



# \$102/16s

Wednesday 3<sup>rd</sup> July at 7pm

A rolling single carriageway  
course with a hilltop finish

Round 6 of the Cornish Cup

Entry through the CTT website

Closing date 22<sup>nd</sup> June





## **Duchy Velo Time Trial S102/16 Wednesday 3<sup>rd</sup> July 2024**

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

Event secretary - Robin Riches 07990976281

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Event HQ – Lanivet Community Centre, Rectory Road, Lanivet, PL30 5HG

Time-keepers – Sean Parker and Tim McEvoy

Start time - 1901 hours

Thank you to all riders competing in this event and to everyone helping to run it. A special thank you to the time-keepers Sean Parker and Tim McEvoy. I hope everyone has a safe and fast ride.

### **HQ: Lanivet Community Centre, Rectory Road, Lanivet, PL30 5HG**

We have use of one of the rooms in the building which is accessed at the rear. There are changing rooms and toilets if needed. Please note that there will be other groups using the facility during the evening. Please park considerately.

### **From HQ to start line – approximately 4 miles**

Head back down to the main road (A389) through Lanivet and turn left. Carry on up to the Innis Downs junction and take either the single carriageway 'old A30' or the dual carriageway A30 to the Victoria Interchange. Follow signs for Roche on the B3274 and continue past the junction on your left. The start line is just beyond Magnet on the opposite side of the road. Please be careful performing a U turn to join the start queue. Find a clear point in the road away from the brow of the hill and any junctions.

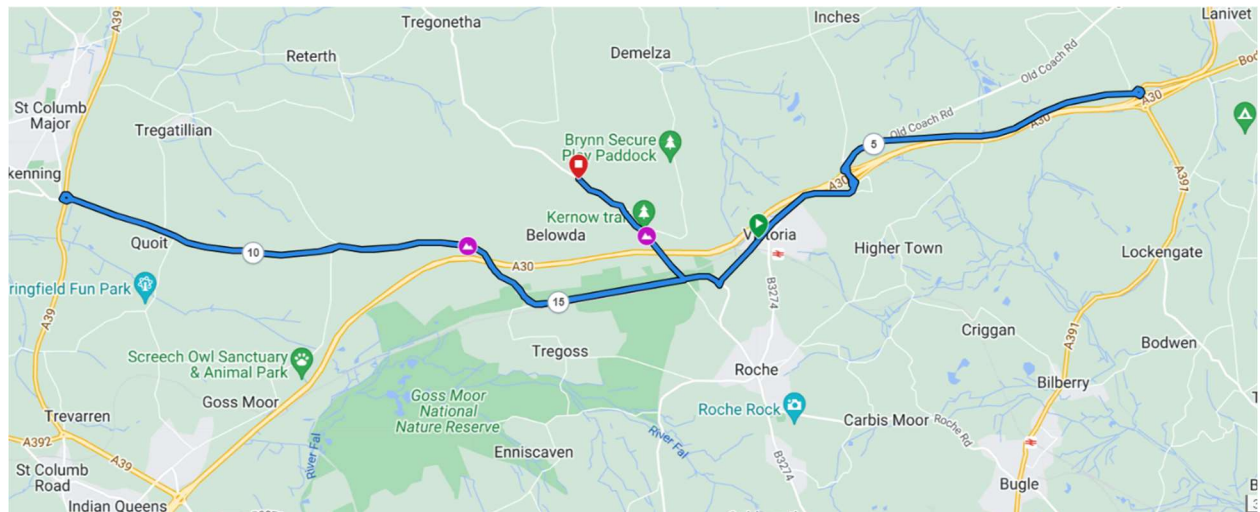
### **Course**

Please note that there is now an additional roundabout on the course, highlighted in red below. The roundabout is incomplete and currently only has three exits. The roundabout will be marshalled.

*Start adjacent to middle post of farm gate 10yds west of "Magnet" entrance on old A30 at Victoria, (grid ref SW 618 985). Proceed in easterly direction to Victoria Interchange. Take 2nd exit over the A30 to the 2nd roundabout. Take the 1st exit to Innis downs roundabout. Take the 4th exit to retrace to Victoria roundabout. Take the 2nd exit to cross the A30. At the 2nd roundabout take the 2nd exit to retrace and past the start. **At the new (incomplete) roundabout at the top of the rise take the 2nd exit.** Pass under iron bridge and continue to St Columb roundabout. Take the 5th exit to retrace and pass under the iron bridge again. Turn left onto the B3274 at next junction sign posted Tregonetha/Padstow. Cross over the A30 to finish at the top of the climb at the bridleway sign opposite the layby, Grid ref SW 96863 62361.*

Competitors must pay particular attention to the following hazards on the course:

- Narrow section of road under railway bridge at 6.8 miles and 15.5 miles. Be aware of other riders and oncoming traffic
- Narrow section of road and bends with reduced visibility at 9.6 miles and 12.2 miles. Be aware of other riders and oncoming traffic. Do not 'straight line' through the bends.
- Fast descent from Castle-an-Dinas at 8 miles. There are a few patches of uneven surface and drain covers.



## **Event Rules**

- All competitors must observe the highway code. Ride with your head up. Do not white line. Wear bright clothing. Regulations provide that all competitors must observe the law of the land relating to road use and competitors who ride dangerously must expect to be liable to strict disciplinary action.
- A flashing red rear light and a front light are compulsory. **No lights, no ride.**
- The wearing of hardshell helmet as defined in the CTT handbook is compulsory.
- At the start, competitors must wait in single file at least 4 metres from timekeeper.
- Event officials must not seek to regulate or interfere with other traffic - CTT Reg.20.

- If you are caught by another rider the Regulations require the overtaken rider to fall back to at least 50 metres behind the quicker rider.
- Please help the time keepers - when finishing please call your number out loud; it is difficult to see rider's numbers at race speed, especially in the rain.
- On completion of their ride, competitors must continue without stopping and return single file to the event HQ to sign back in.

## **Prizes**

We will something to offer male and female winners of the TT bike and road bike category. There will be an excellent supply of cake and refreshments at HQ and plenty of smiles.

I hope to have a photographer on the climb to the finish. Be sure to impress with your best hill climb gurn. If you have family or friends coming along who want to give the riders some encouragement and friendly banter, there are a few good spots on the finish climb to park and spectate.