



citycycle couriers

ECO & FRIENDLY
Next Day Delivery

07875 760254
citycyclecouriers-plymouth.com

S4/10

10 Mile Time Trial

Sunday 11th April 2021

Promoted on behalf of the CTT under their rules and regulations

Event Secretary

Mr. Rob Scott,
City Cycle Couriers, Office 10, The Business Centre,
2 Cattedown Road, Plymouth, PL4 0EG
Mobile: 07875 760254

Timekeepers

Marshals

Event Headquarters

Ken Robertson & Ian Myers
Members & friends of City Cycle Couriers RT
St Lukes Church, Lower Hall, Plymouth Road, Buckfastleigh,
TQ11 0DA.

Course Record Holder

Marcin Bialoblocki – NopinZ – 4th July 2019 – 17:51

The Event Headquarters will be open from 6:30am, please collect number and sign on. Please note limited parking at HQ, please do not park outside HQ – these spaces are for club officials only.

Course Details:

S4/10 - Start on the A38 approximately 1.3 miles South West of Buckfastleigh at a point level with the penultimate sink in the acceleration lane opposite Dean Prior Parish Church (GR SX730634). Proceed Northeastwards towards Exeter and take the second slip road signed “Ashburton” (Linhay), where filter left into slip road. At the give way line turn right and bear right in 50 yards to cross A38 and rejoin the A38 towards Plymouth. Retrace outward route passing Ashburton, Buckfastleigh and the slip road signed “Lower Dean”. Finish at the drain cover level with the start of the taper at the western end of the lay-by and approximately 500 yards before Dean Prior Church (GR SX730640).

Intermediate mileage – Ashburton Town Sign 5.33miles.

After finishing continue along A38 past Dean Prior church (on left) then take the slip road for Rattery. Cross the A38 using the slip road and rejoin the carriageway direction Exeter.

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 of your intention not to start as a result of an adverse warm-up.**
- **All warm-ups should be done on the road. Static warm-ups are prohibited (no turbo trainers near the headquarters).**
- **NO SUPPORT can be provided if a competitor suffers mechanical difficulties during the event. It is strongly advised 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.**
- **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 ON START LINE – REPORT TO THE START LINE APPROPRIATELY DRESSED, READY TO RACE. The start line is only 1.5 miles away from HQ. (For CTT events, riders must have their upper arm covered – ie. No tri-suits. Numbers to be secured to the body with safety pins as opposed to a tri-belt). You'll need to bring your own safety pins.**

COVID19 – RIDERS PLEASE READ CAREFULLY (Continued)

- **Riders will need to self-start, with one foot on the ground. Remember, no rear working light (flashing or constant) NO RIDE.**

- **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 BRING YOUR OWN PEN TO SIGN ON AND SAFETY PINS IF YOU REQUIRE THEM TO ATTACH YOUR NUMBER AS THESE WILL NOT BE PROVIDED. USE THE HAND SANITISER PROVIDED FREQUENTLY.

Notes to riders:

- 1.) Please allow 15 minutes at least to ride to the start and in under no circumstances turn around in or cross the main A38 carriageway. You will be disqualified if observed doing so.
- 2.) Observe the Highway Code and keep your head up at all times.
- 3.) Do not “white line”
- 4.) Paced Riding: CTT regulation No.21 must be applied at all times. Any rider seen taking pace from another competitor will be disqualified.
- 5.) Hard shell helmets advisory. Competitors under the age of 18 must wear a hard shell helmet.
- 6.)
- 7.) Please be aware of CTT Regulation 17(b) - From 2017 all competitors in open (Type A) events will be required to return to the event HQ, hand in their number(s) and **SIGN OUT**. A competitor **MUST** sign out him/herself. It is not permissible for another person to sign out on behalf of the competitor..
- 8.) Under **NO** circumstances should you ride with headphones, anyone seen to do so will be disqualified.
- 9.) **All competitors – please be aware of CTT Regulation 14(i):
No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.**

NO REAR LIGHT – NO RIDE.

