



# citycycle couriers

**ECO & FRIENDLY**  
**Next Day Delivery**

**07875 760254**  
**citycyclecouriers-plymouth.com**

**S4/10 – 2up**  
**10 Mile Time Trial**  
**Saturday 13<sup>th</sup> July 2019**  
*Promoted on behalf of the CTT under their rules and regulations*

**Event Secretary**

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

**Timekeepers**

**Marshals**

**Event Headquarters**

Ian Myers & Anne Guest (Mid Devon CC)  
Members & friends of City Cycle Couriers RT  
Buckfastleigh Town Hall

**Course Record Holder**

Marcin Bialoblocki – Nopinz – 17:51 (2019)

The Event Headquarters will be open from 6pm, 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.

**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 compulsory. Competitors under the age of 18 must wear a hard shell helmet.
- 6.) In case of poor visibility, Devon & Cornwall Police, CTT and the organiser strongly recommend the use of a rear light.
- 7.) Under NO circumstances should you ride with headphones, anyone seen to do so will be disqualified.

Please be aware of the new 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. This is a new requirement introduced in 2017.

**Prizes (to be awarded on the day only & one rider / one prize):**

1 <sup>st</sup> Overall	£30
-------------------------	-----

1 <sup>st</sup> All Ladies Team	£15
---------------------------------	-----

Awards will be presented at the headquarters once the results are confirmed.

Please wait and acknowledge the performances of your fellow competitors.

### Starting Order:

No	Name	Club	Cat	LTS	Start
1 / 2	Rose Willis Martina Geraghty	St. Austell Wheelers / Penzance Wheelers	Lady 44 Lady 49	24:04 24:10	1902
3 / 4	Kevin Weymouth Maria Weymouth	Mid Devon CC	Vet 48 Lady 45	21:07 23:47	1904
5 / 6	Adam Gitlin Juliana Allen	Plymouth Corinthian CC / Alltrax	Vet 47 Lady 34	21:17 26:26	1906
7 / 8	Rachel Hackman Charlotte Marshall	Royal Navy & Royal Marines CA	Lady 54 Lady 27	24:36 22:57	1908
9 / 10	Ian Piper Scott Huish	Minehead CC	Vet 59 Sen 33	22:35 23:44	1910
11 / 12	Steve Kirby Marvin Laing	City Cycle Couriers RT	Vet 48 Vet 48	21:59 22:54	1912
13 / 14	James Cartlidge Robert Cartlidge	Plymouth Corinthian CC	Sen 35 Sen 31	20:52 22:46	1914
15 / 16	Rob Scott Andrew Parnowski	City Cycle Couriers RT	Sen 31 Vet 49	19:59 20:40	1916

### Sponsored Clubs:

City Cycle Couriers RT  
Alltrax  
Mid Devon CC – Colin Lewis Cycles