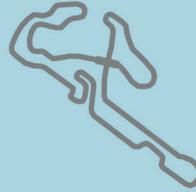
### START

The course starts at a point opposite concrete block wall which is to the left of gated lane and up from the T-junction, with caution (Marshalled) turn left. Continue to next left turn signed St Eval (Marshalled). Con

### FINISH

On Lap 3 **DON'T turn off left signed St Eval**, continue around corner direction St Columb Major to finish of the event. **Please make sure all riders have a working front and rear light as well as a hard shell**

St Eval Go-Kart Track



Padstow Sea Sand Entrance

St Eval Church

Start



RAF St Eval disused airfield

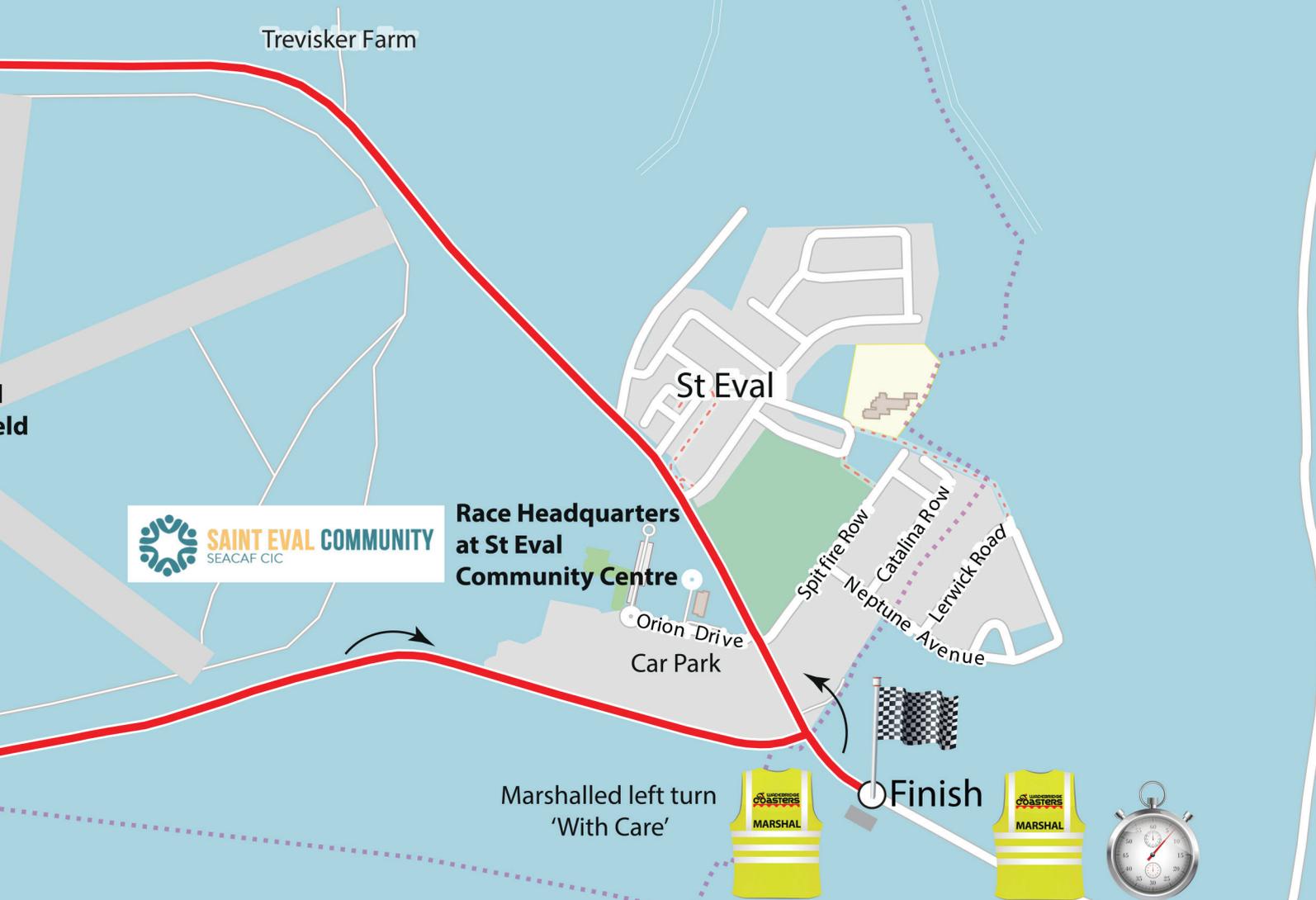
Marshalled Junction 'With Care'



