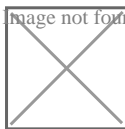


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# **Giant Helston (LRTF 09:30)**

## **Giant Store Helston S100/25**

**23/06/2024 07:00**

**S100/25**

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



## Headquarters

[www.lanivetparishcommunitycentre.co.uk](http://www.lanivetparishcommunitycentre.co.uk)

## Lanivet Parish Community Centre

[Carters Parc, Rectory Road, Lanivet, Bodmin PL30 5HG](#)

### Route from HQ to start

Please see Google Maps link for directions from HQ to Start;

<https://maps.app.goo.gl/z5T4Rq3VYeGFeyNv9>

Down the bottom of the hill and left onto the A389 up to the roundabout. Second exit continuing onto "Truro Road" (Straight over at the RAbout).

Continue onto roundabout, taking second exit over the bridge on the B3274 towards Cornwall services. Go around the roundabout heading for Roche. The Start is opposite Magnet, passed Texaco.

### Course details

Start adjacent to middle post of farm gate 10 yds west of "Magnet Co" entrance on the old A30 at Victoria. Proceed easterly to Victoria Interchange (M). Take 1st exit marked A30 West, Redruth. Join the A30 dual carriageway (with care), continue until slip road marked signpost Newquay, Indian Queens.

At bottom of slip road enter onto underpass road (with care) (M). Pass under A30 and take the fourth exit marked Bodmin to rejoin A30 East bound (with care). Continue until Victoria interchange.

Take slip road signed Victoria, Roche (M). Traverse interchange to again take slip road signed A30 West. Join A30 and repeat 1st lap.

On completion of 2nd lap at Victoria interchange continue on A30 until Innis Downs Interchange sign posted "Innis Downs Interchange, St Austell, Lanivet", to fork left onto exit slip road, at top of slip road (M) enter roundabout to take 1st Left onto old A30 to finish approximately 500 yards along that road.

After finishing continue along old A30 to Victoria Interchange to cross over and return to HQ ensuring that you do not interfere with any riders still in competition

## Local regulations

Normal highway code regulations apply. Please ride sensibly. (But go as hard as you can).

## Organiser contact details

James Grogan  
22 Connor Hill Connor Downs Hayle  
07964426711

groggas@live.co.uk

## Time keepers/officials

Freinds and family that couldn't find an excuse not to in time.

## Course records

### Solo Open

00:48:52

Conrad Moss

26-Jun-22 | Giant Helston (LRTF 09:30)

### Solo Female

00:59:07

Crystal Spearman

02-Apr-17 | st austell wheelers

## Awards/prizes

### 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 (LRTF 09:30)

Start Number	Start Time	Rider	Club	Gender	Category
1	07:01:00	Steve Lampier	Kernow Racing Team	Open	Vet
2	07:02:00	Natalie Hamill	Kernow Racing Team	Female	Senior
3	07:03:00	Andrew Ellis	Tri Logic Cornwall	Open	Vet
4	07:04:00	Zelah Morrall	Tri Logic Cornwall	Female	Vet
5	07:05:00	Peter Blackshaw	Penzance Wheelers CC	Open	Vet
6	07:06:00	Graham Lobb	www.giant-helston.co.uk	Open	Vet
7	07:07:00	Thomas Rosenfeld	www.giant-helston.co.uk	Open	Vet
8	07:08:00	Rose Willis	St Austell Whs CC	Female	Vet
9	07:09:00	Ben Carthy	Plymouth Corinthian CC	Open	Vet
10	07:10:00	Hari Slade	Penzance Wheelers CC	Open	Vet
11	07:11:00	Adrian Ball	Tri Logic Cornwall	Open	Vet
12	07:12:00	Doug Parker	Sid Valley CC	Open	Vet
13	07:13:00	Nathan Jenkin	Tri Logic Cornwall	Open	Vet
14	07:14:00	Phil Bowden	Kernow Racing Team	Open	Vet
15	07:15:00	Philip Bache	www.giant-helston.co.uk	Open	Senior
16	07:16:00	Andy Hay	Tavistock Whs CC	Open	Vet
17	07:17:00	Peter Miners	Duchy Velo	Open	Vet
18	07:18:00	Chris Vellacott	Royal Navy Cycling (RNC)	Open	Vet
19	07:19:00	Lubos Obornik	Cranbrook Cycle Club	Open	Vet
20	07:20:00	Andrew J Parnowski	Plymouth Corinthian CC	Open	Vet
21	07:21:00	Oliver Baylin	www.giant-helston.co.uk	Open	Senior
22	07:22:00	Robin Riches	Duchy Velo	Open	Vet
23	07:23:00	Nigel Polkinghorne	Duchy Velo	Open	Vet
24	07:24:00	Tony Chapman	Frome and District Wheelers	Open	Vet
25	07:25:00	Tom Scorer	Royal Navy Cycling (RNC)	Open	Vet