



Tavistock Wheelers

Presents

10 mile Time Trial

(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)



Sunday 14th of August 2022

Course S40/10

Race starts at 07:01 hours

Event Secretary:

Richard Brown
Shula
Peter Tavy
Devon
PL19 9NN
Tel: 01822 811055
rnbrown@btconnect.com

Timekeepers: Peter Foubister and Martin Legg

Marshalls: Members of TWCC

Event HQ: Opens at 06:00
Pump and Pedal,
Prewley Hub,
Okehampton. EX20 4HT

AWARDS (one rider one prize)

1st: £25

2nd: £20

3rd: £16

Veterans

1st Vet: 40-49 (A) age group - £15	1st Vet: 50-59 (B) age group - £15	1st Vet: 60 + (C) age group - £15
2nd Vet: 40-49 (A) age group - £12	2nd Vet: 50 -59 (B) age group - £12	2nd Vet: 60 +(C) age group - £12

1st Lady - £18

2nd Lady - £15

3rd Lady - £12

1st Junior - £15

Course Details S40 / 10

Start: Starts on the A30 approximately 2.1 miles to the West of Sourton Junction (4.7 miles West of Okehampton) at the west end of the public lay-by, at a point level with the solar panel mast marked TME5023. Proceed West to Stowford Cross and filter left into slip road signposted Broadwoodwidge. **NB this slip road is for TWO WAY traffic, so keep left of centre line.** With care, turn right at top of slip road and proceed over bridge crossing the dual carriageway, taking first left into the slip road to rejoin the A30 Eastbound, **Extreme care is needed when entering the carriageway as there is NO filtering lane.** Riders are advised to approach slowly, look right for traffic and keep to the nearside white line.

Continue on the A30 Eastwards towards Sourton Junction. Finish on the carriageway at a point level with the fourth bollard from the west end of the public lay-by situated before the first overbridge from the turn (GR SX 481903). Distance to top of slip road at the turn approx 5.88 miles from start. Allow 10 minutes to reach the start from HQ.

Head quarters:

Headquarters are at the Pump and Pedal Cycle shop, Sourton EX20 4HT where toilet facilities are available. Refreshments may be provided by the Shop. Parking is available in their car park and further parking along the GREEN line marked on the attached map. Please show consideration to the local residents and avoid parking on the RED line. Thank you.

Start Sheet

Number	Name		Club		Cat	Line 1	Start Time
1	Cordelia	Preece	Tavistock Whs CC	Female	Veteran		7.01
2	Ian	Houvenaghel	Royal Navy & Royal Marines CA	Male	Veteran		7.02
3	Andy	Hay	Tavistock Whs CC	Male	Veteran		7.03
4	Bob	Brabbins	VTTA West Group	Male	Veteran		7.04
5	Paul	Walshe	Plymouth Corinthian CC	Male	Veteran		7.05
6	Mark	Szender	Exeter Whs CC	Male	Veteran		7.06
7	Terence	Leonard	St Budeaux C C	Male	Veteran		7.07

8	David	Roe	North Devon Velo	Male	Veteran		7.08
9	Ian	Scott	City Cycle Couriers RT	Male	Veteran		7.09
10	Rob	Scott	City Cycle Couriers RT	Male	Senior		7.10
11	Anthony	Green	Penzance Wheelers CC	Male	Senior		7.11
12	Michael	Buckley	Tavistock Whs CC	Male	Senior		7.12
13	Alex	Crump	Pure Endurance	Male	Senior		7.13
14	Mat	Williamson	Holsworthy Peloton	Male	Veteran		7.14
15	Callum	Start	Mid Devon CC	Male	Junior		7.15
16							
17	Rose	Willis	St Austell Whs CC	Female	Veteran		7.17
18	Tori	Loze	North Devon Velo	Female	Senior		7.18
19	Frankie	McBride	Mid Devon CC	Male	Veteran		7.19
20	Lubos	Obornik	CS Dynamo	Male	Veteran		7.20
21	Oliver	Baylin	www.giant-helston.co.uk	Male	Senior		7.21
22	Phil	Smith	Mid Devon CC	Male	Veteran		7.22
23	James	Greenaway	Bpm Coaching	Male	Senior		7.23
24	Kit	Davis	Holsworthy Peloton	Male	Veteran		7.24
25	Harry	Loader	Mid Devon CC	Male	Senior		7.25
26	Philip	Ley	North Devon Velo	Male	Veteran		7.26
27	Lewis	Stritch	Holsworthy Peloton	Male	Senior		7.27
28	Pete	Bishop	Exeter Whs CC	Male	Veteran		7.28
29	Emilie	Brock	Pure Endurance	Female	Veteran		7.29
30	Liam	Bard	GTR - Return To Life p/b Streamline	Male	Senior		7.30
31	Stephen	Swindley	Royal Navy & Royal Marines CA	Male	Senior		7.31
32	Craig	Harper	Holsworthy Peloton	Male	Veteran		7.32
33	Christian	Bird	North Devon Velo	Male	Veteran		7.33
34	Lynn	Madeley	Okehampton CC	Female	Veteran		7.34
35	Andrew	Jason	City Cycle Couriers RT	Male	Veteran		7.35
36	Andrew	Luke	Newquay Velo	Male	Veteran		7.36
37							
38	Matt	Peerless	Royal Marines Association Cycle Club	Male	Senior		7.38
39	Bill	Stacey-Norris	Tavistock Whs CC	Male	Veteran		7.39
40	Blake	Pond	AeroCoach	Male	Senior		7.40
41	Jason	McGowan	www.giant-helston.co.uk	Male	Veteran		7.41
42	Doug	Parker	Sid Valley CC	Male	Veteran		7.42
43	Martin	Williams	Tavistock Whs CC	Male	Veteran		7.43
44	Daniel	Martin	Holsworthy Peloton	Male	Veteran		7.44
45	Josh	Coyne	Bpm Coaching	Male	Senior		7.45
46	Hugh	Madeley	Saint Piran	Male	Senior		7.46
47	Phil	Bowden	Saint Piran	Male	Veteran		7.47
48	Martina	Geraghty	Penzance Wheelers CC	Female	Veteran		7.48
49	Gavin	MacDougall	Royal Navy & Royal Marines CA	Male	Veteran		7.49