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the entrances of the Padstow Sea Sand Company and St Eval Go-Kart track. It then continues to continue to start point, **3.7 miles** repeat Lap 1, **7.4 miles** end of Lap 2.

ash opposite gated field, **10.01 miles**. Signage will be placed around the course to warn other road users **helmet**. When racing has started please ride clockwise to start, so as not to interfere with other riders.

FOR ALL





No.	Start Time	Name	Club	Gender	Category
1	19:01:00	Kevin Pottinger	Wadebridge Coasters Cycling Club	Male	Vet(61) C
2	19:02:00	Rachel Fleet	Saint Piran	Female	Senior(24)
3	19:03:00	Kevin Grant	Frome and District Wheelers	Male	Vet(64) C
4	19:04:00	Imogen Callaway	Wadebridge Coasters Cycling Club	Female	Senior(32)
<b>5</b>	<b>19:05:00</b>	<b>Shaun Mellow</b>	<b>Duchy Velo</b>	<b>Male</b>	<b>Senior(39)</b>
6	19:06:00	Paul Rea	Wadebridge Coasters Cycling Club	Male	Vet(56) B
7	19:07:00	Oliver Riches	Duchy Velo	Male	Juvenile(13)
8	19:08:00	Peter Blackshaw	Penzance Wheelers CC	Male	Vet(66) C
9	19:09:00	Jed Claxton	Wheal Velocity	Male	Juvenile(14)
<b>10</b>	<b>19:10:00</b>	<b>Robin Riches</b>	<b>Duchy Velo</b>	<b>Male</b>	<b>Vet(44) A</b>
11	19:11:00	Andrew Ellis	www.giant-helston.co.uk	Male	Vet(50) B
12	19:12:00	Andrew Brenton	Wadebridge Coasters Cycling Club	Male	Vet(45) A
13	19:13:00	Stephen Chipping	Saint Piran	Male	Vet(55) B
14	19:14:00	Rose Willis	St Austell Whs CC	Female	Vet(47) A
<b>15</b>	<b>19:15:00</b>	<b>Craig Morris</b>	<b>Royal Navy &amp; Royal Marines CA</b>	<b>Male</b>	<b>Senior(35)</b>
16	19:16:00	Michael Boucher	Wadebridge Coasters Cycling Club	Male	Senior(33)
17	19:17:00	Adam Roberts	Duchy Velo	Male	Vet(40) A
18	19:18:00	Steven Farnell	Tri Logic Cornwall	Male	Vet(50) B
19	19:19:00	Simon Bray	Penzance Wheelers CC	Male	Vet(49) A
<b>20</b>	<b>19:20:00</b>	<b>James Grogan</b>	<b>www.giant-helston.co.uk</b>	<b>Male</b>	<b>Senior(29)</b>
21	19:21:00	Graham Lobb	www.giant-helston.co.uk	Male	Vet(60) C
22	19:22:00	Dean McNamara	Wadebridge Coasters Cycling Club	Male	Vet(52) B
23	19:23:00	Chris Harper	Penzance Wheelers CC	Male	Vet(63) C
24	19:24:00	Adrian Ball	Tri Logic Cornwall	Male	Vet(55) B
<b>25</b>	<b>19:25:00</b>	<b>Craig Harper</b>	<b>Holsworthy Peloton</b>	<b>Male</b>	<b>Vet(48) A</b>
26	19:26:00	Matthew Lee	Wadebridge Coasters Cycling Club	Male	Vet(42) A
27	19:27:00	Luke Matthews	Wheal Velocity	Male	Juvenile(13)
28	19:28:00	Lindsay Philp	Wadebridge Coasters Cycling Club	Female	Vet(59) B
29	19:29:00	Thomas Williamson-Cary	Tavistock Whs CC	Male	Senior(24)
<b>30</b>	<b>19:30:00</b>	<b>Oliver Baylin</b>	<b>www.giant-helston.co.uk</b>	<b>Male</b>	<b>Senior(27)</b>
31	19:31:00	David Crawford	Pure Endurance	Male	Senior(34)
32	19:32:00	Samir Bajracharya	Wadebridge Coasters Cycling Club	Male	Senior(36)

