

***South West 50 Mile Time Trial Championships***

***Sunday 24th July 2016***

***Promoted on behalf of the CTT under their rules and regulations***

**Event Secretary** Mr. John Misson,

6 Furzehatt Park Road, Plymstock, Plymouth

 Tel: 01752 403677

Mobile: 07875858293

**Timekeepers** Rob Scott & Mike Brewer

**Marshals** Members & friends of City Cycle Couriers RT / Alltrax

**Event Headquarters** Buckfastleigh Town Hall, Bossell Road, Buckfastleigh, Devon, TQ11 0DD.

The Event Headquarters will be open from 6am, please collect number and sign on. Please note limited parking at HQ.

First Rider off at 0701 hrs.

**Course Record Holder** Rob Scott – Plymouth Corinthian CC – 1:47:51 - 2013

Course Details:

Course Details: S4/50 - Start on A38 approximately 1.5 miles South West of Buckfastleigh at a point level with the clearway sign at the end of the lane out of Dean Prior Village and level with the 12th kerbstone (GR SX 729648). Join the A38 - care- in the Exeter bound direction to pass Buckfastleigh, Ashburton, Bickington, Heathfield and Chudleigh Knighton. At Chudleigh Bridge (signed Chudleigh and Teign Valley) filter left, turn right (M), give way, and right again (M) to re-join the A38 in the Plymouth bound direction. Retrace the outward route to filter left at the sign "Lower Dean" (arrow). Turn right (M), give way, to pass under the A38, then turn right again (M), give way, on to the old A38. Continue past Buckfastleigh towards Dart Bridge where take second exit at the mini roundabout (arrow) and then take second left (arrow) to re-join the A38, Exeter bound direction. Retrace first circuit via Chudleigh Bridge and back to filter left at the sign "Lower Dean". Turn right, give way, to pass under the A38, then turn right again, give way, on to the old A38, to finish at gas marker stone outside house No 72A and 25 metres before lamp post 18 (GR 735 655). (Approximately 80 metres before turn left towards HQ).

**Notes to riders:**

1. Please allow 20 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.
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 doing so will be disqualified.
8. There will be times when the traffic will be leaving the main road and filtering off to the left – be aware of this possibility every time you cross any exit road.