Prizes:

Medals for all finishers

Starting Order:

No.	Name		Club	Cat.	Age	LTS	Start
40	Ian	Scott	City Cycle Couriers RT	Veteran	67	00:27:49	0740
41	Stephen	Wright	Team DCP	Veteran	47	00:38:00	0741
42	Neil	Bennett	North Devon Wheelers	Veteran	55	N/A	0742
43	Juliana	Allen	Alltrax	Lady	36	00:25:26	0743
44	Ian	Bell	Team DCP	Veteran	48	N/A	0744
45	Rob	Scott	City Cycle Couriers RT	Senior	32	00:19:59	0745
46	Ken	Holder	City Cycle Couriers RT	Veteran	50	00:21:42	0746
47	Ian	Deakin	Mid Devon CC	Veteran	64	00:22:32	0747
48	Philip	Young	Alltrax	Veteran	71	00:24:26	0748
49	Anja	Roeding	Exeter Whs CC	Lady	38	00:25:15	0749
50	Liam	Bard	Revo Racing	Senior	31	00:19:28	0750
51	Anthony	Green	Penzance Wheelers CC	Senior	36	00:21:07	0751
52	Morris	Elphick	Exeter Whs CC	Veteran	54	00:22:11	0752
53	Philip	Ley	North Devon Wheelers	Veteran	43	00:23:02	0753
54	David	Roe	Revo Racing	Veteran	71	00:24:46	0754
55	Peter	Norris	Cycle Sport South Hams	Veteran	45	00:21:24	0755
56	Andrew	Parnowski	City Cycle Couriers RT	Veteran	50	00:20:45	0756
57	Ben	Oman	Devon & Somerset Fire & Rescue	Veteran	43	00:22:32	0757
58	Tim	Styles	St Austell Whs CC	Veteran	59	00:24:20	0758
59	Gerald	Page	Somerset RC Tri Club	Veteran	59	00:25:51	0759
60	Donald	Brooks	Mid Devon CC	Veteran	43	00:19:27	0800
61	Tim	Heal	Mid Devon CC	Veteran	52	00:21:05	0801
62	Doug	Parker	Sid Valley CC	Veteran	58	00:22:10	0802
63	Terry	Harvey	City Cycle Couriers RT	Veteran	56	00:22:59	0803
64	James	Pearcy	Mid Devon CC	Junior	16	00:24:39	0804
65	Frederik	Scheske	Ribble Weldtite Pro Cycling	Senior	25	00:20:15	0805
66	Alan	Hughes	Exeter Triathlon Club	Veteran	48	00:21:36	0806
67	Mick	Daniels	Team Tor 2000 KALAS	Veteran	40	00:22:27	0807
68	Christian	Bird	North Devon Wheelers	Veteran	50	00:24:03	0808
69	Lauren	Parker	Royal Navy & Royal Marines CA	Lady	26	00:27:17	0809
70	Mark	Emsley	Team TMC	Senior	32	00:19:20	0810
71	Nick	Blight	NopinZ Motip Race Team	Senior	38	00:20:58	0811
72	Richard	Brown	Tavistock Whs CC	Veteran	49	00:22:02	0812
73	George	Eames	North Devon Wheelers	Junior	16	00:22:59	0813
74	Hannah	Mattinson	Exeter Triathlon Club	Lady	24	00:24:49	0814
75	Paul	Walshe	Plymouth Corinthian CC	Veteran	45	00:20:05	0815
76	Callum	Start	Mid Devon CC	Junior	17	00:21:38	0816
77	William	Hornby	Cycle Sport South Hams	Veteran	44	00:22:19	0817
78	David	Hall	Royal Navy & Royal Marines CA	Veteran	58	00:23:52	0818
79	Sam	Beaton	Plymouth Corinthian CC	Junior	17	00:27:10	0819
80	George	Kimber	SPIRIT TIFOSI RT	Espoir	21	00:19:17	0820

