

# **Giant Helston (LMTF 09:30)**

## **25 Mille Time Trial**

**13/09/2020 07:00**

**s101/25**

Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



## Headquarters

Lanivet Parish Community Centre, Carters Parc, Rectory Road, Lanivet Bodmin, PL30 5HG. Open from 06:00.

The hall is in a residential area so please ensure you are quiet so we can continue using this venue.

The toilets will be open to be used, please do not use the toilets to get changed. Face maske must be worn inside.

The sign in amd out will be in the car park. You must SIGN OUT.

Please bring your own pen to sign in and out.

No pins will be available if needed. You must bring your own.

Please place your number in box next to sign in and out sheets.

If you are feeing unwell or showing any symptoms of Covid 19 please do not atternd.

## Route from HQ to start

Google map can be found at [http://lanivetparishcommunitycentre.co.uk/index.php?p=1\\_4](http://lanivetparishcommunitycentre.co.uk/index.php?p=1_4).

## Course details

Start on the 'No Through' road (Grid Ref SX031 629), at the first lamppost on the right

from the roundabout. Proceed to roundabout, take 1st exit marked A30 West, Newquay, Redruth

to join the A30 (with care). Continue until slip road off, sign to Newquay, Indian Queens, at bottom

of slip road join underpass (with care). Pass under A30 and take the 4th exit marked Bodmin to

rejoin A30 east bound (with care). Continue until Victoria interchanges. Take slip road off signed

Victoria, Roche, to roundabout, take 3rd exit to cross over A30 to next roundabout. Take 2nd exit

to rejoin A30 going west (with care). and repeat 1st lap. On completion of 2nd lap at Victoria

interchange, take slip road signed Victoria, Roche to roundabout, take 1st exit onto the old A30 to

the finish at the gate at the bottom of the dip just before road opposite under the new A 30.(Grid  
Ref SX013 627)

## **Local regulations**

A rear working light must be used by all competitors, no working light no ride. Please make sure it is charged before the event.

Helmets will be required please.

Numbers must be pinned low enough so timekeepers can see them. Please shout your number at the finish to aid timekeepers.

Upon finishing please sign out promptly and make your way home. Results will be posted online as soon as possible. Do not ask time keepers for your time,

If you are feeling unwell or have any symptoms of Covid please do not attend.

## **Organiser contact details**

James Hadfield  
19 Hillcrest Road Truro  
07775627554  
01872 271302  
james@jhcarpentryandjoinery.co.uk

## **Time keepers/officials**

Time Keepers:

Ian Matthews and Dave Bolton

Marshalls:

Friends and family of Giant Helston

## **Course records**

### **Solo Male**

51:59

Conrad Moss

14-May-17 | st austell whs cc

### **Solo Female**

1:00:23

Stacey Ginieres

01-Jul-18 | Penzance Whs

**Team TT**

50:25

James Grogan, Tim Mcevoy, James Hadfield, Jason McGowan

15-Sep-19 | Giant Helston (4up TTT) (Entry fee per rider)(inc. SW DC Championships)(LMTF 09:30)

**Awards/prizes**

I am planning on putting prize money back to the ctcc to aid racing next year. This will ensure we have a governing body and insurances in place for our events. This is open to peoples opinions I can award prizes via bacs if people prefer.

All profits from entry fees will be awarded back to the ctcc.

**NOTES TO COMPETITORS:****17. Signing-on Sheet and Signing-out Sheet**

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

# Startsheet

## Giant Helston (LMTF 09:30)

Start Number	Start Time	Rider	Club	Gender	Category
1	07:01:00	Roger Sheridan	North Devon Velo	male	Vet
2	07:02:00	Harry Jukes	Mid Devon Cycling Club	male	Espoir
3	07:03:00	Andrew Luke	Newquay Velo	male	Vet
4	07:04:00	Thomas Tregear		male	Espoir
5	07:05:00	Sarah Tregear		female	Senior
6	07:06:00	Anthony Green	Penzance Wheelers CC	male	Senior
7	07:07:00	Philip McNevin		male	Senior
8	07:08:00	Tom Moran	Plymouth Corinthian CC	male	Vet
9	07:09:00	Clementina Davies	Yeovil Cycling Club	female	Vet
10	07:10:00	Paul Walshe	Plymouth Corinthian CC	male	Vet
11	07:11:00	Doug Parker	Sid Valley CC	male	Vet
12	07:12:00	Alan Hughes	Exeter Triathlon Club	male	Vet
13	07:13:00	Kate Doran	www.giant-helston.co.uk	female	Senior
14	07:14:00	Jason McGowan	www.giant-helston.co.uk	male	Vet
15	07:15:00	Erica Booth	Lancashire RC	female	Vet
16	07:16:00	Cameron Leslie	Royal Air Force Cycling Association	male	Senior
17	07:17:00	Lee Sanderson	Mid Devon Cycling Club	male	Vet
18	07:18:00	David Gray	Axe Valley Pedallers	male	Vet
19	07:19:00	Gregory Moss	North Devon Velo	male	Senior
20	07:20:00	Phil Eames	North Devon Velo	male	Vet
21	07:21:00	George Eames	North Devon Velo	male	Espoir
22	07:22:00	Christian Bird	North Devon Velo	male	Vet
23	07:23:00	Ken Holder	City Cycle Couriers RT	male	Vet
24	07:24:00	Rose Willis	St Austell Whs CC	female	Vet
25	07:25:00	Lee Adams	Bpm Coaching	male	Senior
26	07:26:00	Lisa Crawford	Plymouth Corinthian CC	female	Vet
27	07:27:00	Hugh Madeley	London Dynamo	male	Senior
28	07:28:00	Hannah Rainger		female	Espoir
29	07:29:00	Tom Cox	Saint Piran	male	Vet
30	07:30:00	Catherine Hilton	Sid Valley CC	female	Vet
31	07:31:00	Nick Blight		male	Senior
32	07:32:00	Angharad Berriman	Penzance Wheelers CC	female	Vet
33	07:33:00	Jonny Hewett	Penzance Wheelers CC	male	Senior

