



Duchy Velo Time Trial S103r/10 Wednesday 6th July 2022

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 Rachel 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 Rachel 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. There is plenty of parking available.

From HQ to start line – approximately 4 miles

Head back down to the main road (A389) through Lanivet and turn left. The simplest route to the start line uses part of the course so if you are a later start, please bear this in mind and be considerate to riders who have already started. There are ways of avoiding the course though – either use the west bound A30 dual carriageway or even take a detour down to Bugle and across to Roche and Victoria as part of a warm up. The old A30 west of the start line is also a good option for warming up.

Course

This course is effectively two laps between Innis Downs Roundabout and Victoria Roundabout using the A30 east bound (dual) carriageway and the old A30 west bound (single) carriageway. There is a starting 'ramp' and a finish 'tail'. In the past, riders have got confused at roundabouts and taken wrong turns, particularly on the second lap, so please make every effort to get the course set in your head! There is a map on the CTT site or you can have a look at this link...<https://ridewithgps.com/routes/36601744>.

*Start on **Old A30** adjacent to the Oak Furniture sign outside the Oak Furniture Retail shop on the old A30 at Victoria, (Grid ref SW 989619) Proceed in easterly direction on **Old A30** to Roundabout (M), cross over A30 interchange to 2nd roundabout, take 2nd exit signed Bodmin (M). Carry on down slip road to join dual carriageway (with care). Proceed to next slip road, signed Bodmin and St Austell. Leave dual carriageway here, and at Lanivet roundabout take 1st left on to old A30 (M). Return to Victoria Interchange, take 1st left (M) and repeat previous circuit. At completion of second circuit encircle roundabout to rejoin old A30 eastbound (M) to finish approximately 1.0 mile from roundabout (Grid Ref SW 010627) at the start of the cycleway on the north side of the road close to the top of the downhill slope.*

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

I hope no one will be upset that I have decided to not offer cash prizes. As many will know, these events are quite tight with finances and I feel that the priority is to be in a position to pay the timekeepers and marshals who give up their time (and opportunity to compete) for us to race. We will however have something to offer our 1st Male and 1st Female rider.

There will be some ice-cold refreshments at HQ and plenty of smiles.