81	James	Cartlidge	Plymouth Corinthian CC	Senior	33	00:20:52	0821
82	Phil	Smith	Mid Devon CC	Veteran	60	00:22:01	0822
83	Marvin	Laing	City Cycle Couriers RT	Veteran	50	00:22:54	0823
84	Cameron	Leslie	Royal Air Force Cycling Association	Senior	23	00:24:50	0824
85	Robert	Shaw	Plymouth Corinthian CC	Senior	32	00:19:58	0825
86	Roger	Sheridan	North Devon Wheelers	Veteran	60	00:21:12	0826
87	Ruben	Stacey	North Devon Wheelers	Juvenile	14	00:22:17	0827
88	Samuel	Wyatt-Haines	Team Avenir	Senior	25	00:23:30	0828
89	Michael	Beaton	Royal Navy & Royal Marines CA	Veteran	51	00:27:20	0829
90	Gavin	MacDougall	Royal Navy & Royal Marines CA	Veteran	54	00:19:09	0830
91	Luke	Halls	University of Nottingham C C	Espoir	19	00:20:45	0831
92	Rob	Smith	Royal Navy & Royal Marines CA	Veteran	49	00:21:44	0832
93	Catherine	Hilton	Sid Valley CC	Lady	48	00:22:54	0833
94	Ian	Wright	Royal Navy & Royal Marines CA	Senior	24	00:24:30	0834
95	Lubos	Obornik	CS Dynamo	Veteran	53	00:19:51	0835
96	Chris	Vellacott	Royal Navy & Royal Marines CA	Veteran	58	00:21:11	0836
97	Reuben	Heal	Mid Devon CC	Junior	17	00:22:17	0837
98	Damian	Cudmore	Wadebridge Coasters Cycling Club	Veteran	45	00:24:57	0838
99	Adrian	Prust	North Devon Wheelers	Senior	38	N/A	0839
100	Josh	Coyne	Bpm Coaching	Senior	26	00:19:07	0840
101	Harry	Loader	Mid Devon CC	Senior	25	00:20:41	0841
102	Rob	Barrow	City Cycle Couriers RT	Veteran	44	00:21:43	0842
103	Oliver	Baylin	www.giant-helston.co.uk	Senior	26	00:22:41	0843
104	Francis	McBride	Mid Devon CC	Veteran	61	00:25:02	0844
105	Andrew	Perkins	Mid Devon CC	Veteran	49	00:19:45	0845
106	Maria	Weymouth	Mid Devon CC	Lady	47	00:23:47	0846
107	Kevin	Weymouth	Mid Devon CC	Veteran	50	00:21:07	0847
108	Neil	Minion	City Cycle Couriers RT	Veteran	57	00:23:25	0848
109	Samantha	Beal	Royal Navy & Royal Marines CA	Lady	25	N/A	0849
110	Conrad	Moss	Primera-Teamjobs	Veteran	46	00:18:54	0850
111	Mark	Pierce	Plymouth Corinthian CC	Senior	31	00:20:33	0851
112	Tom	Moran	Plymouth Corinthian CC	Veteran	61	00:21:42	0852
113	Gregory	Stacey	North Devon Wheelers	Veteran	48	00:22:34	0853
114	Phil	Eames	North Devon Wheelers	Veteran	48	00:24:57	0854
115	Jack	Dallyn	Exeter Whs CC	Espoir	19	00:19:44	0855
116	Tom	Cox	Saint Piran	Veteran	67	00:22:30	0856
117	Tom	Rebhan	Plymouth Corinthian CC	Senior	29	00:22:12	0857
118	Alan	Lambert-Gorwyn	Essa Cycling Club	Veteran	61	00:23:17	0858
119	Matthew	Hewis	North Devon Wheelers	Veteran	43	N/A	0859
120	Robrt	Willcocks	Royal Air Force Cycling Association	Senior	39	00:18:52	0900

Sponsored Clubs:

City Cycle Couriers RT
Giant Helston
Tor 2000 – Kalas

Alltrax
Saint Piran
Primera-TeamJobs

BPM Coaching
SPIRIT TIFOSI RT
Ribble Weldtite Pro Cycling