Start Number	Start Time	Rider	Club	Gender	Category
34	07:34:00	Rob Lee	DRAG2ZERO	male	Vet
35	07:35:00	Steven Sage	North Devon Velo	male	Vet
36	07:36:00	Kevin Allen	www.giant-helston.co.uk	male	Senior
37	07:37:00	Morgan Gibson	Mid Devon Cycling Club	male	Espoir
38	07:38:00	Vivian Bray	Tri Logic Cornwall	male	Vet
39	07:39:00	Adam Gitlin	Alltrax	male	Vet
40	07:40:00	Neil Minion	Plymouth Triathlon Club	male	Vet
41	07:41:00	Billy Jane	Saint Piran	male	Senior
42	07:42:00	David Bartlett	www.giant-helston.co.uk	male	Senior
43	07:43:00	Will Piccin-White	Wheal Velocity	male	Espoir
44	07:44:00	Jake Rowell	Wheal Velocity	male	Espoir
45	07:45:00	Philip Ley	North Devon Velo	male	Vet
46	07:46:00	Jonathan Ellis	Plymouth Corinthian CC	male	Senior
47	07:47:00	Chris Harper	Penzance Wheelers CC	male	Vet
48	07:48:00	Tori Loze	North Devon Velo	female	Senior
49	07:49:00	Daniel Hutchings	Tri Logic Cornwall	male	Senior
50	07:50:00	Andrew Perkins	Mid Devon Cycling Club	male	Vet
51	07:51:00	Mark Sanders	Mid Devon Cycling Club	male	Vet
52	07:52:00	Phil Bowden	Saint Piran	male	Vet
53	07:53:00	Gregory Stacey	North Devon Velo	male	Vet
54	07:54:00	Ruben Stacey	North Devon Velo	male	Espoir
55	07:55:00	Gavin MacDougall	Royal Navy Cycling (RNC)	male	Vet
56	07:56:00	Ian Deakin	Mid Devon Cycling Club	male	Vet
57	07:57:00	James Hadfield	www.giant-helston.co.uk	male	Senior
58	07:58:00	Ken Robertson	Mid Devon Cycling Club	male	Vet
59	07:59:00	Martin Laity	Truro CC	male	Vet
60	08:00:00	Tim McEvoy		male	Vet
61	08:01:00	Adrian Ball	Tri Logic Cornwall	male	Vet
62	08:02:00	Harry Loader	Team Bottrill	male	Senior
63	08:03:00	Neil Tuckwood	Royal Navy Cycling (RNC)	male	Senior
64	08:04:00	Philip Bache	Tri Logic Cornwall	male	Senior
65	08:05:00	Steve Lampier	Ribble Weldtite Pro Cycling	male	Senior
66	08:06:00	Frederick Mayall	Exeter Whs CC	male	Vet
67	08:07:00	Peter Maker	St Austell Whs CC	male	Vet
68	08:08:00	David Crawford	Duchy Velo	male	Senior
69	08:09:00	John Morse	Penzance Wheelers CC	male	Vet
70	08:10:00	Blake Pond	AeroCoach	male	Senior
71	08:11:00	Martina Geraghty	Penzance Wheelers CC	female	Vet
72	08:12:00	George Kimber	Spirit Racing Team	male	Senior

<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
73	08:13:00	Damian Cudmore	Wadebridge Coasters Cycling Club	male	Vet
74	08:14:00	Peter Blackshaw	Penzance Wheelers CC	male	Vet
75	08:15:00	Dean Robson		male	Senior
76	08:16:00	Mark Pierce	Plymouth Corinthian CC	male	Senior
77	08:17:00	Conrad Moss	Primera-Teamjobs	male	Vet