

TAVISTOCK WHEELERS CYCLING CLUB

Presents

25 MILE TIME TRIAL

(incorporating Tavistock Wheelers Cycling Club's 'Best All Rounder' competition)

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

Sunday the 17th of MARCH 2024

Course S5/25S

Race starts at 08.01 hours

Timekeepers: - Peter Foubister
Tavistock Wheelers Cycling Club

Marshalls: Members and friends of

Event Sec: - Martin Williams,
12 Buddle Close,
Tavistock
Devon

PL19 0EG Tel: 01822 610958

Event H.Q., opens at 7am

AWARDS (one rider, one prize)

1st - Medal

2nd - Medal

3rd - Medal

1st Lady - Medal

2nd Lady - Medal

3rd Lady Medal

1st Veteran - Medal

2nd Veteran - Medal

1st Veteran Lady - Medal

2nd Veteran Lady - Medal

1st Team (lowest aggregate time for first 3 riders home) Medals

1st Male on a Road Bike Medal

1st Lady on a Road Bike Medal

COURSE DETAILS: S5/25S

Start: On the A386 approximately 3 miles northwest of Tavistock at the northern end of the lay-by at the top of Wringworthy Hill (GR SX504776). Proceed north-westwards, Okehampton direction, through Mary Tavy, across Blackdown Moor and past Sourton Services to Fowley Cross roundabout. Give way and circle roundabout to retrace outward route and past the start point. Finish approximately 2 miles from Tavistock opposite the "Trout and Tipple" Public House (GR SX493757).

Intermediate mileage – Fowley Cross 11.7 miles.

Course Record Holder: 2010, Sean Childs, RNRMC, Senior, Turn: **25:41:60**, Time: **56:22:60**

Ladies Course Record Holder: 17/03/19 Lauren Dolan, Mid Devon CC, Espoir, Time: **01:02:46**

Team Record (3 riders): 19/03/17 Tavistock Wheelers (Niall Todd, Lee Adams & Gavin MacDougall), Time: **03:06:33**

Tandem: John Morse & Martina Geraghty: 20/03/22 Penzance Wheelers, Time **01.09.34**

Junior: 22/03/15, Matt Langworthy: Mid Devon CC, Time: **00:59:16**

Club Records:

Senior: Lee Adams: 13/08/17 Time: **00:58:53**

Senior Lady: Hannah Colston: 19/03/23 Time: **01:09:47**

Junior: Jordan Channon: 07/09/14 Time: **01:03:44**

Junior Lady: Phoebe Lloyd-Evans: 20/03/16, Time: **01:22:04**

Attention all competitors: Front and Rear lights are now compulsory, together with an approved Helmet

Please note that all competitors are now required personally to sign the signing out sheet when returning their number.

Failure to do so will result in the competitor being recorded as DNF.

Headquarters

Tavistock Guide Hall, Bedford car park via Canal Road (PL19 8AR, GR SX 480 742). Please remove cycling shoes on the wooden floor. Open from 6.45am

Bedford car park is halfway down Plymouth Road directly opposite the bus station and next to the public library. Please purchase a parking ticket if you leave your car in the car park.

There are 2 off Toilets within the Hall itself and Public Toilets are available opposite too.

Tea, Coffee and Cakes will be provided for everyone. TWCC will of course gratefully accept voluntary donations.

Directions to start.

From HQ proceed through the centre of Tavistock and join A386 towards Okehampton. Start is at the top of the first hill approximately 3 miles from the town. Allow at least 20 minutes from the HQ.

We request that riders do not park vehicles at the layby at the start of the TT Course.

This is reserved for club officials only.

We need a safe area for cyclists to wait and to provide unobstructed clear sight lines for the Club Officials and Marshals.

We thank you in advance for your co-operation and understanding.

Should you wish to leave excess clothing/items at the start, then I'm sure a member of the club will safely hold onto them for you and your collection after the event.

TWCC do not accept liability for loss of clothing, equipment and/or valuables.

START LIST

Sponsored Clubs

N/A

Notes to all riders

Please observe the Highway Code. Ride with your head up and do not white line. It is also advisable to wear bright clothing.

In the interests of your own safety Cycling Time Trials and the event promoters demand that 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 road to the event HQ.

Please be advised of the following potential hazards:

We politely request that no other vehicles other than club officials park at the starting Lay by.

This is a safety measure to ensure the required level of vision, for our officials, for approaching cars from the Tavistock direction.

Following recent storms and bad weather, Pot Holes have appeared on the A386. Please take care when passing/avoiding these hazards.

At miles 4.2 to 4.5 & 18.9 to 19.2 Beardon Bends. Please take care here

At miles 6.8 & 16.6 Southerley bends. Please take care here

At miles 7.2 to 8.2 & 15.2 to 16.2 Traffic calming islands. Please take care here

At miles 23.7 to 24.1 Wringworthy Hill, fast downhill bends, junction at the bottom on the left. Please take care here

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.

Riders waiting to start must do so 20 metres before the timekeeper and stand well to the left and in single file

Paced and Company Riding – Time Trialling for Beginners states that “When a competitor gets caught by another one the Regulations require the overtaken rider to fall back to a distance behind the other one ... At least 50 yards is required

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

Front and Rear lights are now compulsory, together with an approved Helmet

<https://www.pointtopoint.co.uk/events/7326>

Lamerton Hunt are staging a Point to Point meeting on the same day. 1ST Race 13:00. We can expect Horse boxes on the A386 late morning