No.	Start Time	Name	Club	Gender	Category
33	19:33:00	Phil Bowden	Saint Piran	Male	Vet(54) B
34	19:34:00	Victoria Harrison	The Widger Spoke Easies	Female	Vet(45) A
<b>35</b>	<b>19:35:00</b>	<b>Tom Smith</b>	<b>Duchy Velo</b>	<b>Male</b>	<b>Senior(35)</b>
36	19:36:00	Rod McLean	Wadebridge Coasters Cycling Club	Male	Vet(55) B
37	19:37:00	Sarah Myford	Wadebridge Coasters Cycling Club	Female	Vet(58) B
38	19:38:00	Robin Brown	St Austell Whs CC	Male	Vet(65) C
39	19:39:00	Mike Trebilcock	Army Cycling	Male	Vet(45) A
<b>40</b>	<b>19:40:00</b>	<b>David Bartlett</b>	<b>www.giant-helston.co.uk</b>	<b>Male</b>	<b>Senior(38)</b>
41	19:41:00	Drew Clark	Duchy Velo	Male	Espoir(21)
42	19:42:00	Toby Marshall	Wadebridge Coasters Cycling Club	Male	Senior(30)
43	19:43:00	Ryan Kingdon	North Devon Velo	Male	Vet(48) A
44	19:44:00	Kevin Heywood	Holsworthy Peloton	Male	Vet(43) A
<b>45</b>	<b>19:45:00</b>	<b>Ben Douglas</b>	<b>Royal Navy &amp; Royal Marines CA</b>	<b>Male</b>	<b>Senior(37)</b>
46	19:46:00	Nick Keat	Wadebridge Coasters Cycling Club	Male	Senior(38)
47	19:47:00	Lewis Stritch	Holsworthy Peloton	Male	Senior(29)
48	19:48:00	Robert Taylor	Penzance Wheelers CC	Male	Senior(26)
49	19:49:00	Rebecca Cornwell	North Devon Velo	Female	Senior(38)
<b>50</b>	<b>19:50:00</b>	<b>Nigel Polkinghorne</b>	<b>Duchy Velo</b>	<b>Male</b>	<b>Vet(48) A</b>
51	19:51:00	Christian Bird	North Devon Velo	Male	Vet(51) B
52	19:52:00	Michael Nicholas	Wadebridge Coasters Cycling Club	Male	Senior(34)
53	19:53:00	Pete Moon	Team DCP	Male	Senior(39)
54	19:54:00	Mat Williamson	Holsworthy Peloton	Male	Vet(46) A
<b>55</b>	<b>19:55:00</b>	<b>Chris Dominey</b>	<b>Duchy Velo</b>	<b>Male</b>	<b>Vet(42) A</b>
56	19:56:00	Tim Mustin	Wadebridge Coasters Cycling Club	Male	Vet(60) C
57	19:57:00	Lucy Cox	The Widger Spoke Easies	Female	Senior(30)
58	19:58:00	Paul Moore	Launceston Velo	Male	Vet(59) B
59	19:59:00	Richard Wooldridge	CC Blaenau Gwent	Male	Vet(42) A
<b>60</b>	<b>20:00:00</b>	<b>Gavin MacDougall</b>	<b>Royal Navy &amp; Royal Marines CA</b>	<b>Male</b>	<b>Vet(55) B</b>
61	20:01:00	Andy Hay	Tavistock Whs CC	Male	Vet(48) A
62	20:02:00	Grace Reynolds	Southampton University Road Cycling Club (SURC)	Female	Espoir(21)
63	20:03:00	Matt Luxton	Tavistock Whs CC	Male	Senior(36)
<b>64</b>	<b>20:04:00</b>	<b>Gabe Dellar</b>	<b>Southampton University Road Cycling Club (SURC)</b>	<b>Male</b>	<b>Espoir(21)</b>