**Prize list (to be awarded on the day only & one rider / one prize).**

1st Overall - £50 2nd Overall - £30 3rd Overall - £20

1st Lady - £25 2nd Lady £15

1st Vet 40+ - £15 1st Vet 50+ - £15

SWDC Medals: 1st Overall, 1st Veteran, 1st Lady, 1st Team

**Starting Order:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **No** | **Name** | **Club** | **Cat** | **LTS** | **Start Time** |
| 1 | Rebecca Campbell | Penzance Wheelers | Lady | 3-00-00 | 0701 |
| 2 | Andrea Spencer-Smith | [www.cyclelogic.co.uk](http://www.cyclelogic.co.uk/)  | Lady | 3-00-00 | 0702 |
| 3 | Sarah Lakey | Mid Devon CC | Lady | 2-45-00 | 0703 |
| 4 | Liz Hill | Alltrax | Lady | 2-32-06 | 0704 |
| **5** | **Zoe Betteridge** | **North Devon Wheelers** | **Lady** | **2-07-18** | **0705** |
| 6 | Rebecca Timothy | Revo Racing | Lady | 2-11-05 | 0706 |
| 7 | Catherine Hilton | Sid Valley CC | Lady | 2-17-21 | 0707 |
| 8 | Pippa Macdougall | Tavistock Wheelers | Lady | 2-30-00 | 0708 |
| 9 | Martina Geragthy | Penzance Wheelers | Lady | 2-20-00 | 0709 |
| 10 | Rose Willis | St Austell Wheelers | Lady | 2-12-03 | 0710 |
| **11** | **Crystal Spearman** | **Nopinz** | **Lady** | **2-01-37** | **0711** |
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| 16 | Terry Timms | Penzance Wheelers | Vet 50+ | 2-08-00 | 0716 |
| 17 | Chris Scawn | Plymouth Corinthian CC | Vet 60+ | 1-53-37 | 0717 |
| 18 | Ian Cullen | Mid Devon CC | Vet 40+ | 1-55-00 | 0718 |
| 19 | Steve Kirby | City Cycle Couriers RT | Vet 40+ | 1-53-57 | 0719 |
| **20** | **Gary Fouracres** | **St Austell Wheelers** | **Vet 50+** | **1-50-23** | **0720** |
| 21 | Simon Timms | [www.cyclelogic.co.uk](http://www.cyclelogic.co.uk/)  | Senior | 3-00-00 | 0721 |
| 22 | Stuart Pollard | Exeter Wheelers | Senior | 2-30-00 | 0722 |
| 23 | Robert Graves | Penzance Wheelers | Vet 60+ | 2-23-51 | 0723 |
| 24 | Richard Brown | Tavistock Wheelers | Vet 40+ | 1-59-31 | 0724 |
| **25** | **Mark Smejkal** | **St Austell Wheelers** | **Senior** | **1-54-20** | **0725** |
| 26 | Adam Gitlin | Alltrax | Vet 40+ | 1-55-08 | 0726 |
| 27 | Roger Eaves | St Austell Wheelers | Vet 40+ | N/A | 0727 |
| 28 | John Morse | Penzance Wheelers | Vet 50+ | 2-20-00 | 0728 |
| 29 | Christian Dransfield | Lanhydrock Wheelers | Senior | 2-09-12 | 0729 |
| **30** | **Tim McEvoy** | **Lanhydrock Wheelers** | **Senior** | **1-50-20** | **0730** |
| 31 | Scott Horne | Plymouth Corinthian CC | Vet 40+ | 1-59-10 | 0731 |
| 32 | Mike Rose | Exeter Wheelers | Vet 60+ | 2-08-00 | 0732 |
| 33 | David Roe | North Devon Wheelers | Vet 60+ | 2-10-00 | 0733 |
| 34 | Phil Young | Alltrax | Vet 60+ | 2-05-25 | 0734 |
| **35** | **Lubos Obornik** | **CS Dynamo** | **Vet 40+** | **1-54-02** | **0735** |
| 36 | Tom Moran | Plymouth Corinthian CC | Vet 50+ | 1-55-53 | 0736 |
| 37 | Ian Deakin | Mid Devon CC | Vet 50+ | 2-00-51 | 0737 |
| 38 | Peter Maker | St Austell Wheelers | Vet 50+ | 2-03-09 | 0738 |
| 39 | Doug Parker | Sid Valley CC | Vet 50+ | 2-02-21 | 0739 |
| **40** | **Matt Langworthy** | **Mid Devon CC** | **Espoir** | **1-50-02** | **0740** |
| 41 | Nick French | St Austell Wheelers | Vet 40+ | 1-51-58 | 0741 |
| 42 | Andi Timothy | Revo Racing | Vet 50+ | 1-58-44 | 0742 |
| 43 | Neil Minion | Plymouth Tri Club | Vet 50+ | 2-04-44 | 0743 |
| 44 | Rupert Warren | Exeter Triathlon Club | Vet 40+ | 2-10-00 | 0744 |
| **45** | **Liam Bard** | **Revo Racing** | **Senior** | **1-52-18** | **0745** |
| 46 | Martyn Lewis | [www.cyclelogic.co.uk](http://www.cyclelogic.co.uk/)  | Senior | 1-58-00 | 0746 |
| 47 | James Cox | Plymouth Corinthian CC | Senior | 2-05-00 | 0747 |
| 48 | Darin Dodd | Mid Devon CC | Vet 40+ | 2-05-00 | 0748 |
| 49 | Dan Young | Alltrax | Senior | 2-05-25 | 0749 |
| **50** | **Matt Slater**  | **Revo Racing** | **Vet 40+** | **1-47-59** | **0750** |
| 51 | Stuart Hall | Devon & Somerset FRSCC | Vet 50+ | 1-52-26 | 0751 |
| 52 | Michael Gratton | Mid Devon CC | Senior | 1-58-04 | 0752 |
| 53 | Stuart Pickering | [www.cyclelogic.co.uk](http://www.cyclelogic.co.uk/)  | Vet 50+ | 2-00-00 | 0753 |
| 54 | Andrew Ellis | [www.cyclelogic.co.uk](http://www.cyclelogic.co.uk/)  | Vet 40+ | 2-15-00 | 0754 |
| **55** | **Steve Hockings Thompson** | **CS Dynamo** | **Vet 50+** | **1-53-08** | **0755** |
| 56 | Harry Edney | Revo Racing | Espoir | 2-00-00 | 0756 |
| 57 | Lee Adams | Tavistock Wheelers | Senior | 1-58-00 | 0757 |
| 58 | Mark Williamson | Exeter Wheelers | Senior | 1-59-49 | 0758 |
| 59 | Mark Peard | Plymouth Corinthian CC | Vet 40+ | 2-02-49 | 0759 |
| **60** | **Andrew Perkins** | **Mid Devon CC** | **Vet 40+** | **1-46-30** | **0800** |
| 61 | Gavin Macdougall | Tavistock Wheelers | Vet 40+ | 1-50-51 | 0801 |
| 62 | Tony Foster  | Mid Devon CC | Vet 40+ | 1-56-00 | 0802 |
| 63 | Andy Winterbottom | Somerset RC | Vet 50+ | 2-00-00 | 0803 |
| 64 | Harry Loader | Mid Devon CC | Espoir | 1-58-00 | 0804 |
| **65** | **Lee Morgan** | **Team Bottrill** | **Vet 40+** | **1-51-54** | **0805** |
| 66 | Lee Sanderson | Mid Devon CC | Vet 50+ | 1-56-44 | 0806 |
| 67 | Julian Harper | Revo Racing | Vet 40+ | 1-57-25 | 0807 |
| 68 | Chris Vellacott | RNRMCA | Vet 50+ | 1-52-23 | 0808 |
| 69 | Mark Sanders | Mid Devon CC | Vet 50+ | 1-48-50 | 0809 |
| **70** | **Conrad Moss** | **Mid Devon CC** | **Vet 40+** | **1-44-57** | **0810** |

**Sponsored Clubs:**

City Cycle Couriers RT

Alltrax

Mid Devon CC – Colin Lewis Cycles

Nopinz

Somerset RC

Team Bottrill