Notes to all Riders

Instructions for riders and others: Due to Covid-19 restrictions the sign on / off desk will be unmanned although TW Organiser will be in the area. You should bring your own pen / safety pins to avoid unnecessary cross contamination.

FRONT AND REAR WORKING LIGHTS ARE COMPULSORY IN THIS AND ALL CTT EVENTS

Please ensure you read the Covid-19 risk assessment prior to signing on and aim to arrive 30-40 minutes before your start time, dressed to race as there are no changing facilities at the HQ – Changing in toilets will not be allowed. Note that spectators are strongly discouraged this year.

Please respect social distancing at the start and be aware there will be no push off, all riders will start with one foot on the ground. Do not leave any personal possessions with the Timekeeper. Do not stop at finish to ask for times

The S40/10 course is on a high- speed road. Overtaking traffic will be moving fast. For your own safety keep well to the left and as close to the fog line as possible. (1m. Max)

Please observe the Highway Code. Ride with your head up and do not white line. Please fit a working rear light to your cycle flashing or constant to be used if conditions are dull. It is also advisable to wear bright clothing.

In the interests of your own safety Cycling Time Trials and the event promoters strongly advise riders to wear a HARD SHELL HELMET that meets an approved international safety standard. Local regulation 1 - All riders on completion of their competitive ride must continue without stopping or turning in

The risk assessment form and signing on sheets will be on the table at the front of the HQ. When signing on please look to see if there are any extra safety notes on the risk assessment form added after the pre race course inspection.

Please remember that Event Officials have no legal right to interfere with or regulate traffic.

Please do not approach finishing time keepers whilst the event is in progress.

Please call out your number loud and clear on the finish line.

Thank you all for your support and we hope you have a safe and successful ride.

CTT requires all riders to be aware of, and observe the rules applying to company riding and slipstreaming.

Covid 19 This event is being delivered in compliance with Government restrictions and CTT Risk Assessment for Covid-19 16/07/20

The key points affecting you as a competitor are:

Competitors should plan to arrive 30 – 40 minutes before their start time to allow time to sign in, warm up and get to the start line and not attend if they feel ill in ANY way or if family members have any symptoms.

- Local Lockdown: If Government restrictions change and a Local Lockdown is enforced. Any competitor who resides in an affected area should inform the Organiser and not arrive to take part.
- 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 because of an adverse warmup.
- It is preferable for all warmups to be conducted independently and ideally competitors should warm up on the road individually. The use of turbo trainers or rollers can be considered if warming up is carried out independently away from the sign on area and provided an absolute minimum of 2 metres social distancing from all others including that may walk past is possible.
- Riders MUST NOT gather in anyway regardless of current guidelines in the HQ area or elsewhere.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ. There will be no results posted at the HQ during the event and no prize giving after the event. Winners will be notified, and results posted to all competitors.

After finishing competitors must complete the sign out sheet and return their number to the bin provided. You MUST then pack away and leave immediately.

No support can be provided if a competitor suffers mechanical difficulties.

Sponsored clubs:

GTR - Return To Life p/b Streamline

Saint Piran

www.giant-helston.co.uk

Bpm Coaching

Pure Endurance

Thankyou for your continued support of our event and we wish you have an successful mornings racing.

Richard Brown
Event Secretary